

IN SICKNESS  
AND HEALTH

**ALEKSEYS  
WELT**

We all struggle with bad health once in a while, some more than others. Yet we all have a very different approach to sickness, similar to that of “things going wrong”. When we feel pain, may it be psychological or physical, it is a warning sign from our mind and body. Pain is something essential.

Is it pleasurable? Well, unless you have extreme masochistic tendencies, pain is not really pleasurable. (There is nothing wrong with masochism, may I add, as long as you don’t hurt yourself too much and obviously don’t hurt any others at all because that’s not masochism, that’s sadism).

**HK: Hey, Aleksey, do you know the one about the masochist and the sadist in an elevator?**

**LX: Of course I do:  
A masochist and a sadist  
meet in an elevator.  
The masochist says: “Hit me!”.  
The sadist says: “NO!”**

**HK: That’s right. But why do they meet in an elevator in your version of the joke?**

**LX: I am not sure. I guess for people to visualize it better?**

**HK: Ah yes. And it’s an enclosed space which kind of makes sense in a strange way...**

However, if we accept pain and sickness as part of what we have to go through, it is much more endurable and will pass by much quicker. Buddhists believe that suffering is part of life and that if a person experiences pain calmly, without becoming emotionally distressed, he can attain a greater state of being.

But rather than ignoring and denying its existence, (many people often say, “I’m fine I’m fine” when they are bleeding and limping and going blue in the face), it is better to accept it and spend a good portion of our positive energy and above all creativity on getting well again.

In **THE MAGIC OF MISTAKES AND THE MUSIC OF CHANCE**, Hyung-ki talks about a Seiki master who would congratulate his patients when they were ill.

Can you get healthy by being creative? Absolutely. You can and you will.

Our creativity makes us explore various methods of recovery.

Often sickness is multi-layered and the illness we suffer has its roots in something else that is not alright. Does knowing and accepting that help us solve it? It certainly does, since we need to search for the actual trigger. If we are creative in the quest for health, we look for the real causes, which also may be more than one.

Most of us tend to go to a doctor and take at face value what he or she says to us and prescribes to us. But let us analyze it.

Most of the time, the doctor, who may or may not be a genuinely qualified individual, is playing a guessing game and will try and treat the pain rather than getting to the cause of the problem. Usually, we are prescribed pain killers, and rarely pain source eliminators. Always look for a second opinion. And that second opinion is the doctor in you.

**Alone the fact that we are trying to heal ourselves is a healing aspect in itself.**



Our real doctor is our body and our mind. Both of them are rather fabulous at recovery, but they need time and rest. When a problem seems to manifest itself in a more permanent and chronic form, many tend to give up, listening to doctors or people who tell us that we will have to “live with it”. And here is where creativity sets in. If we explore different angles, go to various doctors, listen to other opinions, we are way more likely to get better. That is simple mathematics. And alone the fact that we are trying to heal ourselves is a healing aspect in itself. Often the solution is a combination of various treatments.

And, more often than not, it is something simpler than what we ever would have imagined: it may be something we are allergic to, or a bad sitting posture that needs readjustment.

Here's an example: I once fell and cracked both elbows after playing soccer and it was only after I visited several physiotherapists and worked with them that I finally found the one that I thought suited me the best. I also explored various homeopathic and alternative treatments. As long as they are not intrusive they may all help towards healing, and at least they will not make it worse. What helped me in the end was surely a combination of all the various therapies.

Psychologically however, a huge help for me was the fact that I could rely on, and even fall back on, my creativity. Although I could not play concerts for a few months I focused on my composition. I improved my beatboxing. I called up my dear friend, Hans Zimmer, the Hollywood composer, told him what happened and he invited me to come and be on the writing team for a movie. Without having to play anything.

**HK: I love what Hans Zimmer did for the Joker theme.**

**LX: You just love anything to do with Batman. Can you guess how many notes he used for the Joker theme?**

**HK: Eighty-eight thousand and three.**

**LX: You're a joker.**

**HK: Well, what's the answer?**

**LX: You'll have to find it out for yourself.**

**HK: Holy Tintinnabulation! You are so annoying!**

It is easy to say and think that this is reserved for the lucky few and not everyone can tap into that kind of creativity. Not everyone has contacts to good doctors, not everyone has contacts in Hollywood. But I know we all can do it. We all have contacts and we all know people who in turn know people who can help.

Psychologically, neither Hyung-ki nor I want to tell you how to improve yourself. It is not our aim to give you a guideline how and where to be creative.

But we want to play games with you. Through games we tap into our creativity and improve our life and that of others.

***"Letting your mind play is the best way to solve problems"***

**– Bill Watterson**

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