



CHAPTER FIFTEEN

Steps For Healing

Imagine Your Future: Change Your Consciousness, Change Your Cells

For years, I had my patients begin their health journeys by exploring their pasts to find clues to how they were creating their present conditions. Then recently I had a phone conversation with Ti Caine, a hypnotherapist who helps people heal their pasts in part by helping them dream up their futures. (See Resources.) He reminded me of something very powerful that I already knew and had experienced repeatedly: It is really our vision and hope for the future that heals us and draws us forward. Our cells keep replacing themselves daily, and we create a whole new body every seven years. So it is not really accurate to say that our pasts are locked in our bodies, though sometimes it seems that way.

What is really going on is that the consciousness that is creating our cells is often locked in the past and that consciousness keeps re-creating the same old patterns. If, however, we can change the consciousness that creates our cells, then our cells and lives improve automatically, because health and joy are our natural state. The easiest and fastest way to do this is to imagine your future self in as much detail as you possibly can. Doing this will assist you through any healing process you're currently involved in. So before you dive into the steps listed here, invite your future self to accompany you on your journey.

If you were in optimal health, what would your life look like?