

What If...

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What if you could change anything in your life, including your health, simply by training your mind to ask curious questions based in positivity instead of fearful questions filled with worry?

The human mind is capable and powerful. Its influence can be far reaching, stretching into your cellular memory—including the cells of your immune system.

Despite the obvious potential of the mind, humanity continues to align with worry and fear, invading our world and creative abilities with negativity. The addiction to negative thinking may seem impossible to avoid. However, negative thoughts are habit forming. Habits, though obsessive, can be and are broken every day. Dissolving an inclination to think, feel and speak adversely is a practice. A practice that begins with the mind.

Because of this, I firmly believe in mind control. True healing comes from a positive change in perception. Using tools over and over again to break addictions to adverse thoughts (and words) while training your mind to use its incredible power can create a fulfilling life.

Take a few moments right now and remind yourself what you talked about with others today. Was it positive? Was it productive? Or were your words and feelings complaining in nature? Knowing what you tend to think and speak will assist you in controlling unnecessary thoughts and ultimately, feelings.

Despite human thoughts to the contrary, the human mind and body love positivity and naturally believe in positivity's influence as the universe is a positive place.

One tool for changing habitual thoughts is asking yourself positive "what if" questions such as "What if I have all the energy I need today?" Or "What if I stay calm during the next heated conversation with my partner, colleague, etc.?" The key to using positive "what if" questions is to make them general, so as not to alert the belief system, as most people have negative beliefs. Synthesizing one's current energy system to align with positive desires that we each deserve and truly want introduces positive vibrations.

A few years back I began to experience knee pain. The pain started in my right knee, making it difficult to do squats in my favorite exercise class. After a while, the pain crept over to my left knee as well. I visited my acupuncturist, began taking helpful supplements and



tried not to think about it. But every time I exercised, the pain gripped me. In this lifetime, my pain threshold has been high and health issues typically pass quickly through my being. But the knee pain was different.

One evening after returning from exercise class and feeling defeated, I suddenly became aware of my thoughts concerning my knees: "What if I need a total knee replacement?" Wow, I thought to myself. That is a pretty negative thought. Negative thoughts, although not wanted, create a frequency of energy that attracts their likeness or holds us in non-forward moving energy. I immediately asked myself, "What do I really want? What would I like to experience with my knees?" Quickly a new thought raced into my mind. "I want my knees to feel amazing," I heard myself think. From that moment forward, I began to ask myself a positive question about my knees at various times throughout each day. . . "What if my knees feel amazing?" I also paid closer attention to my thoughts and replaced fearful questions about my knees with a desired positive question.

I noticed right away that when I asked the question, I really desired an answer. The energy in my body changed. My mood elevated and I felt hopeful.


When energy elevates, we begin to move into new perceptions. I believe all the things in life we really want vibrate in high energy. All the things we wish to avoid vibrate in low energy.

Shifting your approach to a potential or real problem will recalibrate your molecular energy so that you are able to experience a new awareness—an awareness that is accurate and helpful instead of the fearful vibration of energy most people perpetuate, leading to disappointment or a long unnecessary struggle.

Within two weeks of consistent practice asking the new "what if" question and interrupting the negative thoughts, I suddenly remembered what a dear friend had told me ten years prior, "If you ever need expert body work, I know someone who works magic."

I made an appointment right away with this magical individual, and after my first treatment, the knee pain decreased by 60%. After a few treatments, the pain in both knees completely disappeared.

When our "what if" questions are positive, our energy becomes positive and we literally transform our human experience into a new world full of wonderful answers.

The words mind control may bring up scary thoughts of governments gone rogue, but controlling one's thoughts and learning how to entertain the mind with healthy words and suggestions could be your greatest tool to creating an amazing life! 



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