

*A Light Shines Brighter
in Darkness*



by Marc Lerner

Foreword

I have been dealing with a chronic illness since 1981 and it has taught me incredible lessons. In this book I want to share with you what I learned, without you getting sick, but being able to use the Wisdom of your Body to deal with your challenges. In my struggle I learned one incredible lesson; my body responds to the thoughts in my mind. I was forced to develop the ability of going beyond discouraging and limiting thoughts and I found what I call the Wisdom of the Body. That wisdom didn't depend on the fact I was sick; it exists within everyone, at any moment. If your thoughts disturb you and cause you to be limited, you need to develop that skill also.

To most of us, our thoughts are who we are. Changing them would be like getting a head transplant. That isn't really true; we have the ability to transcend our thinking mind and we do it very often, but we ignore it because we are attached to thinking. My thoughts often depressed me so I found it to be more comfortable to rest my awareness beyond thinking. That is where I found the Wisdom of my Body and discovered the best part of myself. If you face difficult times, economically, socially or with health, your deepest inner wisdom exists beyond your thoughts.

If you read this book and only develop an UNDERSTANDING of how to deal with negative or limiting thoughts, you have missed the point. The PURPOSE OF THIS BOOK is to create a habit that works on the level of your subconscious mind. I want you to be able to TRIGGER that during your busy day as your focus is on your conscious mind, with a simple breath.

When that habit is triggered, you automatically focus on breathing and though you may be thinking unpleasant thoughts, you are not aware of them. You can create this habit so strongly, it works on your subconscious mind in your dreams.

Read this book with the intention of creating that habit and you can replace unpleasant thoughts, like worry and fear, with a peaceful breath.

That breath feels incredible, but even more importantly, allows the Wisdom of your Body, which contains powerful inner resources, to respond to your challenge without the interference of your anxious mind. That is what I call **A Light Shines Brighter in Darkness**. The light is your deepest inner wisdom and the darkness comes from your limiting thoughts.

The purpose of this e-book is to develop a habit that changes the way you approach your challenge. This e-book is divided into 3 parts:

1. Introducing The Wisdom of the Body: Introduction and 2 short chapters to introduce the concept.
2. Wisdom's Habit: 1 chapter that explains how to develop the habit and when and how to use it.
3. Practical Applications: 6 chapters on how to apply the habit to your life once you develop it.

Just think, if you developed a habit that connected you to powerful inner resources, then how you approached challenges would dramatically change.

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Introduction

I wrote this book to help people dealing with challenges they cannot control to experience quality moments by utilizing the Wisdom of their Bodies. This book will guide you on an inner journey through which you can experience the brightest moments during your darkest times. You will also learn how to connect to powerful inner resources without the limitations created by past conditioning. In the final chapter, I share how I met the challenges of my illness from the state of mind developed in this book.

A Light Shines Brighter in Darkness allows you to consciously deal with your struggle, find a quality of life during your darkest times, and develop yourself in the process.

Hello, my name is Marc Lerner, and I have had Multiple Sclerosis since March of 1981. For me, there is only one thing good about having a chronic illness; I have used my struggle as an opportunity for inner growth.

When we find ourselves in a challenge, we basically have two ways to go; we can either fall back on our past conditioned habits, or we can transcend our past conditioning and connect to the Wisdom of our Body. For most people, falling back on past conditioning is not a conscious choice; it happens automatically. If you choose the conscious alternative, you must develop new habits that harmonize with your inner wisdom.

Have you heard the saying, **A Light Shines Brighter in Darkness**? Truly, the darker it gets, the brighter the light can shine. Is it possible to take the darkest moments in your life and use them to deepen the quality of your life? You can focus on what's wrong in your struggle or you can focus on what you can learn from it. A crisis can be a traumatic event in anyone's life, but there is an opportunity for spiritual growth within every struggle. It forces you to grow. I choose the word force because I felt forced to surrender. My only real choice was what to surrender to. I could have surrendered to my illness, to my doctor, to the latest new age approach for dealing with a chronic illness, or to any belief system. I prayed for an appropriate surrender and I landed in pure consciousness beyond the creations of my mind.

In addition to improving the quality of my entire life by helping me develop a deep spiritual connection, discovering the Wisdom of my Body has made me an active patient working as a partner with my doctor and my whole medical team. Utilizing my inner resources has actually supported their treatments. When you go beyond the thoughts of your challenge, you can connect to the Wisdom of your Body also. Though that journey has had many low times, it has forced me to become intimate with a depth that brings 8

real quality into my life. It would be easy to ignore that beauty if I just focused on what was wrong with me but that depresses me and doesn't contribute to healing.

As I actively participate from the best part of me, I creatively explore a wonderful spiritual life in the silence beyond my thinking, beyond my habits. I can easily ignore that part of me when I focus on my thoughts, but silence empowers the best parts of me.

I don't think I could have had this experience without the struggle forced upon me by my illness. When I become conscious beyond thinking, I touch that reality and experience what the great minds of the past have written about.

Though I may not be able to express it with their sophistication, I have had direct experience with what they write about. I could study about my depth and learn about it, but direct experience is not found in theory.

The Life Skills Approach takes you through an inner journey from your thoughts to the depth of inner wisdom and then back again, and this happens as simply as breathing. I wholeheartedly encourage you to use your struggle as an opportunity to explore the *you* beyond your thinking mind. Enjoy your inner journey.

Chapter One: DEALING WITH A CHALLENGE YOU CANNOT CONTROL

When I dealt with a medical condition that has no cure, I had a choice; I could either deal with it as an everyday struggle, or I can use it to grow and explore what I call the Wisdom of the Body. Your challenge may be the source of numerous struggles, but if it teaches you how to connect to the Wisdom of your Body, it can become a valuable gift. You can develop a special relationship to your body and your inner resources most people just ignore. Taking advantage of that growth opportunity is what I call **A Light Shines Brighter in Darkness**.

How you interpret events is what causes stress in your life. You may still struggle in a crisis, but you can interpret what happens from a deeper wisdom instead of your anxious ego. I have had multiple sclerosis (MS) since 1981, and though I definitely struggle with my everyday life, I have been given an opportunity to explore my inner reality throughout my struggle.

Our Priorities and How They Affect Our Challenge

Your priorities affect how you breathe, think and heal. Most people think their priorities are deep within their minds and are therefore beyond control. That is not true. There are many things in your life that you cannot change, but you do have control over your priorities. Anything your mind creates, you can control.

One of the Vietnam veterans I worked with said, "More than any war experience, coming home was my worst nightmare."

I replied, "This nightmare battle is being fought mostly in your mind because you came back to a society that puts too much importance into thought. When that happens, there is no conscious moment nor is there any real trust."

Another veteran told me that his own definition of PTSD was when he felt "overloaded in the mind." I tried to help him by showing him that when he returned importance to life itself instead of giving so much importance to his thoughts that then his thoughts wouldn't overload him.

During a time when I was falling down a lot, I really needed the ability to connect to my inner wisdom without thinking about my struggle. I needed to control what my mind created and practice self-acceptance and kindness instead of judgment and frustration. I was getting ready to go out, and I was in a hurry to leave my apartment because the person who was going to pick me up was downstairs. I took a bad fall and knocked everything off of a table in the living room. When I stood up, I fell again, but that time I was able to go to my Center and find kindness and patience. I still hurt from the falls, but I dealt with my pain much better. Later that day I visited a friend who also has MS. While I was there, she fell, and she immediately started judging herself and got very worried 11 about her future. The added anxiety was easy to understand, but I couldn't accept a negative view about her dilemma because I knew that what she really needed was the kindness in her heart. I feel regardless of the seriousness of our challenges, the kindness in your heart is an amazing tool to consciously manifest.

This book is the outgrowth of sharing Life Skills with people in a health crisis for decades. Read it with the expectation of shifting the way you perceive your challenge. One of my seminar participants shared the following: *I haven't found the healing that restores the damage of a chronic illness or a disability, but I have found the depth that transcends anxious thoughts and allows me to cope with my chronic illness and disabilities.* If you are interested in this e-book, go to <http://www.lightshinesbrighter.org>