

## Meditation for Healing

Modified from Esther Hicks

*Find a comfortable quiet place for 15 minutes twice daily (before bed and upon awakening are best)*

*Read the following slowly, imagining every word to be accurate and true*

- It is natural for my body to be well
- Even if I don't know what to do to get better my body does
- I have trillions of cells with individual consciousnesses, and they know how to achieve their individual health and balance
- I don't need to understand the cause of this condition to allow myself to heal
- I don't need to explain how it is that I am experiencing this condition
- I have only to gently, eventually, release this condition
- It doesn't matter that it got started, because it is reversing its course right now
- It is natural that it would take some time for my body to begin to align to my improved thoughts of Well-Being
- There is no hurry about any of this
- 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 my Source is answering the requests
- I am in very good hands
- I will relax now, to Allow communication between my body and my Source
- My only work this moment is to relax, breathe and trust
- I can do that
- I can do that easily

Now close your eyes and only focus on your breathing. As thoughts come in (*and they will*) just allow them to go past and focus on only your breath. Remind yourself "there is plenty of time for thoughts later, now is my time to *not think* and just relax."

If you feel an increase in sensation such as pain, tingling or gentle bodily sensations, understand that it is the sensation of healing. Don't try and intensify it, or diminish it, just relax and allow it as it is.

Remember: Your only job is to: Breathe Relax and Trust.

In the evening after meditating allow yourself to sleep.

*Your thoughts good or bad create your reality.  
Feel the difference inside your body with emotion grief then compare it to the emotion of hope.  
You can change body your body chemistry and neurology immediately with just a thought!*

*May you always have the Best of Health,  
Dr. Rick Junnila*