

HEAL IT NOW

Topic: spontaneous healing according to natural law

Books referenced in this audio:

1. Working with the Law by Raymond Holliwell
2. The Power of Your Supermind by Vernon Howard
3. As a Man Thinketh by James Allen

Notes

Why it's so important: up to 90% of all doctor visits are attributed to stress, behavior, or lifestyle issues

We are not all conditioned the same way

If we are conflicted in other areas of our life, our health will suffer

What is natural law?

A natural law is a consistent, omnipresent, and nonjudgmental process that acts in the natural world.

Three Dantians reflect that we live simultaneously on 3 planes of existence; body, mental/emotional, and spiritual

Everything is energy

The law of perpetual transmutation of energy

Energy moves from a non-form to a form and then back again

Our intention guides our energy which guides the results in our life

3 Levels of conditioning; genetic, behavioral, and spiritual.

When we have a conflict between a desire and a belief, this creates tension and disease.

The subconscious runs the physiology and in order to maintain the status quo, often the subconscious will create pain and illness to distract us from something that threatens to change its programming; even if it's dysfunctional.

Think about...

How did people around you talk about their bodies? Did they say how amazing it was when they were feeling great? Or did they talk more about their bodies with back pain, blood pressure, medications, going to the doctor, etc.? The way that they talk about their bodies is being dumped into our subconscious mind.

Where in your life do you feel stuck around some of those messages?

Homework

We need to figure out for ourselves - what's the point of healing? Why do we want to heal? Just to be out of pain or be healthy isn't good enough. We have to have a purpose. Do, become, or change. Make a list of things you really desire in your life - get relaxed and let your mind visualize and explore.

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