

# The Gift in Strange Wrapping

Have you ever experienced physical pain, financial distress, relationship issues or challenges at work? If so, would you ever CHOOSE this? The answer, of course, is NO WAY! So what if there was a bigger story? What if all of these things were in your life, not as some sort of punishment, but as a learning opportunity...

There are some wonderful scientists who have shown us that there really is a bigger story. We are now understanding that the Mind-Body connection is incredibly powerful and pivotal to a new approach to health and well-being.

In her research as a neurobiologist, Dr. Candace Pert proved that neuropeptides - the chemicals triggered by emotions - are essentially thoughts converted into matter! Her research revealed that emotions reside in the body and physically interact with cells and tissues. As Deepak Chopra, M.D. says in the foreword to Dr. Pert's book, "The Molecules of Emotion", "Her research has provided evidence of the biochemical basis for awareness and consciousness, validating what Eastern philosophers, shamans, rishis, and alternative practitioners have known and practiced for centuries. *The body is not a mindless machine; the body and mind are one*".

In his wonderfully illuminating book, "The Biology Of Belief", Bruce H. Lipton PhD. describes how our cells respond to the environment to which they are subjected. He points out that at the very core of this understanding is that our personal environment is sculpted by our beliefs. When we change our beliefs, we change the environment for our cells. For example, if we view the world as a fearful place, then we bathe our cells in an environment which does not support growth. However, if we view the world as a safe and happy place, our cells thrive!

Dr. Masaru Emoto spent over 20 years of his life investigating the effects of words, sounds and intention (prayer) on water. What is documented in his many books entitled "Messages from Water" are the effects of positive and negative thoughts and words on water crystals. "Hope" and "Peace" create delicate and beautiful crystals. However, "You Fool!" and "Hate" create malformed or no crystals at all. When you consider that our bodies comprise 70% or more water, you begin to understand the significance of this discovery. Every time we judge ourselves by saying something like "I'm so stupid!" we are directly and immediately affecting the cells in our bodies.

Louise L. Hay - author of the landmark book "You Can Heal Your Life" - is considered the matriarch of the Mind-Body connection. Her motto, for decades now, has been, "change your thoughts, change your life". She has been teaching people how to love themselves by looking in the mirror and repeating positive affirmations.

Consider this: we all have about 60,000 thoughts per day and 99% of those are basically the same thoughts we had yesterday! So if your thoughts are keeping you in a loop of believing: "nothing good ever happens to me..."; or "I'm stuck with this chronic pain forever..."; or "I'm not lovable..."; or "I'll never be successful...", then that is exactly the reality you create! No wonder sometimes we feel such confusion.

Take a moment to examine your own life right now. Think about whatever stress you are experiencing. Are you having trouble with a relationship at home or work? What emotion comes up when you think about that. Now notice what is going on in your body, paying particular attention to any pain or symptoms you have had for a long time. Maybe you've become so used

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to it you don't even notice it any more. Ask yourself again, "Would I ever choose this?". I have no doubt the answer will be "No Way!".

In our next article - "The Iceberg" - we'll explore how symptoms - like stress, pain and challenges - are the expression of stored, unprocessed emotional memories and how those memories become stored in the first place. It is only when you reconnect with these will you find "the Gift in Strange Wrapping". We will describe how this can be achieved with the LifeLine Technique™, developed by Dr. Darren R. Weissman of Chicago. The LifeLine Technique is an amalgam of 16 ancient and modern healing modalities woven seamlessly into a single process which relies upon the research of the trailblazers we talked about above.

Until then, let us share with you a simple and effective way of loving yourself, borrowed from the LifeLine Technique. Any time you find yourself in distress or pain, hold your hand - over your heart or wherever you feel the pain or discomfort - in the American Sign Language sign for "I Love You". (You can make the sign by holding all the fingers of one hand outstretched, then bending your middle and ring finger down to the palm of your hand so that only your "pinky", index finger, and thumb are extended). Say the words "Infinite Love and Gratitude" to yourself over and over from your heart and be prepared to notice the shift.

