

## The Power Of Your Mind

When we start talking about the power of the mind I think of the powerful saying "Your Thoughts Create Your Life" and wonder if this is really possible! In my previous post - "Does Your Personality Make You Disease Resistant" we talked about why some get chronic illnesses and why some don't seem to suffer at all, and is it all possible that it is through our own thoughts that this situation was created.

Let me give you an example from within my own life..... My brother-in-law was diagnosed as having cancer and was told at the very best he could expect to live was five years, worse case scenario would be two years. So rather than get depressed and morose over the situation his first reaction was to defy this prediction and set out to prove his physician wrong.

So instead of accepting this death sentence he began looking for alternative therapies to get him through this hurdle in life. As well as reading and finding out as much as he could about his condition, he started taking herbal supplements, eating organic foods, drinking green tea, and used humor to keep him positive as well as indulging in positive mind games. "Knowing What You Want and Getting in Harmony With It", in other words having a focus point and fixating on it and getting to the finish line. But the secret was he never had a finish line he always kept moving the line it as he got near it.

However during his treatment about two years after first being diagnosed he got really sick and we were told he was very close to death. At the time his daughter was on an overseas trip and it was decided we would bring her home (a 24 hour flight plus travel time so at the least it would be 36 hours) before she would be home. Through his pain he said that he would wait for his daughter to return, as he needed to see his little girl and apologize for shortening her trip. Although most of us did not believe he would make it through the night and believed that his daughter would be coming home for a funeral. However he did get to see his daughter and slowly got better and is still here with us to this day 10 years after being diagnosed and being told he would only do five! He later told us that on the morning that his daughter was to return he set his next goal and that was to see her get married.

So it's all about getting clarity in what you want and getting your mind and body in tune with it, and visualization is a major part of this mind process. The gurus tell you visualization is "simple", just find a quiet place, relax close your eyes and imagine what you want in as vivid detail as possible - what you would be seeing, hearing, and feeling when the goal is already accomplished. They say to just use your imagination and picture yourself in the future as if you already have achieved what it is that you want.

Now you may have tried that, but found that it really is not that "simple" but there is a way to visualize that no one is telling you about. It's been proven to work for thousands of successful business people, athletes, performers, and leaders. This method combines the power of hypnosis with visualization for an ultra-powerful combination. It helps you to program your mind to release everything that you don't want, and to pull towards you exactly what it is that do you want. To find out more about this method go to my blog at <http://healthyalternativemedicine.com/blog>

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### About the Author

Medical experts estimate that millions of adults have tried or are considering trying some form of alternative medicine. Are you next? At <http://www.healthyalternativemedicine.com>, you can learn the basics of this innovative health care system with the eBook, "Everything You Need to Know about Alternative Medicine." It tells you absolutely everything you need to know about alternative medicine, different therapies and whether or not they will work.