

What is your perception of health?

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What is the definition of health? Is it feeling good physically or does it include our emotional and spiritual bodies?

Yes to all. Health is a state of being. Your soul is healthy and your body is the result of your thoughts and words created by your history of perception! It is our perception that is the challenge in our life. Think about that for a moment...If you wake up in the morning and say, "Wow, my body hurts" your body responds with "okay, I can do that for you" and makes it so. Our bodies are literal beings that make literal truth out of what we think and say. Your body does not have discernment capabilities. Your body only knows your words.

Your cells operate in two modes. Cells grow or they protect. Your words affect how your cells respond. If you say for example-"I just found out that my Aunt Zelda has cancer and I'm afraid she'll die". Your cells don't know that you are speaking of Aunt Zelda and that your fear is for her. Your cells only know that you have gone into a state of fear and so therefore, they begin the protection process of shutting down in order to be safe. The result? You get sick. Maybe not right away. Perhaps you experience a mild sore throat the following day, or a headache. You don't consciously connect that your cells are beginning to protect themselves, thereby decreasing your immune system and allowing you to have minor symptoms. When your body can't sustain enough 'growing' cells you will begin a potential disease process.

Every one on this planet is experiencing all sorts of wonderful growing experiences. Growing experience comes in the form of illness, sometimes divorce, or job loss. Every single experience you have that you consider 'bad' will always have something good come out of it. No matter what the situation is, you can always find good in anything in life...it all depends on your perception.

Perception, what a wonderful process! **I can't stress enough that if you feel you've hit a wall in the walk of life, simply change your perception - thereby changing your life.** The walk provides thousands of paths, forks, blocks and yellow brick roads. You simply can't make a mistake in whichever road you choose to walk. You will learn. You already are learning. You learn something new in every breath you take. Sit with that for a minute. Are you truly the person that you were yesterday? Or has there been a slight shift in your awareness? Of course there has been. You learned,

whether it was a 'good' experience or a 'bad' experience. If you remove the 'good or bad' label, you realize that it simply was an 'experience' and growth occurred because of it.

It is important to understand how your 'words' are affecting your general health. Your body is literal and your cells grow or protect according to your state of mind. Every illness has a core of emotional behavior that needs to be addressed. Have you been in judgment? Are you angry? Do you feel resentment or frustration with family or colleagues? Change your perception. Don't make it personal. Understand that anyone you have conflict with is your spiritual equal. Stay focused on the awareness that they are no better or no worse than you – each person has their own walk with the Universe. You'll never really know what their purpose and walk is, therefore don't judge it. Create acceptance and non-judgment in your life.

Life is truly meaningless. When we were given life, we were not given meaning. This means there isn't anyone walking the face of the earth that can 'make you' angry. There is no one who can 'make you' feel love. **We choose which emotional reaction to attach to each of life's individual events: these choices then create our perception.** You must 'own' the responses you have chosen – **you are responsible** for how you are feeling! Remember your body is recording every word and emotion, then creating your health from second to second.

BE HEALTHY! Watch your words, accept your emotions, and be willing to change your perceptions to create a wonderful world every moment. Will it be perfect? YES, if your perception says it is! Have a great day!

Patti is an incredibly sensitive and perceptive individual, a highly sought after International speaker who, 'gifted' since birth, shares her exceptional abilities in workshops and lectures all over the world with insight, warmth and humor. Patti has her own weekly web-radio show with Co-Host Frenesa Hall, M.D., Wednesdays at www.ContactTalkRadio.com and is also available for individual sessions by phone.



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