



# Health, Wellness and Healing Handbook

## Week 2

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*Healing may not be so much about getting better, as about letting go of everything that isn't you—all the expectations, all of the beliefs—and becoming who you are. ~ Rachel Naomi Remen*

The journey of what you once were and who you are now becoming is where the dance of life really takes place.

## **Your Beliefs About Healing**

What you think is possible or impossible in healing come from what you believe to be true about healing. Many of your beliefs were created in your earliest years, especially conception through age 6.

There are many influence on your health and healing, and it's the power of your mind that most strongly influences and determines the state of health you experience.

If you want to know what you really believe about your health and your ability to heal:

- Pay attention to the stories you tell about your health.
- What are you told by others about your health?

But ultimately – the most important belief you must hold is the belief that you CAN heal.

## **Habits of Your Mind**

99% of the unconscious programs, ideas, and health patterns you have were formed from when you were in utero to when you were five years old.

Everything is “me” to the child.

The majority of your unconsciously held healing beliefs are your mothers, fathers, and grandparents.

Your memory is selective. Only 1% of factual information is stored in memory, and the rest is deleted or generalized from the filters of the person's unconsciously held belief system.

Limited beliefs about how healthy or unhealthy you are—are accepted as truth.

This isn't a limitation of you as a child or of your health—it is a limitation of the programs that were unconsciously downloaded at that early age.

What prohibits your spontaneous ability to change from a less healthy state to a healthier state - is **your fixed mind** - and attempting to solve your healing conditions from the most limited portion of your ability—your ordinary logical fast-thinking beta brain wave.

What were you taught about healing?

What does your family believe about disease, illness, depression and the ability of the body and mind heal?

What do you believe about healing?

## **Underlying Causes of Ill Health**

Some people are not healing even though they have the greatest intention and desire to heal. And others are healing.

What's the difference?

When you are experiencing less than optimum health, your mind and body need extra support.

The unconscious causes of illness will oppose your making change—these unconscious causes are called your secondary gain or benefits of your disease, illness, or condition.

## **Secondary Gain**

Secondary gain always has a positive intention.

You are always moving towards pleasure or away from pain.

You find your secondary gain in the story you tell about your condition, the causes, what keeps you from healing and who's to blame for your illness.

Identifying your secondary gain releases the blocked energy and allows healing energy to enter.

And the good news is – your body's ability to heal is greater than anyone has led you to believe.

And now is the time to know that!