

THE POWER LIES WITHIN US

The body is constantly healing and recreating itself, and you can actively participate in this miraculous process. The creative life force within us is a Divine gift and a natural thing, and its expression is a natural consequence of our spiritual nature.

In the past, our parents, teachers and society conditioned us to believe there was nothing we could do to participate in the healing of injuries or diseases. Now there is a new attitude and a new thought, backed up by scientific research, that teaches us that we can be responsible for helping to heal ourselves; - that the power lies within us. Some call this the Mind/Body Connection. The body has the innate ability to heal itself and we can strengthen that ability by making a command decision in the brain and encouraging the subconscious mind. One of the prime directives of the subconscious mind is to "run" the body. A blueprint is stored there of the body at the moment, and of perfect health. The subconscious also preserves and maintains the integrity of the body. It also uses and responds to symbols, making visual imagery a very usable tool to help heal the body. By relaxing the body and the conscious mind, we can tap into the subconscious, giving it powerful positive affirmations/suggestions. (The subconscious cannot tell the difference between reality and imagination). If a client consents to and likes the positive suggestions given to them, they allow this suggestion into the subconscious mind. The brain is like a computer giving the orders, and the body responds. (What happens when you think of a lemon?) By combining the power of suggestion, with conscious goal setting and affirmations of perfect health we powerfully influence and heal the body. Thus maintaining that perfect blueprint of health. When we are willing to explore unseen levels of our bodies we CAN tap into the creative power within us. Traditional health care providers are beginning to understand that the mind/body interaction is important for healing and repairing the body – something that hypnotherapists have long recognized. The mind has the power to change the body's action and reactions.

This new understanding has progressed in recent years by the research and study of quantum physics. In *Ageless Body, Timeless Mind*, by Deepak Chopra, we learn that we can "manipulate the invisible intelligence that underlies the visible world." To renew one's body, you must be willing to accept new perceptions and new solutions. Therefore, the first step in self-healing, is to gain a new awareness and belief that you can assert control over bodily processes and that your cells react to your thoughts.

Through the healing of our souls and our emotions we facilitate the process of healing the body and bringing life into greater wholeness. Emotional and spiritual wounds have a direct effect on our physical conditions – as do all of the unresolved negative emotions that we carry with us. Another directive of the subconscious is to keep repressed emotions restrained for protection. Unresolved negative emotions, such as anger, fear, guilt and sadness can get trapped in the body, causing our life force to stop flowing freely. When we are "blocked" by repressed emotions, it can lead to physical symptoms. If an illness or heartache is with us for a long period of time, it may settle into a fixed position. However, another directive of the subconscious is to present these repressed memories for resolution, and assists the subconscious mind in letting go, therefore making them rational and helping to release these emotions. Sometimes we need to go back and "redo", that is, reinforce a healthy imprint. Sometimes healing begins at the root level.

The concept of the mind/body connection has finally come to light. Thankfully, there is a new breed of MD's coming forth with new concepts – such as Andrew Weil who backs up Chopra's

idea of "spontaneous healing" – that being that the mind can cause illness and dis-ease and therefore it can also help to cure it. With Dr. Chopra's best sellers, Quantum Healing, and Ageless Body, Timeless Mind, we can now explore mind/body medicine; the door is wide open to understanding self-healing and how that works. This new field has been known to assist patients to decrease the severity of some illnesses and many hypnotherapists and holistic therapists are working with patients to do just that. Hypnotherapeutic techniques and a holistic approach can help reverse the natural disease process that maybe affecting the immune system. This new field is known as psychoneuroimmunology. (Please note that hypnosis or any other type of energy healing is not a substitute for medical care, but can be very powerful as an adjunct therapy). Quantum physicists tell us that the cosmos is forever changing – the field of energy and information is continually transforming itself, becoming new every second. According to Chopra, "our bodies obey this same creative impulse. An estimated 6 trillion reactions are taking place in each cell every second." (Ageless Body, Timeless Mind) **For example, the skin replaces itself once a month, the liver every six weeks, the stomach lining every 5 days. By the end of a year, 98% of the atoms in the human body will have been exchanged for new ones!** Old cells are like a map of a person's experience – joys, sorrows, stresses – long forgotten consciously, but are still sending our signals – and these reactions become part of you. In the 1970's a series of important discoveries began. Scientists found new chemicals called neurotransmitters. They transmit nerve impulses and act as communicator molecules; therefore, the neurons of the brain can talk to all of the body. In Quantum Healing, Chopra says, "These neurotransmitters are the runners that race to and from the brain, telling every organ inside us of our emotions, desires, memories, intuitions, and dreams. None of these events are confined to the brain alone. Likewise, none of them are strictly mental, since they can be coded into chemical messages. Neurotransmitters touch the life of every cell. Wherever a thought wants to go, these chemicals must go too, and without them, no thought can exist. To think is to practice brain chemistry, promoting a cascade of responses throughout the body." He continues to explain that the mind and body are "like parallel universes. **Anything that happens in the mental universe must leave tracks in the physical one.**" This means that organs can "think" and produce the same neuropeptides found in the brain. In the mind/body, information and matter come together. Information has a longer life span. A cell is memory that builds matter around itself, forming a pattern. Medical hypnotherapists can work with oncologists to help cancer patients (and those with other diseases). Cancer may be described as a confused cell out of control. Our immune system normally destroys these confused cells, but for some unknown reason, in cancer patients, it is not doing this. Dr. O. Carl Simonton believes a stressful event has caused damage to the immune system. The mind can help strengthen the immune system. Hypno-Therapists working with these patients have noticed that the patient must believe he/she can recover. Then by teaching the patient visualization, or regression therapy, he/she can "talk" to the subconscious mind to get it working in the right direction.

This article was written by qualified Hypnotherapist - Kathryn C Edler, CCH all rights reserved.

For further information and latest research on the cells in the body and how the mind/beliefs affect your health read the book '**The Biology of Belief**' by **Bruce Lipton, PhD** - a cell biologist who has proven that we are not a victim to our genes; the genes and DNA do not control our biology and they can be changed as we retrain our thinking.

Another good read is '**The Power of the Subconscious Mind**' by **Dr Joseph Murphy**