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Learn 5 Tips To Heal Your Body

August 16, 2018



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Feeling out of sorts, sluggish or ill? We all have those days, but did you know you have the power to heal your body? It's true! The human mind has an immense capacity to hone in on what you are physically struggling with and fix the problem. In many cases, we simply need to get out of our own way. How?

Here are five tips to heal your body!

Positive Thoughts Equal Positive Healing Energy

I know when I'm in pain it's easy to get bogged down in negative thoughts. It's never easy being sick or dealing with an injury, but it's important to be mindful of your self-talk during this trying time. Focus on a positive affirmation to repeat throughout your day.

Here are some great phrases:

- I feel better today.
- I *am* getting better.
- This hurt is temporary and I'm going to overcome it one breath at a time.

You'll be amazed how much better you can feel when you *tell* yourself you feel better. Engage your mind with positive affirmations and let your body utilize your positive healing energy.

Visualize Your Healing


It's no secret that individuals that create vision boards are more likely to meet their set goals. Something happens to our bodies at a chemical

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level when we mentally picture where we want to be. Visualize yourself doing better, moving faster, being **healthier** the next time you're sick or injured.

Find a quiet place. Take 15 to 20 minutes a day to focus on your body. Start with a smile then imagine your healing. Hold the image in your mind and trust your body to do the rest of the work!



Music Heals

There have been countless studies about the healing power of magic and the human body. Don't forget to use this potent measure of self-healing! Soothing music has been documented to lessen stress and anxiety. Remember, positive thoughts and feelings aid in your road to recovery.

Music has also been proven to reduce the production of cortisol, a hormone responsible for suppressing the immune system. You want your immune system fighting hard for you! Putting on your favorite tunes and taking a moment to enjoy those songs can heal your body!

Meditation Can Heal Your Body

Just like visualization, meditation is a terrific way to center your being and focus on you. Take a little time each day to clear out the negative clutter in your mind. Your body will respond to

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the positive energy created when you quiet your thoughts and meditate. Meditation has also been linked to reducing cortisol!

Spiritual Healing Can Transform Your Physical Body

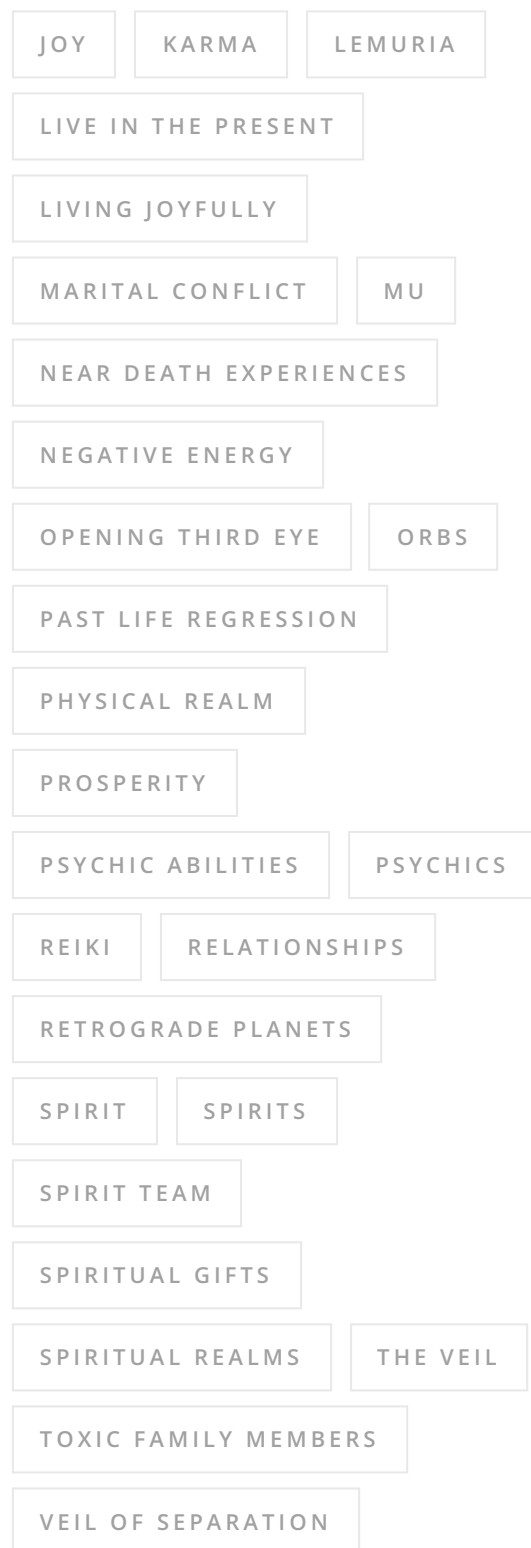
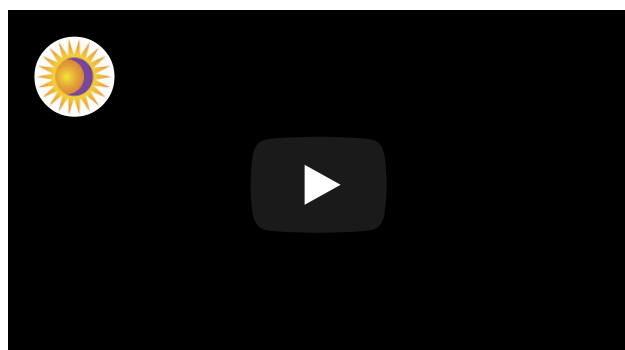
Spiritual healers know what the medical community doesn't understand – we are connected to the energy of the Universe. Think of your body as a rechargeable battery. There are times when we need to recharge. Many spiritual healers are able to pinpoint energy blocks and imbalances keeping you from feeling your absolute best. Would you like to know more about spiritual healing? [Best Psychic Site](#) is here to answer any questions you have today!

Sources:

<http://operationmeditation.com/discover-to-heal-your-body-with-your-mind-in-5-different-ways/>

<http://operationmeditation.com/discover-simple-steps-to-heal-your-body-with-your-mind/>

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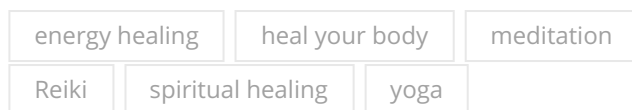


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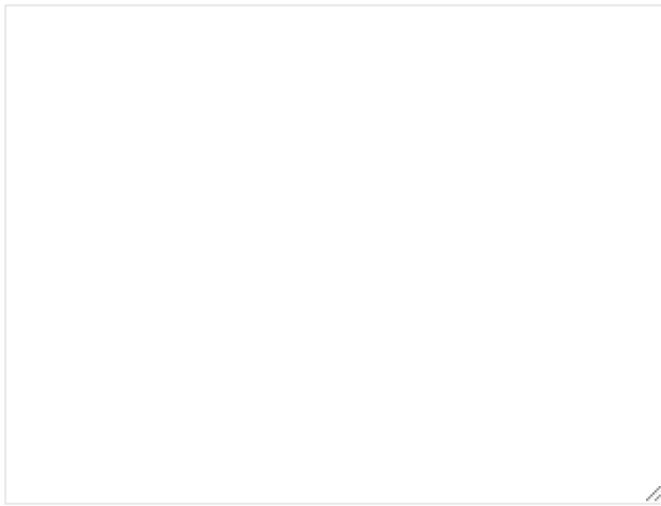
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