

Health, Wellness and Healing Mastery at Your Command Worksheet for Session #2

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.

"The power that creates the body heals the body." Dr. Joe Dispenza

In this exercise, you become aware of what you consciously believe to be true about healing. Take a few moments to become aware of your consciously held beliefs about healing, what is possible in healing, and what you believe is possible or not possible for you.

1. Define what the word *healing* means to you.
2. What do you believe about healing?
3. What were you taught to believe about reversing illness, disease and the ability of the body and mind to heal?
4. What do you believe is now possible for you to experience in regards a life of great health and vitality?
5. Think about the times you've been sick or about the illness you might be experiencing right now. Close your eyes and ask yourself: What is the secondary gain I'm getting from this?

Make a list of your answers here and after each one ask yourself—What do I want to change, remove or improve about this?

Turn those answers into Commands and take yourself through the 6-step process to shift your beliefs and change your reality about your health.