

The Power of Affirmations in Healing

By Dr Petra Weldes

Medical science has long understood the power of a positive attitude, the placebo effect, and the power of our self-image and self-talk to impact our physical as well as emotional idea of our lives. Neuroscience is beginning to understand the powerful and long-term impact that we ourselves can have on the thoughts and feelings that impact our physical well-being and our ability to heal.

Medical Science has also long understood that the body, left to itself, is designed to care for and heal itself. This get interfered with by toxins, accidents, germs, stress, and the mind set of each individual. Our Doctors use whatever is prescribed for us to create a healing environment within, while the body actually does its own healing work. However, we have our part too. Our part lies in our attitudes and our self-image and self-perception.

Our attitude and ideas about our self was created by the ways in which we were talked to as children and then maintained by all the ways we continue to speak to and see ourselves. Neuroscience has shown how these habitual ways of thinking and speaking become synaptic pathways that are carved into the brain. And these grooves carved in the brain become the dominant attitude, expectation, and self-image we bring to our desire to heal from physical conditions.

Western medicine excels as creating a quick healing environment for traumatic and acute situations. However, when faced with chronic, long-term or more systemic challenges, a long-term approach needs to be used to create a long-term healing environment. To do this, we use the very power of our positive attitude and self-talk to create the self-image of wellness and expectation for healing in which healing occurs.

How do we rewire the neuropathways in our brain? We change our self-talk through which we change our attitude, self-image, and expectation. It is our self-talk, with the associated feelings, that cause new synaptic pathways to form. In the process, a new attitude emerges and a new image of being healthy and whole emerges. This is precisely our part of creating a healing environment, along with what we eat, that can truly make a tremendous difference.

The best way to change self-talk is to create affirmations. Affirmations about yourself and your health are a great place to start. You can also add affirmations regarding eating, movement, self-image, self-awareness, and holding a positive image of yourself. Most everyone has heard of affirmations, and they can be easily dismissed when only used a few times. But the grooves in your brain were wired that way over a lifetime of thinking, so creating new grooves takes consistent, repetitive, and emotionally charged affirmations used over a deliberate period of time to truly create new neural pathways.

Think of it like taking your brain to the gym. You don't go once a month and get buff. To get fit and reshape your body takes consistent and diligent effort. It doesn't have to be hard it just needs to be done.

So, what is an affirmation? It is a statement that positively affirms something that is in alignment with the deepest truths you know to be actually true. Things like your body knows how to heal, that being positive makes a difference, that there is a creative intelligence, power or force in Life itself that is the healing power, and that it can and does work for you. Affirmations are, then, effective tools for training your thoughts and feelings regarding what you desire to experience in your life. They are as an important a part of your daily health routine as taking your supplements, eating right, or seeing your Doctor.

To create Affirmations which are effective and powerful here are some tips:

- Make them personal. You can either begin with I AM, I KNOW, I AFFIRM or you can talk about yourself in the 3rd person, using your name instead.
- Write them in present tense, as if it is happening now.
- Use active language, verbs which indicate action, your experience occurring as you speak.
- Use feeling language, words that induce the emotional experience you desire.
- Keep them short, one sentence, easy to remember, easily repeatable.
- Use personal terminology – words that are important to you, words that evoke the appropriate experience and feeling within you.
- Be specific, and refrain from outlining: state WHAT and leave out the HOW.

If your affirmation doesn't feel right, keep rewriting it until it does. You may find that creating affirmations bring out hidden, false beliefs, creating an opportunity for you to work to release these beliefs. For instance, if your response to your affirmation is "No!" or "That will never happen," then you have a belief that is silently sabotaging the creation of your desired healing. Use the revelation of this hidden belief to your advantage. Ask yourself, "What is it that I really believe, right now?" Ask yourself, "Is that the ultimate truth?" Notice the purpose that it might have served, thank it and, if you no longer need it, let it go. Replace it with the truth.

After writing your Affirmations, use them actively in your life in a way that works for you. Some suggestions are:

- Put your affirmation in places where you can easily see it to remind you to keep it in your thought.
- Repeat it often, speaking enthusiastically and powerfully, with feeling. Do this at least 3 times per day, when you wake up, mid-day and when you go to sleep.
- Write your affirmation out repeatedly in your journal.
- Record the affirmation and play it back to yourself while doing activities around the house, driving, or going to sleep.
- Visualize yourself in the experience that the affirmation describes, feeling the feelings, seeing what your world looks like around you. Actually be in your body experiencing your body, seeing with your eyes and feeling with your feelings! The stronger the felt experience the greater the message placed into the action of Spirit.

Like gym equipment, affirmations only work when you work them. The great news is you don't have to go anywhere or pay anything to use them. Using affirmations is a powerful tool in your healing program.



Dr. Petra Weldes has been a dynamic and motivational teacher, speaker, and leader in healing, personal growth, spirituality and metaphysics for over 35 years. She has coached, empowered and inspired thousands of people in their healing, spiritual growth, and personal transformation. Her mission is to grow people, ideas and organizations that foster, nurture and create a sustainable future for each of us, personally, professionally, in our families and for the world.

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