

Work in Progress

Published monthly by Michele Crawford

Work in Progress is an electronic newsletter intended to assist individuals seeking optimum well-being.

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Work in Progress July 2007 Volume II Issue VII

Feature Article: Whatever We Focus On Grows Bigger: The Law of Attraction Part Three

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1) Note from Michele

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Dear Reader

A client of mine was very excited to watch and learn from The Secret DVD, which he then watched many more times. When his father entered the room and watched a part of the movie, he made the comment that all he had to do was make a wish to win a lottery. If only it was so simple.

During the 1400's, Descartes separated spirituality from medicine; emotions from cognitive functioning. Western medicine and science has stayed true to that concept ever since. The role of thoughts and

emotions on disease and symptoms remains a foreign notion even today for many individuals working in medical and psychological fields.

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## 2) Feature Article: Whatever We Focus On Grows Bigger: The Law of Attraction Part Three

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For well over 5,000 years, around the world, alternative medicine and healing has embraced the hypothesis that energy flows through the body in pathways called meridians. Disturbances in corresponding meridians, originating in your thoughts, create symptoms such as anxiety, depression, phobias or ulcers occur.

This energy system is now measured by modern technology as an electric magnetic system. Every component of the body, down to the tiniest atom, has its own magnetic signature. This magnetism resonates within your body and with your surroundings.

Chinese healers call this electric magnetic system Chi. Running from head to toe, Chi is the foundation of health and emotional wellness. As mentioned, practitioners have learned that your attitude has an enormous influence on Chi's functioning.

There is another component relating health to beliefs. As recently as 1993, a brain scientist named Candace Pert discovered a bio-chemical connector between the brain and your immune system. Since then, high powered microscopes have revealed hundreds of these neuro-peptides.

This explains why you can go to a doctor with symptoms, ailments or physical problems and after checking everything, your doctor tells you there appears to be nothing wrong; it's only stress. What that actually translates to is that your irrational, negative and unrealistic thoughts are creating the wrong kind of neuro-peptides, making you sick. We've known that to some degree for thousands of years.

The model I teach in therapy, Rational Emotive Behavioural Therapy, provides copious research to prove that ninety percent of our emotions, behaviour, fight or flight response as well as physical problems, are a result of our thoughts. Only 10% of these consequences are due to other people, events or the world around us.

So then, thoughts produce particular types of matching neuro-peptides which influence health and emotional states. Thoughts also influence your Chi directly. Negative thoughts create a lower frequency in this system and positive thoughts hum at a higher frequency.

Being magnetic, Quantum Physics is now supporting the age-old notion that like attracts like (The Law of Attraction). For example, negative thoughts/ frequencies attract negative people and events. The Secret's message of course is to focus on affirmative thoughts and concepts so that blessings and positive outcomes will be drawn to you.

Even if it's NOT true, you feel so much better with the positive affect (body sensation) and emotions that result from optimistic words and perceptions. If you could have positive body-affect guaranteed for the rest of your life, you would probably be content to live on a garbage dump. Miserable people, even those who live in mansions, are not happy only because they have pessimistic thinking.

A final word... those individuals, who dismiss or ignore its precepts, wouldn't notice any change in their lives. Those people who embrace the concepts of The Secret, report significant positive change. Those fortunate people who welcome The Secret's philosophy consider it vaster and richer than winning any lottery.

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### 3) About Michele

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Michele Crawford is a therapist who assists individuals who are struggling with trauma, anxiety or depression. Her passion for her work remains embedded in being able to connect with you in your suffering, helping you find real solutions no matter how complex the issue may be.

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### 4) Counselling Services

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Are you prepared to live with more happiness, optimism, confidence, self-worth and hope? If your answer is "yes," then your next step is to contact me for a free 20-minute phone consultation. We can then discuss how I might best help you resolve your problems of Trauma, Depression and Anxiety.

The benefits of counselling with Michele include: significantly reduced stress levels, an optimistic outlook in life, increased confidence and hope.

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