



“The 8 Factors of Healing”

Every situation, properly perceived, becomes an opportunity to heal.

A Course in Miracles

Have you ever been ill and wondered why this has happened to you? Do you believe your body has some reason for creating these symptoms? Would you like to be able to understand the purpose of your illness?

Your body and mind need to work together in order to support to the body's natural healing mechanism. Your immune system is capable of protecting you from disease and healing any illness. Indeed, the body knows exactly where there are problems, imbalances and disturbances. Whatever has been created in the body, it knows how to un-create. Because every cell in your body is replaced every six months, you have miraculous healing ability available every day. Each part of the body renews itself in a never-ending stream of change:

- a new layer of skin every day
- new stomach lining every 5 days
- new soft tissue every 3 months
- new bone cells every 6 months

So that means every cell in your body is replaced every 6 months. Whenever a cell replaces itself, it grows a brand new cell. So, why doesn't the body look brand new and fresh as a baby every 6 months? Why don't scars disappear? Why do tumours keep growing tumour cells instead of normal cells? What mechanism impedes healing?

More importantly, what makes some tumours vanish, some scars disappear and Spontaneous Remissions occur? If the genes of DNA are responsible for creating disease, is it possible to reverse the process? Or is there a better way to deal with genes and DNA? How can you switch healing back on? Recent scientific research from The Institute of Noetic Science [IONS] has finally begun to answer these questions.

After reviewing 1574 cases of people who had Spontaneous Remissions from cancer, IONS carefully reviewed all physical, mental and emotional aspects. The surprising discovery was that these people had all made the same 8 significant mental & emotional changes. The Practical Miracles NLP Process can help you learn how to make these same changes. It's much easier to increase your healing capacity when you know what to do.

Instead of going into shock after a diagnosis, turn the experience into a healing opportunity. Instead of trying to get rid of the symptoms as fast as possible, listen to the messages from your body. Instead of going into denial, incorporate this challenge into a new way of life that is fulfilling and meaningful. Instead of feeling

fear, flood your body with love and compassion.

Thinking along these lines will help to reduce stress. As your body relaxes, your immune system can function better. So the key is learning how to manage your state and listen to your body. First remember the following:

1. Each symptom is a communication from your body and unconscious mind.

When you respond to these communications, address and resolve the issues, your body becomes free to heal. Paying attention to the symptoms before they develop into disease help you stay in touch with your body and your inner needs, in order to maintain good health.

2. There can be multiple communications as well as multiple causes for an illness. A serious illness is like a nest full of hungry baby birds who keep screaming for attention and nourishment. As you feed those birds by resolving the issues they scream about, your body can heal more easily.

Our sorrows and wounds are healed only when we touch them with compassion.

Buddha

Listed below are the 8 Changes discovered by IONS. These Changes all involve specific ways to handle the stresses that arise with illness. Some may be easier than others, and good NLP Coaching can help ensure that each step is completed thoroughly. If you'd like more details about how to work through this, please read our new downloadable book: 'The 8 Factors of Healing' which details each step with exercises and examples. Here is the list of eight changes:

1. Face the crisis
2. Take control of your life
3. Shift from dependency to autonomy
4. Learn how to express emotions
5. Have at least 1 strong loving relationship
6. Work in partnership with your physician
7. Find meaning in the experience of illness
8. Choose activities that reduce stress

'Facing the crisis' means being able to deal with the many choices of what to think, what avenue of treatment to follow, facing your worst fears, not getting stuck in labels and setting a good healing goal. The danger of feeling overwhelmed, fearful, a victim of your body or floundering in confusion can lead to disempowerment.

'Taking control of your life' requires making decisions that feel right for you, and learning how to take care of your symptoms, your pain, or your condition – to love yourself despite the illness. Here you need to change old habits, ways of thinking, beliefs that no longer serve you. Managing your own emotional state is key to healing, and one aspect you can totally control.

'Shift from dependency to autonomy' means an inner change away from believing that others know best, to appreciating that your choice is what counts.

You may have different ideas than others. What you believe to be true – the treatments you believe will help greatly affects the efficacy of those treatments. 'Being able to express your emotions' means being able to appreciate and understand all your negative and positive feelings, needs and beliefs so that you can express these to others. Letting go of past traumas and stored up emotions, and forgiving the past, helps to free the body of unwanted baggage.

'Have at least one strong loving relationship' where you can relax and feel supported, knowing that person will be there for you no matter what. Being able to receive and feel that you deserve the love and care from others may challenge some people's independence or identity.

'Work in partnership with your physician', trusting that they have good intentions and can assist you with helpful knowledge no matter what choices you may make. Developing rapport and learning how to cooperate with them can greatly ease the way.

'Find meaning in the experience of the illness'. The more you appreciate what you can learn from the events, how it helps you grow, what it teaches you about life, the more you'll be able to accept the process. Develop a new sense of purpose. The alternative of resistance and fighting never leads to peace.

'Choose activities that reduce stress'. First recognise what has been causing stress and rectify as much as possible. What can't be changed can be thought about differently – that's your choice. Forgiveness, letting go and trust are key elements to healing.

Spontaneous Remissions may become much more commonplace if people learn how to make these 8 Changes. NLP can help greatly to assist the process. So it's not a matter of luck, but more a matter of accessing your heart and developing the inner state of healing.

There is more wisdom in your body than in your deepest philosophies.

Friedrich Nietzsche