

# Introduction to Self Healing

## Quantum Healing at the Sub~Atomic Level...

**How we feel literally molds our reality...** Welcome to the new physics termed quantum mechanics...a new way to live our lives. Most of us grew up thinking that the world was made up of concrete things that behaved under certain rules (like gravity) that were predictable. Secondly, we believed reality was "out there", going on whether we observed it or not. For example, matter, like tables or rocks, was solid, dense, and inanimate. While energy, like heat or light, was permeable, ever-changing and active. Physicists discovered during this century that the world doesn't behave that way all the time, especially at the sub-atomic level. Most of us still believe this is true. We basically live outside of ourselves, projecting our thoughts and fears into a fear based reality. It is like a movie projector...the images in your mind and field play back in your experience.

The term was first coined by Deepak Chopra, M.D. in his book "Quantum Healing" published in May 1989. He wrote: "Therefore I would like to introduce the term quantum healing". He was describing instances where his clients spontaneously healed beyond what was expected by medicine. He wrote about a "mind-body connection at the sub-atomic level where awareness promotes a quantum leap in the healing mechanism."

Quantum Healing is a choice...choosing to alter our consciousness and access the quantum field to create health and to become the best that we can be. At a sub-atomic level, the mind-body connection is changed by our awareness and can be manipulated to promote healing mechanisms. Dr. Wayne Dyer calls this "Getting in the gap". This is literally a state of being where we let go of everything, empty our mind and become one with all that is.

Many Doctors including Deepak Chopra & Bernie Siegel have outlined 'miraculous' cases where **patients have been cured of seemingly 'incurable' disease by not believing their doctors' prognosis & in turn focusing on their own intention of perfect health.** God must have intervened! Indeed he did - in the form of the will, the intention & the Observer of the patient involved. These '**miraculous' healings are available to everyone** - it is simply a matter of changing your mind. Owing what has become 'separate' & converting that into a different 'healthy' energetic frequency. It's a matter of looking at a different reality- whatever you focus on, is. If you focus on limitless potential & perfect health - your body & indeed your mind will have no other option but to collapse those wave functions carrying that reality & vibrational frequency into the particles which become your life.

I have experienced spontaneous healing not only for myself but for my clients. What I have discovered is that we have the ability to instantly shift our energy and vibrational frequency in order to bridge the gap between who we were taught to think we are and shift into alignment with the perfect state of being which is our birthright.

During this class we are going to practice several exercises that will help you begin to open your mind and hearts to new possibilities.

Linda S. Ludwig  
The Life Force Institute, Ltd  
(267)614-6621  
lindaludwig333@gmail.com