



Health, Wellness and Healing Handbook

Week 4

by Asara Lovejoy, Bonnie Strehlow and Dr. Katie Garnett

Your body knows how to heal

If we are thinking and acting as if we are healthy, that means that we are thinking and feeling as if we are healthy.

And if we are thinking and feeling as if we are healthy, that means that we are in a state of being healthy. That means that the mind and body are working together, and our thoughts and feelings are aligned with that healthy state.

Our greater intelligence then supports whoever we are being—which is healthy.
Dr. Joe Dispenza

The power of The One Command

How we get from where we are to where we want to be. And where we want to be is HEALTHY. Following the 6 steps we Command that health. The subconscious mind then supports us whatever we are being.

Your body knows how to heal

The body is already coded for healing and establishing balance. You can claim and own what you want is yours now. Awaken your awareness to that fact. Your body know how to heal from the inside out.

When we place ourselves in that state of health where we think, act and feel healthy—the subconscious mind supports us in whatever we are being.

The body knows more than the mind. It holds childhood memories about health and healing—or the opposite.

The body remembers what the conscious mind chooses to forget.

When the mind gets out of the way, the body knows what to do. It immediately begins to restore itself to a healthier state.

Bonnie shares her healing story

The body remembers what the conscious mind chooses to forget.

I processed and released into my healing by going to theta and getting out of the fixed mind – so it can remember what it needs to remember to do the emotional releasing work.

As the childhood memories came up I cleared completely what my body had been holding onto.

As I emotionally cleared my body released the cancer and it changed from malignant to non-malignant pathology.

Release your closed mind to an open mind

When the mind gets out of the way, the body knows what to do. It immediately begins to restore itself to a healthier state. It is normal and natural to heal. The stagnate energy is changed into the healthy vital energy.

I HAD TO STAY IN FAITH – AND IT IS DONE!

Homeostasis

When the mind gets out of the way, the body knows what to do.

What works for you

- Meditation
- Going into theta
- Take a walk sit under a tree
- Find fun
- Go to a light hearted movie

As you do fun things, the mind is getting out of the way and the body is healing. Be in your joy – find what it is that is fun and enjoyable laugh over nothing.

The body is already coded for healing

There is no such thing as a small miracle. There are two ways to live life. One as nothing is a miracle or as if everything is a miracle. ~ Einstein

Remember that the body wants to heal.

Theta Code

In our program that Bonnie and I did for Nightingale-Conant *The Theta Code*, we go in-depth with meditations and more teaching on how to be in your health. And we speak to the process of healing when you are being in your beta mind and become fearful – that in itself becomes an addiction.

You are at choice to live fully, happiness joy and serenity of living in the moment now.

Part of the process is to remove yourself from the fear of your illness, or ill-health...because knowing from another portion of your mind you have the capacity to heal under any circumstances.

Process of healing

Illness is the last attempt of the emotional pain in the pain body that wishes to be heard – to express itself at a deep soul level. I have neglected that.

I haven't forgiven myself or others, I haven't done the footwork then your body screams at you pay attention – there is something that has to be healed and go back into perfection of the Etheric Blueprint and be healed.

Begin with choice – I don't know how or why I chose this condition – I only know it is revealed to me now.

I now establish a faith based relationship with my health and healing

Tap into your energetic field

Your etheric blueprint resides in your energetic field – not in your physical body – for example gravity is visible through its effects in the tides but it is invisible.

The Morphogenic field exists around every cell of your body and of every thought. The formless that you cannot touch or know, or see by your 5 senses but you can know by the results – like the results of gravity only they are the results of your health or not.

The Morphogenic field is your Master Plan for health and does not change. What changes is the energy in the actual physical structure itself but the right attunement is waiting for you to be re-engaged in the master plan of health

The discordant is in the physical

The discordant sounds are the remnants of your limiting thoughts, your negativity, unhappiness depression unhappy trauma.

If you chose all of those experiences –negative parents, family trauma. If you chose that – if you are creating that then you can create it in any direction – you can change the direction of what you hold as a true possible for yourself.

Every healing miracle that has ever happened for others than it is there for us – there is no separation except by your belief.

The choice point to heal

Asara--I didn't choose this disease or condition.

Yes, you have - by the unconscious choices you have made up until now. Because you are either a victim or a master of creating your health and your life.

Bonnie:

The full range of emotions were old emotions coming up – they were a new choice point - do I want to allow this anger to come up release itself and leave or stuff them down again.

I became willing to look at the emotions and said now I am at choice to not be a victim no matter the condition.

This is what I have had, but now I choose my good health, love and enlivening resonance.

Your Etheric Blueprint

Every one of the 100 trillion cells in your body contains this etheric blueprint within each strand of DNA.

There are 30,000 options for each strand of DNA.

This includes your Etheric Blueprint for optimum health.

Your DNA responds and selects a specific blueprint based on what thought or feeling you send to that particular strand.

Has a morphogenic field around each cell and maintains the integrity of your cells.

Your Etheric Blueprint is always in wholeness and perfect health, and is available to you at any moment. When you shift your thoughts from negative messages to powerful, positive healing messages, the optimum health genetic choice can spontaneously appear.

Thoughts are energy and energy is more powerful than physical matter.

That means that YOUR thoughts are more powerful than physical matter.

Every thought affects you.

Stagnate energy is dark matter and can be released into light matter and resonating into wholeness and health for the system.

There is an additional process added to The One Command that takes you into the etheric blueprint for your optimum health.

That takes you into joy, love harmony happiness, health wellness, vitality, spontaneous healing.

When you go into theta you create a subatomic filter in the center that only allows your pure consciousness. Through the filter from old body to new healthy body.