



Quick Start to Infallible Health

By Jeanna Gabellini

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"Any time you have physical discomfort of any kind, whether you call it emotional, or physical pain within your body, it always, always means the same thing: "I have a desire that is summoning Energy, but I have a belief that is not allowing so I've created resistance in my body. The solution, every single time, to the releasing of discomfort, or pain -- is the relaxation and the reaching for the feeling of relief."

--Abraham-Hicks.com

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7 Tips for Xtreme Health

Applying the Law of Attraction doesn't necessarily mean instant miracles with reference to your body. Can you turn around a health issue fast? YES! But changing your thoughts and habits takes some practice. You do carry your body around with you where ever you go. If there is something that is not working or looking well regarding that bod of yours, it's a bit hard to escape the reality of it.

A quick cheat sheet for assisting you in attracting your perfect body and health will come in handy. I teach these principles in my Infallible Health teleclass and most people feel relieved to know that change is not only possible, but probable. Many people find it a bit challenging to let go of all of the old health rules.

For best results post these tips on your mirror, keep by your bedside and tattoo to your forehead.

1. **Decide what it is - *exactly* - that you want to change.** It does not matter if the condition has been occurring for most of your life or if it is recent. It does not matter if a doctor has given you a bleak prognosis. You CAN turn it around. You really do have to believe that you can change the condition. This is key. This part may take some practice. Be easy on yourself in the process.
2. **Acknowledge that your current state of health is temporary.** If you are weighing in heavier than you'd like, you must decide that it will change soon, *as in now*. You are a work in progress, not stuck with any condition. The same goes for any disease or condition. Your body follows your thoughts. You will see the results of progress immediately after you start

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changing your beliefs. If you feel stuck with a condition, you will be stuck with it. If you feel freedom with your body, you will have that. Choose freedom and health.

3. **Do not go cold turkey.** If you are taking medication that actually helps you, I suggest *slowly* weaning yourself off of it. The same goes for exercise and eating habits. Your beliefs must catch up with your new choice of deciding to be medication and diet free. But if you are doing something that causes you pain or you simply dislike it, by all means let it go sooner than later.
4. **You are in control of your health.** Your body is not doing something to you. It does not have a mind of it's own. It simply follows your lead. Are you loving it or being irritated with it? It knows. If you feel like a victim or are afraid that disease will get you, you feel powerless. What are your dominant thoughts about your health? This will tell you why you're feeling or seeing the *current* results with your body. Notice I said "current". Also, you are your own best authority on what your body needs. Have you been listening?
5. **Most health issues are directly linked to other issues in your life.** Several years back I broke my elbow and had surgery. Was I focused on breaking a bone? NO! But I was rushing, stressed out and not taking care of myself. Find out what is causing you discomfort in your life. Look in all areas of your relationships, bank accounts, work and how much fun you are having. Find solutions to stress and this will impact your health very positively. Remember *dis*-ease causes disease. Soothe your soul and mind and your body will start self correcting.

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6. **Love your body, even with its imperfections.** It is a *must* to appreciate what is working well with your health. Find anything at all you can be in gratitude about with your bod. You may just want to shower it with an overall blanket of appreciation. Create a loving relationship with it. How would your treat your best friend if they were in need of some support? Notice any improvements. Give those results more attention than what is still not perfect.

 7. **There are no rules to perfect health.** Contrary to popular belief you do not need to eat right, exercise, stand on your head, avoid preservatives and keep away from the smog. You must follow your own guidance about what is right for you. Whatever you believe about health, you will be right. I do exercise because it makes me breathe in a way that assists me in getting in alignment. If I don't feel like it, I don't. Relaxing, breathing and drinking water are the only health actions I stand firm about. Do not beat yourself about anything. How do you think that impacts you?
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Body Regeneration

“So, even though we think of our bodies as being permanent structures, most of our tissues (outside of our brains) are continually being turned over, renewed in a balance between the constant death of old cells (likely through the process of apoptosis) and the constant birth of new cells.”

--Steve Mack

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“The important point to remember is that the concept of our body as a fixed, frozen sculpture in time is fictitious. What we think of as our solid body, is really just patterns of intelligence briefly precipitating into tangible sensations.

The reduction of reality to material properties is a myth. We are not physical creatures having intelligent thought, we are, in truth the very intelligence which generates this physical experience.”

--Deepak Chopra

I've been fascinated about the reports that your body's cells and atoms completely regenerate every 7-10 years. Some cells regenerate within days! There is much debate about the actual amount of time each body part takes to recreate itself. I've even read about people who have grown back cut off body parts...tissue and blood vessels!

The cool thing is that science and medical research support this data. Now combine that information with what you know about the Law of Attraction. This Law states that whatever you give your focus to, you will attract to you. There is literally nothing that is impossible to create when you have a clear focus, a complete belief in its outcome and you allow the manifestation to unfold. This means unlimited possibilities with ALL things, including your body!

So why is it that so many people keep recreating the same health issues in their body over a lifetime? For instance, some people have impaired hearing or eyesight. What about skin conditions? Or arthritis? Obesity? Are people who have health conditions really stuck with them? No! They just hold a belief that this is what they have to deal with in life.

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Can you imagine allowing your body to recreate itself in a way that felt and looked great? If you can, then I say get started now! I've seen many of my clients completely eliminate both small and serious health issues. Some with no outside intervention! Others found their way to easy cures with a little help once they trusted they would find a solution.

Now, I'm not saying that you should be able to do it without aid. It depends on the amount of resistance you have. Sometimes it is much easier to believe that a procedure or some medicine will help, therefore it will. For instance, I'm a big fan of pure essential oils. Since I trust that they will work, they do. I've used them for headaches, recovery from surgery, burning off skin tags, and healing wounds on my dog and myself.

There are more miraculous things I've achieved with my health with no aid whatsoever. I simply made decisions about how I wanted my body to respond. I was very clear and in total belief and they manifested exactly (or better!) than planned. So, you have to work with your belief system. There should be no judgment whether you do it with or without aid.

What's important here is to understand that you are fully capable of transforming your body into a state of perfect health, no matter your current situation. Yes, even the person who has cancer that has taken over a majority of their body can turn it around. A point to remember though with your health: While healing can happen immediately, you must also deal with the emotion, stress and/or beliefs that originally created the symptoms. If you don't, you'll experience another displeasing circumstance in the future.

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Listen to Your Body

Money wins the top slot for the reason why my products are bought, coaching services are used and people enroll in my teleclasses. Everyone wants more money and to attract it consistently with less stress.

If debt is involved, they want it gone yesterday. If the Internal Revenue Service is part of their reality (as in an audit, a big tax payment due soon or past due) the tension is increased tenfold. They know the way to higher ground is to stop being scared, put some new financial practices and structures in place and begin to believe that they are worthy of prosperity.

Relationship issues creep into the coaching, even if it was not part of the original focus. In my experience, clients latch onto Law of Attraction principles fairly easily when it comes to their personal and business relationships. They understand that they are getting from other people that which they focus on. They understand why they aren't finding their ideal mate is because they don't believe it's possible or they're pushing too hard (back to trust again). They begin practicing different beliefs and habits with people they aren't totally aligned with to achieve better partnerships.

In general, anyone who is deliberately using the Law of Attraction believes that if they change their beliefs they'll eventually get what they want with their finances and relationships. They acknowledge that they sometimes have relapses into their old ways of thinking and acting, but they just get back up on the horse. They trust the process. For some it takes only a few months to see significant results while others take a bit longer. I can always see their progress

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as I look from the outside in. Most people are doing so much better than they think. Baby steps really do work.

For some reason, the very same people who believe that attraction works with money and relationships do not apply the principles to health. I've had a few even tell me that they refuse to accept that it applies to their body. If it's true that you get what you focus on (where ever you have the biggest emotional charge), then why would it apply to everything except your body?

Besides checking in with how you feel, your body will give you a quick read on your state of emotional alignment. Your body will give you warning signals if you are not having a good time:

- Clenched jaw
- Headache
- Indigestion
- Gas
- Backache
- Sore neck
- Chest pain

If you do not shift your focus or how you are feeling about what is going on in your life, the signals get bigger:

- Colds
- Allergies
- Sports injuries
- Chronic pain
- Large weight gains or losses
- Teeth grinding
- Sleepless nights

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Ulcers

You may have constant stress as a part of your life involving mates, children, financial setbacks, unfulfilling career, ill friends or family, or loss of a loved one. A combination of any of these can be lethal. If you still don't pay attention to what your body is telling you, it will stop you in your tracks with:

Broken bones

Accidents with automobiles, tools or machinery

Heart attacks

Cancer

Disease

Anything that will get you to take notice or slow you down

Not convinced that your body is responding to your thoughts? What about people who are overweight and are frustrated by their bodies? They do diets and exercise daily with no consistent results. Why? They are so focused on the current state of their body and beating themselves up about it - it is Law that they will attract more of the same.

If you were to interview several people who are always at their ideal weight, you'd find that there is a belief that this is a normal and expected weight for them. Some of those people may not care what they pop into their mouth and don't put much focus on exercising for the purpose of keeping their figure. Others might be very deliberate about what they eat and going to the gym. What they put in their mouth and how much they exercise is not the key to this puzzle. It is what they believe and focus on.

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I grew up having an athletic build. My dad called me Hoover (as in a vacuum cleaner) because I ate so much more than most girls. I loved food. My parents never told me to eat less or be careful about my weight. If I went to Burger King, I ordered two Whoppers, fries and a milk shake and ate every crumb.

After high school, I went to a trade school in San Francisco where I felt out of place. I was nervous about the new venture and it took me a while to settle in. I met Gina in one of my classes and she was a bathing suit model. We got along very well and spent a lot of time together. Unfortunately, I played the comparison game with our bods and I always fell short. The stress of my new situation and not loving my body resulted in weight gain. I had been eating the same foods and actually walking more than normal during this time.

As soon as I graduated and focused on my new career promotion, guess what happened? The weight dropped off without any focus on it. I was feeling great about my career and was in a fun and fulfilling relationship. I felt great about me. My body was mirroring my focus.

Your body is not some outside force with it's own mind. It is in direct relationship with you, the feeling person. Whether you are being deliberate about what you choose for your body or not, it is always following your lead. Do you like where you are headed? Could it serve you better? Love yourself and your health will show it. Get happy and allow good stuff to happen. Have you ever noticed that people in love seem to glow?

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What Are You Expecting?

What are the top three most important things going on in your life right now? They may be ongoing issues, an event that is coming up, a project you are in the middle of or a decision to purchase something. It could be to choose in or out of a relationship.

Before reading on, write down those three important things. Now, think about the first one you wrote down. What are you expecting will happen regarding this topic? You want to think not only about what you *think* the outcome of this topic will be - but what you are *expecting* to happen on the journey to the end result.

Are you expecting things to be easy, hard, long, short, happy, stressful, etc.?

Now, go through the next two things you wrote down and see what your expectations are.

Whatever you are expecting is why you are getting what you are getting. It's that simple. So, if you don't like what you are getting, you must change your expectations.

I have a friend who we call the "Upgrade Queen". She expects to be upgraded in all her travel plans. She wrote me the following last week.

"Jeff & I decided to get a room in SFO airport last night for convenience and an early kick off of our anniversary. We were attending a class at the Learning Annex. When we went to check into the room at the Crowne Plaza, I was told that I had goofed and

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booked a room for 6/28, not 6/27. Blushing and laughing, I knew that I'd screwed up on the dates because at the same time of the reservation I had been making a restaurant reservation for 6/28 and intending to the Universe that we receive a room at the restaurant that is special. So, we asked to cancel our reservation for 6/28 and move it to that night.

The guy behind the counter said that would be easy but they are completely sold out.

Surprise! I just laughed harder telling Jeff I was so sorry for the funny mistake and we're okay, we'll just go back on BART. The guy behind the counter said to 'hang on' and he would see if there is something he could do for us -- we thought he was going to call another property. He handed us a room key and told us to enjoy. We profusely thanked him for the room. We then ran up to the room on the 29th floor (30th floor is the penthouse), walked down the hall with the room key in hand, turned a corner and and and.... Jeff thought I was joking until I put my key in the door and it worked. It was the Presidential Suite at the Crowne Plaza! No kidding....three bathrooms, an indoor sauna, an indoor jacuzzi, a massive dining room table and a desk with all the countries flags on it, a huge bedroom with a four poster and every amenity you could imagine, even a fully stocked kitchen. We dashed down to the desk and thanked the reservation desk clerk who had a broad smile on his face as he said, 'Happy Anniversary!'

This was the best upgrade *ever* and tonight - well, who knows what room we'll be assigned at the restaurant now that we manifested this room upgrade already."

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I did laugh when I read this because I expect these stories from her. She expects upgrades and gets them all the time, mostly without even asking.

A powerful and easy way to change your entire life and the way you feel is simply to start noticing what you expect to experience in life. If what you are expecting is something not so happy, practice expecting very good things to happen to you.

Expect people to get along well with you.
Expect people to be generous.
Expect to attract more than enough money for whatever you need.
Expect your body to be in perfect health.
Expect that you will make the right choice for yourself.
Expect that your mate has your best interest at heart.
Expect good service and good food when you go out.
Expect the event will go off perfectly.
Expect people to call you back and say yes to your request.
Expect to have fun.
Expect the journey will be a fulfilling adventure.
Expect to feel at peace.
Expect to feel love.

Expect more abundance and prosperity as a result of reading this and anything you do with me.

I expect you will be smiling as you read this. I expect you will begin to experience more good stuff in your life as you practice expecting good stuff to happen. As always, this is a practice. Practice expecting great things and it will become so. You rock!

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Jeanna Gabellini is the Extreme Abundance Coach, author, speaker, trainer, and radio show host who blends strategies and fun with the Law of Attraction. She coaches individuals and teams to go BIG ... effortlessly!

If you want to get 100% in alignment with perfect health, and throw out all the old school thinking, go to

<http://www.masterpeacecoaching.com/healthhome.htm>

Check out Jeanna's new book, *Life Lessons on Mastering the Law of Attraction*, co-authored with Jack Canfield, Mark Victor Hansen and Eva Gregory.

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