

You'll See it When You Believe it

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As a mind-body practitioner, I've seen many amazing things. Sometimes just a new awareness of the underlying, lesser-known causes of pain and illness catalyzes healing on many levels. With openness to these mental and emotional causes and a desire to work with them directly, amazing shifts in even chronic conditions is the norm, not the exception. This is certainly not to disrespect the many well-meaning practitioners of physical-based modalities, nor the miracles performed by MDs every day; just a call-out to remind us that no one thing, person, or system can possibly have all the answers. And, that if you haven't gotten the answers that can/will/do help you, you owe it to yourself and loved ones to find them!

You can't learn to be a millionaire from someone who's just gone bankrupt. Likewise, if you want better health, ask someone who's healthy! People seek me because I haven't needed to go to a medical doctor in over ten years. I haven't taken a prescription medication since the early 90s; not even an aspirin in that time, and I'm often seen as 10 years my junior. I fall asleep immediately and stay asleep through the night, and always have energy in the day without needing coffee or other energy boosting foods or drinks. And, the most important thing in all of this is that if I can do it, so can you!

So when I explain the science of mind-body medicine, that underneath it all we are merely energy and information, it begins to make sense to clients, readers of my book, and to workshop attendees that to shift symptoms of pain and illness, we need to look at what moves energy and transforms information, and work with that from the ground up. In my practice, I intuit the underlying causes of pain and illness; the thoughts and emotions that alter the base level of our existence and in time, manifest on the physical levels.

Knowing we're involved in causing things we don't really want can be scary and guilt inducing or freeing and empowering; the choice, as always, is yours. This doesn't mean that genetics and environment don't play a role, what it means is that many symptoms can be reversed through non-traditional means if we're open to them. Why? Because among the commonalities that people who've had remissions of even serious illness is belief that it can happen.

How do you increase your belief? You surround yourself with people who believe they can control their own health. You listen, you read, you open yourself to things greater than your present imagination can conjure. You go beyond your own ego self (we all have one of those) that likes to think it knows all the answers even when you're still suffering from pain or illness; the part that says, "It's just old age" or "It's genetics" or any other story your mind likes to hear and believe, or even make up on it's own. If you're still holding onto a paradigm that no longer serves you, who are you benefitting and who are you hurting?