Cancer Recovery and Mental Conflict

Thoughts, Emotions, and Stress Biology

Aligning with Health Consciousness

Invitation to Consultation

if you're facing cancer and you're if you're facing cancer and you're working hard to heal and recover but working hard to heal and recover but you're just not getting the right you're just not getting the right results you're not getting let's say the results you're not getting let's say the best results or you're just struggling best results or you're just struggling to get through a treatment it may be to get through a treatment it may be because you're practicing because you're practicing unintentionally of course what we call unintentionally of course what we call mental polygamy in one moment you're mental polygamy in one moment you're married to the notion of health and married to the notion of health and healing and in the next moment you've healing and in the next moment you've kind of giving up on that partner and kind of giving up on that partner and you shifted your mindset you shifted you shifted your mindset you shifted your focus let's say to one of fear or your focus let's say to one of fear or anxiety let's say helplessness or even anxiety let's say helplessness or even grief you're constantly shifting your grief you're constantly shifting your mental and emotional loyalty from one mental and emotional loyalty from one state of mind to another and that's why state of mind to another and that's why we call it mental polygamy now when we we call it mental polygamy now when we marry different and often conflicting marry different and often conflicting states of mind we essentially take one states of mind we essentially take one step forward and then two steps back and step forward and then two steps back and marriage by the way in the context of marriage by the way in the context of this video marriage means the marriage this video marriage means the marriage between thoughts and between thoughts and emotions thoughts produced by the emotions thoughts produced by the conscious mind and emotions by the conscious mind and emotions by the subconscious mind subconscious mind for example if we consciously think that for example if we consciously think that we want to heal we can think these we want to heal we can think these thoughts all day long but if in the thoughts all day long but if in the privacy of our mind and heart we privacy of our mind and heart we struggle with our self value and worth struggle with our self value and worth in other words we don't really feel that in other words we don't really feel that we are worthy of healing and Recovery we are worthy of healing and Recovery nothing much will happen we'll have some nothing much will happen we'll have some progress and then we will have some progress and then we will have some setbacks said differently if we focus setbacks said differently if we focus our thoughts on lack or fear anxiety and our thoughts on lack or fear anxiety and doubt even though these qualities don't doubt even though these qualities don't don't necessarily represent the life or don't necessarily represent the life or the experience that we want these mental the experience that we want these mental we can call them Affairs mental Affairs we can call them Affairs mental Affairs will produce the offsprings of stress will produce the offsprings of stress and therefore stress biology which we and therefore stress biology which we know negatively impact the functioning know negatively impact the functioning of our immune system if on the other of our immune system if on the other hand we choose to consciously align hand we choose to consciously align oursel with health Consciousness a state oursel with health Consciousness a state of mind that prioritize how we nourish of mind that prioritize how we nourish our bodies and our thoughts and things our bodies and our thoughts and things that are dear to our soul then we will that are dear to our soul then we will begin to fully embody the experience of begin to fully embody the experience of well-being every day in our life in well-being every day in our life in every cell fiber gland and organ in our every cell fiber gland and organ in our body now to Merry Health Consciousness body now to Merry Health Consciousness means to commit to living in alignment means to commit to living in alignment with certain kind of Truth this with certain kind of Truth this particular truth is that you are now and particular truth is that you are now and always have been worthy of health and always have been worthy of health and wellbeing physically emotionally and wellbeing physically emotionally and mentally but this kind of commitment mentally but this kind of commitment requires faithfulness loyalty to your requires faithfulness loyalty to your state of mind loyalty to your truth state of mind loyalty to your truth which in this modern day and age it's which in this modern day and age it's not really easy to do because we have not really easy to do because we have all kind of Temptations destructions all kind of Temptations destructions around us moments where we want to fall around us moments where we want to fall back into Old patterns or just give our

back into Old patterns or just give our attention to things that we know will attention to things that we know will drain Us in advance and my point is that drain Us in advance and my point is that if you're if you really want better if you're if you really want better outcome better results a more favorable outcome better results a more favorable outcome from your treatment it is time outcome from your treatment it is time for you and me to get online for short for you and me to get online for short and free consultation so we can find out and free consultation so we can find out whether or not you're already candidate whether or not you're already candidate for this kind of work and whether or not for this kind of work and whether or not we are a good fit to help you move we are a good fit to help you move forward from here the link to set this forward from here the link to set this consultation is in the description I consultation is in the description I