

# What Are You Broadcasting to the World?

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Do you know that your brain does not make a distinction between real or imagined? That is why fear or any type of anxiety can overtake you even when you intellectually know it is irrational. And, that can be very frustrating.



The same is true for the thoughts and words that you express. By making simple changes, you can affect how each and every day turns out.

For example, when you refer to "my allergies" or "my migraines" or "my pain", your brain is taking ownership of that experience. Your brain agrees with the statement. Rephrasing and using difference words can make a significant difference. For example: "I am experiencing allergy symptoms" or "I feel a blinding pain in my head" or "I would like to eliminate the pain in my back", acknowledges what you are experiencing and going through. You are not denying what you are physically feeling, you are simply NOT allowing your brain and body to own something that could be resolved.

It is also so easy to broadcast negative beliefs about yourself without realizing it. It has become habit. Listening to and becoming aware of what you are saying and immediately rephrasing it in a positive way is the first step.

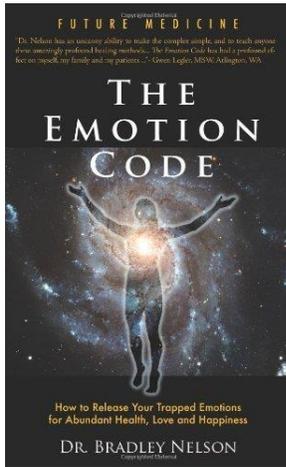
## **Examples:**

- "I can't trust myself." vs "I am learning to trust myself."
- "I'm so stupid." vs "I am intelligent and learning more each day."
- "I should have done more." vs "I did the best I could."
- "I can never get ahead." vs "I am taking steps towards being successful."
- "I will never get better." vs "I am exploring healing methods."

A simple, yet powerful method of releasing your negative thoughts, feelings and experiences is to use a magnet. A refrigerator magnet is all you need.

**For example:** You are feeling so frustrated and you don't know what to do about it. Grab a magnet, think about the feeling you are having of frustration and bring the magnet between your eyebrows and trace it along the middle of your head, all the way to back of your neck. Do that 3 times.

Dr. Bradley Nelson, a chiropractor, kinesiologist and author of *The Emotion Code*, offers tremendous insight into personal healing in his book and on many



YouTube videos. His system of healing is simple, safe and designed so that anyone can help themselves and their loved ones. Dr. Nelson says:

*"I use magnets because I believe they literally magnify the power of your intention to get the job done."*

I can speak to the power of Dr. Nelson's work because I use his methods and magnets in my holistic nursing practice in conjunction with my 30 years of study.

Make today the day that you retrain your brain and turn your life around. Success is just around the corner!

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