



Health, Wellness and Healing Handbook

Week 3

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Healing Happens in the Quantum Field and is Instantaneous

You engage in another level of intelligence to command and create healing in new ways.

In order to heal:

You must have a desire to change.

Know what you believe about the possibility of healing.

Uncover your limiting beliefs that contribute to health challenges.

Be willing to change your mind and open to a new reality about your health.

What Healthy People Believe

The body is designed to heal.

They are empowered to heal themselves.

The body is coded for healing.

Spontaneous and instantaneous healing is possible.

A greater intelligence is working through and with them for healing.

What People Who Experience Spontaneous or Instantaneous Healing Believe

Belief #1

Each individual made a choice to heal.

Belief #2

Instantaneous healing is possible.

Belief #3

Belief in a greater intelligence that knows how to heal and they are in relationship with that intelligence.

Belief #4

Healing takes place in non-ordinary reality, in no space and no time.

Belief #5

They received the healing, claimed the healing and knew that they were healed and the old condition was gone.