

Overcome Hidden Obstacles

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# Beating the Odds

How to Identify  
10 Beliefs That Can Short-Circuit Your Healing

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**BEST  
SELLER**

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## **Ten Misconceptions About Healing**

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## Introduction

What would you think if I told you that a lot of what you have come to believe about healing just isn't true? You might think I was a little crazy. You wouldn't be alone. Some of my friends and family think I'm a little crazy too. But, I heal.

Why do I heal? I heal because I abandoned some beliefs that were holding me back from healing myself and I embraced some new beliefs that stretched the limits of what I previously thought were possible.

Let me suggest that if you have been trying to heal and have not been succeeding, you just might need to think about healing in a new way. You too might benefit from expanding into some larger beliefs about what is possible and how healing can occur.

That's why I chose the photo of the butterfly for this report. The chrysalis of a caterpillar is formed from the body of the caterpillar. Slowly and over some time, the caterpillar actually becomes liquid for a while. It completely abandons its previous form in order to create a new one. When it is time, the butterfly generates great energy in order to break through the chrysalis to the freedom of its flight.

Like the butterfly, sometimes we too create our chrysalis out of our own belief systems. It provides the limits of our existence, which can provide a measure of mental safety, but also creates seclusion from helpful and yet unknown possibilities. In order to actually benefit from our self-imposed limits, we need to become more fluid in our beliefs. We must be willing to surrender our previous form in order to accept a new one.

Then we must be willing to generate a great deal of internal energy in order to break through our own chrysalis of beliefs, so that we can experience the expansive world that exists beyond our current boundaries.

As you read, I hope you will remember the journey of the butterfly. Remember that freedom is waiting for you on the other side of the chrysalis. Keep in mind that while your beliefs provide some degree of safety, if you choose to accept those limits as the only possibilities of your reality, you might not get to enjoy your true freedom.

Profound energy is required to become less rigid and more fluid, and then to marshal your inner resources, building your power (your internal belief system) so that you can physically break through your chrysalis and emerge into a whole new reality.

Because this report may challenge some of your long-held beliefs, you might find you need to consider its messages more than once. If you find yourself resisting a concept, that is completely understandable and it is fine to disagree. As a way to fully acknowledge the significance of the resistance, may I suggest you breathe and sit with the concept a bit before rejecting it in its entirety.

Sometimes new perspectives that can really make the difference in our lives are bit uncomfortable at first, because they are foreign and unfamiliar. They feel strange because you are moving through your chrysalis.

If you are reading this report, it is possible you have been trying many healing methods and techniques without getting the results you have wanted. Yet, here you are reading this. You are still looking for a way to heal and that is testimony to your commitment and love for yourself. These are two important ingredients to ultimate healing, and I honor you for your dedication to wellness.

You deserve a fulfilling life. I trust that as you read these misconceptions, you will simultaneously be gaining new perceptions that will enhance your healing journey. Healing is as much an internal process as an external one. After all, it is the human spirit that beats the odds and redefines the playing field of our potential.

So, here we will explore the internal process that makes the difference between fulfillment and discouragement. Whether your healing journey is taking you to the kind of physical and emotional wellness that allows you to live longer here on earth or if it is taking you to the ultimate well-being on the other side of life's veil, how you choose to live each moment is what the real internal healing is all about.

When your internal, spiritual health is clear and strong; when your unconscious and conscious desires are in complete alignment (so that no belief or feeling is sabotaging the efforts of another part of you); when your spirit is in true alignment with your personal access to Divine Power—your spirit will be truly healthy and then your body follows the path of your spirit.

When you have finished reading this report, consider giving yourself greater flight by picking up the books, “The Root of All Healing: 7 Steps to Healing Anything,” and Sacred Feminine Awakening: The Emergence of Compassion,” to empower yourself even more in your commitment to healing and deeper self-compassion.

From my heart,

Misa Hopkins

Author of the best-selling books

“The Root of All Healing: 7 Steps to Healing Anything”

“Sacred Feminine Awakening: The Emergence of Compassion”

## 1. Healing Is Difficult

Actually, there is some truth to this. Healing requires effort, but I'm not sure I would say difficult, nor would I assume it is difficult in every instance. In fact some of the best healing I have ever experienced was down right pleasant, and occurred with a measure of ease.

Some years ago, I cut my finger very deeply—enough so that it would have been appropriate to have had stitches. I cleaned my cut, bandaged it up and started singing a healing song to it. I sang to it off and on, intensely, throughout the afternoon, evening and next morning.

The next day, I asked a friend that had come over to help me change my bandage. After she unwrapped my finger, she turned it a couple of times and asked me where the cut was supposed to be. All we could see was a scratch where cut had been.

The effort required for that healing was not difficult; however, it did require the intensity of my focus and clear determination to heal. The process itself was actually pleasant because the song was delightful to the ear.

More effort was required as I addressed my doubt and fear of failure. Initially, I had to address my doubt several times before I finally relaxed into a profound sense of trust that cleaning the wound and using my sound medicine was all that was required to heal.

Another area in which healing can provide a challenge is when you experience a Herxheimer reaction. This is where your symptoms actually increase for a period of time as your body detoxes. This is also called a healing crisis and though it can be intense, it is often of shorter duration than the illness itself. I think it is safe to say that herxheimer reaction could be difficult. But let's put this into perspective. Is a short duration of increased symptoms more difficult than living with a serious illness day after day without an end in sight?

The deeper you go into accessing the core of your healing power, the less difficult it becomes. In my opinion, stitches would have been more difficult and more traumatic than my sound medicine. I enjoyed the sounds and I enjoyed the rise of energy I felt coursing through me as I focused my intention on healing. By comparison, sound medicine was actually enjoyable.

I know someone that was able to focus his energy out of his body, so that without anesthetic, he did not feel stitches being sewn into his hand. The effort in his healing process was in his focused projection of energy. He now knows that with focused intent, he has a fabulous pain management system.

Quite frankly, if I hadn't had enough confidence in my sound healing, I probably would have gotten stitches and then focused on using my sounds, or herbs, or now even essential oils, to help it seal and heal quickly.

Even if you are not quite ready to discover more of your internal healing power, you probably do want to find good solutions that bring you to health. Selecting the right doctor, healer, treatment or methodology requires your focused attention in a similar fashion to focusing for energy healing.

I have several friends that interview their doctors or therapists before making a decision to work with such professionals. They believe their health is their own responsibility and finding a professional that feels compatible to them is part of their self-healing responsibility.

If you have never considered interviewing a professional, consider these steps:

- 1) Get a recommendation from someone you trust.
- 2) Sit down before you make the appointment and write down the skills, abilities, qualifications and personality you would like to find in a professional.
- 3) Ask someone else to review your list and add their comments.
- 4) Call the office. If there is a receptionist, ask him or her any appropriate questions (like does the doctor work with your insurance company, or non-insured clients).
- 5) When you schedule your appointment, ask for time to ask the professional a few questions.
- 6) At the appointment, ask your questions and listen carefully.
- 7) If your intuition tells you, this is the right professional, schedule your next appointment.
- 8) If you are not sure, tell the scheduler you will call when you are sure you want to proceed with the next appointment. Don't be pressured into scheduling until you are sure you want to go further with this professional.
- 9) Go home and be still long enough to feel what is happening inside your body. Does it feel at ease and confident when you think about this professional? Do you feel panicky? Do you feel uncomfortable? Are you uncomfortable with the person or the treatment they are recommending? This is your intuition talking to you.
- 10) Look at your list. Does this professional meet or go beyond your needs as you have written them out? Does your intuition feel good about this individual?
- 11) If the answer is yes, pick up the phone and schedule your next appointment. If your answer is no or you are unsure, ask for another recommendation.

Healing requires effort—focused effort. Whether you are accessing your own energetic healing abilities or drawing in the right professionals and treatments, you need to be fully invested in the process, but it doesn't have to be difficult. Quite frankly, pain and long-term illness are likely to be far more difficult than making the concerted effort required to heal.

## **2. God Is Punishing Me**

This belief truly makes me want to cry. I can't wrap my brain around the concept that a loving God is punishing me for doing my best. Yes, sometimes I make deliberate choices that are clearly not my best, but that is a rare occasion. And I deeply believe that is true for most of us.

Some years ago, I remember listening to a wise elder explain that one of the benefits of growing older is that you realize that most of the time most people are doing their best. In contrast to the concept of a punishing God, she had come to realize that recognizing most people are doing their best gives us cause to find greater compassion.

Perhaps you are a person that believes in past lives and karma. In that case, you have probably come to accept that you chose your lives and its challenges, so that you can find greater compassion for yourself and others. Through such a depth of compassion, you bring spiritual freedom to yourself and those you touch.

Every challenge we experience through illness is an opportunity to discover how far the depths of our compassion will reach.

In my first career as a Special Education teacher, I spent my first year teaching children with significant illnesses or handicapping conditions, in their homes and with their families nearby. I witnessed first hand how these beautiful and courageous children became teachers of compassion.

I rarely saw the children feeling sorry for themselves, the way we can as adults. They were more inclined to accept the realities of their current experiences, and squeeze the love and meaning out of every minute of their lives.

They were quick to be understanding and patient with the people around them. And the people in their lives—family, teachers, school mates, doctors, nurses, care givers, ministers, counselors and friends—responded by opening their hearts, honoring the courage and serenity they experienced when they were with the children.

If you were open, you couldn't help but find a greater sense of spiritual equilibrium just being in their presence. Through their lives, they allowed of us around them to experience a greater depth of loving compassion that we might not have discovered without them.

If indeed they made a choice to live out such challenging lives for their own spiritual growth, for the furthering of their karmic awakening, or to help others reach greater capacity for love, they fulfilled their missions with powerful and lasting affects on the lives of all of us around them.

It never occurred to me that God was punishing these children. But it did occur to me that they were contributing to a more compassionate world.



As adults, we are certainly more inclined to make choices throughout our years that we regret. It is understandable that we might think we have consistently made such poor choices that God would punish us for what we have done. Yet, consider another possibility.

If you are holding deep regrets within your heart, and therefore within the very cells of your body, is it possible that you are unconsciously creating a foundation in which illness can live. Is it possible that in harboring your feelings of regret, rather than transforming those feelings into self-love, that you are in effect punishing yourself?

More than once I have seen this when singing healing sounds for someone. Feelings of regret, resentment and anger toward yourself or someone else—energies that have not been transformed into compassionate understanding—eventually become expressed as illness in the body. So who is doing punishing?

If you hold the belief that God is expressing through you, and you are punishing yourself, then perhaps you could substantiate an argument that God is punishing you. Acknowledging this, then consider asking yourself this question: Why are you, as an expression of God in the world, punishing yourself? How is that self-punishment you are inflicting affecting the lives of the people around you?

When you are hard on yourself, it often follows that you are hard on the people around you.

I have done this so many times in my own life. I have been harboring resentments and regrets, generated illness in my body because I have suppressed those terrible wounds where I hardly have known they existed, and then took out my frustration on my loved ones.

I was punisher, and the more I punished, the more I disliked myself. The more I disliked myself, the more I wanted to be gone from this planet and this life. The self-punishment ended when I finally allowed myself to feel my regrets and resentments, cry until there were no more tears, and settle into the rather new feelings of self-compassion.

Slowly, I became a kinder, more compassionate person, not only toward myself, but also toward others. After all, most of us are truly doing our best, even when we make unwise and unkind choices based on our own woundedness.

Is God punishing you? You will have to find that answer for yourself, but do consider the possibility that it may be you who is being so hard on yourself, and that is completely within your ability to transform.

### **3. I Am Ill Because It Is God's Will**

This belief is usually followed by a second belief: There is really nothing I can do about my condition until God decides to heal me, and in the mean time, I just need to learn to live with it. These two beliefs create a tremendous sense of powerlessness and desperation, as you try to please God better and pray with great passion so that God will bestow healing upon you. Such desperation may actually be keeping you further separated from God.

Here is what I would ask you to consider: Is it possible that the belief itself is limiting your relationship with God? Is it possible that it is God's will that you heal yourself by accessing a deeper measure of love and Divine power within yourself, ultimately leading you to a more profound relationship with God?

I have met people that believe our soul's make choices about this life before we are incarnated into bodies. Others believe we are here by God's grace and design alone. Perhaps both perceptions are true and real. Personally, I don't like to put limits on how things work. Human perception can be very limited. As a result, I think it is wise to refrain from limiting our understanding of God and the potential of the universe through human lenses.

Instead, why not use the conditions being experienced as doorways to opening your own perceptions?

When a limit, like an illness is transcended, you are touching into the greater potential of the human being, and in the process your understanding of how creation works also expands. You experience the potential of God working through your humanness.

Many years ago, I was trying to pack the trunk of a car with what appeared to be too many items to fit in the trunk. I stopped for a moment and asked God to help me. Then an interesting insight came to me. I thought: "Why am I asking God when God has already endowed me with a great mind that will be able to figure this out? I honor the gift I have been given by using it."

An hour or so later, when the car was packed and ready to go, a couple of beloved women in my life came out to the car with me and offered a prayer for safe travel. Now that prayer made sense to me. I could be conscious about using my gifts to drive safely, but I certainly wasn't in control of all the drivers on the road or all of the road conditions. Invoking a greater power to assist me made sense.

Since that day, I have become very careful about what I pray for. I do indeed pray for my health, but I pray in a different way. I pray for guidance so that I can uncover the root of my illness, in order to address it directly—whether the original cause of the illness be spiritual, emotional or physical. Then I ask to receive the support that I need to become well, and I do not assume ahead of time what that support needs to look like. I leave room for greater wisdom to bring me the proper awareness and assistance required.

With every challenge you will be faced with, you also have a gift equal to the challenge. If indeed an illness is God's will, and it is in your body, consider that you have an opportunity to discover your healing gift. Somewhere within you, God has also planted the seed of a gift that can help you overcome the challenge.

Here is a little story to help put this into perspective. Let's say you grew up living in the city. Your parents were loving and caring, so they spent time with you teaching you how to cross a street safely before ever sending you out alone.

Then let's say, before you got to go out on your own very many times, your family moved to the country, where there were very few cars on the gravel roads, and you didn't actually cross streets very often. When you got older, you rode a bus into a small town to go high school, and the first time you got out of the bus across the street from the school, you didn't think about the fact you were on a busy street, didn't look and nearly got hit by a car.

"Whew!" you think, "That was lucky." From then on you paid careful attention, using what you had been taught by your parents when you were much younger.

This is what it is like coming to earth. When you are born you have gifts (skills, knowledge, abilities, wisdom) that help you maintain health and wellness. Then you grow up and those abilities become latent because they aren't being used. You even forget you have them, just like everyone around you. In our limited human perceptions, people forgot that they had been given gifts and wisdom in order to meet the challenges they would encounter.

One day you nearly become ill and in order to become well, you need to remember what you knew before you came to earth, but no one around you remembers that everyone has been given a gift, so you simply become more and more ill. In order to get well, you need to remember. You need to remember that for every challenge you encounter, you have a gift or wisdom that will help you overcome the challenge, so that you can live happily and healthily. When you remember, your real healing begins.

#### **4. Healing Will Happen When I Find the Right Treatment**

Sometimes healing does begin when you find the right treatment. However, this isn't always the case. Sometimes, you need to begin healing internally in order to find the best treatment. If you are at all familiar with the law of attraction, this concept will make perfect sense.

If you hold within you any unworthiness at all, you are going to attract people and treatments you that don't work, not necessarily because the treatments are bad, but because your unworthiness is sabotaging your desire to become well.

Here is the really insidious part. Feelings of unworthiness may be unconscious. You may not even be consciously aware that some part of you is not feeling worthy of being completely well. Or you do know, but you are using positive thoughts and affirmations to attempt to over-ride the feeling.

Positive thoughts alone do not over-ride deeply embedded feelings; however stronger positive feelings combined with stronger positive thoughts do. In order for positive thoughts and affirmations to work, they must be accompanied by deeper, truer feelings that motivate you. Feelings are the powerful motivators behind our illness and our wellness.

Running over the top of your feelings is ultimately how you ensure that hidden and important, unmet needs that may be contributing to your illness, never get met. Let's say that being ill finally gives you a feeling of relief because it provides a legitimate reason to rest and take time for yourself.

A part of you—a strong and motivating part of you—is invested in you remaining ill. You won't be able to just change your mind about this and suddenly feel better. You are going to have to honor your feeling of relief and your underlying profound need for rest if you are going to be motivated enough to let go of your illness.

If you have any doubt, the treatment will not be as effective as you hope it will be. Doubt is a reflection of fear, and fear is a powerfully motivating feeling. If you are afraid a treatment won't work, you can count on the fact that it won't. Oh, it might work for a little while, but unaddressed fear tends to win when it comes to healing. You'll find your efforts eventually dissolve into illness and pain once again.

In order to heal physically, consider healing from the inside out. If you are willing to address your feelings, you just might discover that there are some needs underneath those feelings that the illness itself is meeting. Unknowingly, you may be sabotaging your own best efforts to heal.

By meeting your feelings with compassion, honoring them and understanding them, you will find they soon lose their motivational power. Then you are in the perfect position to meet the underlying needs in healthier, new ways.

When I am doing sound medicine for people, there is a phenomena I have consistently observed. When I sing healing sounds for someone, I am in essence calling to the subconscious mind, inviting the soul, emotions and body to be in alignment together, bringing all parts into full healing. Within weeks of a session the person is often telling me about discovering treatments or healing methods that are having a significant positive effect in their well being.

As their inner beliefs, emotions, and self-sabotaging tendencies come into alignment with their deeper desire for physical health, they begin attracting into their lives the treatments that will and do make a difference. Personal healing occurs from the inside out.

Yes, healing can happen when you find the right treatment, but in my experience, that is not where the real journey begins. Finding the right treatment is the result of having adequately addressed your understandable fears and feelings of unworthiness with tremendous self-compassion—not self-pity—but true understanding about where and how those feelings originated.

The right treatment comes when you no longer doubt your right, your worthiness, to heal. You have done nothing that is so awful, that it simply cannot ever be forgiven, and therefore you must suffer for it for the rest of your life. That is why in the healing journey, you invoke Divine awareness, so that you can experience for yourself the immense love of Divine compassion.

Imagine a world in which we all understood and forgave in compassion. Eventually, we would all be filled with such immense Divine love, we would no longer make choices that left us filled with regret nor would we feed the flames of resentment and vengeance.

Right there in your healing moment, lies the opportunity to change the world from the inside out. Planetary healing exists within all that we do to heal the deep-seated wounds within us. As you heal yourself physically, you are contributing to the healing of the planet.

That is why healing isn't solely about finding the right treatment. Healing is not a treasure hunt for the perfect cure. It is an act of self-compassion and self-awareness that heals the great errors of humanity, one person at a time.

## **5. I Have Tried Everything; Nothing Works**

I remember this belief so well. This is how I approached my first major illness and it didn't work at all. I saw all kinds of doctors with no results. I tried all kinds of treatments and therein lay the problem. I was TRYING treatments.

None of the doctors knew for sure if his prescription would work, but figured there was a good likelihood it would make a difference. The reason they weren't very confident if the treatment would work was because they didn't completely understand what was making me ill. So, we were trying out potential remedies.

In my book, I talk at length about why trying doesn't work. The concept of trying implies potential failure. It implies we don't have complete confidence in the approach we are using and therefore, there is room for it not to work.

This is one of those places where we confuse our psyche by thinking it is the treatment that is most important. Indeed, the right treatment does make a difference; however, you get better results when you are no longer sampling treatments, and have been intuitively, Divinely guided to the approach that is best going to work for you.

Any treatment is likely to be more effective if you are doing your inner spiritual and psychological healing along with treating the physical cause. As I've discussed before, if you are using a specific treatment, while having subconscious self-sabotaging desires at play as well, you are going to undermine your healing process. You could be receiving the best treatment from the best doctor or healer in the world and wind up getting unsatisfactory results.

When a client tells me they have tried everything and have not gotten results, I recommend they address underlying emotional pain. Emotional pain can prevent even the most dedicated patient from healing because, as I have discussed earlier in this document, core emotional needs may be being met by the illness itself.

For example, let's say you want to heal quickly without having to take time off from work. If you have been overworking and need to rest, a part of you is not invested in healing quickly without rest. If any single motivation exists that is counter to your stated desire, and that motivation is strong enough, the more potent motivator will take precedence.

In this case, that means that while you are stating you want to heal quickly, your psyche is creating another reality because the need for rest is a stronger motivator than healing quickly. If necessary, your subconscious mind will keep you ill in order to make sure you get enough rest.

You can assist your healing progress, by taking a look at your emotional and physical need for rest. You could ask yourself if you need more rest because your work place is an overly stressful environment; or if with the demands you place on yourself you are not

giving yourself enough opportunities for rejuvenation. You could reflect upon whether your need to be needed is so great that when you do set aside time for rest you don't allow yourself to rest.

There are many reasons you may not be getting enough rest. It may or may not be physiological. So before you invest in a treatment being your total solution, you will do well to consider what internal pressures you have created for yourself that would prevent you from getting enough rest. Once you address the internal pressures, you can effectively address how you play out that pressure in your external life.

Now, when you seek treatment for your illness, you will also address the underlying cause—perhaps an internal pressure cooker of beliefs inside of you—and choose approaches that allow you to heal the emotional root as well as any physical causes. In order to fully heal, you will discover that you must address the subconscious need that may be being met by the illness and meet it in new, healthier ways.

You will discover that all of your subconscious and conscious desires need to be in full alignment with the treatment you are utilizing in order for a treatment to be fully effective.

Illness releases from your body, when your internal environment is truly in alignment with your intention for complete health, and the treatments you are guided to receive are in complete alignment with your intention.

Bring your internal world into complete harmony, without doubts and fears, and then strongly invite your body to follow. When there are no mental or emotional barriers remaining, your body responds to the invitation.

## **6. Some Illness and Conditions Are Permanent**

I'm thinking I should give you the phone numbers of some of my friends. I'm just kidding, of course, but let's think about this together, okay? Think about someone you know or have heard about that has beat overwhelming odds. Think about someone that has overcome a "permanent" condition. Then ask yourself how they did it?

If you no one comes to mind for you, visit my blog, <http://Self-HealingSecrets.com> where you can read several stories about real life people that have overcome "permanent" conditions with nothing more than their own beliefs and use of energy healing.

If my friend Kevin had believed that the damage of his torn up knee, from a serious motor-cycle accident, was permanent, he would not be walking today. If my friend Krsytalya Marie' had believed that a lump in her breast could not be dissolved naturally and could only be removed through surgery, she would not have dissolved a golf-ball sized lump in her breast. If I had believed that MS was a permanent, degenerative condition with nothing that could be done about it, I would not be walking around today.

The cells of the body naturally regenerate themselves over several years. So if our cells do this naturally, why can't we help them along? Physics is showing us now that even our observations effect the way molecules behave.

If these scientific facts are true, then shouldn't we be able to grow new muscle and tendons like my friend Kevin did with his knee? Why couldn't we tell the cells of our body that this lump doesn't belong here and to dissolve? Shouldn't I be able to tell my cells that I want all them operating in complete health and flexibility, and then expect it to happen? Does this sound too far out there?

These are real stories I am sharing with you. As I asked you to consider at the beginning of this section, I'll bet you might even know someone that beat the odds; that healed when they were told it was not possible. How did they do it? They believed it WAS possible. They refused to believe their condition was permanent or that they were helpless to affect it. It is, after all, the human spirit that beats the odds, and redefines the playing field of our existence.

I'm not suggesting self-healing is always easy. I know personally, it can take tremendous dedication, effort, focus, humility, honesty and consistency to change serious conditions. The greatest effort is in honing your feelings and beliefs into a cohesive momentum. It is challenging, and I can also tell you from my personal experience that it can be done, and it is extremely rewarding.

To assume that something is permanent and cannot be changed limits the power of the Divine creative force that lives within each one of us. I'm just not willing to claim a limit to that power. I'm more inclined, as are many of us, to approach healing a little differently.



It is far more hopeful and life-giving to ask, “How can I beat the odds?” “How can I create healing for this condition?” “How can I claim my Divine power as a result of this condition?”

Healing is an opportunity for self-empowerment. You can grab the opportunity or let it go. The choice is yours. And there is no right or wrong choice. Choosing healing is simply a choice to use a given moment in time to become empowered.

You might be thinking, “Well, I get it when we are talking about an injury, but what about a genetic condition? You can’t heal from something you have inherited can you?”

My response would be, “Why not?”

Your DNA is in your body. Your body, cells, molecules and even your DNA will respond to your beliefs as the navigator of your reality. If you believe in the power of Divine influence in your body, does it make any sense at all to limit the potential of what is limitless?

I know a woman that told me she had a heart-murmur all her life. Each day when she went for a walk, she affirmed with great feeling that her heart was completely healthy, and made choices in her life that were good for her heart both physically and emotionally. The last time she visited her doctor, the heart murmur was gone.

“Okay,” you say, “but how about losing a limb or something like that?”

Did you know that there are scientists actually working on the possibility of human limb regeneration? That means the possibility itself is within human consciousness.

In my book, I tell the story about a woman that grew a new valve to her heart through energy healing. Remember to check out the story about Kevin on my blog, growing new tissue on his knee. <http://Self-HealingSecrets.com>

Everything in life is in constant change; some of it occurring more slowly than other changes. That includes you. So the next time you are afraid that a condition is permanent, consider reminding yourself that it will most certainly be permanent if that is where you leave your beliefs. Then open your mind to the greater possibilities of your potential.

## **7. I Am Ill Because of Circumstances That Are Beyond My Control**

Indeed some of us become ill due to exposure to toxins in our environment, accidents, aging, abuse, viruses, bacteria, cancers, diseases, and unexplained phenomena. And some of us play a role in those circumstances. We usually don't like to admit our role, but admission can create an opening for greater healing.

Maybe we chose to use toxic cleaners in our house or toxic weed killers on our lawn. Perhaps we smoked, chose to maintain an unhealthy diet, decided not to exercise regularly. Maybe we were in an accident and maybe we didn't make choices that could have prevented it. Perhaps after being abused as a child, we then, as adults, chose people in our lives that continued to abuse us, or we continued abusing ourselves. Some of us believe in the karmic wheel where one learns compassion by suffering in this life what we inflicted on someone else in another life.

I share this with you, not so that you will judge yourself, but so that you will look at whether you have any responsibility in the reality you are experiencing. It is very uncomfortable to think you might have ownership in the pain you are suffering, but this admission can be very freeing.

If you know that your own choices have contributed to your lack of wellness, you are now in the perfect position to grab hold of your healing. You can make conscious choices that are in greater alignment with well being, provided you make your new choices without chastising yourself for the old decisions.

In the process of learning how to love one's self, which is at the core of the healing journey, you will want to understand that choices made through your wounded awareness were in fact wounded choices that inflicted more pain in our life. That did not make you wrong or bad; it made you wounded. Even if you knew those choices weren't good ones, you continued making them from a wounded place, so you'll heal faster if you can give yourself a little emotional room for being human.

Instead of focusing on what you should have done, put your energy on learning how to love yourself more thoroughly, especially the consciousness that made harmful, hurtful decisions. Your self-compassion is most needed in the areas of your life where compassion is the most difficult to give. That is where the deepest wounds lay—the ones that keep you ill.

Please don't try to ride over the top of those deep and painful feelings by trying to think your way out. Remember, those old emotions are telling the story about what really needs to be healed—the source of your emotional and physical pain.

Instead, get the support and help you need to learn how to compassionately understand those emotions, so that they no longer govern and drive your choices. Once you are making true conscious choices, based in self-love, you will experience much greater influence and results in your health.

Remember, as we discussed in the section, “I Am Ill Because It Is God’s Will,” for every challenge, you have a healing gift that will help you in overcoming the challenge. Therefore, healing is more in your control than you may have realized.

The key to unlocking your healing door is to discover your gift. How you do you do that?

First of all, you need to become a dedicated observer of you. Here are some questions you can begin asking yourself in order to uncover your gift(s):

- When you close your eyes, what do you see?
- When you dream, how do you dream?
- What do you dream about?
- When you hear that someone is ill, what goes through your heart and mind?
- And how does your body react?
- Do you have premonitions about events before they happen?
- When you touch someone or something, do you see images or get impressions?
- When someone else is upset, do you become upset?
- When mother earth is going through changes, do you feel them in your body?
- When you lovingly touch someone, do they suddenly feel better?
- Do you see auras?
- Do you hear sounds and songs on a regular basis?
- Do you have visions?
- Do you astral project?
- Do you receive spiritual messages whispered in your ear?
- Do you tend to feel emotionally what other people are feeling?
- Do you tend to feel physically what other people are feeling?
- Do you consistently know what someone is going to say before they say it?
- Do you tend to see, hear, feel or know when you participate in a guided journey?

These are just a few questions you can begin asking yourself to begin understanding what your unique spiritual gift(s) might be.

If you really aren’t sure, you can spend a little time with a psychic that is skilled at recognizing people’s spiritual gifts and talents. Once you understand your gift, you can begin using it to help you engage your healing journey more thoroughly.

## **8. I Would Have to Understand My Body to Be Able to Heal It**

It is true that it can be very helpful to understand the workings of the human body. Such knowledge has helped many a doctor be able to prescribe treatments in such a way that they truly address physical dysfunction and help the body restore functional health.

Do you personally have to understand how your body works in order to heal? It may be helpful, but it is not necessary. I have known many people that have healed, without in-depth knowledge of their bodies.

In my book, “The Root of All Healing,” I describe a woman that used visualization techniques to strengthen her heart. A week after I was working with her, she went to the doctor to discover she had grown a new valve to her heart. She did not visualize growing a new valve, but that was what occurred when she focused intently upon her heart becoming completely healthy.

What you do need to understand is how important your clear, unobstructed intention is in your healing process. With a very clear intention, you will be able to harness powerful healing energy from within you, and attract the right doctors and healers from outside you, that can lead you to your ultimate well being.

In other words, you don’t have to wait for someone with more knowledge about the working of the body to assist you before you begin engaging your healing process. Once you engage your own healing energy, commit with everything in you, and open to Divine guidance, you will meet the right knowledgeable people as you need them.

Committing, in this instance, is not a force of will alone. Of course you need your will working with you in your healing process, but as I have mentioned in previous sections of this document, you also need your entire subconscious belief system in alignment with your desire. If any part of you is not in alignment, you will unconsciously be sabotaging your own healing efforts.

I see this far too often in the healing process. The individual honestly believes they truly want healing, but some hidden part of themselves is receiving a benefit from the illness, and therefore, they remain ill.

This is the reason many healers advocate doing deep spiritual and emotional work as a part of your healing regime. Spiritual and emotional healing supports you in your commitment to physical healing by ensuring there are no hidden motivators within you that are in conflict with your desire to heal.

Some individuals find it is very comforting to understand the physical condition they are experiencing from a medical view. They need and want to know what is happening physiologically that is causing them so much pain and discomfort.

Some people want to understand the condition and review the variety of treatments that have been used to address the condition, and with what results. To the extent that this research helps you make needed changes in your life-style choices, diet, and treatments, you may find such research to be very helpful.

In addition to this kind of research, I also encourage people to also take time to learn how to access their intuition and to follow intuitive guidance. This is another form of research that can assist you in feeling confident with the course of treatment you ultimately choose.

There is often more than one treatment available for any given condition. Therefore, learning how to listen to and understand intuitive guidance can provide you with a sense of inner confidence in choosing the treatment that best suits you. Your higher wisdom will often lead you to choices that best align you with your best results.

Now, let me be clear that I am not a doctor, and I am not offering medical advice. Seeing a doctor and receiving his/her recommended treatment is likely to be part of the research you know you must do. And even though you might not understand all about how the body works, it is still your body and your responsibility to care for it. Therefore, accessing intuitive guidance is one of the ways that you assume your responsibility.

## **9. Miracles Happen From Outside of Yourself**

I've had people tell me I was special and that is why I was able to heal others and myself, but they, on the other hand, didn't have a healing gift, so they weren't able to heal themselves. This never made sense to me. Only certain people get healing gifts and everybody else either has to suffer, pray they are bestowed with a miracle by their Creator, or find the right healer?

Our bodies naturally regenerate themselves over a period of years. Isn't that a natural form of self-healing? If you cut your finger, you expect it to close up, don't you? Isn't that a form of self-healing? Do you have to have a special power for that to happen? Of course not. That is an accepted natural occurrence. Is that a miracle or is that your birth-right as a human being?

Here are some presumptions about miracles that I have not seen to be true:

Miracles are not lucky chances. They are not about having the right religious beliefs. I've seen plenty of miracles occur for non-religious people to know that correct dogma is not the powerful force behind miracles, though strong spiritual beliefs may certainly help you connect with that Divine power, as you understand it. Something inside you does wake up. You feel and know with certainty a greater power is moving through you.

Miracles aren't about finally saying the "right" prayer either. This isn't about getting the prayer right so that God will finally see you, take pity on you and heal you. God is not waiting for you to pray fervently and hard enough for your prayer for healing to be answered. This isn't about praying well enough. Miracles are not the result of you passing a test.

Miracles don't happen when you chase after them either. That is like chasing after love. You don't chase it. You allow your heart to be in love. You vulnerably open yourself to love and be loved. When you heal, you open to love, worthiness, trust, and compassion. You learn how to love yourself and others enough to let the Divine in to you, more than you have ever let it in before.

Here is when I do see miracles taking place:

Over the years, I have helped many people heal, and I have taught even more people how to access their healing gifts and abilities. I've come to believe that everyone has a healing ability. Not everyone knows what it is or how to use it, but hidden deep within lies a gift along with direct access to Divine power that once discovered is accessible whenever you call upon it with a clear heart and mind. Miracles happen when you uncover this beautiful ability within yourself.

Miracles happen because you are fully open and ready enough to receive a flow of Divine love that heals you both spiritually and physically. You have removed any obstacles to

that Divine flow, by having the courage to fully acknowledge your fears, hold them in love, and release your doubts within that sphere of compassionate love.

Miracles happen when you have come to accept yourself as worthy, and so whether you access that flow on your own or with the help of a person, a prayer, or a treatment, that energy moves through you freely, bringing its healing power to every cell of your being. You have seen yourself in the way that Divine love would recognize you—as a beautiful and worthy being.

Choose to love beyond any measure of love you have previously imagined. When you think you have let in as much love as you can hold, you let in more. Let in so much love that your body either surrenders to physical healing or surrenders itself in death so that you can be fully immersed in the field of love your soul longs to know. Either way, the real miracle lives in your capacity to BE love.

## **10. You Might Be Able to Heal Me, But I Certainly Can't**

If you haven't yet read the section above, "Miracles Happen From Outside of Yourself," please read it. This is one of the greatest myths that limits our healing potential, even when we are receiving competent help from a skilled healer.

Whether you are using allopathic medical assistance, homeopathic, naturopathic, or any other alternative healing therapy or practice, if you expect someone else to fix you, you have already given away your power. That means your capacity to heal is already limited.

This can be a little challenging to grasp, so consider this perspective. When you look for all of your healing to come from outside yourself, you have seen yourself as limited, and to some degree, helpless. Feeling helpless can be as debilitating as the illness itself. So if you are seeking help outside yourself, but internally feeling helpless and debilitated, that doesn't give the healer a very hopeful environment in which to assist you, does it?

Even if the healer can provide you with some assistance for a little while, here is what is likely to end up happening: when you are feeling helpless, the helpless part of you that wants to feel empowered, therefore, the helpless part of you will subconsciously sabotage your efforts.

Because you have given all of your power to heal to outside sources, in effect, very little will happen, and certainly you are not likely to experience long term success, because the helpless part of you will continue to sabotage you until you pay attention to its demands.

Some part of you wants to be empowered. The illness is giving you an opportunity to empower YOURSELF. Healing creates an opportunity to connect more deeply with your own Divine connection, so if you give away your power to someone outside of you, how is that going to happen?

Let me suggest that you find the place of empowerment within yourself. Then when you ask someone to assist you, their efforts will be in alignment with your own sense of self-empowerment. Now their treatments and therapies have a chance to support you in healing, because your spirit and emotions no longer have a reason to sabotage those efforts.

The more you are actively engaged in your own healing, the more beneficial outside help can be to you. Discover your healing gift, engage it completely, welcome Divine power to flow through you, release the obstacles and fears that arise, and then when you ask for help from outside yourself, you will have created the empowered environment in which you will be able to see the results you are longing for.



## Conclusion

It is far easier to believe the limiting beliefs we have come to accept as true, than it is to stretch beyond into more limitless perceptions, and yet, in order to heal, stretching our beliefs and choices is often the key to true and lasting healing.

If you and I put as much energy into living beyond our limits as we put into living within them, we would quickly transcend our pain and suffering. I know this from my own experience and from carefully observing the experiences of other self-healers.

When the path seems overwhelming, may I suggest you find the people in your life and read the stories of people that have overcome the odds. Listen carefully to what they tell you about from where they found their inner strength. People get there through different doorways, and one of them is likely to resonate for you. Let their stories become hope for your own.

When you think a thought about your healing or lack of healing, stop yourself right there in that moment and ask yourself, “Is that thought freeing or limiting?” If it is limiting, change it immediately. Invite yourself to transform that belief and its accompanying feeling into one that is much more freeing.

The human need for freedom is one of the most powerful forces in the universe. Freeing yourself from pain and suffering, or limited mobility and life experiences, is a powerful force that you can utilize for your healing. Begin by making yourself aware of your thoughts.

Astute and honest observation of yourself is where I recommend the self-healing journey begin. In fact, it is the topic of the first chapter of my book because when you observe what you are thinking, doing, saying, feeling and believing, you will notice where you are limiting yourself in your healing process and you will be able to discover the changes you need to make in order to progress your healing.

May I suggest that you open your mind and open your heart wider than they have ever been before...and let the real healing journey unfold itself within you.

*For more compassionate and practical support in your healing journey visit:*  
<http://misahopkins.com>

## **Disclaimer**

Let me be very clear that the opinions in this report are just that—my opinions based upon years of observing, recording and studying the nature of healing as a spiritual journey. It is a shame that in order to offer personal opinions and observations about healing, I need to make a disclaimer for the protection of my person, family, publisher and profession that I am not a medical expert and I am not dispensing medical advice. In my book you will read my views about how our society's habit of refusing to take responsibility for our own lives is creating greater harm than good in our ethical development and the progress of individual healing. That said, if you use any information in this book without the advice of a licensed medical doctor or licensed psychologist or psychiatrist, you do so at your own risk, with a willingness to assume full responsibility for your own physical, mental and emotional well-being, which is ultimately a more fulfilling way to live life.