



When you think a thought it is given life; when you say things, they are given life. This all means you must be careful to always think positive thoughts and say only positive words about your health. Actually this applies to all aspects of life. First thing is to find something good in everything. From that comes everything else. You must not ever feel sorry for yourself. Remember, find something good in everything, even it's just to realize how precious life is and I mean precious! Practice creating a reality in your mind of what you want your life to be (Example: like seeing or visualizing yourself as a healthy healed person now and forever.). Do not let anyone and I mean doctors or other well-meaning people limit your abilities to be well and healthy. Know (and that word is important) that you are healed no matter what the pragmatists say. They only know facts and that limits your ability to be well and healthy. That's why the right reality is so important – one of health and total wellness. When you believe that, your subconscious realizes that and that is what it's supposed to do – be healthy! Don't let someone else's reality or their perceptions become yours, because again, that limits you. You can create over whatever someone else has said, such as a doctor telling you what you don't want to hear! Pay attention to what you say. Always make it positive, because what you say and think are then given life and it becomes reality. You can erase out of your mind or reality whatever you don't like by just either erasing it or releasing and letting it go. All you need to do is say that "I release and let go all thoughts and emotions which are not for my highest and best good!" Remember, you are a creator, just like God gave you the ability to do!