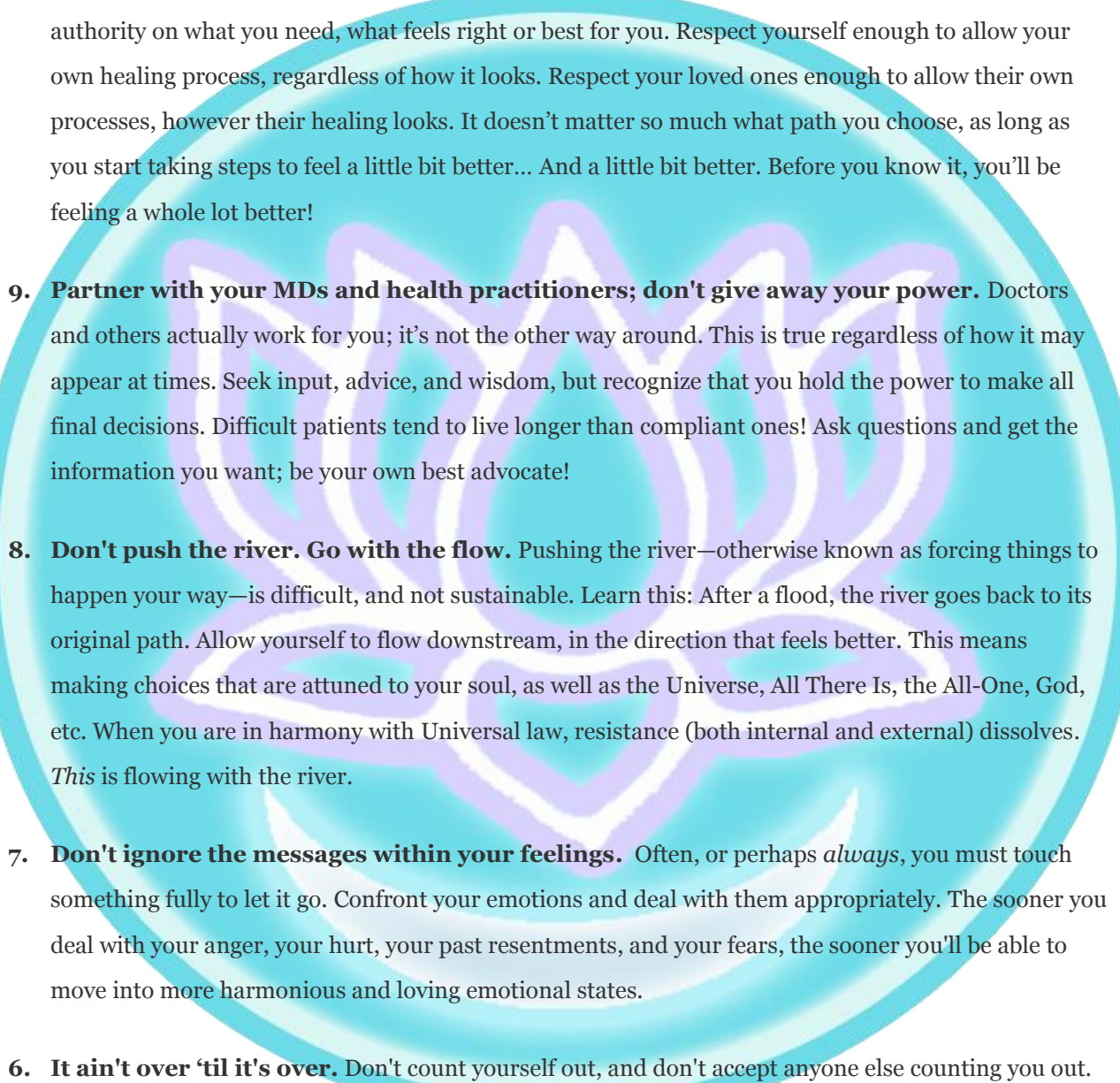


# Lotus of the Moon™

## A C U P U N C T U R E

### Top 10 Lessons from my NDE

Geary M. Davis, L.Ac.

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- 10. There are myriad paths to healing and feeling better.** At any given time, you are the best authority on what you need, what feels right or best for you. Respect yourself enough to allow your own healing process, regardless of how it looks. Respect your loved ones enough to allow their own processes, however their healing looks. It doesn't matter so much what path you choose, as long as you start taking steps to feel a little bit better... And a little bit better. Before you know it, you'll be feeling a whole lot better!
  - 9. Partner with your MDs and health practitioners; don't give away your power.** Doctors and others actually work for you; it's not the other way around. This is true regardless of how it may appear at times. Seek input, advice, and wisdom, but recognize that you hold the power to make all final decisions. Difficult patients tend to live longer than compliant ones! Ask questions and get the information you want; be your own best advocate!
  - 8. Don't push the river. Go with the flow.** Pushing the river—otherwise known as forcing things to happen your way—is difficult, and not sustainable. Learn this: After a flood, the river goes back to its original path. Allow yourself to flow downstream, in the direction that feels better. This means making choices that are attuned to your soul, as well as the Universe, All There Is, the All-One, God, etc. When you are in harmony with Universal law, resistance (both internal and external) dissolves. *This is flowing with the river.*
  - 7. Don't ignore the messages within your feelings.** Often, or perhaps *always*, you must touch something fully to let it go. Confront your emotions and deal with them appropriately. The sooner you deal with your anger, your hurt, your past resentments, and your fears, the sooner you'll be able to move into more harmonious and loving emotional states.
  - 6. It ain't over 'til it's over.** Don't count yourself out, and don't accept anyone else counting you out. During my NDE, I thought I was dying and my doctors thought I was dying. But once I surrendered to

that which was happening, I learned that I actually did have a choice. *Surrendering may be the most important step in any direction.*

5. **Every moment is new.** No matter what happened before, you are not bound by past thoughts and decisions. In this new moment, you can choose where to put your thoughts and attention. And in this one... And this one! Give yourself the gift of the ever-expanding freshness of the Universe. When you embrace the newness of each moment, you rarely feel stuck or stagnant; the past can no longer hold you captive.
4. **You are what you eat.** No, really! Honor your body and yourself by eating healthier food. Unhealthy food, drink, and attitude foster dis-ease. The easiest route to progress is by adding something healthier into your diet every week, or even every day. As the good things add up, the not-so-good things tend to get left behind. As you start to feel better, you're motivated to keep going. When you treat your body like a temple, and feed it food that fosters nourishment (food that it actually craves), you are also feeding your soul. And that allows your Light to shine brighter!
3. **All healing is self-healing.** You are the only one that has access to the depths of you; give yourself the opportunity to go deep within to source the roots of your discomfort or dis-ease. Most healing involves a paradigm-shift of some sort, at some point, on some level—if not at many points and on many levels. Be open to discarding perspectives that no longer serve your highest good, and be open to embracing new views that do serve your highest, best self. This is the work of healing; trust in your resiliency and strength, and don't be afraid of it!
2. **Nurture yourself daily.** Love yourself every day in the ways that feel good. Meditate, pray, do yoga and/or qigong, walk in the woods, take a bubble bath, journal, practice rituals, etc. Make the space in your life to be grateful and to calm your mind. Partaking in nurturing activities and residing in states of gratitude and calmness lower stress levels and actually give the immune system a boost!
1. **Listen to your intuition.** As you nurture yourself, your intuition becomes clearer, but it is not enough to be aware of your guidance. You need to act on that inner voice. Follow your gut, and allow it to help you navigate in your life's journey. Messages from the Universe tend to get louder and stronger when you don't respond to the smaller nudges your intuition offers you. *I think we can all be in agreement that, as a general rule, it's good to avoid NDEs. Trust me; you don't want to have to learn the hard way, as I did!*