

Intention

EACH MORNING UPON waking, you can speak out loud, or cogitate inwardly, about something you feel grateful for!

In example, I might choose to say thank you Lord for giving me another beautiful day to be of service to you or, thank you Lord for my eyes, for they are perfect, and I can now see your splendor. Keep a notebook next to your bed and if you don't care to speak your gratitude, then write it down. Be clear on your intent. I can't tell you how many people I've counseled over the years that would come seeking to find themselves, knowing they wanted something but not really knowing what that something was.

When grandfather sun shines down on your face, know that I am with you.

When Mother Earth springs forth new growth, know that I am with you.

When wind spirit caresses your skin, know that I am with you.

Know that you are a part of everything that is. In this knowing, you will be aware of your own special connectedness and that I am always with you.

~Nicole Myers Henderson

God provides us with many opportunities to learn. He afforded me many as I learned how to communicate with my body over the years and I believe that you will have many to share as you move forward. You may recognize, as you empathize with my experiences that your body has been trying to get your attention; trying to bring you into awareness; into alignment with your God Source.

I shake my head as I think of those early days. I had my own ideas and lusted after outcomes only to find out that some things are just supposed to be. It took me a long time to accept that I had to grow out of my ego-based thinking; to come to the realization that every cell in the human body works for the whole, every second of the day without our conscious effort.

As we move forward, we will focus on what I call, Purposeful Combined Effort. I will be teaching you how to communicate with the cells of your body in order to create balance, peace and joy within all aspects of your life. It is written as a guide to get you started on the road to communicating with your innate wisdom. It will skim the surface of opening you to your greatest potential as an energy being and as you grow, you will foster your own techniques to suit your way of life. This practical guide is a tool that anyone can use to heal from within; to lighten the proverbial load that the body carries due to environmental toxins, old outmoded ideas, thoughts

and painful experiences. These tools can help you live in community, create peace, love, heal and can even offer you a better way of life.

The guide is written in such a way that it can be applied immediately and be easily understood.

By communicating with the cells within your body and tapping into your own stored memories, you will find out that your body has been trying to communicate with you since conception. It is your faithful inner guide and ever present companion. It is your loyal, devoted physician and your ultimate practical apothecary. Once you open yourself to utilizing these techniques you will come to understand that you have never been alone. Your higher self, core essence, or God Source has always been within you, guiding like a bright light atop a lighthouse, protecting you from life's rocky shoreline. This innate intelligence has taken care of all that needed to be done in order to keep your body alive and well throughout the years, without being acknowledged consciously by you.

Most of us take our body for granted, and in doing so we have given our power away to others, perhaps wanting them to take responsibility for our health and well-being. Now is the time for us to take our power back and realign ourselves with the truth, the truth that our body has the ability to heal when we give it what it needs.

A word of warning for those that already have health issues and that require assistance from a physician: You can use this guide, but I urge you to continue your regular doctor visits and don't be afraid to tell your practitioner that you have been practicing meditation-like techniques that allow you to feel what is happening within your body and, of which has allowed you to become more familiar with what your body needs. Some will be able to use this guide effectively while others will read it and lack the trust necessary to create or maintain lasting change. Stick with it! It will grow on you and you will be surprised at how quickly it works.

I would also like to suggest that if you suspect that you have an illness that requires a physicians' attention, please do not hesitate to get the help you think you need. These techniques have worked for me and for countless others that I have worked with over thirty-five years of practice, yet not all will be ready to grasp the idea that we have the ability to tap into the God Source within for healing. Not everyone is ready to accept that we humans are infinitely more wise and powerful than we have given ourselves credit for.

Also, note that this book can be used to help you communicate what you "feel" with your family practitioner or specialists. It is my hope that you come to the realization that you do not have to leave your health and wellbeing up to someone that does not know you, and that you do not have to suffer in silence on your own. I used these techniques effectively during my bout with endometriosis and my physician was happy to have the additional insight and wisdom from my body. Many physicians realize the need for patients to participate in their own care and they are educating themselves on complimentary forms of medicine in order to help guide their patients,

The tides are turning and physicians see that the old ways of practicing medicine are not fully effective by themselves.

You will find the exercises included in the following chapters to be broadly useful for business, world issues, health problems or to answer personal questions pertaining to others. As you move through them be aware and be clear on your intention as you delve deep into your God Source to watch and listen to what it has been trying to tell you all along.