

## Our Beliefs Are So Powerful!

I have been reading two wonderful books this month<sup>i</sup> that explore how quantum physicists are now confirming what spiritual masters have known for thousands of years: our beliefs about ourselves and our world can actually influence physical matter. We are therefore not just passive observers in a world that goes its own way without any input from us. We participate in the making of the world that we experience.

The idea that we participate in creating our own reality certainly explains how we can sometimes heal ourselves, or make ourselves sick, using nothing but our own thoughts and feelings. This power is sometimes known as the placebo/nocebo effect and its effects are well documented. For example, one mega-study in the late 1990s found that dummy pills for depression worked just as well as real anti-depressants over 80 percent of the time. Patients who believed that they were taking an anti-depressant actually became less depressed!

The placebo effect has also been documented in sham surgery. For example, in one experiment the majority of patients receiving pretend surgery for angina experienced far less pain after the 'surgery' and in another experiment individuals virtually crippled by knee pain started bouncing around after sham knee surgery.

The nocebo effect appears to be equally powerful. For example, there are several documented cases of individuals being told that they had terminal cancer who then died a few months later. But when an autopsy was done on their bodies, it turned out they did not have cancer after all. The belief that they were dying of cancer somehow killed them. There have also been some experiments in which subjects with allergies were told they had been given a substance they were allergic to when really they had just been given a harmless substance and lo and behold they had an allergic reaction. (Are those experiments really ethical??)

I could go on and on – but I hope these few examples of the placebo/nocebo effect are enough to persuade you to think again about the power of your own mind to heal your body or to injure it in some way or another. (There are far, far more examples in Dr. Joe Dispenza's book)

Having thought about this for some time, I am now convinced that we all have the *potential* to heal ourselves using just the power of our own minds and hearts. We have just never fully realised this potential and so most of us simply do not believe we have it!

Nevertheless, I am absolutely convinced that it is time that we all took far more responsibility for our long term health and well-being. I do not mean by this that we should all eat a healthier diet or exercise more – although both of these activities clearly do influence our health to some degree. When I suggest that we all need to take much more

responsibility for our own health and well-being, I am primarily talking about using the power of our minds to insist on staying happy and healthy in the midst of a chaotic, scary world. But then again, I am definitely not buying into any simplistic idea that positive thinking *per se* can easily turn our lives around.

Over the course of our lives, we have built up pretty strong and stable beliefs about ourselves and the world, some of which are deeply buried in our subconscious minds - like a nasty virus lurking undetected in a computer programme. Then, we hear about positive thinking, and try it out by saying to ourselves, for example, 'I am now attracting the perfect soul-mate into my life'. But this affirmation usually does not work because a much deeper, stronger belief has programmed us to really believe that we are not attractive enough or loveable enough to find a wonderful life-partner.

It turns out that the key to overriding these deep, negative beliefs about ourselves and about life on earth is to fully feel how we would be feeling if our life was truly wonderful. For example, we have all been socialized into believing that we are bound to suffer more and more ill-health as we age. This belief is now well and truly embedded in our minds and hearts, so that whenever we think about getting old, we tend to feel at the least, a little bit anxious, and at worst, really depressed and worried about ageing. We cannot simply eliminate this deeply held negative belief about old age by chanting a positive affirmation such as, 'I am getting brighter, stronger and healthier as I get older.'

We all know that we can tell lies, even to ourselves, but our feelings do not lie. So the key to changing our negative beliefs about ourselves and our world is to change how we *feel* when we think about ourselves and the world. For example, if we want to manifest a healthy, happy old age for ourselves, we need to keep imagining ourselves as a truly healthy and happy 80 or 90. As we do this, we need to bring feelings of great contentment, joy and gratitude into our hearts because it turns out that our hearts are much more powerful creative agents than our brains.

So the key to manifesting a great old age for ourselves is to picture ourselves as really old, whilst simultaneously creating a sense of heartfelt rejoicing about how wonderful we feel at that age. We thus change our deepest feelings about our future, and guess what? If we keep doing this for long enough, our future has to change to match our new belief about it.

Please do not dismiss this powerful new way of looking at life out of hand. Why not experiment with it? For example, you might like to take one thing that you would love to change about your life – anything to do with your health, your finances or your relationships - and then spend say 5 minutes three times a day feeling the wonderful feelings you would feel if your health/finances/relationship were just the way you would love them to be.

I am currently experimenting with doing this in relation to a minor eye problem and already I feel a shift towards really believing that my eye will be absolutely fine in the long run. But

of course, this is not any kind of proof that this process works and I am not making any grand claims here. I know I still have some serious work to do on my own deeply engrained skepticism and pessimism. However, I am now more or less convinced of the miraculous potential of this new approach to improving our lives and I am determined to practise it until I prove to myself that it really works.

I am now determined to demonstrate the miraculous power of our own minds and hearts, because if we can begin to use this power to heal ourselves, one day soon, we should be able to join together to heal our whole world! Wouldn't that be truly miraculous? Or maybe we should just start telling ourselves that our potential ability to turn our planet into a wonderful world of peace, joy and abundance using only the power of our own minds and hearts is a scientific fact of the 21<sup>st</sup> century?

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<sup>i</sup> Dr. Joe Dispenza *You Are The Placebo* and Greg Braden *Spontaneous Healing of Belief*

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