

Introduction to



Second edition

Introduction

When it comes to physical, mental and spiritual health, your mind is either your healing ally, or a destructive enemy, or a passive bystander.

The Self Healing Handbook shows you how to get your mind working for you, instead of against you, or not at all.

Your attitudes and beliefs, to a large extent, determine the state of your body's healing potential, as well as your emotional and spiritual wellbeing.

This handbook provides you with information and resources that enable you to use the power of your mind to maximise your body's self healing potential through understanding and utilising the mind-body-spirit connection.

The Self Healing Handbook will provide you with the following skills --

- ♣ Stress management & burnout prevention skills plus healing approaches.
- ♣ Kinaesthetic awareness – understanding your body and its signals.
- ♣ Physical and mental relaxation techniques, including breath work.
- ♣ Effective mental imagery to initiate healing processes in the body.
- ♣ Attention shifting skills – from sick thinking to WELL thinking.
- ♣ NLP techniques to banish destructive behaviours and habits.
- ♣ How to communicate effectively with your unconscious mind.
- ♣ How to use self hypnosis skills for healing and rejuvenation.
- ♣ How to use self hypnosis to diagnose your health condition.
- ♣ How to entrain your brainwaves for optimal healing states.
- ♣ How to transform limiting beliefs into empowering beliefs.
- ♣ How to optimize the flow of vital energy in your body.
- ♣ How to enhance your mind-body-spirit connection.
- ♣ How to maintain a positive attitude toward health.

Also included in the Self Healing Handbook --

Mindful Power -- a six part series teaching you how to:

- ✦ Calm and centre yourself
- ✦ Eliminate mental noise
- ✦ Manifest your WELLness goals
- ✦ Overcome indecision and procrastination
- ✦ Deal effectively with relationship confrontation
- ✦ Meditate -- a simple and practical approach

Two full Hypnotherapy scripts --

Script One: Strengthening your immune system, regulating your endocrine system, promoting healthy cell function and detoxifying your body.

Script Two: Directing the power of your unconscious mind to relieve pain and localize healing.

The Self Healing Handbook includes the full [Humanistic Neuro-Linguistic Psychology](#) 'Self Healing Paradigm' for the natural reduction and possible elimination of pain (physical and/or emotional pain).

This book also includes step by step guidelines for **two** of Jevon Dängeli's [Authentic Self Empowerment™](#) processes. These two profound approaches to healing and self empowerment, by themselves, make the Self Healing Handbook a valuable resource.

Whether you're taking a preventative approach, or if you have a health condition that needs attention, the Self Healing Handbook will provide you with essential information and practical skills to maximise your healing potential – from cells to spirit.

DISCLAIMER:

While the content of this book is intended to be used by individuals in order to enhance their natural self healing potential, the skills and processes obtained from this book are in no way intended to replace medical or psychological health care.

The WILL to be WELL

"The kind of thinking that got us where we are is not the kind of thinking that's going to get us where we want to go."

-- Albert Einstein

Right now you can choose how you wish to feel. In this very moment you can begin to heal your body and mind, and be WELL (Wonderfully Energetic Loving Life).

WELLness is not only an absence of *dis-ease*, it is a state of wellbeing, vitality and harmony in body, mind and spirit.

The key to healing is to sever all mental relationships with *dis-ease*, and to enter into a positive mental relationship with WELLness.

Whether we do it with conscious thoughts or unconscious thoughts, we create our internal experience of life. I hope that this book will provide you with the awareness that any problem is only a problem in the way we think...and changing our thinking is easier than we think. Applying the relevant skills from this book to your own healing processes should enable you to 'tune' your thinking into the 'frequencies' that enliven your body, mind and soul.

The first step toward being WELL is to begin to think like a WELL person. Form your conception of WELLness -- exploring how you would look and feel, until it begins to have a real and valuable meaning to you. Picture yourself doing the things a WELL person would do and have faith that you can and will do those things in that way. Then begin to act like a WELL person. You cannot have faith in health if you continue to think and act like a sick person. If you continue to think of yourself as a sick person, you will continue to be a sick person. If you were to think of yourself as a WELL person and act in that way (and never allow yourself to think and act in the opposite way), you would influence the cells and systems of your body to match this healthy self image. And this is just the start!

While thoughts (whether we're aware of them or not) do influence our physiology and trigger our emotional feelings, it is also our emotions that influence our thoughts, therefore in any healing pursuit, both our thoughts and emotions should be addressed optimally, as the central topics in this book will reveal. Emotions are our signal to take action in a certain way or to abstain from actions that we believe to be inappropriate. Emotions are the energy associated with our thoughts that often arise as a result of our beliefs. Our past experiences, especially those from the first 10 years of our life, determine our core beliefs. The most enduring states in our life – physically, mentally, emotionally, inter-personally and spiritually are an indication of what our core beliefs are. These beliefs become self fulfilling prophecies that when combined with powerful feelings are responsible for attracting the people and circumstances that we experience

in our life.

No amount of positive thinking will do much to change a negative core belief. Therefore many people who use positive affirmations and visualizations to manifest their goals don't experience their desired results. The reason for this is that they have beliefs that are not in alignment with their superimposed thoughts. It's like trying to steer a train by asking someone in the last car to change the direction of the entire train. It simply won't work.

To overcome the unconscious programming that prevents you from achieving your health related goals, you may want to update any limiting beliefs to new appropriate ones that are aligned with the results that you want to experience. Skills to achieve this have been included in this book.

To start: question the perspectives, attitudes and behaviours that don't serve you in achieving the level of health that you desire:

- ✧ Where do these adopted beliefs come from?
- ✧ How have these benefited you in some way?
- ✧ What is their constructive lesson?
- ✧ What can you become aware of now that will begin a positive healing process for you?

...Then begin to become the conscious creator of your results by answering this question: What will I choose to believe about myself and my capabilities in order to maximise my self healing potential?

Thinking that only through some kind of achievement or acquisition we can feel a certain way is the cause of hardship and disappointment for many. The reason for this is because nothing outside of us can ever provide us with what is most important to us in the long run. Only you are responsible for your feelings.

It is not useful to wish or pray for better health and more vitality. The Universe (God) is already providing you with all the necessary healing resources. If physical healing (in the way you would like it) is not forthcoming, then psychological or spiritual healing are always options -- which open doors to physical healing anyway. Your mind is the vehicle that allows for healing or blocks it. The skills and processes in this book enable you to get your mind working for you instead of against you.

The Universe wants you to be well -- if you start to believe that, you will begin to sense that it is true and thus you will experience it to be true. You have absolutely nothing to overcome but your own habit of thinking in a certain way about health, relationships and the general state of your life. You can do this only by forming a habit of thinking in another certain way about these important contexts.

As humans we have the ability to influence the internal automatic functions of our body through using skills and processes like those taught in this book. Open minded

and disciplined thinking about optimal health accompanied by supporting actions lead to healing miracles. We can decide what things we will think about, and in so doing we can become the creators of the moments of our life.

Our current emotional and physical state is an indication of what we have been paying attention to (even if that was unconscious attention). We can learn to control where we place our attention through use of mindful will. As we learn to change our attention (through using the skills and processes in this book), we can look forward to improving our level of WELLness.

You can predict your outer life tomorrow by looking at your inner self today. You can change what's in front of you by changing what's inside you.

As you are reading this, right now, in this very moment you have all the resources within you to be perfectly WELL.

No matter what you have ever been told about yourself, and no matter what you think you are – You Are More Than That. Believe it and you will experience it!

“Healing does not come from anyone else—you must accept guidance from within.”
– *A Course in Miracles*

Mind-Body Healing with Hypnosis

There are some relatively new fields of science like Molecular Biology, Psychoneuroimmunology and Transpersonal Psychology that now validate what some healers have known for centuries, which is that human beings can learn to use the power of the mind to heal the body. As a Hypnotherapist with a background in holistic healing work, I have personally witnessed people overcome various health related challenges while being guided through healing processes like those in chapter 3 of this book.

Although harnessing the power of your mind to heal your body can prove to be the missing link in your self healing ability, please note that the approaches taught in this book are only a piece of the holistic healing puzzle, although a very important piece. I encourage you to also take into account the tremendous value of maintaining an optimal level of fitness, eating well, drinking enough fresh water and wherever possible eliminating toxic intake, as well as accepting allopathic medical care when required.

A person's state of mind can significantly impact their physical health. Research in Psychoneuroimmunology suggests that when a person is chronically stressed out, the body is unable to regulate hormones and immune functions properly, and therefore becomes physically sick. Stress is thought to be the cause of many illnesses including migraines, hypertension, cardiovascular disease, lupus, and immune disorders ranging from the common cold and flu, allergies, rheumatoid arthritis, ulcers, colitis and cancer.

It's clear: stress negatively impacts the body. On the other hand, relaxation and the use of coping skills (like those in this book) can enhance immune function. Participation in regular stress-reducing activities such as meditation, Tai Chi, yoga, cardiovascular exercise and spending time in nature can help reduce stress levels and make you more resistant to disease.

Hypnosis utilises guided imagery in many of its processes. You may wonder - why imagery? Well, the human body is designed to regulate itself and maintain a dynamic equilibrium called homeostasis. The part of the brain responsible for regulating the body is called the hypothalamus. We also know that the nervous system we have today has not really changed much in the last 3 million years and that written language is only about 10,000 years old. This is why the nervous system responds so well to pictures. By using imagery for healing, we are sending messages to the hypothalamus to stimulate the various systems of the body.

The defence system of the body is the immune system. Here the white blood cells which fight disease are manufactured. All disease and illness occurs because the body's defences have been breached. By using imagery while in a deeply relaxed state, your unconscious mind is directed to mobilise your immune system as well as regulate other systems of the body. Post surgery anxiety, depression and pessimism can all slow down the rate at which your body heals. [Therapeutic applications of hypnosis](#) (like those in this book) are the optimal way to enhance your mind-body connection and therefore speed up the rate at which you heal even after surgery.

The Inter-Connection of Mind, Body & Spirit

It's clear how the mind and body affect each other: Prolonged stress or heavy emotional spells often result in physical sickness. Likewise, positive attitudes, joy and laughter are not only healing for the body, but also help prevent sickness.

[NLP](#) eye patterns reveal our internal sensory processing. Some of the other physiological cues that indicate our mental processes are posture, speech and breathing rate. Since physiological cues reflect the functioning of your mind, by changing particular physiological cues you can affect the functioning of your mind. For example, slumping in your chair can make you feel tired, or taking a walk can uplift your thoughts.

Mind and body interact and mutually influence each other. It is not possible to make a change in one without the other being affected. When we think differently, our bodies change. Likewise, when we act differently we change our thoughts and feelings.

Treating only mental/emotional or physical symptoms without taking responsibility for the underlying reasons why such symptoms have manifested, may disrupt the mind-body system. Ignoring the subtle causes of unwanted symptoms can result in more complex complications later. For example, regularly taking sleeping tablets to get enough sleep at night, without addressing the mental/emotional causes (like stress or dissatisfaction), may lead to [burnout](#), depression and/or disease.

Consciousness expresses itself through the system of your mind and body. Mind and body are therefore intimately linked, and ultimately, they're two aspects of the same source. The source of all our psychological and physical experiences (as taught by mystics and sages throughout history) is the omni-present and timeless realm of 'pure consciousness', also known as spirit or God. This transpersonal (spiritual) realm is believed to permeate and inter-connect all sentient beings. We are able to sense our spiritual existence during deep meditation or during spontaneous inspirations or synchronicities -- when our conscious awareness has the opportunity to glimpse the formless and infinite essence of our Being.

Any healing programme should aim to optimize the flow and balance of consciousness in both the mind and body in order for healing to be effective and complete. Treating the symptoms only can have detrimental consequences later on. Fortunately we live in an age where modern medicine and medical intervention can not only save lives, but also assist and accelerate healing. We should, however, not become lazy and hand over our health to the medical system, for if we don't take personal responsibility for our WELLness, we may sooner or later get to the point where that system can no longer help us and by that time any self healing pursuit might seem to be an overwhelming task. Whether one's aim is to maintain good health, support the body through a medical procedure, or address a chronic physical or psychological condition; what is generally required is the removal of 'blockages' that inhibit the flow of vital energy (consciousness) in the mind-body system. Addressing the cause of such 'blockages', removing them and preventing their onset is what most of the skills and processes in this book are designed to help you achieve.

Programming the Unconscious Mind

Your unconscious mind (sub-conscious) is the collective intelligence of all the cells in your body. In other words, your unconscious mind is your body, and therefore you are always “programming” your body. “Programming” means that all your thoughts and feelings are constantly influencing the state of your physiology, and thereby determining your level of wellbeing.

Your unconscious mind is like the crew of a ship. You are its captain. It is your job to give the crew orders. And when you do this, the crew takes everything you say literally. The crew (your unconscious mind) doesn't question anything, it just blindly follows your orders.

When you say, "Everything I eat goes straight to my hips," the crew hears that as an order: Take everything she eats, turn it into fat and put it on her hips.

On the other hand, if you say, "Everything I eat helps me maintain my perfect body weight," the crew will begin to make that into reality by helping you make better food choices, exercise, and maintain the right metabolism rate for you body.

How do you predominantly think about your health?

Everything we think, feel, say and do programs our unconscious mind, which in turn plays a major role in how we experience each moment of life.

Thought energy or consciousness is said to be the “ground of our being”. This means that the quality of your health, (as well as the quality of your relationships, finances and your life) is largely determined by how you think about it. We become what we think about and to a large extent what turns thought energy into tangible and physical reality are the spoken words which we use to express ourselves.

What we say and the words we use, are largely what determines our success or failure in life. So, say it the way you want it!

If you are constantly talking about what you don't want – that's what will keep showing up in your life. Make positive statements about the results that you want to achieve and keep your focus on your desired outcomes.

Also, aim to be grateful for the experience you're having. You're choosing what it means to you, and therefore you're co-creating the experience - internally. So you may as well appreciate your power to create each moment of your life on the inside, because that's what attracts its external match. When your words are aligned with your congruent feelings and actions - anything is possible when it comes to healing! How are you willing to think and speak about your health now?

A useful [Neuro-Linguistic Program](#) is one that seeks out the opportunity in your current experience and chooses to let it inspire proactive thoughts, words and actions that lead to desirable outcomes.

So forget about what you don't want and choose to focus on the results that you do want.

The Self Healing Handbook

[The Self Healing Handbook](#) contains 114 pages covering how to raise your level of physical, psychological and spiritual health. It places wellbeing in your own hands and shows you how to understand and utilise your mind-body-spirit connection for the purpose of healing.

The holistic views, skills and processes taught in [The Self Healing Handbook](#) draw from a broad range of scientific and traditional approaches to healing. They combine up-to-date knowledge with timeless wisdom -- providing you with an abundance of simple yet effective ways to maximise your self healing potential.

Visit our [Self Healing Handbook page](#) for more information and to purchase this book.