

Discover How To Heal Pain Naturally

(Using the Mind/Body Connection and
The Law of Attraction)

*Featuring:
The "Paging Me System"
And Worksheets*



Jenny Mannion.com



DISCLAIMER

I am not a doctor. The methods in this book enabled me to self heal from chronic illness and this is the story of what worked for me.

If you are going to pursue self-healing and are on any medications you should of course consult with your doctor before stopping any prescriptions or cutting back on dosages.

I would also recommend having a holistic doctor, naturopath or a doctor that is knowledgeable in holistic methods to assist you in transitioning to less medications.

Stopping anti-depressants, pain killers and other medications without a doctor's assistance can cause serious complications or death.

In December 2006 I saw the movie, "The Secret" and KNEW I could heal myself. I studied MANY different resources on The Law of Attraction and the mind/body connection. I used these resources to adopt my own method, "The Paging Me System" to heal from within.

It is my passion to teach others about the mind/body connection and JUST how POWERFUL every one of us is.

My Blog [Heal Pain Naturally](#) is in very successful and has helped many find empowerment and resources to heal from within

I am a mind/body mentor and if you enjoy this book and would like one-on-one help in adopting The Paging Me System into your life, please email me at: jennymannion@yahoo.com for more information and for your half-hour FREE consultation.

TABLE OF CONTENTS

Table of Contents

| | |
|---|----|
| INTRODUCTION..... | 5 |
| BACKGROUND..... | 7 |
| DIAGNOSES and DISEASE DESCRIPTIONS..... | 11 |
| TREATMENT..... | 14 |
| HEALING..... | 18 |
| THE SECRET..... | 20 |
| POST HEALING 03/08 and 04/09..... | 24 |
| TECHNIQUES AND PAGING ME SYSTEM..... | 30 |
| The PAGING ME SYSTEM Poem..... | 34 |
| INSPIRED ACTION USING THE PAGING ME SYSTEM..... | 37 |
| WORKSHEETS..... | 42 |
| RECOMMENDED MATERIAL..... | 49 |

INTRODUCTION

By the age of 35 I had been diagnosed with two painful chronic illnesses as well as one genetic blood disorder. I felt life as I knew it was over and I would spend the rest of my life in pain. For years my pain increased as did my intake of prescription pills. Through my own journey I have transformed from a life filled with crippling pain, sleepless nights and bottles of prescription pills to a life of no pain, no medications, and a stronger and healthier body.

I now am able to take care of my 2 young children and much more. I maintain 2 blogs (one about [Healing Pain Naturally](#) and the other [recommending non-violent computer games for kids](#)). I began the popular Group Writing Project and Excellent Resource "[Heroes of Healing](#)" which features over 30 talented writers talking about over 50 heroes that have affected their lives. I became a licensed [Reconnective Healing Practitioner](#) which allows me to have in person and long distance healing sessions. I am a mind/body mentor as well as [Medical Intuitive](#). I also am able to pursue learning, keep my house presentable AND still have energy to spare.

I am NOT against conventional medicine but believe we need a more integrative medical approach. I feel people need to be informed of alternative methods to HEAL pain and not just told to manage it by prescription pills. I also feel people need to be made aware of JUST how powerful the mind is and how they can use it to improve their well-being. In the last 2 ½ years I have come across so many different forms of alternative medicine including Information and Energy Medical Practices. The most excellent resource I have come across for the scientific basis of this is the movie "[The Living Matrix](#)". I have witnessed what some would call "miracles" on almost a daily basis since I began my practice as a Reconnective Healing Practitioner. I feel everyone has healing capabilities for themselves as well as for others. In finding the

methods/modalities/teachers that resonate with you – you are on your road to a healthy future. It is my intention that by telling people my story I will empower them to take more control of their own health.

I have helped hundreds of people regain their health and heal from within and it is my intention and passion to bring information and help to as many as possible.

BACKGROUND

There were instances as far back as 1998 where I exhibited some symptoms of illness. My husband Ray and I married in 1997. A year later, we left the Upper East Side of NYC and moved to a suburb twenty miles away in New Jersey. We bought a big (over 5,000 square feet, 6 bedroom) old house that needed a lot of work and thought we could do most of it ourselves since we were both very handy and ambitious. I began having really bad leg pains almost daily and occasional insomnia. I saw doctors to ask about the symptoms but it resulted in vague guesses and prescriptions to everything from painkillers, muscle relaxants and sleep aids.

In January 1999 I became pregnant with my son and my health took a turn for the worse. I couldn't sleep at all and had excruciating daily leg pain. Pain started creeping up in other body parts and I was dealing with the usual pregnancy woes such as nausea and dizziness. My doctors chalked it up to pregnancy and anemia and I was given extra prenatal vitamins as well as prescribed two bananas a day for the rest of my pregnancy. Yuck – it was eight years later before I could **finally** eat bananas without being disgusted! It was a pretty horrendous 37 weeks pain-wise with the few weeks preceding delivery bringing pain so extreme I even had my OB/GYN feeling sorry for me. At the time Factor V Leiden (On Page 13 you can read more about Factor V Leiden) was not being tested for in difficult pregnancies. If I was diagnosed at that point I would have been labeled a "high risk pregnancy" and would have had closer care. My son was born at 37 weeks and had a few breathing issues the first 24 hours but was then fine except for a little jaundice which is quite common.

The first year after having my son was life-changing as any parent will tell you. Luckily my weight returned to normal and I was feeling my "old healthy self". Once a month I was in excruciating pain for two weeks and this led to me having two

operations to have uterine polyps removed. In September 2002 I became pregnant again after MUCH debate and the pain was about to reach new levels. I had much more pain than with my first pregnancy as well as trouble breathing, blood pressure issues, instances of sciatica and a general feeling of being unwell. Taking care of my 3 year old son was very difficult and I had to go to the OB very often because of my pain. I was hospitalized for tests and they realized I had an elevated blood pressure every time I moved around so that I would need "partial bed-rest". This was no easy task with a three year old and I am sure it added to my stress. At my 28 week check-up I found out I was in labor. I was immediately admitted to the hospital and they tried everything to stop the labor. I was given magnesium which was described to me as "it's going to feel like your worst hangover - times ten". That didn't even do the experience a bit of justice as to how horrendous it was. If I didn't have a wonderful nurse next to me holding my hand, wiping the sweat off of my face and assuring me I would not die - I don't know how I would have gotten through it. Now I can see as I was going through it I was thinking "poor me", "this is horrible", "I am always in pain" enabling the pain to intensify.

I was in the hospital for a few weeks on a variety of drugs to stop labor. Eventually though at 31 weeks it could be stopped no longer. My daughter was determined to be born. They were prepping me for delivery and my daughter had been head down the whole pregnancy but at the last minute flipped and they knew they would have to do an emergency C-Section. I had discussed with my doctor the possibility of a C-section and we had decided if one was needed I would have a tubal ligation as well. Once you have a premature baby the chances are the next one will be born even more prematurely. I knew I did not ever want to become pregnant again. Nevertheless it was still pretty traumatizing to be questioned extensively by the doctors before signing papers while rushing because my daughter needed to be delivered ASAP. Questions like. "What if your husband and kids were wiped out tomorrow in a tragic accident - are you SURE you still wouldn't want to have any more children?" I **was** sure and I had my tubes

tied right after my daughter was delivered. She had a lot of health concerns being born at 3 lb. 10 oz and 9 weeks prematurely. We were fortunate we were living near one of the best NICU's in the country. Christina received excellent care and came home a month later.

We lost a good friend in a tragic small plane crash the day my daughter was born and I rushed myself out of the hospital to attend his funeral. The emotion from that loss and the stress of rushing to and from the hospital to visit my daughter while caring for my son definitely took a toll on my body. We had a few weeks where we thought my daughter would need a heart operation but luckily her body healed itself before her release. She is six years old now and luckily as healthy as any other child – she was spared a lot of the difficulties that accompany premature children.

Having two children was a LOT of work and taking care of a house over 5,000 square feet became a daunting task. Any money we had was spent on just upkeep and we realized we would be poor and never be finished renovating if we stayed where we were. The house was left half filled with stuff from the previous owners and people were always giving us their old things since we had a big house. So now we had a huge house filled with stuff we did not need or want. There were a bunch of reasons I was not happy where we were and my husband and I started to think about moving. In January 2004 we relocated to upstate NY and the task of fitting 5,000 square feet worth of stuff into a 2,500 square foot house along with caring for two children was challenging to say the least. We were happier in a lot of ways but now my husband had to start another career since an opportunity in his previous area of expertise was not available in the new area.

I began to have more and more pain and went for tons of tests. You name it, I've had it done (Cat Scans, Sonograms on every part of my body, MRIs, X-Rays, blood tests weekly, etc.). I was diagnosed with having more uterine polyps and hyperplasia and I

had the polyps removed as well as adding an intrauterine device (IUD) that slowly released Progesterone since my body was producing too much Estrogen. I finally had the test for Factor V Leiden since it is a genetic condition my mother had and it was recommended that I get the test done. I was diagnosed with a consistent high Epstein Barr count in my blood which my doctor described as chronic mononucleosis. None of these explained all of my symptoms so it seemed every time I had more tests done I was diagnosed with something new. Then finally doctors started to lump my symptoms together and two years later progress was made in diagnoses that encompassed all my symptoms.

DIAGNOSES and DISEASE DESCRIPTIONS

My first chronic illness was diagnosed as "Fibromyalgia" in April 2005 when I was 35 years old. I learned I had "Benign Hypermobility Syndrome" or "Ehlers Danlos Syndrome III" in April 2006. I also was diagnosed with Factor V Leiden (a genetic blood disorder) that contributed to me having a Deep Vein Thrombosis (DVT) in 2005 and being put on coumadin "for life" (In late 2008 was allowed to come off with the blessing of my hematologist). I later was told Factor V Leiden was probably responsible for my daughter's premature birth.

It took years of my time and tons of painful and embarrassing tests to get these diagnoses. I had to worry about going to the tests, got myself so sad and embarrassed during the tests and felt extreme worry and assuming all the worst while I was waiting for results. I had hours in doctor offices and hospital waiting rooms worrying about my health as well as beating myself up for all the time that was being wasted when so much had to be tended to at home. I was worried I would get some horrible diagnosis and be taken away from my kids for even more time or be totally disabled and not be able to care for them at all. I know now all these thoughts CONTRIBUTED to my illnesses.

Fibromyalgia is an illness where you feel like you have the flu most days. You wake up never knowing what part will be affected. It affects the soft tissue and is in the same family of diseases as rheumatoid arthritis and lupus. It used to be thought of as a psychosomatic illness but in the last ten years a lot of research has been done to prove otherwise. Believe me – the PAIN IS REAL. Some believe it is a nerve issue where the nerves are not communicating the right pain messages or exaggerating the pain messages sent to the brain. Lots of research is currently being done for relief and cures but currently the recommendations are to stay as active as possible, take lots of pain and sleep medication as necessary and usually a low dose

anti-depressant is prescribed to help with the lack of steady sleep. Most people with this disease do not reach Stage III or REM sleep (the deep sleep your body needs to heal and rejuvenate itself).

Being diagnosed with Fibromyalgia was a blessing and a curse. I was glad to have a diagnosis but the prognosis wasn't great as most people have it for the rest of their lives and it was not labeled as "curable". A year later when I got my diagnosis of Benign Hypermobility Syndrome (BHMS) it rang true. I finally felt I could get on with what my life would be like and coping with the disease. It seemed to have made sense with what I had gone through most of my life with pain and I was happy that the rheumatologist recognized the disease. BHMS is often misdiagnosed as Fibromyalgia and there are a lot of people that have both disorders.

Benign Hypermobility Syndrome is also called Ehlers Danlos III. This disorder was explained to me by my rheumatologist as follows: Your joints extend only so far like a door swinging on its hinges. Your joints stop extending at a certain point much like a doorstop stops the door from hyper-extending. I was told my body did not have this mechanism. From years of dance and yoga I was happy to be as flexible as I was and I was told I actually did my body a disservice. The joints were swinging so freely in fact (hyper-extending) that they wore out a lot of the collagen between them and my bones actually CREAKED and popped a lot. This disorder is progressive and while the pain was moving around I was told it eventually settles in one or two places and causes extreme pain. Most people with this disorder actually have dislocations frequently. I was told I would most likely be in a wheelchair in the not too distant future. I had minor subluxations but not total dislocations and was adjusted by a chiropractor every 4 weeks to get my body re-aligned. My chiropractor always had my body feeling better and it was a spiritually healing place as well since their office is one of very positive energy. I stopped seeing the chiropractor in 2008 but know if I ever do feel "unaligned" I can call and return.

Factor V Leiden is a genetic blood disorder where the blood is missing a protein used in keeping the blood thin. I am prone to blood clots and as such am prone to DVT's (Deep Vein Thrombosis), TIA's (Transient Ischemic Attack), PE's (Pulmonary Embolisms) and possible stroke. Most people that do have this disorder and a DVT or a PE are then put on coumadin or another blood thinner for life. In 2005 I had a DVT in my leg and was hospitalized for a few days. I was then put on coumadin "for life". I went every 4-6 weeks to have my clotting levels checked in my blood and had my coumadin adjusted accordingly. In late 2008 I talked to my primary care doctor about going off of coumadin and she sent me to a hematologist. The hematologist told me that since my frame of mind had changed so much and I was so much more in touch with my body it made sense that I went off coumadin. Coumadin can cause many other problems such as extensive bleeding if you are in an accident or cut yourself. He said that because of where my mind was about health and my body the risk from coumadin outweighed the benefit. I am now COMPLETELY medication free.

TREATMENT

When I went to my Primary Care Doctor who diagnosed me with Fibromyalgia she gave me prescriptions for 100 Loratabs (Hydrocodone which are a generic for Vicodin). I was allowed to take 1-2 every 4 hours as needed for pain. These are narcotics and cause dependence and the need for more pills as your body becomes used to them. I was also given Tylenol with Codeine since the Hydrocodones made me jittery and kept me up at night. I was also given Ambien and then Lunesta for my sleep problems.

I was on the sleep/pain cycle that accompanies so many chronic illnesses. My body couldn't sleep because it was in pain and the lack of sleep didn't give my body the proper time it needed to heal which kicked off worse pain in the morning and so on.

It was not a good way to live and even though I HAD to get up in the morning to take care of my kids and get them ready for the day (my son ready for school and my daughter ready for her day with me) – I was so sad and SO AWARE of my pain every step I took. I was 36 and imagined I felt as a 96 year old would feel on a bad day.

I argued with my primary care doctor since I remained adamant about not starting the anti-depressants. She felt this was the true "cure" for Fibromyalgia and I stated I did not want to start any drug at 35 that I would be dependent on for the rest of my life. I (luckily I feel) have always had a fear of addiction and dependence. Growing up in New York City I was exposed to every kind there was and saw how it ruined adult as well as children's lives all around me. As I pursued help for my diseases I became aware there has been a change in how doctors now prescribe medications.

When I was told I would have to be on all these narcotics and possible anti-depressants I went to a naturopath. He ran a lot of blood work and found I was deficient in a bunch of minerals in my body. He told me that he was wooed by the pharmaceutical companies all the time and saw how medicine had dramatically changed in the last 30 years that he was in practice. He felt the medical profession now dealt more with MASKING the symptoms rather than healing the person. Prescribe this and you'll get this – with all kinds of incentive and reward systems set into place by the pharmaceutical companies. He recommended the vitamin regimen and I tried it for a while but the results were the same. I did not want to be on tons of pills of any kind for the rest of my life especially for such a small improvement in my state of well being. Who knows what these pills, be it prescription drugs or vitamins would do to my body long term? I did not want to take that risk.

With any of these illnesses come pain, exhaustion, stress and overwhelming sadness and/or worry. I am an at-home mom of two beautiful children and I immersed myself online to figure out what I could do to slow the progression and get support from other people who have dealt with the diagnosis longer than I had. There was always the worry that these illnesses would pass on to my children. That alone made me work even harder for information. If I did pass one if not all of these conditions on to my children I wanted to be a role model on how to live with them and not let the diseases take over my life. I felt a mommy on pain killers all the time was not a good example to set if it was at all possible.

I found tons of support groups, books, forums and articles and I dug right in. Quickly I discovered there were "good" support groups and "bad" support groups. The bad ones tended to be people being negative, saying "poor me" and comparing the amount of medications they were on and the losses they had suffered because of the diseases/disorders that they had. While I know these stories are valid and I felt for them I knew I had to look for more positive messages to help me from getting caught

up in the sadness of my illnesses. It depressed me to go to these groups so I stopped and sought out only the "good/positive" ones.

I found out that even on the "good" forums a lot of people had mentally given up. Many are on a LOT of pain medication; some don't get out of the house much and most find it hard if not impossible to exercise. I found a lot of these people were always concentrating on their pain and symptoms instead of working to feel better. I was right in there with them, comparing symptoms and feeling like my life would become only more and more difficult. But it gave me comfort to know I was not the only person in such tremendous pain.

I sought out books on how to live with chronic illness recommended highly by people who were also suffering. One of the most disturbing themes I found common in the majority of books I picked up was to say "good-bye" to my former self. Some even suggested having a small funeral. I was appalled and saddened but figured if so many people had wrote the same thing – it must be true. I would not be the person I always aspired to be but instead would be some sort of shell of that person.

I read more, I posted on forums, I read forums soaking up all the horrible things that would probably happen to me as well as how many medications I would soon be dependent on. Every morning I woke up and thought, "poor me", "how am I going to get through this?", "Ow! – my back hurts, my legs hurt, my arms hurt, I feel like my body is broken.", "I feel like I can't get out of bed", "Why me?", " I wonder if I am going to pass out today", "I wonder if I am going to be vomiting because of the extreme pain today". I told my husband to say goodbye to the old Jenny because she was dead and the new one was going to be in chronic pain for the rest of her life. I had always been a perfectionist and an avid list maker. I was now finding that if 1 of the 20 things on my daily list got done that was the best I felt I could do. I was down on myself for being "so sick" and not being able to take care of my family how I had always pictured. I

wasn't clinically depressed as I was always able to not get too deep in the sadness and try and see some good sides but my spirit did feel broken. The bad times were becoming much more frequent than the good, the pain and the pain pills were increasing (though still not to maximum allowed dosage), and most importantly I was not the Jenny I knew and loved. I did not want to think of myself as "dead" at 35.

I tried so many different things. Resting for ½ hour every few hours (tell that to a preschooler – not an easy task!). Walking a little a few times a week, yoga (which I was later told was bad to do when you are hyper-mobile), eating right, sleep remedies, long deep breaths, more pain medications, less pain medications, more sleeping medications, less sleeping medications, different exercise routines, relaxation before bed, no doctors, seeing doctors as much as 3 times a week, stretches, the chiropractor, audio books to get to sleep and at least 30 other "techniques". Some of the techniques worked a little, some worked for a while and then would stop. None took away all the pain for any extended period of time. Most just made me realize "how hard it was to be me".

I was about at wits end. I was now having at least weekly fainting spells (some in the shower) from the pain and was afraid to drive at times because of my dizziness. My health was damaging my relationship with my husband (though he was always very supportive and always telling me I needed to rest more). My health was damaging my relationships with my children. A six year old boy and three year old girl need a lot of patience, support, love, kindness and energy. Children also have a lot of needs and tending to them can create a lot of work and strain on the body. I never felt like I had the energy to take care of my house and family. I missed tons of family and friend gatherings because I did not have the energy. I had to stop my yoga-dance class because I was told I was causing more pain than good by hyper-extending my joints. I couldn't "give up" but had no clue how to make my life better.

HEALING

STRONG WOMEN

While talking to my yoga instructor one day on the phone she mentioned the author Susan Sark. Being an avid reader I went to amazon.com and looked her up and heard lots of positive things about her. I put a couple of her books on my wish list and in the summer of 2006 received a couple for my birthday from my father and step-mother. This was the start (though very slight) of my turn-around.

The Sark books didn't look like any "self-help" book or ANY other books I had ever seen. She writes in colored markers, she doodles on the pages, she writes slanted with no lines. Journaling and poetry writing had always been a sporadic part of my life growing up since grade school. Sark struck home to me by a bunch of her quotes but by her style as well – the book says pick me up and read me! The first quote I remember reading was:

"You ARE Enough, You DO Enough, You HAVE Enough."

Boy did I need to hear that! Also she made me aware that every person in this world is important and has one's own unique story to tell. If I didn't get my thoughts and story down on paper they would be gone when I was gone. She is a survivor of sibling incest and is now a very accomplished writer. She is not saying she has all the answers but she is good at making you look at the positive stuff in your life. She has you make lists of your favorite books, inspiring people, favorite places. She showed me that I could journal and write about my views and the positive stuff in the world instead of just writing about my day to day life of pain.

I had pushed a lot of my friends away upon diagnoses. I felt like no one wanted to hear me say how sick I felt. it was hard to "act

OK” for any extended period of time. I had to say “no” to most get-togethers and when I did go I felt like it would take me days to recover. Sark made me realize the importance of good women in my life. My mom has always been an inspiration between her never ending generosity, empathy, love and kindness. I have been lucky enough to know some truly incredible women and I realized I had to regain touch with some as well as make an effort to meet some more.

I attribute the next stage of my healing to my close friend, Angela. We have sons about the same age and from the moment I met her we connected. We would take long walks at the park near my house and we would REALLY communicate rather than just talk. We believed in the same ways to raise our sons, we had similar interests (reading, dancing, music) although we were brought up in two totally different environments. We both had the never-ending love and support of our parents. We both have wonderful husbands and sweet children. We are both perfectionists and were always the ones other people went to with their problems. I felt like I had known her my whole life after a few months of our walks and felt that we came to each other at the right time in both our lives. I made myself walk even if I was in pain because I knew I would come back mentally and spiritually better even if it made the physical pain worse. I still needed the pain pills though and was still in extreme pain most mornings.

I made an effort to be in better contact with strong females that had been in my life and have a lot of wonderful women to be thankful for. Thank you Mom, ALL 3 sister in laws; Kathy, Trish and Maureen, Darcy, Julie, Alissa, Angela, Veronica, Lynn, Janet, Hillary, Trish, Robin, Sharon, Aneeta, Sandra and all the other wonderful women that I have been lucky enough to know. Having good friends helps you to heal with laughter and good conversations and inspires you to be a good friend as well.

THE SECRET

The next and most significant part of my healing was the movie, "The Secret". My friend Alissa had been telling me for almost a year to see it. We live far apart and every time I talked to her I would say "yeah I will" but would totally forget about it. My husband remembered me mentioning it to him a few times and got it for us to watch for Christmas 2006.

The first time I watched it I have to admit I did fall asleep halfway through (since by the end of **every** night I was exhausted and in a lot of pain). From the first viewing I realized how truly deep the movie was and that I would need to watch the whole thing a few more times and EARLY in the day for it all to sink in. After the second time watching it all the way through it was clear in my mind "I WILL Heal myself of pain". There are so many parts of this movie that changed my life. I will summarize the ones that have helped me the most.

"Law of Attraction". I found it hard that with a BA in psychology this was the first time I had heard of it but it rang so true. Its basic principal is that like attracts like. If you are positive and grateful you will receive more things that are positive and to be grateful for. If you are negative and worrying all the time you will receive more that is negative and more to worry about. In Wayne Dyer's Lecture on the "Power of Intention" he has a quote that I now have hanging in front of my desk,

**"When you change the way you look at things
the things you look at change"**.

"Attitude of Gratitude". I know I have a lot in my life but was always concentrating on my pain and misery. I have a handsome, intelligent husband and two beautiful, smart, healthy and very funny children. I have my dream house (OK it will be after some fixing up). I live in a beautiful town where I look out

my window and see mountains. I have the love and never ending support of my parents (though only 17 when they had me managed to do a wonderfully caring job of raising me), my extended family and so many truly wonderful friends. The Secret tells you to focus on these things for a few minutes each day. Now when I am in the shower in the morning I go through my gratitude list. It is always a little different so it doesn't become some routine I don't have to think about. I feel the gratitude when I mentally tell myself and give thanks for the people and things I am grateful for. This is a much better way to start my day then to dread the pain awaiting me.

"The Secret" also touched on illness. It said our body is constantly creating new cells and every few years you have a totally new body. By focusing on the negative and how "sick" you are – your body will create "sick cells". I instantly began to lie in bed for a few minutes when I awoke being thankful for my health. After all, I could go for walks, I am average weight, I could get around the house and I had parts of me that were not in pain. All my concentration shifted and within a few days I was a different person. Now, over 2 years later I am on NO pain pills and am in no pain. In 2008 I stopped seeing the chiropractor and was able (with my doctor's blessing) to go off of coumadin which I was told I would need to be on "for life". About a year after healing I had a set-back with my patent-pending invention and was upset and up most of the night worrying about it. I awoke feeling extreme lower back pain again and decided as I was lying there I would not return to my old ways. Instead I started to feel thankful for my back healing and being able to have energy for the day and it worked because I believed it would work.

The other way "The Secret" changed my life was to have me **ask for WHAT I wanted.** If anyone would have asked me before I saw the movie what I wanted I would have said "to not hurt so much and be financially sound and to be happy". That's all good but there was no way to achieve those without elaborating on specifics. I sat down and wrote goals and imagined me feeling

how good I would feel when those goals were accomplished. I concentrated on how happy I would be to feel good physically and am now physically 100% better. My relationships with others have improved because of my health and my relationship with myself has improved.

I began to teach my son the ways of "The Secret". He was a bit of a worry-wart – a trait he probably learned from me (when I was ill) and I have seen it reverse as I have changed. He came to me one morning and said "MOMMY, I know I won't be able to go out and play with my friends in school because I never finish my journal on time". I said "well honey if you think of it that way you won't get to go out – but instead I want you to picture yourself done with your journal early and having fun with your friends outside." He came home ecstatic telling me that he was the first one done with his journal and he did have a great time outside playing with his friends. I now hear him telling his sister the same things when she says, "I can't do it!". Imagine what the world would be like if all the children of today grew up KNOWING they could accomplish anything they set their minds to!

Since seeing "The Secret" and listening to the audio books I have also been inspired to read other Law of Attraction books. It also led to me reading mind/body connection books by Deepak Chopra, my favorite being "Ageless Body, Timeless Mind". I have read "Think and Grow Rich" and "The One Minute Millionaire" and recommend them both HIGHLY. Charles Haanel's "Master Key System" is BRILLIANT in explaining the Law of Attraction.

I had been patent-pending with an invention since December 2006. I hired an Invention company to do my prototype and was relying on them to come up with companies that they could pitch to. The companies they were coming up with did not agree with the ones I visualized my invention with since I had set definite goals of my invention selling and HUGE amounts of cash coming in. I decided not to sit around and wait anymore but to approach some companies on my own. Within a week I had an

interested company. Within 2 weeks I had the number one company in my invention's category looking at the idea. If not for these books and the movie I would have sat around waiting for the invention company to come up with someone instead I took Inspired Action and am making things happen on my own.

I am constantly immersing myself in Law of Attraction readings and lectures online. I have always been an avid reader and used fictional novels to "escape". Now I believe I need to surround myself with positive learning so that it sinks deep inside me and I cannot revert back to my old bad habits. I have watched "The Secret" several times, I refer to techniques in "Think and Grow Rich" and "The Master Key System" daily, I have seen James Ray from The Secret lecture in Binghamton, NY, I receive Law of Attraction emails, I visit personal development and law of attraction blogs and am constantly on the lookout for more inspirational material. Oprah Winfrey's magazine, website or show is always another source for constructive ideas. The Master Key System by Charles Haanel is a great source and takes you through a 24 week program that is easy to pick up and just "makes sense". I also read "The Science of Getting Rich" from which the movie "The Secret" was inspired.

I have seen "The Secret", other Law of Attraction materials and learning about the mind/body connection change my physical being and spiritual self and I am looking forward to them changing my financial being as well. I have no doubt that they will.

POST HEALING 03/08 and 04/09

Post Healing 03/08

Since writing this initially I have found many useful materials on The Law of Attraction which I would like to share. I also wanted to update on the things I have learned and come across in time studying the Law of Attraction, the mind/body connection and personal development.

My health is still an UNBELIEVABLE blessing to me. I am grateful every day for how alive, pain free and happy I feel. My intention to help other people is keeping me driven. I am getting more accomplished in a single day than I was getting done in a month when I was ill. I am determined to help people suffering from pain be as pain free as they can possibly be. I am now a mind/body mentor and am loving helping others.

I joined a few social networking sites and forums to discuss the Law of Attraction with others. This brought new friendships and introduced me to the nay-sayers. I think it's important to comment on the negative comments since when I first came across them they did have a strong effect on me. I felt it was my place to answer negative comments and MAKE them believe. I had heated debates on Myspace groups and other forums. Then I started blogging and came across more negative comments. Through blogging and the many resources I found, I had all the personal development blogs that helped ME STAY healthy. I found [Steve Pavlina](#) and was lucky enough to meet him at a meet-up with his wife [Erin](#) had in NYC. I asked Steve about the negative comments and he told me it was not my job to convince others and to concentrate on the positive responses I was receiving. Again it was the law of attraction in action. Once I concentrated on all the positive responses the negative comments seemed to be fewer and farther between. It is necessary to believe in order to receive and more importantly

WHAT you concentrate and give your energy to will expand and you will attract more of it to you.

It is important to realize that everyone is on THEIR OWN journey. Not everyone might be ready to heal when you are and that is OKAY. I wrote a post on "[What to Do When Someone Important in Your Life Does NOT believe in the law of Attraction and you Do](#)".

It takes strength to follow the Law of Attraction. You have to take accountability for what you are up until this point. I had to do a lot of looking back on my life and re-examine how and why some of the most negative experiences in my life were brought on by my own thoughts and actions. 90% of it was subconscious and the conscious part was my negatively ingrained self-talk. I also had to conquer my self-esteem issues and fear. I could have easily kept blaming people and external events for causing such inner turmoil. I believe the stress I put on my body and my negative outlook on life made my dis-eases worse. Here are "[7 Reasons the Law of Attraction Might Not be Working for You](#)".

I also want to express JUST how important the FIRST PART of The Paging ME System is for self improvement; **forgiveness/pardoning**. I cannot change the last 7 years of my life. I had to look at the reasons my life went the way it did and what actions I can take now to make sure it never returns to the way it was. I missed a lot of get-togethers with family and friends. I was not able to help my husband with his home business and caused him time away from it since he was worried about me or had to help with the kids. I had friends run away from me because they did not know how to deal with a "sick friend". I was not the mom, wife, daughter or friend I aspired to be because I was so ill all the time. I had to forgive myself for that to move on. Pain and illness was not something I chose intentionally. I never said to myself "I am so overwhelmed by my life that I am going to be in pain". My subconscious took care of that for me. What is important is what I do from here on out. I forgive myself for being ill and for missing out on stuff for 7

years. I forgive the people that I had believed "did me wrong" and that I was blaming for all kinds of things. There were lessons learned in EVERY circumstance and that is the reason they happened. I am stronger for it and I thank them for the experiences that taught me so much.

I had to keep myself immersed in Law of Attraction (LoA) teachings to not go back to my negative ways. I had to make myself find the time for self-reflection, meditation and learning **no matter what else seemed to be demanding my time.** I was able to let go our sitters (had them for 1 ½ days/week) so that I could be the one caring for my children 24/7 during the summer. A year ago that was inconceivable. I cart my kids to various lessons, take them shopping and on errands with me, do school work with them daily, prepare all their meals, play with them all while maintaining my house, garden, have more time to spend with my husband and friends and family, AND pursue the Law of Attraction and mind/body connection, maintain my blogs, networking and mentoring.

When you have your health you truly have EVERYTHING and can do ANYTHING. The one surprise I found while studying the LoA is that more people aren't concentrating on this. Most seem to concentrate and use it for financial wealth, relationship help or to lose weight. I see the value in using it for all those purposes. But if you are ill I feel ridding yourself of physical pain so you can be as strong as possible must be your first step.

I think it is NECESSARY that if you have been on pain killers or anti-depressants a while you use a doctor to assist you in the transition. Just stopping any drug your body is used to can cause you serious damage. It is important to have a doctor that shares your beliefs. There are a lot of doctors right now that would be happy to see everyone on some kind of pain killer because it is money in their pockets and it keeps the patients feeling like they are doing what they can for their health. But that is not true! Self-healing is do-able. I am not some super-woman and I did it and see the rewards every day. Pain killers and most other

medications when taken long term WILL cause damage to your physical body. It is important that if you can be free of them -- you are **or** you are taking as few as you possibly can. More and more pills are being taken off of the market. More and more reactions are being discovered from people being on these prescription drugs long-term. Your body becomes dependent on them and if you are – you might suffer physical results from stopping cold-turkey. A doctor assisting you along the way and telling you how to wean yourself off WHILE you practice the LoA and self-healing might be necessary for you.

I think healing within is KEY to healing your physical body. What helps me to stay healthy is keeping myself positive and one of the best means I have found to do this is to work on my consciousness continually and to be in a loving state with myself and with everyone around me. I wrote the "Paging Me System" to summarize my healing and how I stay conscious and hope you apply it to your own life to help awaken and recognize the beauty in every day.

Post Healing 04/09

In 2007 my first intention was HEALING. In 2008 it was Spirituality and I saw as many changes in that area of my life as I saw in healing in 2007. I realized how important BELIEF was in my own healing and in consciousness became much more curious about all my other abilities I have not known about until now.

We are all children of God/The Universe and are all interconnected. I knew I needed to pursue this more to understand HOW I could heal myself so easily when doctors said it was not possible. To write about all I experienced in 2008 in spirituality would be a whole OTHER book but I want to include some key findings and resources.

[Andrea Hess](#) and [Slade Roberson](#)'s writings made a huge impact on my spirituality. Taking [Slade's Intuitive classes](#) helped me see

there is more than one way to unlock your intuition. Getting my [Akashic Reading](#) done by [Akemi Gaines](#) was another step in my spiritual growth. Reading [The Reconnection](#) by [Dr. Eric Pearl](#) and becoming a licensed [Reconnective Healing Practitioner](#) taught me that "miracles happen every day". Meeting other spiritual friends (in addition to the ones above) like Evelyn Lim of "[Attraction Mind Map](#)", Liara Covert of "[Dreambuilders](#)", Paula Kawal of "[Journey Inward Productions](#)" and Anna Conlan of "[Healing and Insight](#)" kept me learning consistently about spirituality.

There were two very important movies I reviewed this past year. For the movie "[What If?](#)" I interviewed several cast members as well as the Director. BOTH movies show the unlimited-ness of ALL of us. In "What If? The Movie" there are extraordinary healings as well as extraordinary feats of strength that SHOW JUST HOW POWERFUL the mind is. My interview with Director, James Sinclair [Part 1](#) and [Part 2](#) illuminates the importance of consciousness. Please check out my interviews with:

[Enrique Villanueva](#) – who was featured in the movie because he had gone without food for 2 years by learning how to "sun-gaze".

[Virginia Ellen](#) – who teaches a form of Scared Yoga that Jesus practiced and has healed herself and helped many to heal.

[Vincent Daczynski](#) -- whose site [Amazing Abilities website](#) alone will have you hooked for hours – never mind all his other inspiring work – are ALL well worth checking into.

In [The Living Matrix](#) top scientists and alternative practitioners in Information and Energy Medicine show studies and true stories of how THIS is the new path science and health care are going. "Miracles" happen every day and science is finally catching up with what the ancients knew – [We are ALL Healers](#). Please take the time to read [my review of this incredible film](#) and consider buying it for yourself or someone you know.

In addition to the Paging Me System my coaching has led me to understand that not only is consciousness key to healing but so is Self-love. You have to believe you ARE WORTHY of miracles and the best that life has to offer. I have included an additional step in the worksheets to help you get into the right feeling state of self love. We are ALL worthy of love and in doing the self-forgiveness and gratitude exercises I touched on this before.

It is SO important to treat yourself kindly because you are showing others HOW YOU WANT to be treated. Yes, there will be "slip-ups" where you do not act consciously and might fall back into negative patterns.... give yourself credit for even recognizing that you "slipped". Why is it we can often be kinder to others than ourselves? Here are some posts from my blog from 2008-2009 that I think are useful in this regard and in staying conscious.

[Claim Your Personal Power](#)

[Love, Love, Love](#)

[Healing – The Unlimited Possibilities](#)

[Appreciate Every Moment – Not JUST the Good Ones](#)

TECHNIQUES AND PAGING ME SYSTEM

As I mentioned forgiveness of others and self-forgiveness was a key part of my healing. It is something that people often have trouble dealing with. But how therapeutic it is when you let go of all the reasons you have been upset with yourself, all the mistakes you made or bad timed things you might have said. After this was forgiveness of others/circumstances as I could spend hours saying well if "he hadn't done this...." or if "this hadn't happened". I realized I had spent enough time being angry and whoever/whatever circumstance I was angry at and that it had taken enough of my energy. I was going to let that go, try and think of a reason why I encountered that person/thing and notice how I grew and what lesson I might have learned from the experience. I needed to **PARDON** myself, situations and other people from the anger, resentment and blame that I had held onto for so long.

Being in pain it became easy and a habit to wake up every day and say "ow my back hurts" or "oohhww my leg". When I woke, my mind was on alert for what part of my body hurt and that is where my attention went. Instead I had to shift my attention to the one part of me that didn't hurt. Even if it was my little finger that is where my whole conscious mind went as I said repeatedly in my mind "I am so happy and grateful I am so healthy – I know how good my finger feels and that means my whole body is healthy and healing". Shifting the **ATTENTION** to what was working and feeling good and away from what was bad and negative did wonders for helping me to feel better.

My next tool was being **GRATEFUL**. When you are in chronic pain or have been diagnosed with dis-eases/illnesses it is easy to feel ungrateful. I needed to concentrate on what I DID have and who and what I WAS grateful for. I LOVE the house and community where I am living. I have a wonderful husband and 2 beautiful, very smart and healthy children. I have always had a lot of friends and consider myself to be a very good friend to

others. I have wonderful parents and extended family. This tool worked wonders for me in the morning and at night right before bed.

Then there were the **INFLUENCES** (people & media) that I was surrounding myself with. I was watching or listening to the news a few times a day. I was around people who would constantly complain but did not want to listen to any advice I might give. I was reading violent fiction novels. When I shifted to reading personal development, law of attraction and mind/body connection books and STOPPED watching the news I noticed a HUGE shift in my mood. I also surrounded myself with my more positive friends and limited my time with what James Ray calls "Energy Vampires".

The next tool was being conscious of my self-talk. Was I telling myself I was sick because the doctors had told me that for years? Was I saying "can't" and "won't" more than "can" and "will"? I was honestly appalled when I stopped and listened to my subconscious mind. I discovered just how **NEGATIVE** it was and was very happy to change the messages I was sending myself. If I was waiting in line at a store and someone in front of me was "holding it up" I would get angry – now I stop, relax, realize the person in line isn't doing it on purpose nor are they happy about the situation. I think about what I can do to pass the time and feel good – think of a happy memory, prioritize the stuff to do later, think of a blog post I want to write about..... ***Your time is only wasted if you tell yourself it is – there is always a place to go in your mind to use the time more positively.***

It was also imperative for me to set some **GOALS**. My life had become wrapped around my children and my illnesses and I felt I had no time for goals – you ALWAYS have time for goals. If you don't know WHAT you want – how are you ever going to get it? I did some soul searching and realized while I had pursued my invention I was not putting my all into it or setting obtainable goals in the road to getting a manufacturer. I was exercising here and there but wasn't setting goals as to how far I could walk

or how many times I would exercise that week or what jeans I wanted to fit me..... Goal setting for my physical and mental wellness was key. I broke them into smaller steps so I wouldn't be overwhelmed and I felt so great when I crossed something off of my list that brought me one step closer to my final goal. In time I found it necessary to set goals in a bunch of different areas: mental, physical, spiritual, emotional and financial. I started with concentrating on 1 or 2 at a time but felt if I didn't have goals set for all these areas – how could I hope to grow in all these areas? Any small step crossed off is a HUGE boost in self esteem and gives you something to add to your gratitude list!

Being a mom and wife at times I felt that I had lost some of myself. I was always mommy, wife or daughter but I needed to find out who Jenny was again. I feel the best tool that helped me do this was **MEDITATION**. To take 10 minutes during the day and lock myself in my bedroom and either play [Deepak Chopra's Guided Soul Healing Meditations](#) or to sit in silence and let my mind go and concentrate on my breathing. It allowed me to see what I was focusing on and it allowed me to relax. I loved the feeling of peace I achieved after just sitting for 10 minutes. With 2 young kids, noise and movement are pretty much par for the course.....

To know what you are passionate about and continually **EDUCATE** yourself in it boosts your self confidence. Whether it is music, social causes, wherever your passion lies – the more you know about it the better you will be at achieving goals with it. There are tons of free resources online and in libraries to learn about almost anything... take advantage of that and nurture what you love. It is only by really knowing about a topic that you can teach others and figure out a way to work doing something that involves a passion. Make sure when you are educating yourself you find a teacher/author who really speaks to you and resonates. This will make learning seem effortless and will ensure your interest will keep growing.

I think of these tools like "**PAGING ME**" (your subconscious). Waking it up so you can be the difference in your life and the world around you.

Pardon yourself and others

Attention shifting to health instead of feeling pain

GratITUDE

Influences (people, news, reading – make them predominantly positive)

No **N**egative self talk! Turn it around and Make it positive

Goal Setting

Meditation or quiet time for self.

Education – am I continually learning about what I am passionate about?

I use the **PAGING ME** method to be in the moment and to help me keep focused. If things don't go my way I use it to figure out why what happened did and how I can use it to move forward and learn from it. I use these tools daily to ensure my health. I have not taken a pain pill or been in pain for over 2 years. I am now teaching my children to believe they can achieve anything they set their minds to. Once you know where your mind is and **WHAT** you want to accomplish it is a whole lot easier to make a plan to achieve it. I never doubted I would heal myself and here I am – feeling better than I have in years! I feel belief was integral in my healing. I believe if you use these tools you will heal what ails you or maintain your health and become more self aware in the process.

Here is a poem I wrote that describes the Paging Me System simply:

The PAGING ME SYSTEM Poem

The "Paging Me System" is what I coach from a method of healing adopted by me.

I wanted to write a poem to describe it simply so let's begin with the letter P.

P is for Pardoning, yourself and others
a step "difficult" for some two-fold.
You have to fall in love with yourself
AND let go of blame, often deep seeded and OLD.

Cutting the thick ropes
that have kept you anchored in the past
Allows for freedom, power and forward motion
the future is yours at last!

A is for Attention Shifting

from what is bad or hurts to what is right.
Wayne Dyer's quote "When you change the way you look at things
the things you look at change"
can help you to see things in a new light.

If you have a pain that is recurring
one you feel physically or emotionally within
after observing the cause, shift to what parts are painless
Concentrate on letting the positive emotion for that pain free part
win.

G is for Gratitude for EVERYTHING

My favorite healing tool of all
because when you stop to FEEL all that is good
you can suddenly appear 10 feet tall!

From the air you breathe, people you love, having clothes and
food

you can suddenly realize abundance is all around.

When you stop and really EXPERIENCE this at its deepest level
more goodness is sure to abound.

I is for Influences, keep them positive

from news, movies and books to the friends that you choose.

Remember true all-weather friendships win

Energy vampires suck your energy, too precious for you to lose.

N is for No Negative "Self talk"

Turn it around to say it a positive way.

Even a long wait in the grocery store shifted to positive time for
reflection

can change your outlook on the day.

G is for Goal setting which is crucial

if you don't know where you are going how will you know when
you get there?

It is important to set mini goals to guide you

Think of it as climbing stair by stair.

M is for Meditation

which can simply be some quiet time.

A walk through nature, some deep breaths
to soothe the non stop ego-ic mind.

E is for Education

Your mind is YOURS for you to teach.

When you are learning things you are passionate about
the whole world is suddenly within reach.

This is the Paging Me System put simply
these steps are what helped to heal me.

It is over two years in 2009

I have been pain and medication free!

INSPIRED ACTION USING THE **PAGING ME SYSTEM**

If you are dependent on ANY medications right now (specifically pain medications which are narcotics or anti-depressants) I **STRONGLY** advise you seek your doctor's medical advice before using these techniques. I am not a doctor and I do not know how your body would react if you went off medications your body has become used to cold turkey. I was on minimal doses of the medications I was on. I am telling you how I was able to heal and what worked for me.

METHODS I USED TO CURE MY CHRONIC PAIN AND ILLNESS (Use With Worksheets that Follow)

- 1) **Pardoning** -- Forgiveness of yourself and others. I would like you to write a positive forgiveness statement in the back on your worksheet. An example is: I did not consciously choose to be ill. My body is healing itself because of my choice to move forward. I cannot change the past but what is important is what I do from here on out.

You need to forgive others as well. Think about it – are you still harboring hatred or anger towards someone that makes your blood boil when you think about that person? This is not healthy! The experience is over and you have lost enough of your life thinking about it. It is time to think about it in a different way. What did you learn from this person/this experience? How has it made you stronger? It's time to let go of the negative emotions attached to this person/experience and not let this experience rule your life anymore. I want you to write down **WHAT/WHO** you experienced this with and what positive things you have learned from the experience.

- 2) **Attention Shifting** -- Pain Management Techniques for morning and night. Concentrate on whatever body part

DOES NOT HURT. Some mornings or at bedtime it was just my little finger or toe. Proclaim mentally "I am so thankful my (insert body part) feels so good". I am so happy my body is healing itself. I am so happy for my health. I am aware my body is always creating new cells and by my positive thoughts I am creating healthy new cells.

- 3) **Gratitude** – This is SO important. It is so hard when you are chronically ill to feel this sometimes. It seems so easy to be preoccupied by your own health concerns but it is **critical** to recovery. I recommend writing 10 people and/or things you are grateful for as well as 10 books/movies/songs or other media that can lift your spirits. I say my morning gratitude to myself every morning in the shower and at night before bed.
- 4) **Influences** – Make Them Positive
 - a. Energy Vampires – We all have them in our lives. People when after they leave you feel you can breathe again. People that LOVE to complain and share their misery. People that don't want to HEAR about anything you have to say if it is positive. James Ray coined the phrase "Energy Vampire" and it stuck. We cannot cut certain people out of our lives totally but we can limit the amount of time spent with them and the energy spent on them. When you are ill you need encouragement and support. I'd like you to pick the first person you thought of when you read this and think about an action step you can take to not let this person "get to you". Edward Mills of [Evolving Times](#) has a GREAT Post "[10 Tips on Staying Positive Around Negative People](#)". Also think about someone else that is positive that you can call either when you are reaching for the phone to call the "energy vampire" or after you are done being with/talking to the energy vampire. You can also use some of your favorites from your gratitude list to lift your spirits.

- b. Media – Limit your Time watching the “bad” news. You now have a gratitude list of things that make you happy. You can also go to any of the personal development sites to get inspired, go to “[Happy News](#)” or go to You Tube and watch a Deepak Chopra or other inspirational video.
- 5) **No Negative Self-talk!** Turning Negative Self-talk into Positive Self-talk. We’re all guilty of it. Things we think without even REALIZING we’re thinking; gossipy thoughts, judging others or ourselves too harshly, anger while waiting in line at the store (like we have more of a right than others to move quickly through line). It took a lot for me to be mindful of my thoughts and, WOW was I surprised and saddened by what I became accustomed to thinking!

I want you to listen to yourself and write down 2 things you thought in the last 48 hours and how you could have turned them around. An example is: I was waiting in line in the grocery store and the woman in front of me had trouble with something in her cart and I knew it would be a WHILE before I was able to get out of the store. Immediately my thoughts used to be “geesh – I have so much to do – what’s the problem”, “Why do I always get the problem line?” Instead now I remind myself no one is happy in this situation. The woman holding up the line isn’t doing this purposefully, the check out person isn’t happy to her the grumbling or see the angry glances... how can I use this time constructively? Well I can take a breath and browse the magazines. I can do a daily check in and go through what I am grateful for so far that day. There are tons of things I can do while standing there that are MUCH more productive than stewing in anger. I had to use a rubber band for a week to snap whenever I was feeling these negative thoughts. It helped to make me mindful and now my brain snaps itself. Think of a few things that get you thinking

negatively and think about ways you can change that around or use that time better.

- 6) **GOALS** – Major & Minor (Baby steps) It was important for me to set large goals and break them into smaller pieces. Sark talks about “micro steps” and I believe this is crucial if you are chronically ill. If you start off by setting large goals and don’t achieve them it would be very easy to become discouraged and upset. It is important for you to gain self-confidence that you can accomplish tasks – no matter how small. The most important goal in the beginning is to just feel better – mentally and physically. I suggest setting major and minor goals in each of the following categories (Physical, Spiritual, Mental, Emotional, Financial) that I show with examples:

5 Major Goals

- A) Physically – I want to walk 1 mile
- B) Spiritual – To adapt Law of Attraction into my daily life without having to be conscious of it
- C) Mental – to consistently learn new things and keep my brain active
- D) Emotional – I will nurture my relationships with my kids, husband, parents and friends.
- E) Financial – I will be financially independent

5 Baby Steps to Put me on the road to achieving these goals

- A) Physically – walk ½ a block and walk back
- B) Spiritual -- Do something positive to lift my mood such as call a happy friend, log onto a positive forum, read a positive book or blog, watch or listen to something from my gratitude list.
- C) Mental – Read something new, do a crossword, do a sudoku puzzle, visit [conceptis online](#) for some logic puzzles

D) I will call at least 2 friends this week and will spend individual time with each of my kids doing something they like and pick.

E) Financial – I will check online about possible opportunities surrounding 2 of my passions

- 7) **Meditation** – This did help me tremendously. I recommend Deepak Chopras' [The Soul of Healing Meditations](#) on audio or reading The Master Key by Charles Haanel. Another wonderful resource is getting the free guided meditation that comes when you sign up for [the free 9 Part Silva Life System Course](#). If you can't see yourself meditating then I recommend just taking 10 minutes to sit comfortably and relax as much as possible away from all possible distraction.
- 8) **Educate** – Learning stimulates the brain and keeps you from being bored. If you are bored you are more likely to be depressed or feel pain. When you are learning about something you WANT to learn about you are stimulating your brain. What are things you always wanted to learn more about? With You Tube and the internet there is never a lack of free learning materials whether it be on healing, personal development or something completely different like learning another language or trade. If you want to immerse yourself in learning different methods of Healing PLEASE check out my [Group Writing Project Heroes of Helaing](#). I put it together with over 30 other authors as a resource for people to go and find teachers/modalities that resonate with them.

Thank you for purchasing my e-book. I would love to hear feedback and I wish you much success in your healing. I am also a [Reconnective Healing Practitioner](#) and offer long distance sessions as well as [many other services](#) including being a mind/body mentor. I welcome comments – please don't hesitate to contact me at: jennymannion@yahoo.com

| |
|--|
| |
| |

The next time you find yourself concentrating on a part that does hurt – shift your attention to that part.

Use the following space to write your own positive body proclamation that you can use to concentrate on the parts of your body that feel great.

| |
|--|
| |
| |
| |
| |
| |

3) **Gratitude** – List (at least) 10 people and/or /things that you are grateful for.

| | |
|--|--|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

List (at least) 10 inspiring books, movies and/or songs that you could go to when sad for a quick “lift”

6) **Goals** – Major & Baby steps

| |
|--------------------|
| MAJOR GOALS |
| Physical -- |
| |
| |
| Spiritual -- |
| |
| |
| Mental -- |
| |
| Emotional -- |
| |
| Financial -- |
| |

| |
|------------------------------|
| Baby Steps I can take |
| Physical -- |
| |
| |
| Spiritual -- |
| |
| |
| Mental -- |
| |
| Emotional -- |

RECOMMENDED MATERIAL

Books:

1. [My Stroke of Insight: A Brain Scientist's Personal Journey](#) by Dr. Jill Bolte Taylor
2. [The Spontaneous Healing of Belief](#) by Gregg Braden and [MANY More](#)
3. [The Secret](#) by Rhonda Byrne (Also available on [audio-book](#))
4. [Ageless Body Timeless Mind](#) by [Dr. Deepak Chopra](#) or MANY others by him
5. [The Master Key System](#) by Charles F. Haanel
6. [Think and Grow Rich](#) by Napoleon Hill
7. [The Biology of Belief](#) by Dr. Bruce Lipton
8. [The Reconnection](#) by Dr. Eric Pearl
9. [Succulent Wild Woman](#) by SARK ([or any other book by her](#))
10. [Power of the Soul](#) by Dr. Zhi Gang Sha
11. [A New Earth:Awakening to Your Life's Purpose](#) by Eckhart Tolle
12. [You Are What You Love](#) by Vaishalli
13. [The Science of Getting Rich](#) by Wallace Wattles

DVD's:

[The Living Matrix](#)

[The Secret](#)

[The Shift](#)

[What If? The Movie](#)

[What the Bleep Do We Know](#)

[You Can Heal Your Life](#)

ONLINE:

1. [Heroes of Healing](#) – I ran this Group Writing Project and over 30 incredible writers wrote about over 50 Heroes who touched their lives. This is a wonderful resource to find a teacher that resonates with you – included are free videos, resources and what each author learned from each hero.
2. Lecture by Wayne Dyer on "[The Power of Intention](#)":

3. [The Silva Life System](#) – Sign up for a Free 9 Day course which comes with a guided meditation that TRAINS you on how to get to a relaxed state QUICKLY.
4. [TUT – Personalized uplifting email messages sent to you Mon-Fri](#)
5. [www.oprah.com](#) Look at [Oprah/Eckhart Tolle's A New Earth Live Web Class](#)
6. [Joe Vitale](#) from the Secret offers lots of free articles and is a stand out in the Law of Attraction materials
7. [Dr. Deepak Chopra](#) is the leader in self-healing. He has several guided meditations that are wonderful. To get to his daily [meditative podcast click here](#). I also recommend checking out any of his books on healing.
8. [Susan Sark](#) – her website
9. [You Tube](#) – Yes, good old You Tube is a WONDERFUL resource for finding videos on any teacher you might enjoy; Check out some of my favorites; Gregg Braden, Dr. Bruce Lipton, Dr. Eric Pearl, Dr. Deepak Chopra, Dr. Wayne Dyer and more. Enter in a modality you are interested in; be it EFT, meditation, etc. and you will always find a plethora of FREE information.
10. Any of the authors above (listed with recommended books) have wonderful websites. Enter them in google to find them or enter [www.name of author.com](#) and you will find them. Each features free materials online to learn from and so you can get a better feeling of them.

BLOGS:

For the one year anniversary of my blog in Aug 2008 I wrote a post which featured 50 of my favorite blogs and some posts from each. [Please see that post here](#). The others posted here are ones I have found SINCE then or some newer posts from bloggers mentioned previously that are not to be missed. Thank you!

[Cath Lawson](#) writes honestly and intelligently about business, personal development and life. I was grateful and amazed

reading about her experience with [The Silva Life System](#). I highly recommend reading about it. Particularly posts from [Day 3](#), [Day 4](#) and [Day 6](#). This shows you the power of the mind and Cath did not even EXPECT these incredible healing emotional and physical results.

Greg Butler at [Holistic Personal Development](#) – I've written about Greg previously and recommend you check out these additional posts: "[The Medical Death Sentence](#)" and "[An Integrative Medical Approach](#)" are so close to my heart and state so clearly what I believe in. Greg offers lots more articles in many other areas of holistic personal development.

Evelyn Lim of "[Attraction Mind Map](#)" has written beautiful posts about her own journey of awakening and was previously on my blogging list. She writes from the heart and is licensed in NLP as well as giving [Akashic Readings](#). Some of her posts not to miss include, "[Resolving Conflicts: Peace or Conflict?](#)" and "[How to Love Yourself in 17 Ways](#)".

Evita has 3 beautiful sites in one. There is [Evolving Beings](#) whose goal is to help you grow in wisdom and in enlightenment to awaken to the highest version of who you are. [Evolving Wellness](#) has a wealth of holistic, green and natural approaches to natural wellness including research, recipes and more. [Evolving Scenes](#) shows photographs to inspire and show us JUST how beautiful our world is. Evita is a wonderful person and I highly recommend you visit her sites.

Lance Ekum is SUCH a gentle and kind soul. His blog "[Jungle of Life](#)" can be categorized a personal development blog but is so much more. Lance has such a wonderful community around his blog because he emits love and genuineness. Whether it is his "[Sunday Thought For the day](#)" or a post like "[Smile!](#)" – you will come away smiling and grateful knowing people such as Lance exist.

Lisa Erickson at [Mommy Mystic](#) writes about meditation, spirituality and particularly inspiring women. She is a brilliant writer and kind person. I highly recommend checking out her posts, "[Meditation for Kids: Books, Articles and Other Resources](#)" and "[Women's Energy Bodies: Phases and Life Cycles](#)".

Phylameana Lila Desy is THE person that writes about [Healing on About.com](#). On About.com she features MANY holistic methods of healing and this is a wonderful resource to go to – to explore different modalities and to ask questions. She also runs the [Carnival of Healing](#) weekly which always includes amazing posts on healing.

Slade Roberson's of "[Shift Your Spirits](#)" is one of my heroes. I wrote about him before but wanted to include a few more of his excellent posts and materials. He is so spiritually connected and offers many wise posts like "[A Miracle is Always an Option](#)" and "[Relatively Quiet, Significantly Present](#)" to ground you and shift you into the right frame of mind. A brilliant writer, teacher and I am lucky enough to call Slade a friend. His classes on [Tapping Into Your Intuition](#) are wonderful. I wrote a post about Slade here in "[Do You Want to Get in Touch With Your Inner Psychic and Intuition?](#)". Thank you Slade. :-)

[WD Favour](#) is a Christian Minister in Africa who also knows the power in us all. I love his post "[Ye are all Gods](#)" and recommend reading his free ebook "[Healed](#)" especially if you are Christian and are trying to come to terms with if spirituality is aligned with your religion. (YES – it is).