

We Live in an Inclusive World!

By Helga Rahn Dengler, CHT



Have
you

heard the phrase “What you resist, persists?” Doesn’t feel very good, does it? But it is precisely how our world is, without exception.

The predominate understanding I help all my clients reach is that there is only one natural path and flow in life, and that is health, happiness & peace. If the balance of our attention is on what we do not want, whether we are consciously aware of it or not, we cause ourselves to experience something other than health, happiness and peace. Simply put, we mis-create.

It does not matter whether our goal is to grow more confident and self-sufficient, more successful in business or relationships, create healthy behavior or a healthy body. We will create into being, our dominant thought. For example, we cannot bring good fortune to us, if we hold thoughts of criticism about another person’s success, or thoughts of envy because of their good looks or their social status or financial status. That is because we are coming from a point of lack. And we create lack. We manifest the opposite of our desire to be successful.

Similarly, we cannot create physical health if we hold worrisome thoughts about being ill, are on the lookout for symptoms or ways to prevent illness. This is because when

our mind is primarily focused on the absence of health, we are inviting illness into our body. What we say ‘no’ to, is essentially saying ‘yes’ to, because we live in an inclusion world.

Along with our five physical senses of sound, sight, smell, touch and taste, we also have a powerful internal guidance system of emotions. Our emotions and physical sensations or feelings, are our barometer. They are our gage to understand if we are hindering our goal by creating the opposite of it, or if we are inviting in our goal by aligning ourselves with it.

If we want to create good fortune, consider what it feels like to be your successful self. Imagine holding wonderful and fulfilling thoughts of being successful at your chosen form of work, reaping the rewards, waking up every morning excited and loving what you do. Feels good, yes?

To create physical health, consider what it feels like to be healthy and look healthy, with a strong heart, healthy lungs, healthy well-oxygenated blood supply, and have wonderful energy through your day. Feels good, yes?

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It is through your emotional guidance system, that you learn for yourself whether you are creating what you want, simply by becoming aware if you feel fundamentally good about your thoughts. If you are feeling fundamentally bad, uneasy, empty or down about your thoughts, you can assure yourself that you are creating the opposite of your healthy desire.

Even if we entertain seemingly positive thoughts, we also need to become aware if we are hindering our goal or if we are inviting in our goal, by recognizing the emotions surrounding those desirable thoughts. If we have thoughts about becoming slender, fit and trim, and they cause us to look forward and feel good, positive, excited and motivated about what we do want, we will manifest into being, those desired thoughts. If we have thoughts about becoming slender, fit and trim, and they cause us to reflect back and remind us of what we don’t have with our current body, causing us to feel bad, unable or afraid, we will continue to manifest that same body.

The Universe is always providing us fulfillment

for our desires. To enjoy the infinite and natural life flow of health, happiness and peace, we need to align our awareness and intention to be with these qualities of life in all that we do. Be mindful to not block them off with resisting and sabotaging thoughts, and consciously feel wonderful fulfillment at the same time. Like the shining sun, well-being constantly flows toward us and is always available for our health and happiness as our thoughts allow.

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