

**THE TOP 5 MISTAKES
THAT KEEP YOU FROM**

**Healing
NOW!**



DR. SUE MORTER

About the Author

You may not realize it, but there is a power within you that, once you discover it, will change how you experience your life and health forever.

I know, because I've seen it happen for myself and thousands of my students and clients.

I'm Dr. Sue Morter, Master of Bioenergetic Medicine, International speaker and teacher, and author of the bestselling book, *The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life*.

I've been a doctor and teacher for more than 30 years, blending modern-day science with ancient spirituality to bring healing, wholeness and a profound sense of vitality and well-being to my patients and students. Through my books, seminars and Energy Codes coursework, I've had the honor of teaching hundreds of thousands of people around the world how to discover the truth of who they are and how to master their life experience and their health.

I'm the founder of Morter Institute - an organization committed to teaching individuals self-healing techniques and a new approach to life based on Quantum Science; creator of BodyAwake® Yoga - a comprehensive system to activate consciousness in the body using the ancient principles and practices of yoga; and co-teacher of Your Year of Miracles. I lead JourneyAwake® excursions to sacred sites around the world, and travel and speak at events more than 250 days a year (at the moment however, most are currently online due to global travel restrictions). I'm also the host of Healing Matrix on Gaia TV and an E-RYT-200 and RYT-500 yoga instructor.

I do all of this and more because it is my deepest passion to help individuals wake up to the Truth of who they are and begin living the life of their dreams, including embracing the body's innate wisdom and capacity for health and vitality.

Preface

In 2020, with the onset of a global pandemic affecting millions around the world, our **health** became our number one focus and *priority*.

As the new and mysterious Coronavirus spread quickly, governments and communities around the world provided solutions to minimize the outbreak, setting in place recommended guidelines to help keep us healthy.

Since that time, we've been encouraged to stay indoors, maintain social-distance guidelines between family, friends, and community members, wear protective face masks, and of course – wash our hands. I am grateful and appreciate the efforts of the institutions and the countless civil servants around the world who work to keep us “healthy” and prevent the spread of the virus.

And... when it comes to supporting our health, I know there is so much more to this equation and conversation.

There are more powerful and highly effective ways to maintain and create health in our lives!

As a doctor of energy medicine for the past 30 years, I've witnessed countless patients spontaneously heal from a number of illnesses and create vibrant and robust lives of perfect health and well-being – simply by learning to work with their own energy.

When it comes to protecting ourselves from viruses, illness, or any “superbugs,” it's not just about disinfecting or distancing ourselves from our environment. It's about creating an *internal* environment of absolute health and energy flow.

If we are to protect ourselves from “superbugs,” we have to know how to activate our self-healing super powers!

The best part is... *Every single person* has the ability to heal themselves, awaken their self-healing “super powers” as I call them, and activate the powerful healer within.

Before that can happen however, there are **five main mistakes** I often see people making that keep them from ever being able to awaken this state of health and energy flow.

This is why I wrote this eBook and am sharing it with you, so you can know the Top Five Mistakes you may be making that keep you from healing right now.

Because our health is our top priority – especially now in the times we're experiencing. We are in the midst of a pandemic, and we do not know what the future holds when it comes to global health.

What we do know, is that we have the power to create an environment of health and vitality in our system that will provide robust health and help support our immunity to any illness or disease “out there.”

It is my greatest passion and purpose on this planet to help show you how.

With Great Love and to Your Vibrant Health,

Dr. Sue Morter

In addition to this book outlining the “Top Five Mistakes That Keep You From Healing Now,” I've also created a new free webinar, “3 Secrets to Activating Your Self-Healing Super Powers” to support your health during this time. You can save your spot and join me here: www.secretstoselfhealing.com

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Introduction

THE UNTOLD STORY OF HEALTH & VIBRANT WELLNESS

Whenever I feel unwell, or there is something taking place affecting my health, I do not take medication to get better.

In fact, I have never taken medicine in my life.

Anytime I have felt ill, I have never been prescribed an antibiotic or medication to alleviate the pain or symptoms I may be experiencing.

This is because I understand - *and know how to work with* - what lies beneath the symptoms of illness that take place in my life and in the lives of my patients.

Rather than trying to treat or manage symptoms of an illness or protect myself from “catching a cold” or getting sick, I know that the root cause of everything that takes place in the body is affected by the energy flowing in my system.

If energy is flowing and an environment of health has been established, there is true health, wellness and vitality.

I am aware of this because I grew up in a family focused on energy medicine, and natural healthcare is all I’ve known. From the time I was a little girl, I’d heard my parents talk at the dinner table about energy: everything is energy, and energy is what we humans are really made of.

My father was a pioneer in “energy medicine,” a brilliant Doctor of Chiropractic with an internationally renowned body of work, a legend in his field. As I grew into an adult and into my professional field, I worked alongside him in his health-care practice and attended his popular seminars. I went from being an observer of my father’s work to being an active colleague, and after I became a licensed chiropractor, also working with the energy patterns of my patients.

Understanding that energy is the root cause of all health – and illness – has allowed me to manage and remain in control of my health and well-being, and help hundreds of thousands of people around the world reclaim their health and vitality as well.

MISPERCEPTION OF HEALTH

As part of my practice, for more than 30 years I’ve witnessed patients arrive who are frustrated, having tried everything to regain their health.

Medications. Therapies. Surgeries.

Yet the symptoms remain. They either remain in pain, or the diagnosis has not changed, and they are left frustrated and hopeless.

What they don’t realize is that they hold the keys to their health in their hands. They simply have to become aware of the self-healing “super powers” they possess to manage their energy - *and their health* – regardless of what is taking place in their life.

They have the keys to unlocking their self-healing super powers, and so do you.



EVERYDAY SELF-HEALING SUPER POWERS

My ability to remain healthy and vital, to never have to take medicine, is not some special gift I have. It's not "good genes" or because I was fortunate enough to grow up in a family focused on energy medicine.

Abundant health is something that is available to everyone.

It's available for *you*!

When you have a healthy internal environment and energy is flowing through your system as it's designed to do, not only do you experience vitality and health, your whole life begins to change.

Before the pandemic, every week I was on a plane running from here to there teaching thousands of students worldwide how to live more vibrant and fulfilling lives. That time has now shifted to meeting those students online in interactive livestream coursework, for the purpose of making this important message of self-healing and empowerment available *now* when it's needed most.

In the past year I've also launched a Certified BodyAwake School of Yoga, moved into a new house and led my team in shifting all Morte Institute offerings to this online platform so that we may serve even more students around the world who are looking for answers during this global pandemic.

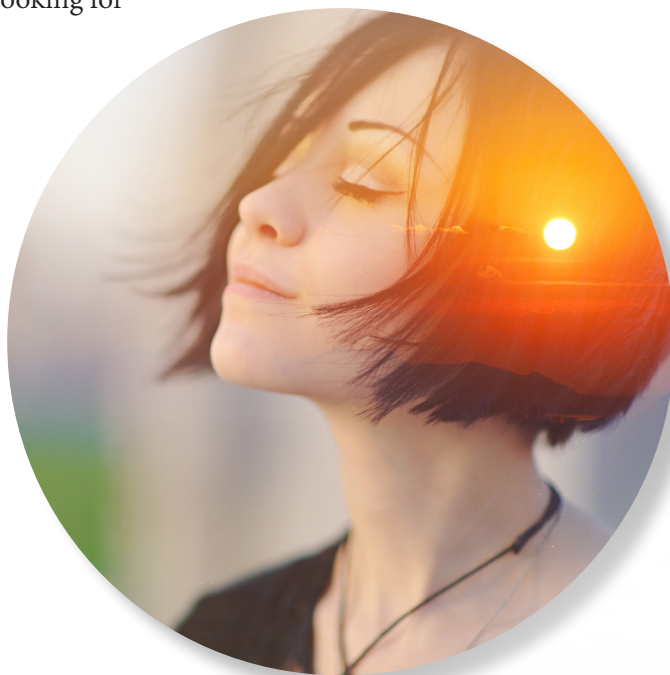
It's been a busy and transformative year.

And, I've never felt healthier, more vibrant, or younger in my life.

This is not because I am unique or have been granted a special gift. It is because I understand the truth of what makes us healthy and creates a life of blissful well-being.

And you can too - once you understand the true energetic roots of health and wellness in your life.

It's as easy as knowing and shifting these simple mistakes or misperceptions so many make when trying to create healthy and vital lives without this knowledge.



If energy is flowing and an environment of health has been established, there is true health, wellness and vitality.



THIS BOOK

This book contains the top five mistakes I see people make that are actually keeping them from healing now.

The Top Five Mistakes That Keep You from Healing Now are:

- 1. Mistake #1: You Believe Exercise Makes You Healthy**
- 2. Mistake #2: You Eat, But You Don't Nourish**
- 3. Mistake #3: You Sleep, But You're Not Rested**
- 4. Mistake #4: You Think Thoughts Don't Affect Your Health**
- 5. Mistake #5: You Forget, But You Don't Forgive**

Each of these mistakes has an underlying energetic shift that needs to be made to help you finally achieve that state of wellness you've been seeking.

A life where you feel rested, fulfilled, energized and free.

To help walk you through each of these mistakes and how to remedy them, I've provided simple "Action Items" that you can do *right now* to start changing your energy, and therefore your health and vitality.

So get ready to dive in and begin experiencing amazing vibrant optimal health in your life as your energy begins to flow and life unfolds for you with ease and grace!



Mistake #1:

YOU BELIEVE EXERCISE
MAKES YOU **HEALTHY**



Mistake #1:

YOU BELIEVE EXERCISE MAKES YOU **HEALTHY**

When it comes to living a healthy life, one of the biggest mistakes I see people make is thinking if they just work out a set number of days a week, or train for that marathon, or push their bodies to achieve that optimal level of fitness and desired physical shape, that it means they are healthy.

Exercise definitely plays a key part in keeping your body healthy and mobile. It is no surprise that every doctor, fitness trainer, or health and wellness expert out there would agree: **Your body needs exercise to be healthy.**

But does exercise *make* you healthy?

The answer is, “no.”

This is why we often hear shocking and unfortunate stories of elite athletes, marathon runners, or exercise enthusiasts who either get ill, or suffer from sudden heart attacks.

Exercise alone *does not* make you healthy.

Let's break it down...

BEING “FIT” VERSUS BEING “HEALTHY”

On a physical level, the purpose of exercise and movement is to keep your body in the best shape possible for survival. This means keeping your muscles flexible, strong, and responsive so you can perform all necessary functions in your day-to-day life.

If you've ever strained your back, or twisted your ankle and were limited in your mobility, you've realized the importance and benefits of a physical body that fully functions with ease!

In addition to being slim, trim, and muscular through exercise and physical movement, your level of fitness is also determined by how well your body functions in four main categories:

- 1. Your Cardio Respiratory Endurance:** how well your heart and blood vessels can deliver oxygen to your cells
- 2. Your Muscular Fitness:** the strength and endurance of your physical body
- 3. Your Flexibility:** how freely your joints move through their full range of motion without discomfort or pain
- 4. Your Body Composition:** the amount of muscle, bone, and fat ratio in your body

Exercise will definitely enhance and help with all four of these categories. It will increase your cardio respiratory endurance, keep your muscles strong, your joints flexible, and maintain a balanced body composition.

The mistake or misperception I often see people making, is in thinking that if you score well in each of these categories and have a physically fit body, it means you're healthy. But that's not always the case!

Scoring well in the categories and having that lean, agile, muscular body that looks good in your summer bathing suit means you are physically "fit." But you can be fit without being healthy.

And here is why...

A MATTER OF SURVIVING OR THRIVING

The truth about exercise is this: Exercise is good for you if your body isn't in *survival mode*.

Even if you exercise regularly – run, lift weights, play tennis or golf – you may not be healthy. On a day-to-day basis, your bodily systems may be working overtime to handle the health-inhibiting effects of stress, improper diet, restless sleep, or continual emotional upheaval.

When this happens, your internal environment is one of stress and does not function in the way it was designed.

When your body is thriving, or functioning in the way that it was designed, it is a perfectly-tuned, well-orchestrated and integrated system of varying responses.

Depending on whether you are moving, or finding yourself in a state of relaxation and rest, thousands of internal physiological responses in your body are either *excited* or *suppressed*. Depending on what you are doing, your heart rate either speeds or slows, blood pressure goes up or down, oxygen delivery to the blood increases or decreases, muscles contract or relax; alertness heightens or falls, and energy production accelerates or subsides.

All of this is great, *if* your body is functioning properly and not in a state of "stress" or "survival."

When your body is working extra hard to function in the way it was designed, exercise can either help promote health or can actually cause issues.

When you exercise, acid (*lactic acid*) temporarily gets added to your internal environment. If your internal environment is already "toxic" from an abundance of stress hormones such as cortisol, blocked energy flow or other factors, when you begin to exercise, your body may not be able to withstand the additional stress.

This is why you cannot always exercise your way to health. The key to healthy exercise is first managing your internal environment!

When your body is thriving, or functioning in the way that it was designed, it is a perfectly-tuned, well-orchestrated and integrated system of varying responses.

This book will help walk you through four important areas to help you achieve a healthy internal environment. Please use it as a reference to return to repeatedly as needed. I also recommend the following Action Items:

TAKE INVENTORY OF YOUR INTERNAL ENVIRONMENT

If you are currently engaging in physical exercise, or if you are inspired to begin a physical exercise routine to help support your health, take an inventory of your internal environment. Consider the foods you eat, the quality of your rest, the reoccurring thoughts in your mind, and how well you feel your life is flowing.

If you feel your internal environment needs attention in any of these areas, limit your exercise program to walking or a BodyAwake® Yoga class. As your internal environment shifts, increase your physical exercise accordingly.

ACTION ITEM: Look at your current state of life and determine which level of exercise is best for you.

DEFINE YOUR "WHY"

As you'll discover later in this book, your *thoughts* have a big impact on your health. Your thoughts behind *why* you exercise are just as important as the exercise itself. If your reasons for engaging in exercise are based in fear, shame, or stem from a lack of self-love, these energies may be harming you more than the physical movement is helping you.

For example, if your motivation for exercise is, "If I don't exercise, I'll be unhealthy and will probably get sick..." or, "I need to work out five times a week to stay thin so people will think I'm attractive..." These negative, fear-based energies become infused in your system.

As an alternative, choose an exercise routine that creates thoughts such as,

"I feel so good when I do this! I love doing this exercise because I love and honor myself."

If losing weight is your main motivational factor, I encourage you to pay attention to your thoughts and intentions around this as well. Exercising to shed a few extra pounds for the sake of your health and living a vibrant life is more effective (and more enjoyable), than attempting to reach a goal weight because you think that's what is necessary to become accepted and approved of by society.

Having a goal is good. Knowing *why* you have that goal is even better!

ACTION ITEM: Examine your thoughts or intentions behind your desire to exercise. Create positive, life-affirming reasons why you choose to engage in physical activity.

TURN DISCIPLINE TO DEVOTION

For any exercise routine or physical activity to be sustainable, an energy stronger than discipline or will power is needed. When you infuse *love* into the mix, the most powerful healing vibration, your relationship to exercise and how it affects your health shifts dramatically.



THE TOP 5 MISTAKES THAT KEEP YOU FROM HEALING NOW

Discipline comes from the mind and the knowledge that something is “good for us.” Devotion however, comes from the heart.

When engaging in any physical activity or exercise, infuse the action with *love*. Love for yourself, your health, and your life. This will allow you to shift your exercise routine from one of daily discipline, to one of pure devotion.

When devotion is in the mix, the highest healing vibration of love is present and will provide the most benefit to whatever physical activity you choose.

ACTION ITEM: Make a list of all physical activity and exercises you either engage in, or would like to engage in on a consistent basis. Are you pushing yourself to engage in that activity, or are you being pulled towards that activity?

PUSHING = DISCIPLINE

PULLING = DEVOTION

If you'd like to know more about how **love** enhances our healing processes, I encourage you to join me for the free “3 Secrets to Activating Your Self-Healing Super Powers” Webinar here: www.secretstoselfhealing.com



Discipline comes from the mind and the knowledge that something is “good for us.” Devotion however, comes from the heart.



Mistake #2:

YOU EAT, BUT YOU
DON'T **NOURISH**



Mistake #2: YOU EAT, BUT YOU DON'T **NOURISH**

When it comes to the journey towards vibrant and abundant health, the second mistake I often see people make is centered around nutrition, the foods they choose, and most importantly, how they *feel* about those choices.

When we eat, we consume food but so often – we aren't being nourished.

When it comes to obtaining vibrant health through nutrition, there are two major factors that play a part in affecting our health. One has a myriad of information surrounding it, and the other may be a little-known secret that greatly affects our health...

The two major components of nourishment are:

- 1. What we eat**
- 2. How we feel about what we eat**

DETERMINING THE ENERGETIC VIBRATION OF YOUR FOOD

We all eat. Generally, we eat several times a day – both meals and snacks. In our society of abundance, food is ever present.

Food does more than sustain life – it greases the wheels of social harmony. From morning business breakfasts to evening barbeques with friends, when two or more are gathered together – food is almost always featured.

It's undeniable: Food is definitely a staple of life.

When it comes to living a vibrant, robust life, it's what we choose to eat on a consistent basis that has an impact on our health.

Right now, there is an abundance of information and countless diets, nutritional programs, and recommendations about which foods are best to gain optimal health and well-being.

For the sake of this book, I will not recommend one diet or system over another. There is a lot of great information out there and I trust each individual to know and choose what is best for their lifestyle and their body.

I am, however, interested in the energetic vibration of food and how it affects our bodies and our overall health!

Determining the energetic vibration of food is as simple as using your intuition and common sense.

Let's take the example of a fresh apple and an artificially-flavored piece of apple-flavored candy.

The apple grows from a tree, forming from the nutrients in the soil, ripened by the sun and Vitamin D, and infused with either water or rain that helps it grow.

The apple-flavored candy on the other hand, is generated in a factory, made from chemical compounds created to simulate the natural flavor of the apple.

Which one do you think holds a higher vibration?

The answer should be obvious. The real apple grown from and infused with the elements of the earth has a higher, more potent vibration. If it's an organic apple, even better. When you eat this apple, that vibration affects your vibration as well. You ingest the nutrients and vibratory signature of that piece of food, thereby affecting your vibration and overall health as well.

When you eat the piece of apple-flavored candy on the other hand, you are ingesting the vibration of chemical compounds that were created far from the natural source of this earth. This too, affects your vibration and overall health.

So although something may taste good, or tastes “natural,” I encourage you to always stop and consider where it came from and intuitively how you feel about the vibration of this food choice.

ACTION ITEM: Look in your pantry, cupboard, and/or refrigerator. Can you determine which foods are a higher vibration and which may be a lower vibration? Next time you go food shopping, set an intention to purchase higher-vibrational foods to incorporate into your diet.

ALKALIZE YOUR DIET

When it comes to food choices, anything that falls under the category of “natural” is, of course, always preferred. As I stated above, fruits, vegetables, grains, free-range meats – whatever you choose to consume, the less processed the food is, the higher the vibration.

Another factor to consider is the amount of acid in your body and incorporating foods that help offset or alkalize the body.



*So although something may taste good, or tastes “natural,”
I encourage you to always stop and consider where it came from and
intuitively how you feel about the vibration of this food choice.*

When there is too much acid in your body, it creates an unhealthy internal environment. Your body's acidity is affected by the foods you eat, the types of thoughts you think, your stress levels, how your energy is flowing and more.

When it comes to nutrition, incorporating foods that alkalize your body helps offset any stress or existing acidity. The most effective foods in helping you do this are fresh fruits and vegetables.

Fruits and vegetables alkalize the body. Refined sugar or artificial ingredients make the body more acidic.

To maintain and support your health, I encourage you to incorporate as many natural fruits and vegetables to your diet as possible. This will help create a healthy and neutral internal environment that supports your optimal health and vitality.

ACTION ITEM: When making daily food choices, is there an opportunity to include more fresh fruits and vegetables?

NO MATTER WHAT, LOVE THE FOOD YOU EAT

One of the biggest contributing factors to the foods we eat and how they nourish our bodies, is our relationship to food choices we make. Regardless of *what* you're eating, it's *HOW* you feel about the food you choose to eat that affects your health.

In the first mistake of this book outlining how exercise affects our lives, we learned that our intention behind why we choose to exercise affects our health. The same is true for the food we eat.

As I shared above in the example of the fresh apple versus the artificially-flavored piece of apple candy, not only does the food we eat contain a vibration. How we feel and the thoughts we think when we eat food also carries a vibration.

In many cultures, it is customary to pray or say a blessing for the food that has been prepared to eat. This is not simply rote tradition, passed down along the ages. Saying a blessing and giving gratitude for the food placed before us to nourish our bodies, infuses a higher vibration into the meal, regardless of what is being served. This one act of infusing our food with the higher vibrations of gratitude, appreciation, and love raises the vibration of what is about to be consumed, which then affects our energetic vibration as well.

If prayers or blessing the food is not something you are accustomed to in your life, also think of it this way.

The thoughts you have about the food you're about to eat affect the vibration of the food, and in return affect your vibration and internal environment as well.

For example, let's say you have committed to a special diet that recommends cutting out refined sugar and processed food. You are with your friend for his or her birthday and are out celebrating. A beautiful birthday cake is served and you decide to have a piece, in celebration of your friend's special day.



In the first mistake of this book outlining how exercise affects our lives, we learned that our intention behind why we choose to exercise affects our health. The same is true for the food we eat.



When you eat the piece of cake, you have two options that will ultimately alter the vibration of the piece of cake you're about to ingest:

1. You can feel a sense of failure and guilt as you bite into the cake, knowing it is not recommended as part of your chosen program. Or,
2. You can eat the piece of cake in full celebration and joy, focusing on the love of your friend, how delicious that particular piece of cake tastes, and how happy you are to be with him or her in this moment.

Which scenario creates a vibration that feels more nourishing to you?

The amount of calories in the cake did not change. The amount of refined sugar or flour didn't change either.

What changed was your intention to how you felt when choosing to eat the cake, as well as your vibration. Holding an intention of authentic love and celebration, the vibration was raised in your system, which both enlivens and nourishes you on an energetic level.

In the end, it's not only about the food choices we make, but how we choose to feel about those choices as well.

ACTION ITEM: Practice giving thanks for the food you eat and notice how this changes your relationship to food, and how you feel when eating it.



Mistake #2:

YOU SLEEP, BUT
YOU'RE NOT
RESTED



Mistake #3: YOU SLEEP, BUT YOU'RE NOT **RESTED**

Have you ever experienced times of your life where you're tired... *all the time*?

On any given day the alarm goes off. You unenthusiastically open your eyes and drag yourself from the bed. Maybe you have to feed the kids, or maybe you head straight to the shower (after you've had a cup of coffee, or two, to "wake you up"). You prepare to head to work. What used to be a commute to the office may now be a walk to the kitchen table or home office down the hall.

You work. You engage in activities. You catch up with family or friends. You go about your day.

However regardless of what you do, or don't do throughout your day, you constantly feel *tired* and worn down.

You lack energy and never seem to feel vibrantly alive or "full of life."

To remedy this, you tell yourself, "I'll get to bed earlier tonight to get more hours of sleep!" You set your alarm for eight hours later and you lay down to get a full night's rest.

But when the alarm goes off the next day and you open your eyes, you feel just as tired, heavy, and lethargic as you did the day before.

SOUND FAMILIAR?

YOU'RE NOT ALONE!

This is a problem many people face and is one of the major mistakes I see when it comes to our health: **You sleep, but you're not truly resting...**

TRULY RESTING OR SIMPLY SLEEPING?

Rest is part of the cycle of life. Your body cannot be "on the go" all the time. It needs time to repair itself and recoup energy in order to function properly. When your body has time to rest, your energies are "turned inward" to allow cells to regenerate and for your body to gather debris for elimination.

"Proper" rest is achieved when you are in a state of complete relaxation and your body has the opportunity to regenerate in the ways it was designed to do.



This level of rest is *key* to your health and vitality.

So why do so many of us say, “I sleep 10-11 hours a night and I wake up just as tired as I was when I went to bed. How can this be?”

The answer is in your head...literally.

THE STATE IN WHICH YOU FALL ASLEEP, IS THE STATE IN WHICH YOU WAKE

The *thoughts* and *attitudes* you have in your mind as you fall asleep can be the roadblock to keeping you from achieving healthful, restorative rest.

If you are tense when you fall asleep, you are tense when you're awake. When this happens, you are *sleeping* – but you're not *resting*.

Crawling into bed at night – *exhausted* - then lying there and re-living all of the frustrations, hurts, injustices, indignities, and general negativities of the day and the past, creates a stressed environment where your body never achieves a state of rest, and in return, never has the opportunity to rebuild and repair.

Without this, your wake up feeling just as tense and stressed out as you did when you laid down the night before.

There is a scientific reason for this.

When disturbing, anxiety-provoking thoughts run rampant through your conscious mind as you fall asleep –the unresolved fight you had with your partner, the stress from your workday, your fears of “what’s going to happen in the future...” – you are programming these anxious and stressful thoughts into your subconscious mind.

These types of thoughts also create defense physiology that gets programmed and stored on the “hard drive” of your subconscious mind, the underlying “system” that runs your day-to-day existence.

“Defense physiology” is when your body is on alert from a perceived threat (real or imagined) and can express as tight, tense muscles, poor digestion, headaches and more.

When you're in this type of state as you fall asleep, you may be sleeping, but your body is not capable of experiencing a true state of rest.

WITHOUT REST, YOU'LL NEVER REJUVENATE

Insufficient or ineffective rest interferes with the natural recuperation processes of the body. This type of interference that comes from anxious thoughts and remaining in a constant state of defense physiology leads to exhaustion, which paves the way for pain, symptoms, and disease.

No matter how many hours of sleep you get each night, without proper rest you'll never feel rejuvenated or access a true state of health and vitality.



The thoughts and attitudes you have in your mind as you fall asleep can be the roadblock to keeping you from achieving healthful, restorative rest.



Regular restful sleep is essential to performance of body, mind, and daily tasks. A well-rounded life of rest and work provides positive stimulation to body and mind.

Paying attention to the essential choice of “rest” is vital to your health, happiness, and success.

Here’s how you can begin to achieve a proper state of rest each night *while* you sleep!

MAKE CONSCIOUS CHOICES AS YOU PREPARE TO SLEEP

When you go to bed, exercise freedom of choice over your thoughts and refuse to allow negativity to creep into your consciousness.

This includes disengaging from the “news,” whether it be watching the news or scrolling through a social media “news” feed prior to sleep. News outlets are designed to inform us of issues – both local and global, resulting in oftentimes more negative and cautionary news, rather than positive and uplifting stories.

Read the news throughout your day if you like; just turn it off before you go to sleep. You do not want those stressful news stories to keep your mind, or your body, on “high alert” defense physiology.

I also recommend turning off your phone, tablet or any other mobile device at least 30 minutes before you go to bed. The thoughts created by what you read or see as you mindlessly scroll through content on your phone get imprinted onto your subconscious mind before you fall asleep as well.

Be sure that the content getting infused in your mind as you prepare for true rest, is full of positive, uplifting or calming and peaceful thoughts you’re actually interested in incorporating into your life!

ACTION ITEM: Turn off all electronic or mobile devices 30 minutes prior to sleep, and disengage from negative news sources or mindless scrolling. Instead, consciously choose to think positive, life and health-affirming thoughts prior to sleep to set your body into a state of relaxation and calm, as well as imprint these thoughts on your subconscious mind!



EVERYTHING IS IN YOUR FAVOR

The fastest way to rid yourself from anxious and stressful thoughts before you go to bed, and in return achieve a state of proper rest, is to create what I call a “Quantum Flip” in how you interpret the events and happenings of your life.

No matter what is taking place in your life – past or present – if a thought is burdening you, rather than stressing about it or “chewing” on it repeatedly in your mind, ask yourself this question:

What if everything that has happened, and is happening, is actually in my favor?

The power of this question is not in understanding *how* everything is in your favor, or *why* something is happening. Sometimes we can’t see the “big picture” from where we are in our life.

THE TOP 5 MISTAKES THAT KEEP YOU FROM HEALING NOW

The power is simply in opening yourself to the possibility that whatever is taking place, allowing the idea that it could be a gift that is helping you grow.

Life is not happening *to* you; life is actually happening *for* you.

Making this Quantum Flip will radically change so many aspects of your life, as well as your health. I share much more about how to make this life-changing shift in perspective in my upcoming webinar “3 Secrets to Activating Your Self-Healing Super Powers” which you can join here: www.secretstoselfhealing.com

Until I see you in the *free* webinar, the following is something you can begin to do right away to help make this truly transformative shift in perspective...

If you usually wake up tired and drowsy, try this rest-inducing exercise for a week. When you go to bed at night, concentrate on thinking positive thoughts. Focus on a positive aspect of each experience of the day, and on what you learned from each experience.

Even if an experience appeared to be negative, find *something* positive about it. Concentrate on that positive.

When you concentrate on positive thoughts and feelings, your conscious mind feeds “no threat” signals to your subconscious mind and your body responds with relaxation.


Very likely you will be surprised at how much better you feel not only when you get up in the morning but also throughout your day!

ACTION ITEM: Focus on positive thoughts before bed to support your system in shifting into a state of true, restorative rest.



Mistake #4:

YOU THINK **THOUGHTS**
DON'T AFFECT YOUR HEALTH

A warm, golden-toned image featuring a ceramic mug filled with a steaming beverage. The words "Positive Thinking" are written in a dark, handwritten-style font on the front of the mug. The mug sits on a dark, textured surface, possibly a wooden stump, with a small green fern frond in the foreground. The background is a soft, out-of-focus bokeh of warm yellow and orange light, with wisps of steam rising from the mug.

Positive
Thinking

Mistake #4: YOU THINK **THOUGHTS** DON'T AFFECT YOUR HEALTH

In Mistake #1 – *You Eat, But You Don't Nourish*, I shared how the vibrational quality of the types of food you choose greatly affects your overall health.

With that in mind, imagine how you would feel if you chose to eat a low-vibrational diet of fast food, sugary sweets, or even rotten vegetables all day, every day?

You'd probably feel just as rotten as those vegetables!

And yet, so many of us unknowingly do the equivalent of this every day. We think low-vibrational thoughts that negatively affect our bodies and minds, and in return, our overall health and vitality.

Inviting a daily “diet” of negative low-vibrational thoughts into our minds creates the same unwanted and unhealthy result as eating low-vibrational junk food every day.

Many people are not aware they are making this mistake, which is why Mistake #4 - **You Think Thoughts Don't Affect Your Health** – is one of the most important to understand!

THOUGHTS – A KEY FACTOR IN YOUR HEALTH

What you think has a greater impact on your health than what you eat or drink, how you exercise, or so many of the other conscious choices you make on a day-to-day basis.

Your thoughts, or memories of thoughts, run through your head 24-hours a day, seven days a week – even while you sleep!

The fact is, most people are unable to get away from thoughts, and **thoughts affect your physiology all of the time.**



Your thoughts, or memories of thoughts, run through your head 24-hours a day, seven days a week – even while you sleep!



I've learned over the years, with thousands of patients, that thoughts can be creative or destructive, helpful or harmful – especially when it comes to your health.

HOW YOUR THOUGHTS AFFECT YOUR PHYSIOLOGY

The impact of thoughts on physiology can be demonstrated by this simple example:

Think of a lemon.

See yourself slicing that lemon in half, and then into quarters or wedges.

Now, imagine picking up a wedge of lemon and biting into it. Taste the potent, acidic juice hitting your tongue. Maybe your cheeks cramp or your mouth puckers.

If you do this with your eyes closed and *really concentrate*, you can, and probably will, begin to salivate. Salivation is your body's natural response to neutralize the acid of the lemon.

Just the mere thought of biting down on a lemon wedge and tasting the pure lemon juice in your mouth can change your body's physiology.

Thoughts, it seems, really are things – and most definitely affect your physiology!

HOW THOUGHTS AFFECT EMOTIONS AND... HOW EMOTIONS AFFECT YOUR HEALTH

Your thoughts also affect your *feelings*, or sensations in the body. Those sensations create what we label as emotions, or “energy in motion.”

When we feel the emotion of “anger,” a particular thought has caused a certain energy to move through your system affecting your physical body. When something happens in your life and you become angry, maybe you'll feel a strong rush of heat, a “flash” of anger. Your fists may clench, or your jaw may tighten.

When you feel love, you may feel a swelling in your chest, or a sensation of feeling light-headed dizziness or giddiness.

All of these bodily reactions come from a change in our energy, and that change in our energy comes from our thoughts – either conscious, or subconscious.

When it comes to our emotions, the degree of emotional intensity (for example: a horrible tragedy vs. a mild disappointment) determines the degree of energy disturbance in body and field.

When we experience strong emotions and feelings, these cement that energy pattern into our memory.

Boring is not memorable. Excitement is.

Feelings attached to major emotionally-packed incidents, such as a car crash or the unexpected death of a loved one, weld the physiological response pattern to the memory of the incident.

When the emotion is a negative one, it affects your entire system and power-generating field, diminishing or lowering your vibration and weakening your energetic field.

When a negative emotion is experienced in an isolated moment – such as fear or adrenaline that occurs from an accident, and that negative emotion is fully processed as the event is over, there is no lasting impact on your energy system or long-term health.

The negative emotion was felt and experienced, and when fully processed, it flows through your system and is released.

When you experience constant or chronic negative feelings however, the low-level, often subconscious thoughts you experience day after day or even year-after-year, they keep you defensive in your attitude and outlook on life, and locked in this defensive physiology.

They are feelings such as shame, irritation, jealousy, frustration, guilt, resentment, loneliness, inadequacy, greed, despair, fear, and hate.

These types of negative emotions and feelings, which are generated by the thoughts you think in your head, introduce *energy-depleting* organization into your personal bio-field.

Since your field is the template for the rest of your body, and your feelings can affect your field, your best strategy for health, happiness, and success is to make sure you feel your way through life positively!


CHOOSING POSITIVE THOUGHTS

If chronic negative thoughts affect your biofield in less-than-desired negative fashion, the great news is that constantly infusing your life with positive thoughts can have an enlivening and rejuvenating effect on your field as well!

The best news is, you have the power to choose which thoughts you think!

Your mind is your own “medicine” to keep you healthy – especially during times of heightened health concerns and global pandemic.

The easiest way to ensure you are thinking positive, healthy, and life-affirming thoughts is to take a moment and reflect upon your feelings and intentions when it comes to your health.



Your mind is your own “medicine” to keep you healthy – especially during times of heightened health concerns and global pandemic.

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THE TOP 5 MISTAKES THAT KEEP YOU FROM HEALING NOW

You may be taking all the correct measures and following all the suggested guidelines to ensure you remain healthy and “safe,” but have you considered your thoughts, intentions, and feelings behind those actions?

You can do all the right things to keep you healthy, but if you’re engaging in those actions from a fearful, stressed-out, panic-stricken state, the infusion of continual low-vibrational, negative thoughts may be counteracting all your safety precautions.

Every time you leave the house, do you worry “Will I get sick? Will I catch COVID?”

That fear creates a vibration in your system.

And when it comes to energy, “like attracts like.” Thinking these types of thoughts may be unknowingly drawing that unwanted outcome *towards* you.

So rather than stepping out into the world from a fearful place, instead reexamine your thoughts and “flip” them to positive, vibrant, and health-affirming statements.

Thoughts such as, “I am vibrant and full of health!” “I have a robust immune system.”

The key is not to simply think these thoughts in your head. Visualize this state of optimal health and robust immunity. Feel it in your body what it would feel like to be vibrant and healthy. Believe it is true for you.

ACTION ITEM: Examine your thoughts and “flip” any negative, fear-based thoughts to positive, health-affirming statements. Embody the feeling of those positive statements so they become true for you!



Mistake #5:

YOU FORGET, BUT YOU
DON'T **FORGIVE**



Mistake #5: YOU FORGET, BUT YOU DON'T **FORGIVE**

Before I explain to you the fifth and last mistake that I see people making that keeps them from healing, I'd love to invite you on a visual journey with me. It's one I think will help drive home the energetic and life-changing power of Mistake #5.

Imagine you are out in nature taking a walk in the woods.

It's a beautiful day and you're walking along a path that you've found. The sun is shining, it's the perfect temperature, and although you're not sure where this trail leads, or how long you'll be walking, you are enjoying the experience immensely and want to continue in this peaceful, serene setting for as long as possible.

Now, imagine you come across a fellow traveler on the path who looks like he or she is in need of assistance. When you approach, the person explains that his ankle is hurt and that he is unable to carry his backpack while walking. It's too full and too heavy to be supported by an injured leg.

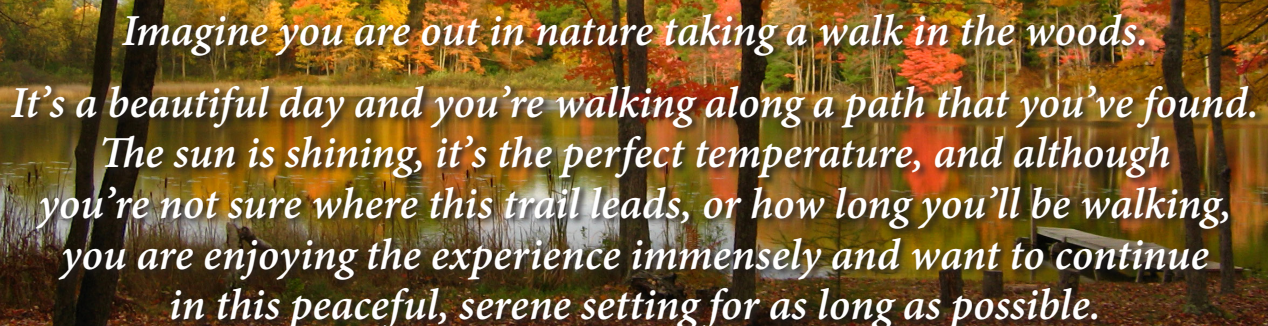
He asks, "Would you mind carrying a few items from my bag for me?" He explains the next town is just a mile or so up the trail and that you can leave the extra items at the local store where he will pick them up when he arrives.

To help your fellow traveler, you agree to add the extra items to your backpack. After all, it's only a few miles and you're enjoying this beautiful walk and have no other plans that day...

So you add the traveler's contents to your backpack and set off on your way. Right away, you notice how much heavier your backpack feels with the extra weight pressing down on your shoulders and back.

At first you are uncomfortable, but you're feeling good about helping a fellow hiker in need, so you remind yourself, "It's only a few miles to the town..." and push the thought of discomfort away as you continue on.

The birds are singing and you're enjoying every step of your hike. Soon, you forget you even have the extra weight on your back.



*Imagine you are out in nature taking a walk in the woods.
It's a beautiful day and you're walking along a path that you've found.
The sun is shining, it's the perfect temperature, and although
you're not sure where this trail leads, or how long you'll be walking,
you are enjoying the experience immensely and want to continue
in this peaceful, serene setting for as long as possible.*

THE TOP 5 MISTAKES THAT KEEP YOU FROM HEALING NOW

An hour or so passes and you realize you still haven't made it to the town. Assuming it's just a little farther, you keep walking.

A few more hours pass and soon, you've forgotten all about needing to find the town, the backpack on your shoulders, and the extra weight you're carrying. You've been carrying the backpack long enough that it's become a part of your "normal" experience.

But, you're also getting tired. You've been hiking for a while and you feel heavy, and lethargic. You start to drag your feet a little and start to stumble over a few roots on the trail.

You just don't feel as energetic or vibrant as you had earlier in the day, and your body seems to be slowing down.

Finally, you sit down to rest. As you do, you remove the backpack from your shoulders and place it on the ground next to you.

Immediately you feel the relief of removing that extra weight!

Your back straightens, no longer having to bend over from the weight of the bag. You feel lighter and a rush of energy moves up your spine.

You'd been carrying the backpack with the extra weight for so long that you'd *forgotten* it was there! You'd also forgotten how light and naturally energetic you felt without it...

This is the mistake I see so many make: We carry the burdens of our past for so long that over time, we forget we're carrying them... but we never release them or "take the backpack off" because we've never truly forgiven them.

FROM FORGETTING TO FORGIVING

Taking off that heavy backpack is how it feels energetically to forgive something or someone from your past.

When something has taken place in your life that has burdened you, we can carry it around for so many *years* that after awhile, we forget about it. The situation rarely crosses our mind.

We may have forgotten it, but the negative energetic vibration of that event remains imprinted in our system until we truly *forgive* it.



Taking off that heavy backpack is how it feels energetically to forgive something or someone from your past.



To truly forgive someone or something is to remove and release the heavy energetic burden it carries and to finally be set free!

Without forgiving, we carry that heaviness around with us and over time, the extra unconscious “weight” of heavy, negative emotions begins to strain our system and keep us from optimal health.

Here’s why...

THE SCIENCE OF FORGIVENESS

Your thoughts, memories, and emotions override the power of the body’s perfect intelligence by forcing the program to respond to a situation, which is not really life-threatening, even though the survival instinct believes it to be so.

This means when you have forgotten something, your conscious mind is no longer grappling with the issue or trying to work it out. You no longer think of it on a day-to-day basis.

The memory of that situation however, as well as the emotions attached to it, are what has been imprinted on your system. This is what affects your body and can keep your systems from functioning in the optimal way they were designed.

It is called, “Subconscious Emotional Memory Override” and it often runs your physical body.

These stored memory patterns (harmful situations we may have forgotten and have yet to forgive) elicit negative responses, leading us to ill health and often, disease.

Just because you are no longer thinking about the situation, or the person who has done you harm, does not mean it does not still affect you – and your health – on a daily basis.

Without truly forgiving the person and allowing the energy to process so your system can return to its normal functioning patterns, you are “carrying” it around with you day after day. Sometimes, we can carry it year after year.

Until you forgive, you will be carrying that heavy weight of the backpack with you wherever you go.

True forgiveness of negative experiences you have lived through and with, can alleviate this energetic burden and actually change your state of health.

HOW TO FORGIVE FOR OPTIMAL HEALTH

In order to neutralize a negative subconscious memory or emotion, to fully allow the energy to process and to finally put down that burdensome “backpack” of unresolved emotions, I invite you to try the following steps of forgiveness.

These forgiveness steps are quite simple in concept, but keep in mind they must be carried out with *feeling* and *emotion*. If you are not sincere, then you are wasting your time and energy.

SELF-ACTUALIZATION:

Before performing the steps of forgiveness, some self-actualization work must be done. To become more aware of what is affecting your life, I invite you to do this memory update:

1. Identify a situation, action or person you feel needs to be forgiven. Think of something from your past you did not like or you wish had turned out differently. What you identify may have occurred at any time in your life – yesterday, last week, last year, or when you were six years old. A person held in esteem or great affection is often identified. This is an experience from the past which comes into your conscious mind often.
2. Acknowledge this incident did, in fact, occur. Think about the situation, recalling your feelings, thoughts and emotions on the subject.
3. Realize trying to forget such events actually just places them in the subconscious where they fester and will finally cause ill health.



TRANSFORMATIVE PROCESS OF FORGIVENESS:

You're now ready to begin the forgiveness process. It is important to note here you do not have to agree with the actions of the other person or the event in order to forgive.

You are forgiving for your own sake, not someone else's.

Until you forgive the past, the other person or event is controlling your life. This is true even if the other person is no longer living.

In addition, when you truly forgive, you give up the urge to "get even." You will no longer feel the need for revenge. You will actually be thankful this event occurred in your life and will see the good in it for you.

If you follow the steps, with sincerity of heart, you are on the way to enlightenment as well as to improved health.



Until you forgive the past, the other person or event is controlling your life. This is true even if the other person is no longer living.



PROCESS:

- 1. SELF-FORGIVENESS** – You must forgive yourself for allowing the event to affect your health. Forgive yourself for any harm you may have caused yourself because of this situation, action, or person. Literally say, “I forgive myself for any harm I may have caused myself because of (whomever or whatever situation/action).”
- 2. FORGIVE THE OTHER PERSON** – Next, you must forgive the other person for any harm he or she may have caused you. Again, literally says these words, “I forgive (whomever) for any harm he/she may have caused me.”
- 3. GIVE THE OTHER PERSON PERMISSION TO FORGIVE YOU** – It is not necessary or even recommended that the other person knows you are taking this step. It is, in fact, immaterial. It doesn't matter whether they know or not, *because you are doing this for you*, not him or her. The other person may even be deceased and that's okay too because the forgiveness takes place within you. You now say, “I give (whomever) absolute permission to forgive me for any harm I may have caused him or her.”
- 4. LEARN THE LESSON** – Not only must these situations and people be forgiven, *you must actually learn to see the good in it*. You must learn the lesson it brought into your life if you are to be truly disconnected from that person. Why is it good that this happened to you? What did you, or can you learn from it? Maybe the best thing you can think of is you would never do this to someone else. Or, quite possibly you learned that you are able to help others who experience similar treatment. The point is, learn from the situation. See the good in it for you. Understand how you are better because of it. It is in the past. **Nothing ever happens to you; it happens for you to learn a lesson.** Be thankful for the lesson, not the experience.
- 5. WISH THE SITUATION AND PERSON(S) INVOLVED WELL** – This is the final step in which will set you free and allow health, happiness, and success to exist.

ACTION ITEM: Identify a past memory that needs to be forgiven and process, and go through the five steps of the Forgiveness Process.

What to do Next...

I hope these tips have been helpful for you. I know that they have helped many patients, clients, and students that I've worked with over the last 30 years.

Your life and health will truly begin to transform as you begin no longer making these five major mistakes that are keeping you from optimal health and healing.

And *right now*, there is no more important time to participate in and activate your own true healing powers.

To further support you in this, I've also created a free webinar to go into greater depth and give you more powerful tools to activate your self-healing "super powers" (as I call them) hidden within.

As you begin to integrate this work, maybe some questions will come up. You'll definitely start to feel some shifts in your energy and your health, and I'd love to help you further your understanding about what this empowering approach to self-healing can do for you!

I'd like to invite you to my free upcoming webinar that will allow you to activate your self-healing abilities to allow for robust health, energy, and vitality to flow through your life.

You are meant to be free of pain, frustration, and fear when it comes to your health. You are meant to have abundant energy, spontaneous joy, and freedom. It all starts by allowing your energy to flow and by activating your body's innate ability to heal.

I invite you to take what you've learned in this ebook to the next level, and join me on my live webinar **3 Secrets to Activating Your Self-Healing Super Powers**.

Right now there's nothing more important, or empowering, than discovering how to activate a life of abundant energy and vitality, one that is free of fear and frustration when it comes to your health.

This is the first time I'm teaching and sharing these secrets and they are there to change your life.

The webinar is about an hour, but I suggest leaving more time if you want me to personally coach you or hear me coach others who "raise their hands" when I open up the lines.

It doesn't matter where you are on your healing journey or how disempowered you may feel in these current circumstances, my 3 secrets can get your energy moving once again and an entirely new life of health and vitality will open up for you.

I'm here to support and guide you to transform your health – and I know you're ready.

It's time to tap into your body's innate ability to heal and activate your own self-healing super powers!

Just click on the information below and reserve your spot on my free webinar to allow you to deepen your understanding of your natural capacity to heal by starting to live life without making these mistakes, and moving into some proactive actions on how to experience your highest level of health.

RESERVE YOUR SPOT HERE: www.secretstoselfhealing.com

Let's stay in the game and stay in the flow with vitality and wholeness, right at hand.



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