

How to shift and supercharge your health, relationships and finances

What you think and what you believe will come true for you. Your thoughts create your experiences, its' that simple. New physics supports this to be so.

Like it or not, good or bad, **the people and experiences in our lives mirror our inner belief systems.** Until we shift negative belief systems we will continue to be congruent with them and will wonder why parts of our life don't work or why we keep attracting the same types of problems, difficult relationships and unwanted outcomes. Acknowledging this affords us the opportunity to grow and change.

Unwanted outcomes are the result of us not truly loving and accepting ourselves. This manifests for most by experiencing repeated physical, emotional, relationship and/or financial problems. Changing the belief that we are unworthy of love and positive experiences will change everything in your life.

Science has clearly proven in many sophisticated ways that thoughts and feelings can affect all systems of the body. One study revealed depressed immune systems in participants for 30 days after viewing a popular horror movie. It has been proven that in states of love, the kind of love you feel for animals or new born babies that warm unrestricted love that many call heart love changes the physiology of the electromagnetic field of the heart instantly, boosts the immune system and even balances neurotransmitter and hormone levels. The great news is that this type of love is inside us, is always available for us access and has unlimited healing powers.

Much of what we choose to berate ourselves over is pretty silly and unfounded. Would we hassle a small child or dear friend over these things? Most of these negative patterns were established throughout our life and we bought into them. Therefore, we **unconsciously** live our life being congruent with a negative belief system.

Releasing resentment, criticism, and guilt which are the most damaging patterns will dissolve even the most serious health, emotional and financial problems.

Psychological healing is an important part of moving through this process. If you feel you may need additional help with this speak to a trusted therapist. Only focusing on "how bad it is" in therapy or on your own is not effective or useful. Speak to Dr. Hilty if you feel you need support in finding effective help.

Being **willing** to begin to learn to love ourselves is a good start. Self-approval and self-acceptance in the now are the keys to positive change. **When we truly love ourselves, everything in our life works.**

The following are some of many resources that may be useful to you:

You Can Heal Your Life, by Louise L. Hay (DVD also available)*

Molecules of Emotion; the Science Behind Mindbody Medicine, by Candace Pert, PhD

The Devine Matrix: Bridging Time, Space, Miracles and Belief, by Gregg Braden

The Unmistakable Touch of Grace, by Cheryl Richardson

We are each responsible for all of our experiences. **Every thought we think is creating our future.** The past is over. The point of power is always in the present moment. **What is your vision? What types of experiences do you want to create?**

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EXERCISE:

While doing physical healing work it is wise to also look at our existing belief systems. When we really break down the commitment it takes to eat healthy, exercise or even take a supplement daily is an act of self-love and nurturing. **Below are suggestions and an exercise to help you start the process of identifying and shifting unwelcome thoughts, behaviors and feelings.** Awareness is the first step in healing or change. To start lets keep it simple:

A way to identify a negative thought is that it will bring up a discontent feeling.

1. Be mindful of what you are “putting in”-TV/movies, reading, talk-radio. How do you feel?

2 What type of conversations with others do you engage in? How do you feel?

The following is an exercise to bring your attention to what may be holding you back in creating better experiences for yourself:

Start right now by being mindful of your thoughts. How are you speaking to yourself? _____

What is your attitude toward life in general? _____

A. Once identifying these negative thoughts many have difficulty stopping them. **It is nearly impossible to stop negative thoughts instead we need to replace them with a more supportive useful thought.** I am in no way recommending that you push away emotions that you may need to look at. I am speaking of generalized negativity or when you feel you are experiencing a cycle of negativity surrounding an issue. For example:

No matter what nothing ever works for me! **I deserve the best and I accept the best now.**

I wish these people would get out of my way, move! **My life works beautifully. I am flexible and flow with life.**

I will never catch up with my bills! I never have any money! **My income is constantly increasing. I prosper wherever I turn.**

I hate my hair and my body looks bad in everything I wear. **I totally love and accept myself in everyway.**

I have always been sick and will probably never get well. **My healing is already in progress. My body restores itself to its natural state of good health.**

What's wrong with me? Whoever I'm dating always seems to stop calling. **Loving others is easy when I love and accept myself.**

B. Create one or two of your own phrases that resonate with you (even if it is uncomfortable to say). It is best to say these phrases when you experience a negative thought and do repetitions of the phrase in the mirror daily. What are your phrase(s) _____

C. Commit to doing this for at least **30 days**. The longer you do this the better. If you feel unauthentic, silly or that you are lying to yourself when you say these positive phrases it means that a shift is already occurring (or you wouldn't feel discomfort) and you are experiencing resistance. The more resistance you feel the more commitment it may take. In time these phrases will feel very natural and believable to your conscious mind. On a scientific level you are changing your neurological pathways, physiology and reality. This is a very powerful exercise!

TRULY loving yourself, and believing you are worthy of unlimited amount of wonderful experiences will like magic create welcome new possibilities in each moment.