

# Mind Body Connection

| Problem               | Probable Cause                                                                                                    | New Thought Pattern                                                                                               |
|-----------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>Anxiety</b>        | Not trusting the flow and the process of life.                                                                    | <i>I love and approve of myself and trust the process of life. I am safe.</i>                                     |
| <b>Asthma</b>         | Smother love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.                            | <i>It is safe now for me to take charge of my own life. I choose to be free.</i>                                  |
| <b>Back problems</b>  |                                                                                                                   |                                                                                                                   |
| Lower                 | Fear of money. Lack of financial support.                                                                         | <i>I trust the process of life. All I need is always taken care of. I am safe.</i>                                |
| Middle                | Guilt. Stuck in all that stuff back there. "Get off my back."                                                     | I release the past. I am free to move forward with love in my heart.                                              |
| Upper                 | Lack of emotional support. Feeling unloved. Holding back love.                                                    | I love and approve of myself. Life supports and loves me.                                                         |
| <b>Blood Pressure</b> |                                                                                                                   |                                                                                                                   |
| High                  | Long – standing emotional problem not solved.                                                                     | I joyously release the past. I am at peace.                                                                       |
| Low                   | Lack of love as a child. Defeatism."What's the use? It won't work anyway."                                        | I now choose to live in the ever – joyous NOW. My life is a joy                                                   |
| <b>Cancer</b>         | Deep hurt. Longstanding resentment. Deep secret or grief eating away at self. Carrying hatreds."What's the use?"  | I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself. |
| <b>Colds</b>          | Too much going at once. Mental confusion, disorder. Small hurts."I get three colds every winter," type of belief. | I allow my mind to relax and be at peace. Clarity and harmony are within me and around me. All is well.           |

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| <b>Constipation</b>     | Refusing to release old ideas. Stuck in past. Sometimes stinginess.                                      | As I release the past, the new and fresh and vital enter. I allow life to flow through me.                          |
| <b>Fatigue</b>          | Resistance, boredom. Lack of love for what one does.                                                     | I am enthusiastic about life and filled with energy and enthusiasm.                                                 |
| <b>Gas pains</b>        | Gripping fear. Undigested ideas.                                                                         | I relax and let life flow through me with ease.                                                                     |
| <b>Gastritis</b>        | Prolonged uncertainty. A feeling of doom.                                                                | I love and approve myself. I am safe.                                                                               |
| <b>Headaches</b>        | Invalidating the self. Self criticism. Fear.                                                             | I love and approve of myself. I see myself and what I do with eyes of love. I am safe.                              |
| <b>Heartburn</b>        | Fear. Fear. Fear. Clutching fear.                                                                        | I breathe freely and fully. I am safe. I trust the process of life.                                                 |
| <b>Nervousness</b>      | Fear, anxiety, struggle, rushing. Not trusting the process of life.                                      | I am on an endless journey through eternity, and there is plenty of time. I communicate with my heart. All is well. |
| <b>Overweight</b>       | Fear, need for protection. Running away from feelings. Insecurity, self – rejection. Seeking fulfilment. | I am at peace with my feelings. I am safe where I am. I create my own security. I love and approve of myself.       |
| <b>Paralysis</b>        | Fear. Terror. Escaping a situation or person. Resistance.                                                | I am one with all of life. I am totally adequate for all situations                                                 |
| <b>Shoulders</b>        | Represent our ability to carry out experiences in life joyously. We make life a burden by our attitude.  | I choose to allow all my experiences to be joyous and loving.                                                       |
| <b>Sinus problems</b>   | Irritation to one person, someone close.                                                                 | I declare peace and harmony indwell me and surround me at all times. All is well.                                   |
| <b>Sore throat</b>      | Holding in angry words. Feeling unable to express the self.                                              | I release all restrictions, and I am free to be me.                                                                 |
| <b>Stomach problems</b> | Dread. Fear of new. Inability to assimilate the new.                                                     | Life agrees with me. I assimilate the new every moment of every day. All is well.                                   |