



Chapters 7 & 8

The Secret to Health

P. 126 Healing through the mind can work harmoniously with medicine. If pain is involved, then medicine can help to eliminate that pain, which then allows the person to be able to focus with great force on health. "Thinking perfect health" is something anybody can do privately within themselves, no matter what is happening around them.

Dr. John Demartini

P. 127

Our physiology creates disease to give us feedback, to let us know we have an imbalanced perspective, or we're not being loving and grateful. So the body's signs and symptoms are not something terrible.

One of the things that people often do when they have an illness is talk about it all the time. That's because they're thinking about it all the time, so they're just verbalizing their thoughts. If you are feeling a little unwell, don't talk about it --unless you want more of it. Know that your thought was responsible and repeat as often as you can, "I feel wonderful. I feel so good," and really feel it. If you are not feeling great and somebody asks you how you are feeling, just be grateful that that person has reminded you to think thoughts of feeling well. Speak only the words of what you want.

P. 132 Bob Doyle

When people are completely focused on what's wrong and their symptoms, they will perpetuate it. The healing will not occur until they shift their attention from being sick to being well. Because that's the law of attraction.

Think about it - have you ever had a time when your WHOLE family got sick. Really sick. But you didn't? You may have thought, I need to stay well. I need to feel good to take care of them. And in turn you didn't get sick?! That has been my very experience! But, on the other hand, I have had the experience of my family getting sick and thinking, "Oh no! I can't get sick. That would be horrible! How will I take care of everyone?" I spent so much time focusing on how terrible it would be to be sick - focusing on sick - literally visualizing it, that I manifested itself in me getting sick! I attracted it.

Or have you questioned – why can some people be around sick people and NEVER catch it? Yes they have a strong immune system, but why? Because they are living in a higher vibration. A positive thought pattern and attracting health and wellness to them.

I've been testing this theory out on myself for the last two years. I've spent many a winter in the walk-in clinic for sinus infections, ear infections, shingles and even walking pneumonia....you get the idea. Well, since learning and believing the LOA works for health too, I have changed my perception on getting sick. I believe I can stay healthy and I put that into action by staying 'in tune' on what is happening in me – working at keeping my thoughts and beliefs in balance. Now, I rarely get sick, and if I do, I know it is more than just being physically sick. It goes deeper and it calls for me setting up an extra coaching session to find out what is out of alignment in me. Finding my balance again.



Follow-up Activity

Thursday

Laughter attracts joy, releases negativity, and leads to miraculous cures.

Journal activity: Write about what makes you laugh. Serious belly hurting, shoulders shaking laugh. Write about a time you have experience this and focus on what it did for your body (tears rolling down your face, feeling relaxed and even a little tired after). Focus on what that feeds your body. It floods you with healing and blocks negative thoughts – which blocks disease. Then make a plan to make laughter part of your life – whether it's planning a date with a friend that makes you laugh, or watching a funny movie by yourself. It doesn't matter what it is. It just needs to be in your life. There is a reason they say *Laughter is the best medicine*. Because it is!