

Tips to speed the repair process

Part 1: Unblock Subconscious programs

You can re-program your bio-computer, which may be running negative programs via your subconscious and prevent the healing process from going forward. In other words, unbeknownst to you, your subconscious could be doing you in.

Reprogram 2x per day, in the morning and at night:

“I CLAIM that all subconscious programming, or any other programs that are running in my body, which are detrimental to my health and wellbeing, be deleted and reprogrammed in every aspect of my life to reflect my birthright of unconditional health and abundance on an absolute basis. In the name of (My Creator, Yahvey, Jesus the Christ, Heavenly Father, Krishna or _____)— and all in DIVINE RIGHT ORDER. It is so decreed. Or

It is my INTENTION to accept the healing power of these formulas to flow through me to repair every cell of my body, and bring my life into complete alignment at all levels of my being. I am grateful for these blessings. And so it is.

Part 2: See, feel and know your wellness!

Begin making new “tapes” to run through your mind: see/feel yourself doing things you used to love to do, that you have a passion for but may not have been able to do in a long time. Close your eyes and imagine yourself going through these happy experiences again.

If you find yourself entertaining negative thoughts use “delete” or “cancel” 3x and replace with a positive thought. Bev said she still has all her dancing shoes for when she got high on ballroom dancing. Yours may be hiking or woodworking, working in your garden, travelling or...

Run through your tape at least twice a day or any time you have a moment to close your eyes. See it, feel it – hear the action and smell the smells. And embellish it as you go. If you don't have a tape to run, make one up!

Part 3: Get on with your life!

Get your mind off yourself and your problem(s) by doing something to help others. If you can get out, volunteer with older people, pet shelters, soup kitchens, etc. Or like the woman who had been bed-ridden for six years and figured out a way to keep busy helping people, animals, soldiers in battle, toxic oceans, etc, by praying for them. She also saw herself walking down the aisle to her old place in church. And one day it happened...

You can do it. If your intent is to be well, you will be well. No one can stop it but you! “Fake it til you make it”.

Some books helpful in reversing negative thinking:

- The Power of Intention – Wayne Dyer
 - You Can’t Afford the Luxury of a Negative Thought – Peter McWilliams Change
 - Your Brain, ChangeYour Life – Daniel Amen M.D. Sacred Intentions
 - (Nurturing Body and Soul)— Dr. Robert Kandargian Ph.D can only be found at www.drrobertkandargian.com or www.drrobertheals.com
 - Life and After Life-- Dr. Robert Kandargian Ph.D Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born , Robert Schwartz
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