

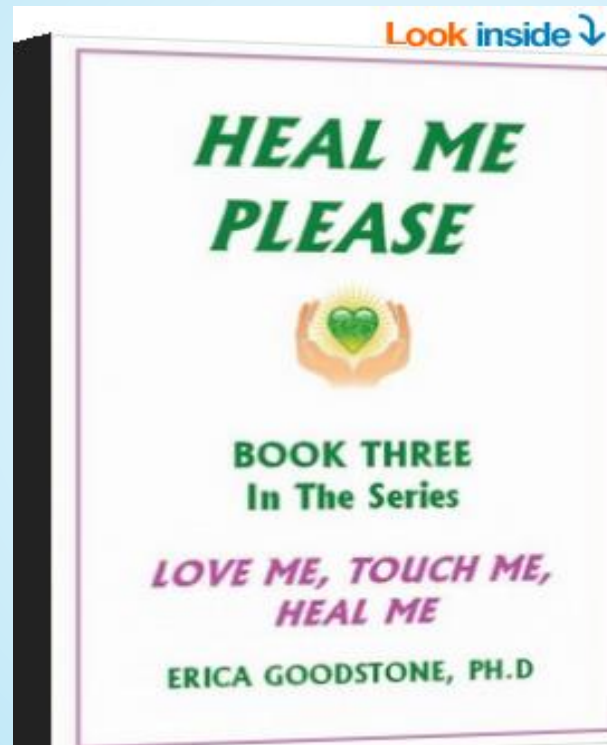


30 DAY

LOVE CHALLENGE

Day 26

Healing Through Love



Heal Me ... Please

”A Healthy Body

*Is a guest chamber
For the soul.*

A Sick Body

Is a prison”

~ Francis Bacon



”Feelings Of Separation



*That result from the feared
Inability to love or be loved
Frequently bring illness
Into our lives.*

**Illness is often a cry for help,
A call for love and a deeper sense
Of connectedness in our life.”**

~ Leonard Laskow, M.D.

”Heal Me ... Please

Why Me? Why This? Why Now?

*What will you do to me?
Heal me ... please
What will I have to do?
Heal me ... please”*

~ Dr. Erica Goodstone



Healing Happens Every Moment

In Every Cell Of Your Body



Loving, touching and being touched with love

Helps to set your mind at ease

Allows you to express your inner truth

Relaxes your body and internal systems

Brings your body, mind and spirit into balance

Helps You Return To Love

When You Have Dis-ease You Can Choose

**To remain focused on symptoms
Seek the best external treatment**



Or ...

Uncover the source of the disorder

Do What It Takes To Change And Heal

Acknowledge The Source

Look Into Your Past



Go way back in time

Discover your original belief

Realize the moment of separation

Feel responsible for creating that belief

With your limited understanding then

Of yourself, others, love and the world



Symptoms And Cause

What Is The True Cause?



Symptoms – cough, sniffles, diarrhea

Cause – bacteria, virus, fungus

Weak Immune System lets disease attack

Stress compromises the immune system

Fear of losing control leads to stress

What Is The True Source?

Perceptions And Interpretations

What do you perceive

Is happening?

How do you interpret

What you perceive?

What emotions emerge

And get expressed?



Hormones Trigger Emotions

Hormones That Trigger Anger



Epinephrine

Norepinephrine

Thyrotropic hormone



Also Trigger Fear, Grief, And Even Joy

What Causes Different Emotions?

You Identify Your Emotion



**According to your perception
And your interpretation
Of the event that occurs**

Perceptions Are Conditioned

By The Messages, Beliefs And Behaviors

Around you during

All your years of development

It's Not What Happens

That creates experience

But Your Perception

And Interpretation Of It



Your Critical Choices

You Feel

Abandoned, betrayed, rejected

Humiliated, ashamed, guilty, afraid

Your Defining Interpretation

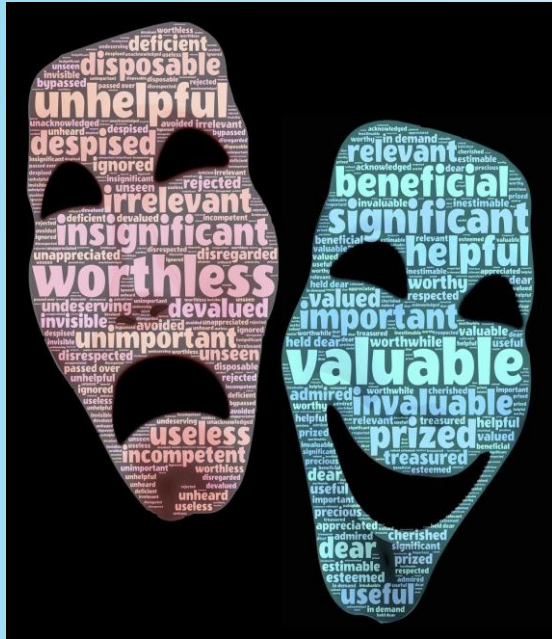
The meaning you give to it

“I Am Not Good Enough”



This Is Your Critical Choice

Your Core Belief



*Your interpretation of a critical event
Crystallizes as a core belief
Your choices support that belief*

Dis-Ease And Illness Occur

*When keeping your body's harmony
Conflicts with your core belief*

Your Beliefs Are The Source Of Dis-ease

Love And Worthiness

Deeper Belief Of “I’m Not Good Enough”

“I’m Not Good Enough To Love Or To Be Loved”



Feel shame and guilt

Leads to belief “I’m unforgivable”

Natural choice is to remain separate

Refuse to love and be loved

Numb Yourself With Addictions And Self-pity

Source Of Dis-ease Is Separation And Alienation

Shame And Guilt

Guilt Is “Feeling Responsible For A Wrong-Doing”

Focused On Behavior

“I did something bad”

“I made a mistake”

Shame Is “A Wound In The Soul”

Focused On Self

“I am bad”

“I am a mistake”

You Have A Choice

You Are

Unique and powerful

You Have

Freedom to choose

You Can

Recognize what is wrong

When You Feel Separate And Alienated

Choose What Feels Right And Good



Choose To Know God

You Can Choose To Feel

Connected to the spirit of god

A higher power, universal source

Connected to something

Greater and beyond yourself

Or you can wallow in your separation



You Are Not Separate And Alone

Love Transforms Your Cells



**“Feelings such as love could be described
In terms of the quantum properties of
Matter, light and transformation.”**

~ Fred Alan Wolfe, Physicist

Light Particles Of Love

**“Love can be viewed in terms of
The quantum statistical behavior
Of light particles – that is, photons
The natural impulse of photons
Is a move toward unity, toward oneness.”**



~ Fred Alan Wolfe, Physicist

Paraphrased by Leonard Laskow

Three Aspects Of Love

“Love Is Our **Awareness** Of The Inherent Connection



That we share with everything else;

We experience it as a **feeling**,

And we express it as an **action**.

Thus, love is the felt sense of knowing

We are part of everything....

These unifying qualities make love

The Subtlest And Most Powerful Of All Energies....”

~ Leonard Laskow

Love And Healing

“If We View Love
As A Universal Pattern
Of Resonant Energy,



**We begin to recognize it as an energetic pattern
That can influence other energies
To move toward wholeness and healing....
Through the energy of love we are able
To resonate not just with a special person,
But with our own self, with all others,
With nature, and with everything....”**

~ Leonard Laskow

”Love Is Not Only



**The stuff of poets and mystics
But a tangible, transmittable
Energy that **can** produce healing.”**

~ Leonard Laskow

Love Agenda for Today

In Your Love Habits Journal

My Healing Needs

What Needs Healing In Your Life?

What Beliefs Have Blocked Your Health?

How Can Love Help You Heal?

Share Your Healing Needs In The Facebook Group

Healing Through Love Seminar Series



Get All 8 Audios Now

References

Leonard Laskow, M.D.

Love As A Healing Force



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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