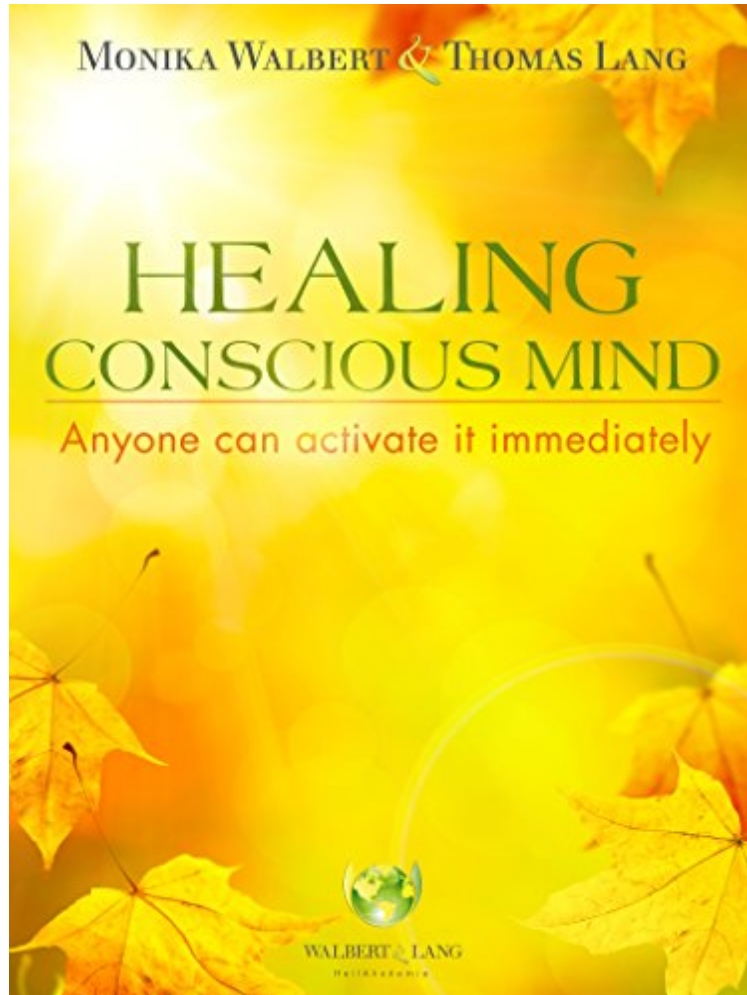


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Healing Conscious Mind: Anyone can activate it immediately

Von Thomas Lang, Monika Walbert

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KurzbeschreibungWe all received the gift of a free mindset and therefore the freedom to choose between good

thoughts and negative thoughts. This we can train. Approximately 50,000 to 100,000 thoughts a person takes on daily. So we are subjects to a constant stream of thoughts. Of those, 70 percent are just petty, 25 percent of bad nature and just the last 5 percent are constructive, meaning uplifting or of invigorated nature. The "right" way of thinking can be realized by the fact that this particular way of thinking makes us happy and healthy. For that, you knowingly have to fully connect to your source of good thoughts (source of love). There is no reason for us to spend our time and concerns on things that we don't want to do and also don't make us feel good. Since our consciousness pervades our minds, it thus also shapes our personality and our reality. That means, if our consciousness is "fed" with good thoughts, our spirit and also in return our bodies can heal. Each of us can make it clear to him or herself, that it's just your own, who is blocking the life sustaining flow. Those thoughts that we pick up and take on but also everything else like news, messages, conversations, those are the thoughts we got. If we would only assume and pick up on the good, then we also would carry the good in us and could, if we fill ourselves up with it all the way to the top, share it with those people who need it indeed. Assume and pick up on good stimulates the free flow of our life sustaining energy inside us. We store in our cells what we assume and pick up on, not just for nothing there is the term cellular memory. Now everybody can picture, that negative programmed cells have a negative impact on our health.

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