

# JOURNEY TO YOUR TRUTH



Volume 1, Issue 1

SPRING 2008

ABSOLUTE HEALTH & HEALING

## Spring is the Happy Season!

Isn't it true! When I walk around the streets people seem to sense that Spring is coming and they are smiling more. The winter blues are coming to an end and the smell of Spring is in the air.

Being outside naturally brings a happier disposition to all of us. As humans, we are designed to be outside moving our bodies in the elements of nature. Milder temperatures, longer days, birds chirping away in the early morning all create the inspiration and desire to 'spring' clean and take a breath of fresh air. Thus, I have termed Spring as being the Happy Season. Not that the other seasons are unhappy, they have their own essence which I will express in the upcoming newsletters.

Spring is the season for tilling the soil and planting new seeds. Doesn't it feel great to complete a thorough 'spring' cleaning of our homes, cars and bodies? Isn't that like tilling the soil? What are you going to clean?

## Journey to Your Truth

What is the Truth? Is there such a thing? Many people try to sell us their truth as though it is *The Truth*. As my mentor and friend, John McMullen says, there is only half truth! Ponder that statement for just a moment. There is at best half truth. Isn't the truth always changing? As I change my thoughts, my

truth actually changes because my entire perception about myself, God, the world also changes. Perhaps the only real and absolute truth lies within how you perceive and experience life-NOW.

Journey to Your Truth is what life is all about and you get to choose

through your Gift of Free Will what *THE ABSOLUTE TRUTH* is for you. In order to discover our truth, letting go of judgments, accepting the 'shadow' aspects of our self and living with purpose and meaning will shine some light on the path.

### Inside this issue:

What Exactly is Happiness?	2
Happiness is a Choice	2
Client Success Story	2
Strategies for Increasing Absolute	3
Spring Clean Liver & Gall Bladder	3
About Daniel John Hegerich	3
What's Up	4

### Special points of interest:

- **Spring is the Happy Season**
- **It's time for Liver & Gall Bladder Cleansing**
- **What Exactly is Happiness?**
- **Up Coming Classes and Public Service Talks**

## What Exactly is Happiness?

The essence of my learning and experience thus far is that Happiness is simply a feeling which we can choose in any given moment! This feeling comes from within us and requires no external stimulus. It is the biological experience of our life force radiating through us uninhibited by negative thoughts, suppressed negative feelings or any restrictions in our body. This is the state of Absolute Happiness.

Ordinary Happiness is the feeling that arise when we get what we want from the material world or another person. It is receiving the

pay raise, the new job, "falling" in love, a vacation, the new hair cut, a compliment, weight loss,



etc... Yet the happiness these objects or experiences bring us eventually wears off - this is referred to as hedonic adaptation. As we adapt we then need a 'fix'

to make us happy.

Our true self continues to yearn for the experience and expression of Absolute Happiness while our false self remains delusional by the feelings the material world brings. This is a futile search for we can never obtain what we already have.

Absolute Happiness is that feeling of inner knowing, inner peace, a deep sense of self, and most of all what each human heart desires most.

**"Folks are about as Happy as they make up their minds to be."**

**Abraham Lincoln**

## Choosing to Live in Happiness

One morning late in November 2007, I woke up for the first time consciously feeling "happy". This feeling was generated by the thought "Hey, I like myself as I am now." It was a welcoming feeling and made me realize that I simply want to be happy for who I am now. No more 'perfecting' me can bring me more happiness. I looked at my book shelves and noticed the book *Happi-*

*ness is a Choice* by Barry Neil Kaufman. I was inspired to re-read it and finally got the message. I am responsible for my Happiness and my unhappiness. I am not responsible for the Happiness or unhappiness of other people. I can only control my thoughts and reactions to any external stimulus. And through my free will I can choose my thoughts

which create either a reaction or a response. Although I may have to cut some new pathways through the development of happy habits, I can do it! It generated such an inspiration that I wanted to create a 'happiness' study group and propelled me to commit this year to establishing a greater connection to the feeling I woke up with that early morning last November.

## Client Success Story - Anders Anderson, Sydney Australia

For the first time since my early twenties, I feel more at ease and relaxed in myself; almost free from thinking endless depressive dark thoughts. I am feeling a light. It is a white light, but it does not only shine, it is a feeling I am experiencing as knowing something greater exists. I am not forcing myself to think in a new way - something is guiding me in a new way. Instead of being full of "empty" meaningless and energy sapping thoughts, I am full of small yet deeply meaningful thoughts of something which is me-

a more content me.

For years I lived in daily fear of almost everything forcing me to stop working and search for answers. I tried hypnosis, meditation, herbs, nutrition, acupuncture and even anti-depressive medication but to no avail.

As I live in Australia, Daniel and I have never met but communicated through email and by phone. After reviewing my hair analysis and specific questioning, Daniel was able to put together a very comprehensive wellness program which included

specialized Chiropractic for a previous head injury, Holistic Dental Care for removal of root canals and a raw food diet. I believe this combination has brought me massive changes in my health in that I am back to work and my daily fear has almost completely disappeared.

Daniel has a compelling gift of mindful perceptions combined with his vast knowledge, honesty and extensive professional resources has allowed me to rekindle my faith in myself and life.

## Strategies for Increasing Absolute Happiness

In the book *Happiness is a Choice*, Barry Neil Kaufman suggests the quickest path to inner happiness is first to **make Happiness Your #1 Priority**. Second, Be Grateful for who you are, where you are and what you have right now. In order to do this you will have to let go of complaining, victim-hood, and negativity in order to make room for thoughts and actions that make you feel expansive inside.

Next, **take care of your**

**health**. The old cliché is “*If you don’t have your health, you don’t have anything.*” When I was terminally ill with cancer, I understood the importance of a healthy body as it related to my level of inner peace and happiness. Begin to feed your body health promoting food and move your body to improve posture, balance, stability, strength and ability to breathe deeply and efficiently.

**Be Present!** Eckhart

Tolle expresses in his books *The Power of Now and A New Earth*, how being in the NOW stops all unhappiness and allows for our natural state of happiness to arise. All the complaining, victim-hood, and negativity dissolves when you can be in this moment. Ask your self right now-do I have any problems in this very moment? Be Present!

A more tangible strategy is **learn to set goals.**

In the book *The How to Happiness*, the author states “working towards a meaningful [ intrinsic and authentic ] life goal is one of the most important strategies for becoming lastingly happier.” The author further expresses that setting goals provides a sense of purpose and a feeling of control over our lives, bolsters self esteem, and adds meaning to life.

*GO After Life Success!*

## Liver & Gall Bladder detox.

The liver gall bladder ‘flush’ is a cleansing process that helps to decongest these organs of old cholesterol stones. It is a simple effective process, yet for optimal results, should be done at least 3 times once every 2 weeks in the Spring and then 1 time in the fall. Of course this is individualized based

on your situation and health goals. You might consider doing a ‘flush’ if you are experiencing any of the following:

- Indigestion
- Soreness along right shoulder blade
- Tenderness under right side of ribs
- Indecisiveness

- Fat intolerance
- Insomnia

For those interested, I am offering a classic 6 week liver-gall bladder ‘flush’ cleanse class. There is no need to go it alone and together we can become healthier and happier. For more info. contact Dan.

**“The liver marks the beginning of cyclical action, the stirring of spring yang which all living things rely upon as a catalyst for their growth.”**

## About the “Blue Collar Healer”-Dan Hegerich



At 28 I was diagnosed with an aggressive form of Non-Hodgkin’s Lymphoma. All tumor markers indicated a survival rate of about 12 months. Over the next 6 years my cancer returned 5 more times as I endured numerous chemotherapy protocols including a bone marrow transplant, radiation treatment, surgeries, and other medical interventions.

In May of 2000, with fear at my back and faith in front of me, I surrendered to this deep inner faith, abandoned all traditional medicine, and was cancer free in 5 months! Over the last 14 years, each moment of my life has been filled with meaning fueling my quest for knowledge from various health and healing experts such as Paul Chek,

Mark Mincolla, PhD, Aajonus Vonderplanitz, PhD, Leonard Orr, John McMullen, PhD, Gerson Therapy, and Dr. Ellen Tart-Jensen.

*Today, it is my purpose and joy to inspire and coach others to create their own self healing miracle.*

***"Building a new YOU from the inside out and foundation up!"***

## ABSOLUTE HEALTH & HEALING

**333 W. Aubrey Street B-3  
Prescott AZ 86303**

**Phone: 928-771-2913  
Email: heg1965@yahoo.com  
www.feedMEblog.blogspot.com**

### **Purpose Statement:**

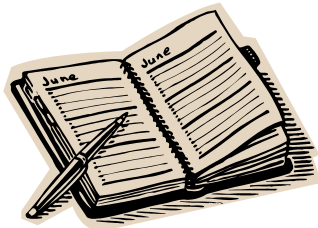
Absolute Health & Healing provides motivation, education and inspiration to individuals who desire to improve their vitality, happiness, and health through nutrition, movement and a natural authentic lifestyle.

### **Mission Statement:**

Through Absolute Health & Healing, we offer a world class health & healing center that fosters Self Mastery in body & mind, becoming a steward of the Earth and the evolution of one's true heart.



## What's Coming Up!



*"The application of knowledge generates questions and questions are the seeds to wisdom."*

April and May I will be offering wellness classes and public service well-being talks. It is my purpose to bring you inspiration, motivation and information that will help you create who you truly want to be, what do you really love to do, and what do you really want to have.

### **Choosing to Live in Happiness**

Making Happiness your number one priority in all situations. Wednesday Evenings 6:30PM and runs for approximately 2 hours and 6 weeks. April 23rd through May 28th. Cost is \$45 for book and workbook.

### **Liver and Gall Bladder cleanse**

It's time to give your liver and gall bladder an oil change. This will be a 6 week educational & experiential class. It will consist of 3 liver gall bladder flushes every forte night, suggested dietary changes, herbal supplements, weekly nutritional topics and community support. Monday evenings from 6:30PM-7:30PM. Basic program tuition is \$195.00 which includes all the necessary

supplements and equipment.

### **Public Service Well-Being Talks**

#### ***Holistic Concepts in Health & Healing;***

Migun Jade Thermatics  
April 17th & May 15th 6-7:30PM;  
601 Miller Valley Rd • Prescott

Prescott YMCA May 10th 10:00AM

---

#### ***Posture Makes Perfect***

Prescott YMCA April 19th 10:00AM