

## Reclaiming One's Natural State of Health

When to do this procedure:

- When you do not feel well
- When you have been given an unsettling diagnosis
- When you are feeling pain
- When you want to feel more vital
- When you feel a vague fear associated with your body

Do this process while lying in a comfortable place – the more comfortable, the better. Choose a time when you have approximately 15 minutes when you are not likely to be disturbed by anyone.

Now, when you first lie down, read it slowly to yourself

(Or record it & listen to it in your own voice).

- It is natural for my body to be well.
- Even if I don't know what to do in order to get better, my body does.

- I have trillions of cells with individual consciousness, and they know how to achieve their individual balance.
- When this condition began, I didn't know what I know now.
- If I had known then what I know now, this condition couldn't have gotten started.
- I don't need to understand the cause of this illness.
- I don't need to explain how it is that I'm experiencing this illness.
- I have only to gently, eventually, release this illness.
- It doesn't matter that it got started, because it's reversing its course right now.
- It's natural that it would take some time for my body to begin to align to my improved thoughts of Well-Being.
- There's no hurry about any of this.
- My body knows what to do.

- Well-Being is natural to me.
- My Inner Being is intricately aware of my physical body.
- My cells are asking for what they need in order to thrive, and source Energy is answering those requests.
- I'm in very good hands.
- I will relax now, to allow communication between my body and my Source.
- My only work is to relax and breathe.
- I can do that.
- I can do that easily.

Now, just lie there and enjoy the comfort of the mattress beneath you and focus upon your breathing – in and out, in and out. Your goal is to be as comfortable as possible.

Breathe as deeply as you can while still remaining comfortable. Do not force it. Do not try to make anything happen. There is nothing for you to do other than to relax and breathe.

You will very likely begin to feel soft, gentle sensations in your body. Smile, and acknowledge that this is Source Energy specifically answering your cellular request. You are now feeling the healing process. Do nothing to try to help it or intensify it. Just relax and breathe – and allow it.

If you were experiencing pain when you laid down, follow the same process. However, if you were feeling pain, it would be helpful for you to add these words to your written and spoken list:

- This sensation of pain is an indicator that source is responding to my cellular request for Energy.
- This sensation of pain is a wonderful indicator that help is on the way.
- I will relax into this sensation of pain because I understand that it's indicating improvement.

Now, if you can, drift off to sleep. Smile in your knowledge that All-Is-Well. Breathe and relax, and trust.

(From "Abraham" through Esther and Jerry Hicks)