

How & Why We Create Our Reality Through Our Beliefs, Thoughts, Words & Actions

Many people today take the view that healing comes from an outside source. They think of it as something that happens when a doctor or practitioner prescribes medicines or performs procedures. The patient passively sits by, rarely participating or collaborating in any meaningful way. This is true of western medicine, but I see it creep its way into natural medicine as well.

People go to a practitioner expecting to be fixed. Sadly, many never consider the idea that we carry the ability to heal within ourselves. No amount of drugs, herbs, vitamins, or therapies will restore health without the intentional, focused participation of the patient. These things may reduce or mask symptoms, but they rarely offer true healing.

When people grasp this, they begin to take ownership of their health. They begin to make the kinds of choices that bring their life into alignment with their physical, mental, emotional, and spiritual needs. They begin to view healing as a collaborative effort where the health practitioner is simply there to guide and support.

True healers see themselves as facilitators, guides, and mentors. True healers know the body

will heal itself as the physical, mental, emotional, and spiritual blocks affecting an individual are intentionally identified and removed, one by one. They also know that every person must learn how to eat, drink, breathe, move, sleep, think, and connect for themselves. The healer can guide and encourage, but the patient must ultimately do the work and take ownership of the process.

People who are willing to heal are curious and question the standard answers they've been given until they find the truth. When they shed myths like, "This just runs in my family," or "This is just part of getting older," or "It's just part of being a woman," the blinders come off. A whole new world of possibility opens up.

People willing to do the work of digging down to the deepest roots of their challenges will create vibrant health for themselves.

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They are the ones willing to connect the dots between their mental, emotional, and spiritual world and their physical symptoms. These are the folks willing to examine every facet of their lives with honesty and intention.

So take ownership of your health and become an active participant in the healing process. This means doing the necessary physical, mental, emotional, and spiritual work. No one outside of you can fix you! No one can eat, drink, breathe, move, sleep, or think for you. Skilled healers can act as guides and offer support, but allowing your body to heal is ultimately up to you.

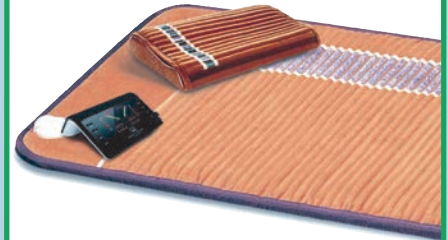
Remember, your body was born with the ability to heal itself. You are not a victim of disease unless you choose to be so. You create your physical reality through your beliefs,

thoughts, words, and actions. Remove the ones that no longer serve you, replace them with ones that nurture and support your well-being, and watch as your body heals itself. ■

BETHEL WAGNER offers a variety of dietary theories and practical-lifestyle-coaching methods. She helps exhausted moms with hypothyroidism increase their energy, boost their mood and release weight. She is offering her **Thriving Thyroid Course**, as well as a **28-Day Thyroid, Metabolism & Energy Jumpstart**. Call Bethel for details and registration.



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