

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Thoughts and Words Create

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Growing up, I often heard on the play ground in elementary school the saying:

"Sticks and stones may break my bones
but names will never hurt me."

The funny thing was that whenever I would sing that out, I would still feel the hurt inside. I tried to not let the other kids know how much their words really had hurt me.

Words are powerful. We can change our lives in moments by changing our thoughts and words. Thoughts are the seeds that we plant and words often carry forth the actions of our thoughts. God created the universe first through a thought and then with the spoken word, "Let there be Light."

Our internal dialogue has enormous effect on every aspect of our lives; physically, emotionally mentally and spiritually. Dr. David Pesek, teacher of the School of Natural Healing's Iridology course, had this to say about thoughts and our health, *"There is always a physical reason (for poor health) but thought and emotion always come first. No one has a physical condition without a thought and emotional relationship to it. It just doesn't happen any other way."*

Has this every happened to you? You have a friend come up to you and ask if you are doing OK , they say that you look tired. Then you find yourself really feeling tired when you hadn't noticed it before. Or maybe you are talking to someone and you say something like, "I always wake up at 3:00 in the morning and can't get back to sleep." Sure enough, it always happens night after night.

Words to be most especially aware of follow the statement "I am". You are making a decree and your body, either on an emotional or physical level, will do it's best to create that declaration. Just listen to the difference in the wording, "I am a diabetic" opposed to "I am experiencing a diabetic condition."

"Life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy." Florence Shinn

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We are constantly creating with our thoughts and words. To help us become more aware of our creation and live in better health, balance, and happiness here are a few tips:

- Keep a journal and write down any negative thoughts and complaints so you can become more aware of them and re-frame them.
- Write down what you say to people when you describe your health. Are you perpetuating what you don't want? Come up with a more positive way to express your thoughts.
- When you have a negative thought immediately say to yourself, "Cancel that" and restate what you want.

Decide now to break yourself from the bondage that negative thoughts and words create. What we focus our attention on is what we create; self fulfilling prophecy. Be a conscious creator and choose the thoughts and speak the words that are only focused on what you really want in life!

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