

BODY-MIND-SPIRIT: HEALING THE WHOLE YOU, Part II

By Reverend Margaret Shepherd, MBA

In our last issue I urged you to recognize the power of your subconscious mind to create better health, and I showed you how to create a vision of your perfect health and make that vision a reality by focusing your energy. In this issue I offer you the miracle of mastermind teams as a way for STr's to help each other heal. Not just cope or manage - **heal**. I ask you to believe you have the power to heal your condition. Remember that you are a whole being, body-mind-spirit. Your whole self is available to heal your physical self. Add your mind and your spirit to your medical program. Remember that thought is creative energy. Changing your mind can change your health. I don't care how old a dog you think you are, you can still learn new tricks to give you back your health.

The mastermind principle is ancient: the combined energies of two or more of us are greater than our sum. Napoleon Hill coined the word "masterminding" in his classic book "Think and Grow Rich." He spent twenty years studying over 500 extremely successful individuals including George Eastman, Thomas Edison, Henry Ford, F.W. Woolworth and John D. Rockefeller. The common denominator to their success? It was meeting regularly with like-minded individuals actively committed to each other's goals.

Working with the basic principles, I created a mastermind process focused on changing *thoughts, words and deeds*. Participants create a vision and focus their goals on that vision. (See the last issue of Dystonia.) My "Early Heaven Mastermind Teams" (EHMTs) provide structure, accountability, support, feedback and collective wisdom. They focus on positive principles that work, and they celebrate success. They have been successful with cancer and other health challenges. They can work for you too. I encourage you to create a team with your fellow STrs. Here's the EHMT system.

Each weekly meeting starts with a five- minute meditation. Next we discuss that week's Power Principle (such as courage, gratitude, commitment). Each member says how they're doing and says an affirmation they will use for the coming week, and commits to a supporting action. Here is the key. ***Each member writes down all the affirmations and action commitments and agrees to support them every day*** – through prayer, sending good thoughts, or just reading them. We close with a simple statement of gratitude for each other, the process, the results we have experienced and those that are yet to come.

Early Heaven Teams Meeting Process:

1. Centering meditation 5 min.
2. Power Principle discussion - 10-15 min
3. Updates, feedback, positive support
4. Affirmations and Action Commitments
5. Closing

Here are examples of affirmations and action commitments. Remember that affirmations are simple present tense statements of what you desire to be true. They implant better beliefs in your subconscious mind. Soon those better beliefs show up as a better life.

Affirmation: "I always attract the right resources for my good health." Action: "I interview three acupuncturists this week." Affirmation: "All my muscles and nerves are relaxed and function perfectly." Action: "I do my relaxation exercises and deep breathing at least five days this week."

Here are some further suggestions to help you succeed. Limit your group size to seven. Have a facilitator at each meeting (the job can rotate) to keep members focused and following the process. Commit to these rules below. Get on my email list for the free Weekly Power Principle, and have your facilitator lead a discussion of how you can use it in your lives.

EARLY HEAVEN TEAMS – RULES OF THE ROAD

Your EHT is a road to personal power. The team is effective when each member faithfully follows these "rules of the road".

- Commit to attendance, preparation, daily practice, and - your own vision.
- Be "present" for your team. Listen with an open mind and heart.
- Practice unconditional acceptance. Transform criticism, judgment, or annoyance the instant you feel it. Operate "above" personalities – others *and* your own.
- Feedback = reflection only, "What I notice is..." or clarification or expansion questions. No criticism – ever.
- All requests for support are honored unconditionally. Your definition of the life you desire is your protected right.
- Practice the attitude of seeing only the highest and best in your teammates. This supports them and activates the cosmic law of correspondence in your favor. Only the highest and best in you will be seen by your teammates. (For Bible fans – "Blessed are the pure in heart for they shall see God")
- Confidentiality -- zero tolerance. We must all know with certainty we are safe to be ourselves, we will not be judged, and nothing is shared outside.
- Stay in touch. Should you have to miss a meeting, share your requests by phone or email.

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Let me know how your teams are doing, and how I can help. Contact me at 800-264-9690, or email revshep@earthlink.net, website www.reverendmargaret.com. I am holding the high watch for each of you, and sending you love.