

# THE “BODY-MIND-SPIRIT” ROAD TO YOUR IDEAL LIFE

By Reverend Margaret Shepherd, MBA

I took an Internet self-test the other day. It rated your “actual” age compared to your chronological age, based on how you answered the questions. It made my day to score a “43” actual age compared to my 54 chronological years! That prompted my wondering why, if I can be 43, couldn’t I be 30 or 20 again? I believe I can, if I focus my whole being on a clear vision of what I desire. Each of us is a body-mind-spirit, and you can use your body-mind-spirit to become the person you chose and have the life you want.

There is much proof about the power of the mind, spirit, and body working together. In the 1950s a psychiatrist named Rosenthal discovered what he termed “self-fulfilling prophecy”, which demonstrated the power of suggestion on the mind and on behavior. He told one group of teachers their new students were exceptionally bright, and another group theirs were exceptionally slow. In truth, the children all tested the same. Rosenthal scientifically demonstrated that the *beliefs* of the teachers affected the children’s performance. The teacher’s beliefs literally became true. At about the same time the medical placebo effect was being proven – patient’s beliefs in the power of a remedy dictate its effectiveness.

This is not magic. It is basic metaphysics and it works for anybody: 1) your beliefs create reality, 2) the universe responds predictably to the thought energy of your beliefs, 3) to control your beliefs you control your thoughts, 4) there is a universal power always operating for the highest good.

The thought energy of your beliefs is responsible for ALL your experiences. To change your life, think new thoughts. Turn your attention away from what you don't like and focus on what you want. Send your energy to what you *want* - never to what you don't. Do this by holding a vision of your desired experience, then creating affirmations and actions to support it.

A VISION is a sort of magnetic blueprint, an imagined scene of your desired experience. It attracts resources—people, opportunities, information, money – whatever it needs. Keep your vision fueled with your energy. Don't worry about the “how”. Just keep focused on the ideal. To create your vision:

**Step One – PREPARE YOUR MIND.** Something within you accepts the status quo, so you have to prepare your mind to accept the new experience. Set your intention to be willing to change.

## **Step Two – CREATE YOUR VISION.**

Close your eyes. Take a few deep breaths. Perhaps say a prayer. Trusting your inner wisdom, ask yourself: “What is my vision for...?” (better health, fulfilling work, a new relationship – whatever you wish) Now describe it. Create a scene in your mind of the experience you want. Now ask yourself: “What must I change in my thinking?” “What must I do differently?” “What am I *willing* to do now?” Now write it, draw, sing, dance – begin to make it real. Visions continually refine, so leave open questions open.

## **Step Three – ACTION PLAN:**

### **Affirmations.**

Affirmations are powerful tools. They are statements of what you desire to be true, spoken in the present tense. For example: “I accept myself exactly as I am.” “I experience better health every day.” You have 60,000-75,000 thoughts each day. You can see it takes some effort to get new thoughts into your subconscious! Old beliefs keep creating until they are replaced, so “act as if” – behave as if you already have what you desire.

### **Commitment.**

Ask yourself these questions: “What 3 actions can I take in the next 6 months to create my vision? What can I do in the next 30 days? What do I commit to do?”

**Share.**

Share your vision, affirmations, plan and commitment. There is great power in knowing others support you, and hold you accountable for your commitments to yourself. I encourage you to work together, and share the joy of creating the life you desire.

If you get stuck or just want to talk about these ideas, call me at 800-264-9690, or find me at [www.reverendmargaret.com](http://www.reverendmargaret.com). Meanwhile, know that I hold the high watch for each of you, and send you love.