



Beyond Belief - Science, Healing and Miracles

by Sarah Dyer
Writer, Journalist & Specialist
in the Holistic field

INCREASINGLY, PEOPLE TODAY ARE TURNING TO ALL KINDS OF HOLISTIC AND COMPLEMENTARY MEASURES FOR THE HEALTH AND WELLBEING. AS SPIRITUALITY MOVES INTO MAINSTREAM THINKING BOOKS ARE LINING THE SHELVES ON SELF HELP TOPICS - HOW TO CREATE MORE WEALTH, HEALTH AND HAPPINESS IN YOUR LIFE AND COUNTLESS PEOPLE ARE WAKING UP, EMBRACING CHANGE WITH THEIR NEW FOUND AWARENESS.



We are manifesting all the time with our thoughts, feelings and emotions. Energy is around and part of us...The particular frequency or vibration that

we send out acts like a magnet attracting to us more of the same back.

You are your own calling card...

My own interest in the area of spirituality, science and the mind, body connection led me to speaking to numerous people with remarkable stories of self-healing.

These people all suffered from different illnesses. Interestingly, some had stories of surviving terminal illness after being given what they described as the death sentence after mainstream medicine failed. These are the miracle stories which conventional medicine refers to as spontaneous healing - traditional medicine

doesn't have all the answers!

A common theme running through all of these people though whether they were terminally ill or not was their impeccable determination and strong belief in themselves to heal and rid their bodies from whatever they were suffering - Spinal Cancer, Breast Cancer and so on.

A growing body of evidence today shows us how powerful our minds are and how our thoughts, feelings and emotions really affect us. One man making it his mission to dig deeper into how the mind can heal the body is Cutting Edge Scientist, Author and workshop leader Dr David Hamilton.

David has researched into this area after having worked as a Scientist in the Pharmaceuticals industry studying the placebo effect. He claims in his most recent book, *How Your Mind Can Heal Your Body*, with the determination, belief and positive outlook the mind can heal almost anything and recent studies into the placebo effect show us that what

happens to the body is what we expect to happen.

He explains that our own thoughts and expectations drive what actually occurs causing cellular and genetic changes in the body - so healing starts with us!

He cites some fascinating scientific studies to show how our minds cannot distinguish between what is imagined and what is real so when a person uses their imagination and visualises themselves getting better in whatever way works for them - healing can occur.

According to David, Stroke, Parkinson and Spinal Cord sufferers all have the ability of regaining some movement by focusing on that part of the body that is affected. He talks about a study which involved 23 Parkinson patient's 11 were given a physical therapy session once a week and 12 tried visualisation and therapy sessions and the results revealed the ones who had visualised had much more improvement than those that didn't.

This goes to show some of what our minds are capable of...

One lady I spoke with Manya, was diagnosed in September 2007 with Breast Cancer. An operation was essential along with chemotherapy however she made the decision to take responsibility of her own life and heal herself. A brave choice to take no doubt, but within a few months her tumour had vanished. I was amazed like anyone would be with her story - how does someone do this? I am sure there are many variables that need to be taken into consideration from a medical point of view. Although Manya believes this was all down to the power of her own mind - accepting and releasing the illness from her consciousness. She was certainly a lady that oozed a strong self-belief and was very big in spirit and wholeheartedly believed all would be well. Manya felt she needed to understand how she had created the disease in the first place. She felt through her own deep unhappiness she had given up on life. 'It was a wake up call more than one to die', she explained. She had felt numb for too long. She believes that the key to health and happiness is to live a life that is full by being true to you and live in the moment!

With no traditional treatment only complementary and alternative medicine such as Meditation, Acupuncture, Homeopathy and Bach Flower remedies along with vigorous positive thinking she felt within a few months her tumour had disappeared. Ironically her scans the following year turned out to be all clear. Manya had affirmed quality thoughts and visualised in her meditations exactly what she wanted to attract believing in it wholeheartedly.

A recent healing course I attended called the Body, Mirror System pioneered by Martin Brofman, Author of Anything Can Be Healed, looks at the energy system and Chakras. More interestingly, how our minds, and consciousness can create our reality through our very own thoughts, feelings and emotions. What we see out there is only a reflection of what is going on inside of us.

Martin created this system of healing after his own life threatening illness...

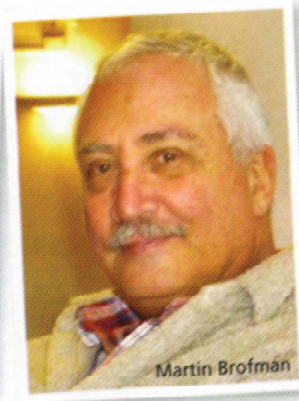
In 1975 at only 35 years old he was living the American dream and working on Wall Street until he became terribly ill and was diagnosed with spinal cancer. He was given only a few months to live. As the months ticked by and he made it to Christmas he decided if he made it to the New Year he would celebrate his life - on vacation in the Caribbean. It was here his life changed. He met a Zen Master who told him that healing starts with you. "It's all in your mind and that is precisely where you go to get rid of it!" With no other options but to take life in his own hands he embarked



Manya



David Hamilton



Martin Brofman

on a journey of self-healing meditating everyday, visualising his desired outcome and affirming to himself, he was getting better. He said he had made a decision to live and was determined to beat it.

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Two months later his diagnosis was all clear.

Remarkable miracle stories and we are hearing more of them these days. On April 21st this year we heard the story of Sharyn Mackay in the Daily Mail who was diagnosed with inoperable cancer of the kidney and lungs and told if she had chemotherapy it would only add weeks to her life. Against the odds she mustered the strength and determination to beat it, believing in the power of prayer!

Scans 3 months later showed the tumor had disappeared, her doctors were shocked and said it wasn't due to anything they had done.

Considerable research is being done into the area of spontaneous healing. This article mentions a recent study in the Journal Archives of Internal Medicine on Norwegian women, which concluded that spontaneous remission of breast cancer might have occurred in more than 20 per cent of cases.

There is an increasing amount of evidence now demonstrating how our thoughts and emotions have a profound effect on health and wellbeing. Some are convinced that through our thoughts and emotions we can directly effect and shape our lives.

It is hardly surprising that talking therapies such as NLP - Neurolinguistic Programming, EFT - Emotional Freedom Technique, and Hypnotherapy can produce great results as they reprogram the mind

using visualisations, affirmations or tapping on the meridian points.

Tapping fever is becoming a pandemic with many repeating daily affirmations such as, "My body now restores itself to its natural state of good health." David Hamilton advocates the power of these and when repeated daily and for long enough suggests how they can help to re-program the mind allowing for healing to start taking place.

Louise Hay and Greg Braden in, you can heal your life movie mention their own experiences with illness and how they healed.

Greg a scientist and best selling author is internationally renowned as a pioneer in bridging science and spirituality. Louise is a pioneer of the self-help movement it's an eye opening movie which is well worth watching for anyone suffering from any kind of illness wishing to take a more holistic approach towards healing. As Louise says in the movie "Your thoughts create your life - it's that simple!"

These stories are nothing short of miracles...but what is one person's miracle is another's logic!

Many of us believe in mind over matter and when science starts to bring this to life that's when we pay attention. All the amazing studies researches are now doing give us huge amounts of encouragement for the future and what the mind is capable of.

We are all on a unique journey and what if we are creating the story of our life right now through our very own thoughts and emotions...?

Important Note: complementary and alternative healthcare should only be used alongside traditional treatment.

Dr David Hamilton's Website:
www.drdauidhamilton.com
 Martin Brofman Website:
www.healer.ch

If you would like to share your story for the purposes of a book or TV documentary research then please email Sarah Dyer at sjdye85@hotmail.com