

a new way to heal with positive affirmations!

“BALANCED 1”

“IMAPHILLY PITCHER”

“IM1powerfulhealer”

“IMaHEALTHY1”

“IBpositive”

“LOSE30LBS”

TV never looked so good as it did during study break! It was a typically hot Atlanta Sunday morning. After hours of studying spinal biomechanics, I was hungry for a few moments of mind-numbing entertainment. I channel surfed for the perfect distraction. It came with the sight of a charismatic man sporting a fancy suit and gold accessories. With an extended arm and a laser beam stare, he draped his right hand over a woman's brow. The woman stood in front of a wheel chair with her arms raised on each side and her fingers spread wide in a starfish formation. Poised for action, two men stood staunchly beside her. Before them, the stage was littered with metal and wood canes. Maybe it was the biomechanics on my mind, but what happened next appeared to be a reenactment of the exact neck movements that cause a whiplash injury. The man in the fancy suit shouted, “BE HEALED!” and thrust the women backward into the arms of the two waiting attendants. Instead of calling 911, the audience shouted “Hallelujah!” The women stiffly marched across the stage looking like Forest Gump BEFORE he threw off his leg braces, but walking all the same.

I was intrigued by what I had seen. This TV church practiced religion like it was a full-contact sport! After watching a few more people have what appeared to be miraculous healing experiences, I returned to my studies, but with a new curiosity. I became fascinated with the power to heal through non-physical means.

A few years later I attended a chiropractic seminar where a tall light-haired man stepped up to the mic and began to talk about the use of positive affirmations to gain health, success and happiness. He must have taken his own advice. His name was Mark Victor Hanson, and he soon became the best-selling co-author of the Chicken Soup For The Soul series. A few months later I had the privilege of hearing and meeting Deepak Chopra after his discussion on the power of the mind to heal. He shared the stage with Bernie Siegel, Shakti Gawain and Wayne Dyer. All had similar messages, and, as a sign

of the interest in this topic, nearly all have had a television special on PBS.

My chiropractic studies often touched on the non-physical causes of what becomes physical disease. From such actions as negative self-talk, excessive worrying and fretting over the stresses of life, we are making ourselves sick. Conversely, we can make ourselves healthier with techniques like positive affirmations.

What exactly is a positive affirmation? Every moment you have thoughts, self-talk and feelings which are based on your subconscious beliefs. These beliefs calibrate on a wide spectrum. Depending on where they fall, you will experience either positive or negative consequences in your life in varying degrees. Affirming a positive statement of what you desire is thought to change or reprogram a negative or destructive belief. It can create a better emotional state and influence the choices that you make. Physiology may be altered. For example, you may experience an increase in your immune function. Overall, your life is improved!

Many times I have committed to using affirmations every day. After seeing chiropractor Dr. John Demartini, who was later featured in the best-selling DVD and book, “The Secret”, I even carried my laminated card of positive statements in my pocket based on his sage advice. It seemed to have a great impact on my life, but I was unable to sustain my affirmations on a permanent basis. I would eventually stop. It was as if my plastic-coated card found the same fate as many of my socks in the laundry. I could not maintain this valuable habit!

Knowing I was denying myself of something very important to my well-being, I had a revelation. The solution was clear! It does not entail a lamination machine, poster or tattoo. In fact, it only requires something that you already have and use every day automatically. A PASSWORD!

— continued on next page

— continued from previous page

After you are finished reading this magazine, change all of your passwords (email, etc.) to a positive affirmation. Creating a positive password affirmation is easy! Repeat after me, “CREATING a positive affirmation password is EASY!” Excellent! Now say it again with more conviction!

The steps to creating a positive password affirmation are as follows:

1. State the affirmation in the present-tense. Using the future-tense by using words such as “I will”, keeps the desired outcome in the unobtainable future.
2. Use words that you would normally use. Words such as “maketh”, “thou shalt” and the like are not necessary. It must sound authentic for your subconscious mind to fully accept it.
3. Keep it short and to the point.
4. Be very specific.
5. Make it believable. If I personally used “IMAPHILLY PITCHER” or “30inchbiceps”, my subconscious would throw it aside.
6. Be positive. “LOSE30LBS” focuses the subconscious mind on needing to lose weight and produces a negative feeling. “IAMATHINI” would focus the mind on being slim.
7. Change the password periodically to keep it fresh and potent. The focus can be the same, but with different words.

Some examples of positive password affirmations used for health and healing are:

- “IMaHEALTHY1”
- “IM1powerfulhealer”
- “1slenderGIRL”
- “IBpositive”
- “BALANCED1”
- “Ieat4HEALTH”

Passwords are a part of life. They can remain boring mixes of birthdays and favorite pets or can be transformed into powerful statements that will greatly improve life! They are easy to use every day on a consistent basis, free and totally yours! Best of all, you can achieve fantastic results without risking a case of preacher-induced whiplash!

BALANCED Dr. Scott E. Rosenthal is a dedicated expert in the field of health and wellness. He is a Doctor of Chiropractic, has a B.S. in Nutrition and is a Registered Yoga Teacher. In addition to practicing in Wilmington, DE, Dr. Rosenthal writes and speaks regularly to help people live happier, healthier lives. His entertaining presentations are filled with easy-to-use strategies.
Call 302-999-0633 or go to
Rosenthalchiropractic.com



SIMPLY ORGANIZED



Karen Jessee:
302.655.4637
Cell: 302.897.9638
jessimple@rcn.com

Solutions for your Home & Office

- organizing
- clutter
- resettling
- personal shopping
- downsizing design

An easier way to live and work.

Licensed, Insured,
Member National Association of Professional Organizers
www.nowSimplyorganized.com



Animal Wellness Center
286 Wilmington West Chester Pike
Chadds Ford, PA 19317
610-558-1616

ROSE DI LEVA
VMD, MS, CVCP, CVA
Certified Veterinary Acupuncturist
Certified Veterinary Chiropractitioner

Conventional and Alternative Medicine

- Acupuncture
- Pain Management
- Chinese Herbology
- Holistic Cancer Therapy
- Chiropractic Adjustments
- Reiki Master
- Electro-Acupuncture
- Dentals
- Geriatric Profiles

AltPetdoc.com

Dr. Di Leva is a member of:
The International Veterinary Acupuncture Society
American Academy of Veterinary Acupuncture
American Holistic Veterinary Society
American Veterinary Medical Association