YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**CHAPTER 8 EXERCISE: HEALING FROM WITHIN**

*“All Healing is first a healing of the heart.” ~Carl Townsend*

I’d like to interject a caveat here. Although you may be tempted to select something from a loved one’s life in order to assist them, it’s important that you do this for yourself. Put your oxygen mask on first. Remember, this is *YOUR* *Owner’s Manual*.

Consider the experiences in your life which have made or are making you ill - physically, spiritually, financially or otherwise. Choose one to work with for this exercise. In relation to this issue, I’d like you to do the following:

* Look up the ‘Problem’ and review the ‘Probable Cause’ in Louise Hay’s book, *You Can Heal Your Life.*

*Please Note: If you do not currently have access to this book, you can come back to this exercise later. I highly recommend acquiring and incorporating Louise’s material into your life. I refer to it often, and it has saved mine as well as the lives of many others in innumerable ways.*

If it makes sense, great. It’s possible, however, that you may not initially agree with or be able to see the ‘Probable Cause’ as a viable component of the issue. If you experience resistance or confusion in that the text may not compute, simply allow yourself to give it the benefit of the doubt for the moment. Remember, your subconscious defense mechanisms and filters will come into play. Any resistance is due in part to the software in your survivalist, reptilian brain encountering what it views as a conflict or intrusion. I will comment that although it was clear when I found this book, the entries pertaining to the dis-eases I experienced may not have entirely registered for me at the time.

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| **PROBLEM** | **PROBABLE CAUSE** | **INSIGHTS** |
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* Review the ‘New Thought Pattern’ for the problem and ask:
* What message is my Mind/Body brining to my attention with this?
* Where might this have come from?
* What are the components involved?
  + What thoughts, feelings and emotions (Resistance, Reaction, Alignment, Agreement –past experiences and patterns, etc.) did I have/am I having that may be contributing to this Problem?
* Am I willing to acknowledge these components?
* Am I willing to consider the possibility of this ‘Probable Cause’ and ‘New Thought Pattern’ as viable and take action where they are concerned?
* What will my life be like in 5 minutes, hours, days, weeks or years if I choose/do *not* choose to acknowledge and take action regarding these components?

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| **NEW THOUGHT PATTERN** | **INSIGHTS** |
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*“Everything this is and brings up, whether known or unknown consciously or unconsciously and anything that may be standing in the way of my healing, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields under grace with ease. And so it is.*

* Repeat the ‘New Thought Pattern’ to yourself or write it out (perhaps both) three times.

Also, include these affirmations from Louise Hay:

* *I listen to my body’s messages with love.*
* *My body now restores itself to its natural state of vibrant health and wellness.*
* *I am healed, whole and healthy.*

Allow yourself to embrace that by acknowledging the issue(s), you are already healed; and allow your body to process the new chemistry.

The crisis is about the issue. The healing is about the acknowledgement, release and adjustment.

Expressing Appreciation with a statement such as*: “Thank you for the gifts which I may not yet be able to see or appreciate”* also aids in opening to healing and possibility.

* Whenever you think of the problem, repeat these steps.

*Please Note: Any time you suspect that you may have a serious condition, you should seek the assistance of a qualified professional. The tools and methods suggested herein are intended as a supplement to, not a substitute for, medical or psychological diagnosis and treatment.*

*“Love is the great miracle cure.*

*Loving ourselves works miracles in our lives.” ~Louise L. Hay*