

# The Super Power of Self Healing

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Let me tell you something. You are perfect exactly as you are. Truly. No changes required.

What's the first thought that went through your mind when you read that? Did you agree? Or did you think something along the lines of "No I'm not!"?

As foreign and uncomfortable as it may seem, developing the habit of thinking about yourself and your life in positive terms is like discovering a super power that you didn't know you had.

It's not about being unrealistic. We are actually designed to function at our best when we feel good about ourselves. Psychoneuroimmunologist Candace Pert was one of the first researchers to show how our body chemistry changes in response to our thoughts. She said "An embarrassing thought can cause blood vessels to dilate and turn a face beet red. In the same way, ...emotion can mobilize immune cells to destroy a .... tumor."

This phenomenon is known by many names, law of attraction, the golden rule, karma, or as self-help pioneer Louise L Hay expressed it, "you get back what you put out". She coined the phrase "doing affirmations" for the process of deliberately choosing and using positive thoughts. This has been used by many thousands of people to heal their lives from the debilitating effects of longstanding negative thoughts and emotions.

For instance, say you have a headache. If you noticed what your thoughts were doing at that moment you might discover "I feel like my head is going to burst", "I am so stressed", "I can't deal with all this information", "I hate feeling like this", "Not another headache!".

Instead of reaching for a painkiller, reach instead for some positive and self-loving thoughts like "My body is my wise friend, I'm willing to start listening to what it's telling me", "It's OK for me to slow down and say no to things", "It's safe for me to ask for what I need (at work/in my relationship)".

Even if these statements seem fake, simply saying these things to yourself will begin a settling effect in your body and create a state where your subconscious begins to process the experience in a different way – a way that can ultimately lead to big transformations.

The magic is that even if you've struggled with negative feelings and experiences for years it's never too late to choose to start 'putting out' thoughts that help you feel more hopeful, more self-accepting and more self-loving.

If you're willing to practice loving and accepting yourself just as you are, you can heal your life.

Where to begin:

1. **Harness the power of self-awareness.** Notice what you are thinking. Notice the 'tone' of your thoughts. Is it self-supporting or self-critical. Is it hopeful and fearful?
2. **Notice the first few thoughts that you have when you wake up in the morning** Are they positive or negative? Are they setting you up to look forward to your day or to feel anxious about it?
3. **Try consciously choosing your thoughts.** Guess what?! Nobody chooses your thoughts but you! When you become aware of a negative thought, try choosing a different thought – one that is kinder, and emphasises the positives of the situation.
4. **Give yourself a thumbs up whenever you do anything well no matter how small.** This positive feedback subconsciously shifts you into a state of self-belief, hope, and healing in that area of your life.

The most positive and healing thought that you can have is that you love and accept who and what you are – just as you are... no improvements required!