

A Back-to-Wellness Quiz

FOR YOUR EYES ONLY!

Do You Make These Mistakes in Sabotaging your Health?

Below are a number of leading questions to ask yourself. They encourage you to examine the destructive thoughts and beliefs you send to yourself daily that may affect your body's basic defense mechanisms. Honest responses will assist you in focusing your awareness away from the tyranny of old beliefs that reinforce limitations, delay resolution, and impede both physical healing and spiritual growth. Answer yes or no to the following questions:

1. Do you expect the worst in many circumstances?

Yes No

2. Do you often believe you are a victim of circumstances and that much of life is out of your control?

Yes No

3. Do you believe others have a great deal more power than you?

Yes No

4. To overcome crisis, do you find yourself focusing on the obstacles rather than the goal?

Yes No

5. Do you fail to ask yourself what harmful messages you are sending to yourself that you need to change?

Yes No

6. Do you feel you lack the courage to examine the rigid beliefs, thoughts, expectations and feelings you have programmed yourself to perceive, even while understanding they define who you are?

Yes No

7. Do you refuse to accept as true that you can create only events you perceive?

Yes No

8. Do you often choose to limit your definition of what is possible in life?

Yes No

9. Do you think it silly to follow what your intuition is telling you?

Yes No

10. Do you find yourself preoccupied with feelings of hopelessness and helplessness, unable to squeeze new good-feeling thoughts into the structure of old, toxic beliefs?

Yes No

11. Have you unconditionally surrendered to the belief that what will be, will be?

Yes No

12. Do you believe that the firmly rooted toxic beliefs through which you view life block the flow of vital energy to your body?

Yes No

13. Do you believe you are by nature, a non-assertive person and therefore very often avoid competition?

Yes No

14. Do you rarely ever show your true feelings?

Yes No

15. Do you find life in general to be pretty boring?

Yes No

16. Do you dislike people who are a bit on the pushy side?

Yes No

17. Do you try to be positive in everything thing you do but most often fail to pull it off?

Yes No

18. Do you choose not to believe that each of us experiences what we focus our thoughts and feelings on?

Yes No

19. Is procrastination and inertia a reality in your life?

Yes No

20. Do you think that taking the time and effort to write down your core beliefs on a piece of paper and closely examine them is a waste of time?

Yes No

Now, add up all the questions to which you answered yes.

If you said yes to 10 or more, it means you need to take charge of those areas of your life, since your beliefs, thoughts, expectations and feelings form your life experiences. Remember that your toxic beliefs can undermine your immune system and attract negative experiences into your life. The big AHA:

You can only experience what you believe, expect and feel is possible!

If you will re-think the questions to the above quiz you will understand Dr. Norman Vincent Peale's advice in his famous book *The Power of Positive Thinking* that "nobody in life ever won a victory over anything without persistence and perseverance." In his writings, he quotes inspirational luminaries such as Goethe, who said, "Austere perseverance, harsh and continuous ... rarely fails its purpose, for its silent power grows irresistibly greater with time." Shakespeare also offered this sage advice, "Much rain wears the marble." A quote I feel also carries great significance is by Burke, who said, "Never despair; but if you do, work on despair."

The Power of Toxic Thought-Reversal

Central to the message the above test is the notion that you get in life what you focus your attention on. But it may be difficult to maintain that focus unless mental images of illness, as only one example, are repeatedly replaced with optimistic pictures that serve a useful purpose. The result of this strategy of "replacement therapy" is a feeling of individual self-empowerment that can put you in greater charge of your life. But to actually succeed in turning your thoughts (and your health) around, repetition is the key. To prepare your mind for action, think of repetition as an enhancing force that sets off

the Law of Attraction, giving you the immunity you desire from mental and physical illness.

Is the Law of Attraction at work this very minute?

Is it possible that you've been drawn, by expectation, strong desire, and feelings to read this material because you've unconsciously requested strategies to renew your mind, body and spirit? Before you think another thought, you be the judge.

Caution:

In my opinion, it takes more than the power of positive thinking to rid yourself of negative events that enter your life. You must actively examine your self-destructive beliefs and feelings and replace them with positive, higher frequency, feeling-good thoughts. With persistent intention, you'll attract similarly positive events into your daily life. The fact that you have been attracted to *Witness a Miracle (Your Own!)* is a good sign, and it is hardly an accident.

As you continue on with it, you will learn how, by the strength of relentless persistence, you can overturn a framework of self-destructive beliefs and replace it with one of infinite possibilities you imagine as already achieved. Such an opportunity is readily available to virtually anyone willing to boldly explore their inner being. What's required is a sustained belief that you can take the "t" out of can't, and a willingness as a conscious co-creator to actually do it.

Unless you face this challenge—unless you digest the cosmic lessons this lifetime is meant to teach you, and align yourself with Divine Energy—you will be held back in life's classroom that your soul signed up for.