

Addressing ALS. Part Two. Mental – Emotional – Spiritual Aspects.

Most people mistakenly dismiss the mental-emotional-spiritual aspects of disease. With ALS, this would be a critical error.

Every long term survivor of ALS that we have spoken to has done mental and emotional work--most on their own, some with the help of a professional. People like Craig Oster, Eric Edney, Carol (from the film) and Steve Shackel didn't just look at the physical aspects; they felt you can't ignore this and survive ALS. Ideally, you would do both. Eric has said without a positive mental attitude he would not have survived. Craig has done a lot of mental, emotional and spiritual work using a variety of methods. Carol has a very deep faith in God and a keep-trying-until-you-succeed attitude. Steve Shackel said if he had not done *both* the physical and mental work that he did he would not be alive today.

Everyone we know who has "cured" ALS has done it through either mental work or a combination of mental and physical. Do not underestimate the value of the information below:

- Read or watch each of the six stories below. I hope they inspire you. If they don't then you have work to do.
 - Dr. Ben Johnson: <http://thehealingcodes.com/book/>
 - Evy McDonald: <http://ahha.org/articles.asp?id=55>
 - Todd Mitchell: <http://www.youtube.com/watch?v=TzH00YDge8U> (Todd's link is no longer available but he is willing to talk to people with ALS. Diagnosed at 17, now in his 40's, healed).
 - Wendy Moore: <http://www.youtube.com/watch?v=RNHmFRO9VJo>
 - Nelda Buss: <http://www.youtube.com/watch?v=pep1SIOQey8>
 - Steven Shackel: <http://home.goulburn.net.au/~shackel/>
 - Donald Jaeger: <http://holbeck.wordpress.com/2011/09/18/041-healing-of-lou-gehrig-s-disease-als-see-note-1-motor-neuron-disease/>
- Watch Gabor Mate's take on ALS: <http://www.youtube.com/watch?v=3Fd18w2PrHI> Truly consider this, could any of this be partially or completely true in your case?
- Watch Bruce Lipton: <http://www.youtube.com/watch?v=jjj0xVM4x1I> . There is a scientifically-based mental component of ALS which you want to consider along with all the physical stuff. For more detail, read Bruce Lipton's book, titled *The biology of Belief*.
- Check out Dawn McCrea's website and blog. Dawn has ALS and was slowly declining over 10 years, then the last two years started doing mental emotional work as well as energy healing, and as a result has been regaining muscle and functionality: <http://www.energyhealingstrategies.com/>
- Keep a positive mental attitude no matter what and be grateful for everything in your life. As you will see from the previous videos, this is crucial. So is a determination to do anything and everything necessary to get well.
- Write down all the advantages to being sick (no longer need to work, no longer have responsibilities, able to stay home with children, able to spend more time with spouse, some deep seated idea you don't deserve to be well, or you deserve to be punished, etc.) Then write down all the advantages of being well. Keep adding to both lists. Be totally honest with yourself and go deep. If you are

not sure if it is valid, write it down. Part of getting well is acknowledging any unconscious perceived advantages of being sick and comparing them to the advantages of being healthy. *Revisit these two lists often, meditate on them and add to them. If the advantages of being well do not outweigh the advantages of staying sick, then make changes in your life until they do.*

- To totally understand the power of the mind, watch *From 1:21:30* for the next few minutes and you will see incontrovertible truth that tumors can disappear with the power of the mind in minutes (and understand dysfunctional neurons can be healed as well as tumors): <http://www.youtube.com/watch?v=DRPfxHni1ok>
- Take time each day to sit quietly and visualize yourself healed and well again. *Every person we know about who has totally cured themselves of ALS, who is no longer in a wheelchair, has done this consistently, daily.*

I hope you find this helpful. Again, I have contact information for a number of the people above so when you have gone through the tasks above, I will be glad to give you their information. They are very generously willing to speak with anyone with ALS and help in any way they can.

As always, feel free to call or write anytime.

Patricia

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