



## **Why I Became A Messenger**

I became a messenger in 2010 after a health scare, which turned out to be my wake-up call. Life had been pretty rosy up to that point, and only now do I realize how little I knew about myself. I needed a wake-up call to learn my lesson.

And I got it. Actually I got a few of them.

In 2008 I was diagnosed with an autoimmune dis-ease called rheumatoid arthritis.

In 2009 I experienced the side effects of the prescription drugs I was taking to manage the symptoms of the dis-ease. So I took myself off the drugs.

In 2010 the symptoms returned.

In 2011 I finally learned the lesson.

I've learned that we all have limiting and self-sabotaging beliefs that are holding us back. I've learned how to find them and I've learned that we can shed them. While my lessons have been learned on a healing journey, I've realized that the lessons apply to all aspects of my life. I also have a lot better idea of what causes dis-ease than I ever knew.

My answers all started to come when I began asking questions. I started with a simple one. What is dis-ease? The simplest answer was that the prefix dis- implied a lack, and dis-ease was a lack of ease.

My next question was what causes dis-ease? ---- Are you ready for the answer? Here it is. We don't know. I didn't like that answer. I needed a better answer.

What's the prognosis? ---- There's no known cure. The best approach that we know is to treat with a cocktail of prescription drugs to manage the symptoms and slow the progression of the dis-ease. Ick, I really didn't like that answer, but that's what the people I was talking to knew. And that became the start of my belief system.

Prior to my diagnosis, I remembered my childhood days when all I thought was that my body would heal itself. I had stitches, I had broken bones, I had colds and flus. I sought doctor's advice when needed, and my body always healed. That's all I knew. That was my belief.

When I was diagnosed with my dis-ease, my belief changed. My doctor told me I couldn't heal from this one, there was no known cure for RA and the best approach was to treat the symptoms aggressively with prescription drugs. With the right drug cocktail, I could live a pretty normal life. Now my belief was that my body couldn't ALWAYS heal itself. I had been told by an expert that it couldn't happen, so I had a new belief. I believed I couldn't heal but I was going to be okay.

I had that belief system for a year, then my hair started falling out. Hold on, I believed I was going to be okay. This doesn't seem okay any longer. Then I started to learn more about the side effects of the medications I was taking. Damage to kidney and liver; that makes your hair fall out.

Now, a new belief system. I'm not going to heal and I'm not going to be okay. Either the dis-ease is going to ruin my life or the side effects are. Nice! But I couldn't stop there. I didn't want to accept that belief system. I did more research.

While my rheumatologist had looked me in the eye and told me that diet did not have an impact, I started to hear differently. I have heard many stories and I know several people personally that have healed or significantly improved themselves by taking charge of their life and changing their diet.

I heard several stories of spontaneous remissions from many dis-eases and personally know 2 people that were given less than 6 months to live ... That was over 15 years ago.

I began watching more and more videos and speakers who were talking about the impact that our own beliefs have on the way our lives play out. There were so many. I couldn't ignore it any more. That's when I started to ask questions. I really started to ask myself questions about my own belief system. If there had been spontaneous remissions before, why couldn't that happen to me?

You know what? There wasn't an answer. Nobody could explain why it happened with others, and nobody could tell me that it couldn't happen to me. And I saw many links between those who had experienced remissions and how they chose not to accept the diagnosis they had been given. They didn't let that outcome become their belief system. I had a new belief system. I can heal. I don't know how yet, but I know it can happen. Hope has returned to the party. I didn't get attached to an outcome of returning to perfect health and that was important, I simply started a journey of healing. I had hope and I had a dream. Now I just needed to figure out how.

Today, I realize that I am the Captain and Commander of my Health and Happiness. I can make educated choices about the food I eat. I can make informed decisions of which health care providers work best for me. I can make informed decisions about the medicines and alternative approaches I use to deal with my health condition. I can choose how I'm going to accept or reject any situation. I can choose how I respond to fear and hesitation. I can choose to just live, or I can choose to truly experience all that life has to offer me. Indeed, I am the Captain and Commander of my own life.

While on my healing journey, I have developed 5 fundamental principles to live by:

- **Expect synchronicity** – There are no coincidences. We are given signs every day that help us follow our life path. Learn to recognize and expect the signs.
- **Examine limiting beliefs** – Many of us live our lives under the pretense that “we’re not good enough” or “I can handle anything myself”. We are all connected and working together, we can achieve anything we set out to do.
- **Speak your authentic truth** – Express (don’t suppress). Ask for help when you need it, the answers will come from unexpected places.
- **Love vs fear** – Even the simplest life choices are often based on a choice between love and fear. Recognize, then let go of the negative emotions, remove judgment from your life. You’ll feel a lot better and be more balanced.
- **Get off the sidelines** – Avoid mediocrity, start taking the steps to live your life desires. If not you, then who?

Today I continue my healing journey and I am truly grateful for all the lessons I have learned in the past few years. I share stories with anyone I meet and encourage people to look inside to get to know and love themselves a little bit better.

What’s my message?

I have a crazy dream. My dream is that if everyone learned to appreciate themselves for their own magnificence, we would create a massive ripple effect. We would hear many stories of physical and emotional healing. There would be less and less illness and dis-ease in our societies. We would become part of happy, healthy, thriving communities where each person understood and valued their role within the community. We would understand that we all have a role to play, that we’re all in this together. Is that a crazy dream? Is that a dream that could come to reality if we all realized that we were in charge of our own health and happiness? Some may not see this dream as achievable, I simply ask “Why not?”

Namaste