

Health, Wellness and Healing Mastery at Your Command Worksheet for Session #3

These exercises are for your personal growth and development only. You do not submit them to us for review, but use them to take yourself ever deeper into what is blocking your greatest health and vitality and command for what you want instead.

In this exercise you discover the truth of what you believe to be true about spontaneous and instantaneous healing. There are no right or wrong answers. You are simply allowing your feelings to be acknowledged so that you can make the appropriate changes.

Close your eyes and think about each belief, one at a time. Mentally place yourself on a scale of 0-10, with 10 being the strongest feeling for each belief. Write your number on the line.

_____ I have the power to heal.

_____ It's possible for me to heal.

_____ I believe in instantaneous healing.

_____ I have the ability to live pain free and to heal.

_____ I am healthy.

_____ I deserve to be healthy.

_____ I have a right to be healthy.

_____ I believe others can heal, but I can't.

_____ I worry about being sick.

_____ I tend to be more negative in my thinking and feeling.

_____ I tend to be more positive in my thinking and feeling.

Now is your opportunity to create new beliefs about spontaneous and instantaneous healing.

One at a time—take each belief and ask yourself: What do I want to believe instead. Turn those answers into Commands and take yourself through the 6-step process to shift your beliefs and change your reality about your ability to be healed, whole and healthy.