

Why We Cannot Think Ourselves Into Healing

By Helga Rahn Dengler, CHT



Our world is filled with self-help books & other forms of advice, providing us with wonderful information about dealing with and resolving our emotional and physical issues. So why is it, even when we try to implement this external knowledge and advice into our life, many of us continue to struggle and cannot fully heal?

This is because certain unhealthy perceptions and unhealthy emotions have become trapped and embedded deep inside the inner part of our mind, known as the subconscious mind. As a result, a person is prone to develop any number of symptoms such as depression, or a physical disorder or disease, or turn to unhealthy behaviors such as excessive alcohol drinking or overeating.

The outer layer of our mind, known as the conscious mind, is also our critical and judgmental mind. In our everyday awake state, this part of the mind is

tightly wrapped around the subconscious mind. It is much like a gatekeeper, guarding all the programming already well established in the subconscious mind. If we hold the belief that we are inadequate or unworthy, any positive statement we say to ourselves that we are adequate and worthy has a temporary influence at best. Eventually, the long standing negative programming inside our inner mind again takes over, and all good and healthy ideas and understandings are muddled up and aborted. No matter how much we try to

consciously think our way into healing, it simply does not work.

So how does one build and own real and lasting peace, happiness and health? It is when we allow ourselves to freely open up to our powerful, resourceful and creative subconscious mind. This can be accomplished with methods such as hypnosis, whereby the process enables us to effortlessly relax the outer conscious critical mind out of the way. The judgmental mind becomes a passive watcher

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Patients who received hypnotherapy

showed a significant improvement

in their overall levels of discomfort and were able

to reduce their levels of pain medications.

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Seema Khaneja, MD
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Lisa Hill DiFusco
email: lisa@LightHeart.com
500 Helendale Road, Suite 130
Rochester, New York 14609
tel: 585.288.6160
fax: 585.288.4940
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Fibromyalgia?

Syracuse, NY – A new, free report has recently been released that reveals the “untold story” behind fibromyalgia pain. Fibromyalgia misdiagnosis and mistreatment is rampant and leads to countless years of unnecessary suffering. This free report reveals a natural procedure that is giving fibromyalgia sufferers their “lives back” - with “miraculous” results for many. If you suffer from fibromyalgia you need this straight forward, no “gimmicks” free report that is giving hope to fibromyalgia sufferers everywhere. You may be better in just a few weeks. For your free copy, call toll-free, 24-hr recorded message 1-888-262-7957 or go to www.4freefibromyalgiareport.com.