

Creating a Healthy You

By Bonnie Strehlow

What if you could recapture your vitality and health with one simple method? Wouldn't you want to know how? Wouldn't it be great to have a Healthy You and the freedom and power to make that happen?

If you are like me, you're always looking for ways to feel better. Maybe you are already pretty healthy and want some simple tools to keep you that way; or maybe you are suffering from an illness and no matter what you do, you just aren't getting better. Maybe you have some stubborn pounds you want to drop but are just not succeeding in getting to your desired weight.

I know about struggling with illness and weight. I've been where you are, and even though I am healthy now, that wasn't always the case. For years I struggled with fibromyalgia and being overweight. Since learning the skills to change my health as I changed my mind, my fibromyalgia has healed. Not just improved, but is completely, totally and 100% gone. And I used those same tools to drop weight and shift my identity to being a naturally healthy person.

So you're probably thinking "That worked for you, but I don't think it will work for me." I hear you! Really I do.

Did you know that science has now proven what you have intuitively known all along? Your *thoughts* determine how healthy you can be. Scientists like Dr. Bruce Lipton and Dr. Joe Dispenza have proven that you are neither a victim of your genetic programming nor are you doomed to a pattern of illness, disease, being overweight or constantly sick.

That's great news!

That means that when you refocus your attention toward health rather than illness and when you establish a healthy relationship with your body and when your identity becomes that of a healthy person, your body immediately gets busy creating a healthier body. It really can be that simple!

OK. So what needs to happen in order to begin identifying yourself as a healthy person and to begin experiencing greater vitality and better health?

You need three things: willingness, teachability and an open mind.

Willingness to change is paramount. Without being willing to change something, you won't even take the first steps to a healthier you.

Where is your time and energy focused right now—on the struggle to be healthy or on actually being healthy? Take a moment to tune into your body and ask. Tell yourself the truth. Are you caught up in the struggle and striving to be healthy, but not leaving room for actually being healthy?

Where you place your focus is what you will continue to experience. That's why an attitude of willingness is so essential.

How teachable are you? Being teachable means that you are open to new ideas and new ways of doing things. When you are sure that you know what is wrong or what needs to be done, you close yourself off to new information—information that may very well lead you in the direction your body needs you to go. You stop learning anything new and continue to get the same old results over and over again.

An open mind is allowing yourself to **not** know the solution. A feeling of peace comes with a mind that is willing to sit in the space of not knowing. From an open mind and in this place of peace healing can happen.

Here are a few basic truths to think about:

- Your body is literally a roadmap of beliefs, thoughts and feelings.
- You were born with an innate ability to heal—an etheric blueprint for good health.
- Everything you ever experienced or believe to be true is literally encoded in your cells.
- Your body knows how to unlock and change those codes when you get out of the way and let it do its job.

Once you are willing and open to new ways of being healthy, your healing begins. All healing really begins from the inside—from your unconscious programming and your identity as a healthy person.

By changing what you believe to be true about your illness and your identity with your illness, you stop obstructing your body's ability to heal and you allow it to do what it knows how to do— heal.

Your willingness to shift your identity to being a healthy person gives you the power and freedom to reclaim and regain your health and vitality right now, in an instant.

So, how do you get out of your own way and allow a Healthy You?

Here is a simple exercise to guide you into a state of willingness, letting go and being open to trusting your body.

1. Take 5 minutes and tune into your body – close your eyes and imagine you are traveling around inside your body – do not resist what you find. For example, identify pain and the area of pain completely. Describe it in colors or sounds – what is it screaming, yelling or saying? What is the message it wants you to hear?

2. Apologize to the pain. I am sorry for resisting you – hating you, ignoring you or being sad and angry at you. I understand you want me to know something about my body that I have ignored. I am here and I am listening.
3. Engage in your ability to heal by simply letting your eyes look up under your closed eyelids and send the feeling, color and emotion of acceptance and love to your pain. (You are engaging your theta brainwave by this simple technique).
4. Let your eyes relax and imagine yourself more active and pain free. Imagine having a new identity as a Healthy You— healed, whole and healthy. (Do this to the best of your ability as those in very deep levels of pain may take a few sessions to reduce and eliminate the pain).
5. Open your eyes and immediately stand up and stretch and move –test your new awareness of your body. You’ll be pleasantly surprised.
6. Give yourself a hug or a high-five and move on with your day!

We are all searching for the same basic things in life—love, acceptance, and good health. What would your life be like if you identified with a Healthy You and allowed your body to bring that into reality?

When you learn to think, act and feel healthy, your subconscious mind goes into alignment and agreement with your body. And before you know it, you feel better, have more vitality and enjoy your life in new, healthier ways.

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