



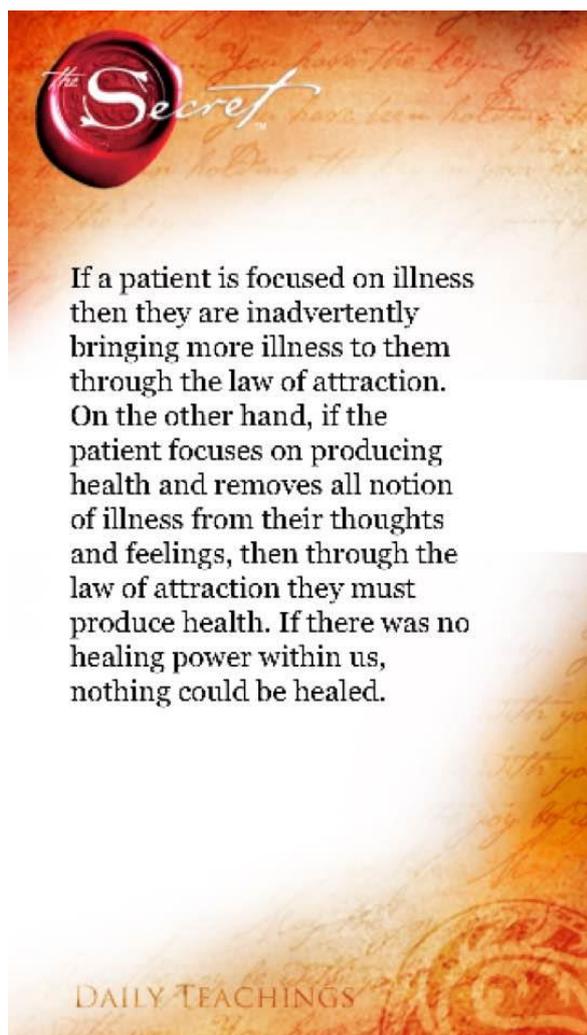
The Art of Self-Healing

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We attract what we think about; that is the law of attraction.

When we are not well we can forget that it's our body, we may have unwittingly aided the illness, but we can help our body to get well again.



So, when we are ill, and we constantly think about how we feel, dwelling on the negative our self-talk is mostly I feel ill, I am so tired, I have to see the doctor again, I need my medication, I can't eat, I can't sleep.....

Not one of those statements has a positive edge to it, they are negative and down beat.

The necessity, which is what it is to self-heal, to re-frame your thoughts to the positive can be daunting.

Where to Start:

First, we have to decide if we really want to be well. That decision must be made with due consideration, as it is that one resolution that will make things happen. You have to be sure that the 'other side' of illness, is not clouding your judgment and you are sure, clear and determined that your body will heal.

The 'other side' of being ill can be dominant and influential, especially at the first signs of disease setting in. You will have family and friends comforting you, taking care of you, showing extra love and kindness; this, of course, is addictive.

You will have told your story, in much detail; who you saw, what medication you are taking, the hospital appointments and how you are feeling on a minute by minute basis. All this reinforces your disease and its power over you.

Dis-ease is the lack of ease, the more you think about it, the less ease you have.

Louise Hay, one of the most influential spiritual writers of her day, writes:

Be very clear that your body is always trying to maintain a state of optimal health, no matter how badly you treat it. If you take good care of your body, it will reward you with vibrant health and energy.

I believe that we contribute to every “illness” in our body. The body, as with everything else in life, is a mirror of our inner thoughts and beliefs. Our body is always talking to us, if we will only take the time to listen. Every cell within our bodies responds to every single thought we think.

When we discover what the mental pattern is behind an illness, we have a chance to change the pattern and, therefore, the dis-ease. Most people don’t want to be sick on a conscious level, yet every dis-ease that we have is a teacher. Illness is the body’s way of telling us that there’s a false idea in our consciousness. Something that we’re believing, saying, doing, or thinking is not for our highest good. I always picture the body tugging at us saying, “Please—pay attention!”

Sometimes people do want to be sick. In our society, we’ve made illness a legitimate way to avoid responsibility or unpleasant situations. If we can’t learn to say no, then we may have to invent a dis-ease to say no for us. True healing involves body, mind, and spirit. I believe that if we “cure” an illness yet do not address the emotional and spiritual issues that surround that ailment, it will only manifest again.

The Power of Affirmations

Here is an exercise to help you discover the power of written affirmations. Writing an affirmation can intensify its power. Write a positive affirmation about your health 25 times. You may create your own, or use one of the following ideas -

My healing is already in process.

I listen with love to my body’s messages.

My health is radiant, vibrant, and dynamic now.

I am grateful for my perfect health.

I deserve good health

[More on Louise Hay here](#)

Visualisation:

Apart from affirmations, visualisation is another major form of self-help. Not everyone can make pictures in their minds, which is what visualisation is, so you may find it helpful to get a picture from the internet, that shows what or where your disease is manifesting.

For this, you may like to follow one of my principal scripts, often used with EFT (Emotional Freedom Techniques) but works fine on its own.

1. First find a comfortable place to sit where you will not be disturbed or distracted.
2. Take several long, slow deep breaths, count four in, hold for four and then slowly out, making the out breath as long as you comfortably can. (If you have lung disease and find this difficult, then hold the breath for a shorter time).
3. Now relax all your body and focus on where the disease is most prevalent; for instance, the site of a cancer, or the organ (kidney, heart, liver, lung, or limb) affected by the illness the most.
4. If you find that it's not easy to form a picture in your mind, get the hard-copy picture as mentioned above, and concentrate on that.
5. Have the image in your mind and see how it looks. It may be large, red, hot, pulsating, blue, or cold. Whatever your first thoughts are, hang on to them.
6. Whatever it is you have 'seen' can be changed by the power of your mind. You can make the large, smaller, the hot, cooler, the pulsating, still, or the cold, warm.
7. Do this for as long as you can hold the image, then gently let it go.
8. When you repeat the exercise, start with your modified view of the issue, and do the same again. If things change so that your focus has to move, then let it, your new mind picture is more likely to be the right one.

As an example, you can see the sight of a wound that is resistant to healing with drugs. You are feeling the pain and the area feels hot to the touch, as it often does when infected.

You can now 'see' the wound in your mind, feel how deep it goes into the body, know how hard your body is working to defend you, the whole person.

Concentrating the thought that you can assist in your wounds repairing abilities, let your thoughts calm the pain by saying "the pain is less", "the wound is processing the healing" and most of all "I know that this wound is mending".

This, like the affirmations can be as often as you like and at any time you find a space in your busy life. Never forget that the power of your mind can make you remain ill or heal.

Make-Believe Helpers:

To take this even further we can enrol some helpers; mine take the form of the little workmen, in yellow, hard-hats and wellington boots, some clients imagine gnomes or worker bees.... whatever you feel is right.

Now we make the visualisation more powerful by imagining our 'helpers' to be clearing up the pain, shrinking the lump, mending the tissue.... anything that your disease is doing to your body.

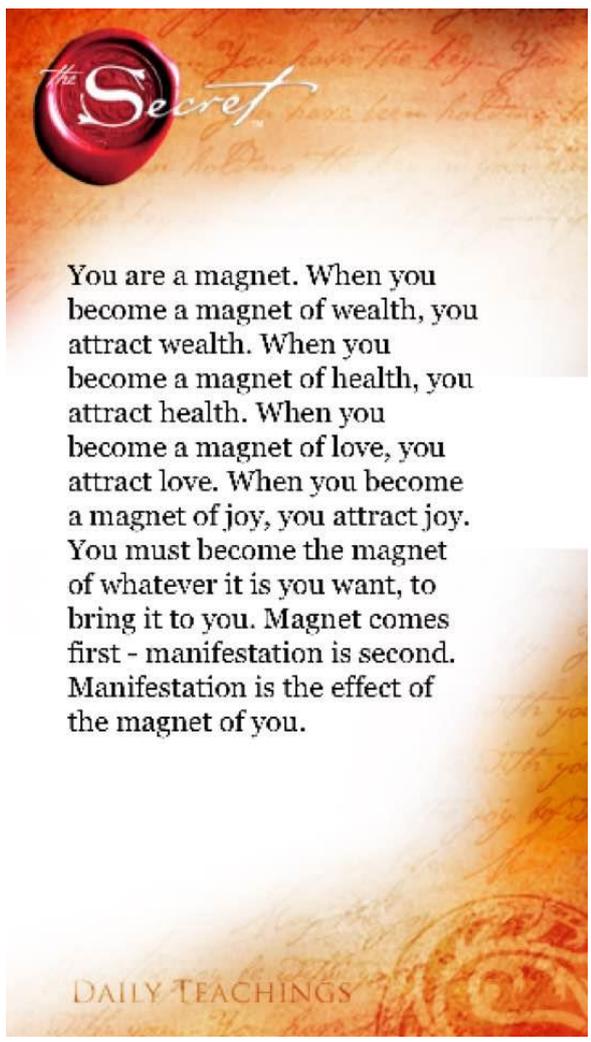
They can scrub, vacuum, polish and sweep up; for instance, say you have a lump that may be cancerous...your little helpers are there to scrub away at the surface, until the lump gets smaller, then smooth the exterior so it causes no pain. Each time you repeat this, the lump will reduce in size.

My workmen spend time cleaning my lungs when I get a cough, and they tidy up the cartilage in my damaged knee; the cough disappears, and the knee pain subsides.

It does take time and some effort, but it works and puts you back in control.

Victim or self-motivated, self-healer

Visualisation is an effective tool in the management of self-healing, but the best of all is the knowledge once you acknowledge that you can help yourself, you are empowered to do so.



The law of attraction works like a magnet, it brings to you what you are.

When you are convinced that you are well, your body responds with the chemicals to help you, you become resilient and the good energy that you put out, is returned to you.

So, having started at the beginning and are at least working on being that well, fit, and healthy person, the magnet attracts more health right to you.

Becoming a victim to your illness or dis-ease ensures that it will return, even when it appears to be gone.

By using your mind, you can overcome this and live a long and healthy life.

You are more powerful than you know...!

Diane