

INFINITE LOVE... the Ultimate Healer

WITH BETHEL WAGNER
PERSONALIZED
HEALTH COACHING



Scientists estimate that stress is at the root of 80–90% of all diseases. I would argue that stress is involved with 100% of diseases because stress is anything that moves the body out of its balanced state of homeostasis. When we are ill, we are out of balance by definition!

I would also submit that all stress is a response to fear or danger, whether physical, mental, emotional, or spiritual. It only makes sense that

is the light and life-giving energy that created and sustains all things. It is the love that brought every one of us into being, and it is the love that makes us whole.

What is the opposite of stress? Words listed as antonyms to stress include trust, peace, joy, ease, and health. Health comes from an old English word meaning “to make whole.” When it is all boiled down, what we all desire more than anything else is to be

are supposed to help their condition—yet they never feel well.

I would submit that there are a few issues at play:

- Perhaps the dis-ease becomes their identity.

The disease and all its attendant symptoms are

meeting a hidden need they haven't been able to meet any other way. Maybe it allows them to be seen and heard. It might give them the permission they need to slow down. Perhaps it draws the attention of people who used to neglect them.

- They are looking for someone or something outside of themselves to “fix” them. They give away their power or

fail to realize that their bodies can heal them. In other words, they don't trust their body. They view it as an enemy who has betrayed them rather than the wise guide showing them all the old beliefs, thoughts, habits, and ways of being that are cutting them off from the light and life energy of infinite love.



the opposite of stress and fear is the antidote to all imbalance, illness, and disease. The obvious question is, “What is the opposite of fear and stress?”

The opposite of fear is love, especially the infinite, unconditional love of God, the Creator of all that is. I believe this love

made whole. We yearn to be loved and feel like we belong.

Why is it that there are people who try everything in the book yet never recover? They do all the “right” things—eat organic foods, exercise, pray, or meditate, and take all the vitamins and supplements that

● Some people simply believe they are not worthy of love and can't open their hearts to receive the love available to them. Others have not experienced what it feels like to be connected to, filled with, or surrounded by infinite, unconditional love.

Ultimately, it doesn't matter what doctor, diet, drug, supplement, exercise regimen, or spiritual practice you try. You will never be completely whole

unless you discover how to open your heart, mind, and body to receive the ultimate healing power of infinite love.

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