



The Healing Journey – Week 6

Mind, Body, Perception and Healing The Nature of Cell Genetics

We are primarily water, but the second most common material in the body is our amino acids, in the form of 20 proteins arranged in patterns. These protein chains carry charges, positive and negative. When an outside protein or chain comes along, like charges repel, while opposite charges attract each other. Once those chains are connected, the ends or the chains will attract or repel, creating a stable new chain, bending as needed to accommodate the change. This is the basis of life—the movement required for breathing, digestion, elimination, any body process, comes from this electrical movement of proteins.

Our cells are both the building blocks of our bodies and microcosms at the same time. They have respiration, digestion, elimination, and so forth, just as we do. Instead of organs, they have organelles, which function similarly. The DNA, which houses the genes, is itself housed inside the nucleus. The cell is surrounded by a membrane, an oil-like substance that separates the inside and the outside. The outside is covered with receptors, triggered by hormones, drugs, or the mind (as we'll see later). The substances that fit and are correctly charged cause movement that opens a channel in the cell membrane, and the material can pass inside the cell, where its interactions cause cell functions.

What governs this? We used to think it was the nucleus, but if we remove the nucleus, the cells continue to function. So what's in charge? The membrane. Even the simplest organisms, amoeba, have a membrane. So it's actually the environment, sensed by the membrane, that turns cell functions on and off. Further, while we used to think genetics governed development, genes actually don't cause anything – remember, the cell functions without them! Rather, the environment and the cell's reaction determine which genes are activated. The genes are blueprints, potential, causing nothing unless turned on or off.

In fact, when diseased cells are removed from the body, often the cells return to health once out of that unhealthy environment. This is also what causes “punctuated equilibrium” evolution, where an organism abruptly adapts by changing color, for instance. The change in the environment causes different genes to be activated.

From cells to organisms

In an organism, like us, the Central Nervous System/Brain controls the cells – they look not to their immediate environment, but rather to the environment as reported by the brain. Our “receptors” for sight, sound, smell, taste, and touch create a report on the environment, and based on that communication (delivered by light/electrical stimulation throughout the body), the cells respond.

But here’s the problem—our perception is often flawed. We *think* we see or understand something about our environment that is, in fact, incorrect, and at that point, those “perceptions” are actually our *beliefs*. Yet, it’s those *beliefs* that will determine how cells respond, accurately or not. Literally, our cells respond not to reality, but to our beliefs. Genes are turned on and off based on this personal interpretation.

Cells at any point are growing or retreating. They are either moving forward to reproduce to replace the cells we’re continually losing, or they are retreating to face some seemingly imminent threat. Since there’s only so much energy, it’s balanced according to apparent need. If there’s a lion chasing you, jobs like digestion are temporarily suspended in favor of sending that energy to the muscles and bones. But it does this at the expense of growth.

Similarly with disuse—if we are sitting around not using our brains or muscles, they will start to atrophy, as the body will draw energy away from these no longer “useful” activities, and we start to age and deteriorate. And conversely, when we’re mentally and physically active, our cells jump into growth mode.

Here again, belief can play a positive or a negative role. If you’re facing a lot of fear or stress, real or imagined, you are building toxins and regression instead of the growth needed. You can literally die of fear in extreme conditions, because all the regenerative functions are then shut off, and you can’t survive that way.

Cells/Root Causes/Quantum Healing/Healing Partnerships

I’m always leery of wildly speculative claims based on the magic of quantum physics. Yes, the world is a fascinating place at the subatomic level, with matter and energy interchangeable, particles appearing from “nowhere” and jumping to some other place without regard for time or spatial limitations. But that doesn’t necessarily mean we can just jump anyway ourselves. There’s a fallacy of composition complicating that interpretation:

- * all atoms are colorless
- * cats are made of atoms
- * therefore cats are colorless.

Well, cats *do* have color, so that kind of jumping to conclusions doesn’t work at the practical level. I remember Fritjof Capra, author of *The Tao of Physics*, was asked about this, and he

explained that energy settles into patterns of probability, for example, the orbits of electrons in atoms—they jump to a new level of stability, rather than gradually expand outward. Why can't we just jump? "Because probability patterns are difficult to break."

So today, though, we are going to wade into this "mysterious" world, but in terms of the mechanisms that *do* make health and healing work. To that end, we're going to draw heavily from the research of cell biologist Dr. Bruce Lipton, author of *The Biology of Belief* and *The Wisdom of Your Cells*, and later Deepak Chopra's thoughts as an endocrinologist in *Quantum Healing*.

Energy and Identity

So that's the mechanistic workings. But beyond the quantum fallacy, there's the reality that atoms emit and absorb energy. Each atom has its own frequencies – we can literally identify specific atoms and molecules and resonate with them...or not, working very specifically with the body's energy and matter. Interestingly, we do this currently with diagnostic tools – MRIs, for instance – but so far have paid little attention to treatment in this regard. What's possible? Even specifically turning on and off cell genes, changing cell function and behavior. In fact, we've known this for decades – several studies talk about the impact of electromagnetic fields on our cells.

Dr. Lipton points out, in so many words, that consequently, energy healing is very real. It means also the importance of stepping into holistic ways of managing health and treatment, since these are not processes that can be isolated in the traditional "eliminate the variables" method of study. It's also why Kwan Yin Healing developed early on comprehensive programs, especially the Kwan Yin Journey, to take people systematically through their energy and levels of being, whether on the path to physical/emotional health or seeking life path and/or peace.

Here's where Lipton and Chopra begin to overlap. Everyday you lose trillions of cells (and replace them). Trillions! In a year, you've changed over 95% of your cells; in 7 years, you've completely changed them all. So what is your identity? Clearly, it's not in the body, as the body keeps changing and is even replaced. We are shape shifters. Even those cancer cells aren't the same cancer cells in the X-ray from a few months back, but re-manifested ones.

So what are we? We are our perception, our experience, our memory. We keep re-creating ourselves according to the stories we tell and believe about ourselves. Nothing in my DNA says I have a scar on my forehead, an injury from a few decades ago. Yet...even though I keep re-creating cells, I still have a scar (though it changes slowly).

Chopra points out that DNA is in fact Ancient Memory. All those diseases we overcame, adaptations we made, it's all there, recorded. At the same time, again, genes don't cause conditions, but rather may be turned on. One example is addiction, which, while heredity,

has more than a physical reaction. Dr. William Silkworth, in the 1930s, noted that alcohol addiction had, on the one hand, a physical allergy as he called it, meaning that for an alcoholic, taking a drink, instead of satisfying the craving, increases it (through a known series of chemical reactions). But normally, in an allergy, we just avoid that substances, while in alcoholism, there is also what he called a “peculiar mental obsession” with alcohol. It was Carl Jung who noted that the only remedy he had witnessed was when the alcoholic underwent a spiritual change sufficient to bring about a substantial change in attitudes and perception. Dr. Lipton notes another example, that our blood is teeming with dangerous virus and bacteria, yet we don’t necessarily become ill. The mystery since Pasteur has been that while microbes may be the agents of disease, why are two people exposed yet only one become ill? It’s because these micro-organisms are opportunistic. When the body is healthy, they aren’t a threat, but when the body pulls back, slacking up on growth, the disease takes advantage and moves in.

DNA is the Director, but mind/perception sends the signals

When there’s not a good, clear direction, disease happens.

Cancer is an especially good example. Cancer is essentially anti-social behavior, when cells run amok and eventually kill themselves when they overwhelm a major organ and kill their host organism.

But it’s so unique. Oncologists will tell you that there is not one disease of cancer, but hundreds of cancers. Further, each manifestation of one of those cancers is unique to the individual experiencing it. Environment and thought play very key roles here.

Chopra tells of the patient whose cancer had spread to the bone, and hence this person was in great pain. After work at the Chopra center, the pain went away – but the oncologist told her not to worry, that this was all “in your mind,” and that the pain would return! And with that fresh perception, indeed it did return.

Another patient was working along with her lung cancer at the Chopra center but became severely ill with a high fever. After a worrisome period, however, she was cancer free – the remission of her cancer cells had dumped high levels of toxins into her system, causing the fever. She was fine for some months, but unfortunately, she started to second guess it, and her doubts returned. This time, when the cancer return, she eventually died of a high fever.

Norman Cousins, author of multiple books on his experience as a patient, medical professor and researcher, tells of a leukemia patient who was part of a blind study, in the placebo group, and completely recovered. Later, though, this patient read an article about how the drug tested in the study may not be as effective as previously thought, and even though the patient never even receive this drug (he was in the placebo group), he experienced a recurrence. His doctor, perhaps in an ethically questionable call, told him of a new, much more powerful drug (which again was a placebo), and the patient recovered again.

Multiple personalities offer more evidence of the mind/health connection. One boy had a personality that was dangerously allergic to orange juice – huge blisters would rise quickly. But if another of his personalities took over, the water-filled blisters would rescind and he would again be fine. In other cases, one personality can have non-insulin dependent diabetes (taking daily pills vs. injecting insulin) and another personality with normal blood sugar and a perfectly functioning pancreas.

Another gentleman was told by his doctor that he was severely anemic. The doctor asked all sorts of questions about what he felt and experienced – do you feel faint, do you wake up with shortness of breath, on and on, all answered negatively. The doctor expressed amazement. And that night, for the first time ever, instead of feeling fine, this man woke up with shortness of breath. Our bodies and how we experience things are all different—depending on our perceptions and what we send our cells.

Emotion, Connection and Health

It's not surprising that if we're always angry, we may experience a stomach ulcer. Or if we're continually afraid, we may experience heart palpitations. Negative emotions shut down the healthy growth.

Our natural, healthy state, then, is happiness, a positive outlook. Lipton points out that the strongest and healthiest state is Love.

After all, this state is one of Connection. When we talk about our higher selves and higher consciousness, we move up to the Oversoul, which is a group entity, not a higher form of ego. The healing work I do focuses on this level of vibration, the energetic circulatory system of the oversoul, which is why it's so effective in bypassing our mental obstructions. And one thing healing work has taught me, working with hundreds of clients – we are never alone. Connection is the true nature of our being.

Laughter, Bliss, and Vibration

In the Introduction to *Enough Already: The Power of Radical Contentment*, Alan Cohen tells of Shin-ichiro Terayama, a Japanese solid-state electrical physicist, who in 1983, at the age of 47, developed cancer in his right kidney. Surgery, chemo, and radiation all failed; Shin was facing death.

Shin turned to naturopathy, relying on remedies such as sunlight, diet and massage. But that's not what he credits with the disappearance of his cancer three and a half years later. Instead, it was his return to playing the cello, something he had set aside in his busy life 25 years before.

As Cohen explains, "He went to a Japanese garden and considered what would make his life meaningful, whether he lived one more day or another 40 years. His answer was: to be

grateful for everyone and everything—including his cancer, as a wake-up call. From that day on, Shin said, “Thank you’ for every event and experience that showed up in and around him.” Today Shin conducts “Smile Workshops,” designed to “discover small uplifting feelings,” “experience and fully taste uplifting emotion through workshop activities,” and to “be filled with gratitude.” [Andrew Weil, M.D., also tells Shin’s story in his book, *Spontaneous Healing: How to Discover and Embrace Your Body’s Natural Ability to Maintain and Heal Itself.*”]

The efficacy, then, may not be the sunlight, the literal light--as healing as that is alone, no doubt, along with the important role of diet and attention to the physical. The key decision was to let go, to let go of the gravity of his circumstances, and to not merely embrace his blessings, but to accept the total of his experience as a blessing. No longer weighed down, he felt uplifted--and this feeling was his with or without healing in terms of his cancer. Life was already better.

Perhaps the King of this approach was Norman Cousins, who in *"Anatomy of an Illness,"* describes his bout with ankylosing spondylitis, a painful, debilitating and irreversible spine condition. He decided to take large doses of Vitamin C and laughter, obtaining prints of old Charlie Chaplin and Marx Brothers movies, along with Candid Camera and TV sitcoms to induce laughter.

He says, "I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep. When the pain-killing effect of the laughter wore off, we would switch on the motion picture projector again and not infrequently, it would lead to another pain-free interval."

Health and Consciousness

The key, as Chopra notes, is Consciousness. It’s not so much that the mind and body are inter-related, that the different levels of being correspond, but rather that both mind and body, all the levels of being, flow from the same source—Consciousness. This is the common cause. We aren’t really who we think we are—but our thinking creates the distortion.

So the bottom line healing tip: Just be.

Ram Dass tells of his teacher explaining the context of our current lives—imagine a bird flying over a mountain once every 100 years, holding one end of a scarf in its beak, brushing the top of the mountain. When the mountain is completely worn down – that’s how many lives we have. My T’ai Chi teacher, T.T. Liang, always used to ask us, “Show me your original face before you were born.”

This is a powerful benefit of meditation – we don’t just live in the Now...we expand it, so it becomes not just this fleeting moment, but a state of being. In that state, we can notice

the energy moving into our experience and make changes before it manifests as disease.

Let things go. As one of my mentors puts it, “How important is this, really?” Most (most!) of the people I work with who are stuck are stuck for the same basic reason—they are blaming other people. As such, they are truly stuck, truly powerless—and truly in sickness, withholding their own growth, even at the cellular level.

Healing and changing and growth happen constantly, and we aren’t separate from all this. That’s why the healing work and the programs I do focus on my role as a catalyst, as part of a “team” effort.

How do you get to be a Kahuna (Hawaiian Healer)?

Dr. Wayne Dyer asked this question once, and shares it in his books and programs. "Do you take Kahuna 101?" he jested, but asking the kahuna in earnest.

"No," laughed the kahuna. "Actually, we are raised from birth to have no doubt." Think of it! What could you do if you had no doubt you could? How would your decisions and actions change? How would your results consequentially change?

I'm not advocating pie-in-the-sky wishful-thinking. But our beliefs do indeed impact our results. After all, we never accomplish what we never undertake, believing we can't.

Healing, Feeling, and Belief -- a remarkable demonstration

Gregg Braden shares a film of a Chinese woman with a 3 inch tumor in her bladder treated in a “medicine-less hospital” treated by three doctors trained to create the feeling that she is already healed. As they perform this, we watch a sonogram showing the tumor shrink to nothing—in just three minutes. Deepak Chopra asks in his book *Quantum Healing*, why is watching the body heal a broken arm normal, but healing cancer a miracle? As Braden explains, this is not an isolated occurrence in China at all.



<https://www.youtube.com/watch?v=GUbEgg6GklU>

That's a lot to accept for Western viewers. But whatever we are to make of it, this evidence suggests our societal assumptions are keeping us separate from massively effective treatment for conditions we cannot currently treat well—or so we think.

And remember – if you need serious medical help, get it, and don't feel that you “should” be able to heal whatever comes along – you have phases and challenges unique to you, and sometimes time needs to take time, even a lot of time.

On the other hand—what would you do if you KNEW you couldn't fail? We already typically have no trouble assuming there's no point and acting on that “certain” knowledge, manifesting the lack of result.

Let's take a look at how that negative end of this principle often plays out.

When illness becomes identity

Ever watch people chatting around the water cooler?

"Oh man, my shoulder is killing me. Always been this way ever since..."

"That's nothing! You should have my knees! If I bend down, I'm stuck. Nothing helps."

"You both have it easy! My elbows hurt so bad, I'm always working in constant pain."

Now, I'm not suggesting these people aren't telling the truth--as are the people suffering any number of a wide range of ailments. The pain and the disease are real. But, once we make these afflictions our identity, we ADD to the real condition our own continually created institutionalizing of that pain and condition. I've seen people so entrenched that if they were healed, they'd not know what to do with themselves. And I've seen people heal merely to go back to where they were again -- and that's not a unique experience.

So what's the practical application here? How can we do this?

Bear with me for another minute, and I'll connect this theory to practice.

Our beliefs govern the actions we choose to take. Those actions influence the experience we have. And those experiences from the evidence for our beliefs:

Beliefs -> Actions -> Experience -> Beliefs

This is why we (and everyone else) are usually convinced we're right--we reinforce the experience of our own beliefs, and then take those as truth.

This is a cycle, though, not linear -- we could start the circle at any point:

Our Actions -> create our experience -> influencing our beliefs -> causing our actions.

or...

Our Experiences -> formulate our beliefs -> governing actions -> changing experience

Any of these changes can alter the others. Not mysticism--common sense, yes?

OK, one step further...*

In the Kwan Yin Journey program, we explore how feelings are reflections of our thoughts:
Thoughts -> Feelings

And that corresponds with what we know from both ancient knowledge and more recent research. In the *Dhammapada*, the Buddha tells us that "all things have the nature of mind. Mind is the chief and takes the lead. If the mind is clear, whatever you do or say will bring happiness that will follow you like your shadow." Norman Cousins, in *Head First: The Biology of Hope and the Healing Power of the Human Spirit*, relates his experiences at UCLA's School of Medicine showing "how an optimistic outlook and a strong relationship with your doctor can make illness less painful and increase your chances of survival."

In short, starting this cycle from the other direction:

Our Feelings -> Create Thoughts (beliefs) -> creating our experience

We typically believe that once we've healed, we'll feel good.

Actually, we may need to feel good first, so that we can heal.

My doctor once pointed out that the body remembers -- if I once had high blood pressure, if I once had an injured tendon, even now normal and healed, the body knows. Ever have a down/lazy chilly/rainy day and suddenly everything hurts again? That's this principle--and it goes away when we're up and moving and healthy again.

But the body ALSO remembers being healthy.

This, after all, is what happens in a healing session -- we access the energetic blueprint and return to that ideal/healthy state.

I've used this myself, for example, when on arduous mountain hikes, my knees complaining after several hours of rough terrain. I think of myself at 20, running full tilt down the hill as my friends trail behind, wind whistling in my ears, long hair flying...and in a few minutes, I'll notice my knees feel fine.

Focus on what's healthy. Let your body return to it's natural resting place of health.

(and if that takes time, rather than quick results, that's OK)

Visualization—If you see it, will it will come?

Visualizing is powerful. Vision boards, lucid dreaming, concentration of thought—whatever the method, visualization, at its best, truly rocks. And it rocks because it brings Clarity (or at least it can), and if applied consistently, Coherence.

What it lacks is Connection and Change. People depend on the Law of Attraction, saying the give away “I believe in it” vs. a demonstrable system, waiting for the Universe to discover them and FedEx all their dreams and desires. What they don’t get is that the Law of Attraction is right where they are – waiting. And waiting. And waiting. They are actually manifesting the state of their vision coming...vs. actually being here.

So here’s the challenge—you have to be able to wrap your head around it. You have to believe you already have it, to see a very clear path to it, to see how you’re bringing it about, so that everything at this point is busy work and details. When that’s the case, obstacles are simply delays, not blockages.

Know that any limitations are in your beliefs. But also don’t worry about that—as in the Hero’s Journey, obstacles are often for our benefit, as we build the skills we will need on the other side of these obstacles. If something is too great a leap, start smaller—just be aware that the difference is you, not what’s possible. Dream big dreams, but see yourself there, see the path stretching back to you (in practical terms), and either get to work on it or bring in the people you need for help.

For self-healing, same thing. First, believe you can, and see yourself already healed, already back to your perfect healthy state. The rest is details. If nothing else, you’ll be allowing your body/energy to work for you, rather than adding additional stress and blockages.

Seeing Change requires self-awareness, connection, fresh growth, and a plan.

One of the reasons Change is difficult is that it first needs self-honesty. We have to look closely and realize where we must let go, and where we must grow in new directions. To do that, we’ll need Connection to resources, energetic or not.

Once we get a clear, honest, complete picture of where we are, we have better Clarity, and now we can map out effective routes from there to where we visualize. This is a good time to go to Connection and ask – not wait – for help finding your path. And suddenly you have momentum again—because you have a clear purpose and direction (and a connection to your Vision). Now walk the path.

Setting Intention—Is willpower a true superpower?

There are no comic books (of which I'm aware anyway) where the superheroes battle villains using their amazing willpower to defeat them. That's because willpower isn't a real power. It's an attitude. And that can help or hurt, depending on whether that will is determination or stubbornness. But even through force of will, we need Clarity and honesty about where we are, where we're trying to go, and why, before we can focus effectively on how. Only then, once there's a valid strategy, does stick-to-it-ness become helpful.

In *The Four Agreements*, Don Miguel Ruiz lays out an excellent understanding of effective use of Intention and its relationship to Transformation and Awareness. Here's an overview.

Before Intention can be effective, we need the ability to Transform. After all, if we don't know how to create purposeful change, then setting intention has no compass, lacking Coherence. That transformative ability comes via a thorough, focused, comprehensive, proven system. In other words, a system that demonstrably works.

Before Transformation is useful, we need Awareness.

If we don't have an accurate understanding of the real problem, applying Transformation will prove ineffective—we lack Clarity. And solving the wrong problem is very common.

Consider: if we already had a clear idea of the real problem, we'd be in the process of implementing the solution, not setting an intention. Only after Awareness can we Transform, and only after we can reliably Transform does Setting Intention prove effective.

Magic requires a plan—that's the real power of setting intention.

Yes, sometimes all the parts necessary to successfully manifest by setting intention happens by accident. And yes, you could set an Intention and seek Connection to get Awareness/Clarity and how best to Transform/Change with Coherence.

But simply choosing a direction based on a poor or missing diagnosis (lacking Awareness), and without the skill to travel in that direction (lacking Transformation), Setting Intention will remain just a dream. It doesn't have to be.

Willpower isn't the secret. Awareness and the ability to Transform are the keys to Intention. Napoleon Hill, author best known for *Think and Grow Rich* (a book that's really about vibration), advised there are three secrets to successful manifestation – you have to know what you want (Intention), you have to know why you want it (Awareness), and you have to have some idea how you're going to get it (Transformation). Then the magic can happen.

Beliefs and the Four Agreements

Don Miguel Ruiz's book *The Four Agreements* wonderfully covers how our society and upbringing instills beliefs and patterns that often don't serve us well. He then suggests we

adopt new agreements, to first “Be Impeccable with Your Word,” then “Don’t Take Anything Personally,” “Don’t Make Assumptions,” and finally, “Always Do Your Best.” He goes on to discuss breaking the Old Agreements and entering into a new dream, a heaven on Earth, a vision of freedom from outdated thoughts.

Byron Katie’s work covers much of this as well – she asks about our beliefs, and then “Is it True?” Often, we really can’t say 100% that it is. Is it empowering? If not, it’s not really serving us. What would be an empowering belief? What would happen if we switched to the empowering beliefs? We already know what won’t happen with the disempowering ones.

Louise Hay, Affirmations, and Correspondences

You Can Heal Your Life, by Louise Hay, is the primary book in this field.

Some points of her philosophy from the book:

- * We are each responsible for all of our experiences.
- * Every thought we think is creating our future.
- * The point of power is always in the present moment.
- * The bottom line for everyone is, “I’m not good enough.”
- * It’s only a thought, and a thought can be changed.
- * Resentment, criticism, and guilt are the most damaging patterns.
- * When we really love ourselves, everything in our life works.
- * We must release the past and forgive everyone.
- * Self-approval and self-acceptance in the now are the keys to positive changes.
- * We create every so-called “illness” in our body.

Her work focuses on which parts of the body and which illnesses correspond to which mental/emotional difficulties, along with affirmations to change the pattern to positive.

For example – Lower Leg Problems represent “Fear of the future. Not wanting to move.” The affirmation is “I move forward with confidence and joy, knowing all is well in my future.

Or for Peptic Ulcer – “Fear. A belief that you are not good enough. Anxious to please.” The affirmation is “I love and approve of myself. I am at peace with myself. I am wonderful.”

The idea that the body corresponds to outer characteristics is ancient. In Western astrology, these are:

- Aries – head, face, brain, eyes
- Taurus – throat, neck, thyroid gland, vocal tract

- Gemini – arms, lungs, shoulders, hands, nervous system, brain
- Cancer – chest, breasts, stomach, alimentary canal
- Leo – heart, chest, spine, spinal column, upper back
- Virgo – digestive system, intestines, spleen, nervous system
- Libra – kidneys, skin, lumbar region, buttocks
- Scorpio – reproductive system, sexual organs, bowels, excretory system
- Sagittarius – hips, thighs, liver, sciatic nerve
- Capricorn – knees, joints, skeletal system
- Aquarius – ankles, calves, circulatory system
- Pisces – feet, toes, lymphatic system, adipose tissue

So, for example, someone feeling burdened and discouraged might experience upper back pain. Someone hesitant to move forward on a business deal might have knee pain.

Additionally, for men, the left side of the body is energy flowing in, the right side energy flowing out. For women, this is the opposite—right side is in, left side flowing out.

So...kind of a “down and dirty” diagnosis, but surprisingly useful for minor ailments. This is an especially useful area to consider for persistent ailments with no seeming medical help. It helps to get at the root cause, rather than striving endlessly to relieve the painful symptoms. Try it! Certainly nothing to lose, when the cost is saying a few sentences.

Happy Healing!

Homework

Look for ways you might be focused in a negative cycle. What would it take to change that to a positive direction, a new perception, new belief, new cycle that can take you forward into healing?

Then do it! ☺

