

Your Cells Are Listening: How Talking To Your Body Helps You Heal

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by Conscious Reminder

The scientists are starting to acknowledge the belief of the shamans, healers and spiritual master, that the mind is a powerful healing tool. Many researchers like Bruce Lipton, Ph.D. have shown that our thoughts, no matter if they are conscious or not, can impact on our bodies and our DNA, and that negative thoughts and beliefs will help in the process of destruction of the body. The good news is that the positive self – talk and unconditional love to ourselves can make miracles.

Every Thought Counts

The biggest mistake we all do, is not paying attention to the thoughts in our head, because the cells are listening our negative self – talk, 24/7. In the ***Useful Things To Be Saying To Your Cells***, Ian Brown points out that – *“Cells are hoarders — of emotions, of thoughts, and of previous experiences — and nothing is given up unless you tell them to let go.”*

But every single thought counts, which means all the loving, encouraging you are giving to yourself, and all the positive words and thought are being absorbed by your cells; because words and frequencies can reprogram even the DNA.

Is important to know that we are not a brain, supported by an inconsequential body, but a highly intelligent system. Every part of us has its own consciousness; and understanding this will help us in our self – healing.

Positive Body Talk for Healing

For developing a respectful and loving relationship with ourselves, our bodies, organs and cells, we need to see the amazing interdependence within us. The first step could be listening to your body through meditation. We can also say these three words out loud: – I love you!

Therese Wade, MSc in ***Your Cells Are Listening: How Talking to Your Body Can Help You Heal***, gives these additional tips:

- Approach your body with genuine compassion, understanding that it is made up of conscious cells who experience emotions.
- Build trust by engaging your body in positive mental conversations about your desire for the two of you to cooperate and overcome the ailment.
- Allow changes in the conversation by using different thoughts and words that elicit spontaneous elevated emotions.

The spiritual leader, Osho, adds – *“Once you start communicating with your body, things become very easy. The body need not be forced, it can be persuaded. One need not to fight with the body – that’s ugly, violent, aggressive, and any sort of conflict is going to create more and more tension. So you need to be in conflict – let comfort be the rule.”*

Osho gives two examples for approaching to the imbalance within the body:

Weight loss: “First tell the brain that you are sending a message to the body, and that the brain should pass it on. Then simply tell the body that 5 pounds or kilos less will be ideal and that you digest normally. Do not involve the eating at all. Just tell the body that some pounds less are needed. And when you get there, tell the body to stay there, that there is no need to lose any more weight or to gain more weight.”

Migraine: “Speak to the body in two ways. First speak to the whole body, telling it that that its help is needed to send away this pain in the brain. Explain to the body that pain is not its natural way. There is no need to be carrying this pain. Then speak to the brain directly, in your own words telling it, ‘I do love you but this pain is not part of your nature, and it is time to get rid of it.’ And when it is gone simply remind the brain not to take it back.”

But he thinks that true healing and health will be possible if people are taught how to make friends with the body.

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