

The Will to be WELL

By Wellness Coach - Jevon Dängeli

Right now you can chose how you wish to feel. In this very moment you can begin to heal your body and mind, and be WELL.

The KEY to healing is to SEVER ALL MENTAL RELATIONS WITH DISEASE, AND TO ENTER INTO FULL MENTAL RELATIONSHIP WITH HEALTH.

The first step toward being well on the outside is to begin to act internally like a well person. Form your conception of perfect health (how you would look and feel), and get into the way of thinking about perfect health until it begins to have a definite meaning to you. Picture yourself as doing the things a strong and healthy person would do, and have faith that you can and will do those things in that way. Continue this until you have a vivid CONCEPTION of health, and what it means to you.

Then begin to act like a WELL (Wonderfully Energetic Loving Life) person. You cannot have faith in health if you continue to act like a sick person. If you continue to act like a sick person, you cannot help continuing to think of yourself as a sick person. And if you continue to think of yourself as a sick person, you will continue to be a sick person.

If you will think only thoughts of perfect health, you will cause the internal functioning of your body to be the functioning of health, provided that your external behaviour and attitude are in accordance with your thoughts.

It is not useful to exert your will upon the Formless (God) to compel it to give you more vitality or power. It is already placing all the power there is at your service. You do not have to use your will to conquer adverse conditions, or to subdue unfriendly forces. There are no unfriendly forces, there is only One Force, and that force is friendly and compassionate to you. It is a force which makes for health.

Everything in the universe wants you to be well. You have absolutely nothing to overcome but your own habit of thinking in a certain way about disease, and you can do this only by forming a habit of thinking in another Certain Way about health.

A person can cause all the internal functions of their body to be performed in a perfectly healthy manner by continuously thinking positively about health and by behaving in this way. You can learn to control where you are placing your attention through use of your will. Your current emotional and physical state is an indication of what you have been paying attention to.

You can decide what things you will think about, and in so doing become the creator of the moments of your life.

Right now, in this very moment you have all the resources within you to be perfectly well. At Neuro-Linguistics.Net it is our pleasure to coach you how to access your inner wisdom and full potential. We define Wellness as not only a lack of dis-ease, but a state of wellbeing, vitality and harmony in Body Mind & Spirit.