

HOW DO WE WILL OURSELVES WELL?

By Dr. Cathy

This article comes just a few days after our Phase 1 class at the office. It was an exceptionally good class in many ways for me as it was the first time I have originated the class image, organized it and taught it entirely solo. Trust me, it was an experience worth every minute of the challenges brought. The coolest thing is that I used the very principles taught in the class from beginning to end to do so. Proof in the pudding!

Feedback from all class participants was equally impressive. In Phase 1 we use simple exercises to show how an idea expresses through the body and mind. Using hypnosis you can demonstrate how the mind works with clarity. Almost everyone participated and felt more freedom as a result of having this experience. There is a deeper understanding of knowing how we choose an idea and put it to work in our lives. When experienced, as when you implemented what you learned in a chemistry class, Phase 1 is the laboratory for one to see just how the conscious and subconscious mind will and always have been communicating by principle.

An understanding of the functioning of our mind is key in revealing what lies deep within the subconscious and how we direct the power there, which is deductive to our conscious thoughts and emotions. The conscious mind chooses the ideas and the subconscious acts it out succinctly to its most logical conclusion.

As a doctor, my ultimate goal is to teach the community about health and the principles that create health, therefore this is a most important conclusion for anyone who is striving to attain health.

Phase 1 of Conceptology demonstrates there is a mind-body connection as well as taking the higher step in consciousness upon which Chiropractic was founded. There is Universal Intelligence (God) and an Innate Intelligence (individual) expressing through you to the degree you accept it. It is said we have a triune relationship, Body, Mind and Soul and all must be in harmony for health to express. In Zone Healing we say the four-fold nature of man is Body, Mind, Soul, and Spirit. Each component is as important in its role as the next, however differing in levels of consciousness.

After the class I was given an article to read by my assistant Jacqui from the popular magazine Psychology Today wherein a Pediatric Pulmonologist (child lung specialist) relates his conversion in thinking about disease. The article, "Will Yourself Well", is a short one but well worth the effort as it brings to light how disease can be manifested through our will. The doctor didn't relate to the other inner faculties involved (Imagination, Reason, Perception and Intuition) but without doubt they were also used to create an allergic reaction in a patient right before the very eyes of this MD. I get excited when I read articles citing what the Chiropractic Profession has known and taught for ages. It is a marvelous break through to see professions changing for the better for all involved. I am also inclined to shed and spread more light on the subject.



The will is a powerful inner tool and necessary to invoke change. It is *will* we use when we choose and commit to our choice to follow no matter what may happen. Within the subconscious there are 5 very powerful faculties; Will, Imagination, Reason, Perception and Intuition, that require understanding for proper use, even though we are using them “incorrectly” all the time (knowingly or not). This doctor saw a patient *think* of something she was convinced would make her ill with allergy even though that object was not in the room or anywhere near the patient! Yet the patient did have a response. The doctor then began to think, if our mind can create and manifest symptoms like this, couldn't it be used in reverse?

This experience impressed the Doctor so much he began to study the power of the mind and the will of one to prove an idea they have chosen. Just think of how we look when expressing health; shining eyes, glowing skin, shiny hair or illness; droopy, pained, slouched shoulders, eyes dull and averting, skin tone flushed, grey, ruddy, or pale. These are literally visceral reactions to stimulated ideas we have accepted. The doctor used to believe one couldn't think himself in and out of disease, but now he says, “you can train your mind to control a whole lot.”

This particular Pediatric Pulmonologist is also a Certified Hypnotherapist! Using the techniques to assist patients in clearing up the deep inner concepts of dis-ease, he is finding more success than originally thought possible.

The principles behind the phenomena are taught in our Phase 1 Class. You as a chooser of ideas are contacting and directing the Universal Power within you to bring about all the details associated with your idea, whether it be positive or negative, right down to the “nitty gritty” of what you think it is. Phase 1 demonstrates how you are stimulating the ideas of Health or Disease based on your concepts and how the power within you will manifest them to its most rigorously logical conclusion.

We don't teach you to blame or find fault with yourself or others, as we are all finding our way through life. We do teach that you are responsible for what you are creating, even if some great injustice was experienced by you. More importantly how we put our experiences into perspective is the real key! It is our concept of it that will continue to feed it whether we are suffering from it or enjoying it. We the soul, the chooser of our ideas, must learn as the doctor discovered that we can use this principle correctly or in the case of dis-ease in reverse.

Suggestion is one of the most powerful principles at play in our lives. Everything in life is suggesting something to us every minute of the day and we are all subject to it. Hypnosis, a mind over body state of deep concentration and self-control, has been used in medicine for over a hundred years, and though there are skeptics, studies confirm it often works where traditional interventions have failed.

Hypnosis taps into the autonomic nervous system, which modulates processes like blood flow, breathing, digestion, and the body's immune response. When you suggest that a treatment is happening, your immune system responds as if it actually were happening! The latest research shows that patients can achieve these curative effects through self-hypnosis, a simple technique that many master in a single session. The appropriate question is not, ‘Is hypnosis (suggestion) applicable to any medical situation?’ The question is, ‘How is it applicable?’, because it usually is.



ABSOLUTE HEALTH CHIROPRACTIC

95 CLIFTWOOD DRIVE NE ♦ SUITE C ♦ SANDY SPRINGS, GA 30328
404-257-0188 ♦ askdr Cathy@clear.net ♦ www.dr-cathy.com

At our office we have the nerve to tell people they have a “Divine Right” to be healthy, happy, successful and peaceful. We can create these things by acknowledging that we are not our bodies or minds, though we have them to use, instead we are the essence of life in the individual expression (soul-innate intelligence) and that our connection to the highest of all consciousness (Universal-God) is paramount in understanding why we have this Divine right. When we work with images like this think of the Ultimate Suggestion we are under. What greater idea could we generate or accept that is sufficient to cover all illness by moving our bodies, minds and souls to its highest level of consciousness with confidence. Literally removing all barriers to see how far we can go by simply removing the notion of limitation or being less than we are!

Daily Suggestion for You

Think, Talk and Act Healthy until it manifests in your life. If you're a patient of mine you already know this formula. My question is, are you applying it? Put this into action by quieting your mind for 33 1/3 seconds every day using your 5 faculties to invoke the idea of your Divine right to be healthy.

Do this for at least 30 days and then see the results. Continue to use this principle in all your goals in life and you will learn the most valuable tool to accomplishing whatever you choose in your life. Put it to the test and let us know what you find.



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