

Sample

You can heal anything...

First, engage in your spiritual practices. This is the time to pray and/or meditate. Reach out to people and ask for prayer. Connect with other spiritual minded individuals. Thousands of people prayed for me, and I prayed on the phone every day with my parents. I also practiced meditation. The group energy of prayer unleashes massive power. Pray for peace of mind, for comfort, for healing, for guidance, for clarity, and for wisdom. One of the biggest benefits of prayer is the realization that you are not alone. You don't have to shoulder everything.

Then, decide that you are willing to do and be anything that it will take to not only survive, but thrive. When you are ready to make happiness a priority, [Get your free Happiness Challenge Report Here](#).

You will be busy once you decide that you are taking charge. You will research, you will talk to people, you will try things, and you will trust your intuition. Be sure that your research includes searching for cases where people have spontaneously healed from your situation. Otherwise, only researching your illness or situation will likely end up making you sad and depressed even though you will be informed. Find people who have healed and talk with them. Consider options like alternative medicine along with your doctor's suggestions. Ask questions about everything.

Next, accept what is in the moment. Accept your situation. This was difficult for me because I had never been on medications or been seriously ill in my life. My arteries were in perfect condition. I felt, "Why me? I am too young and healthy for this." When I stopped asking, "why me?" I began to open the path to acceptance. There is peace in acceptance. When you accept, then you can make plans. I told my family that I was doing everything on my bucket list in a year because we weren't sure that I would have more than that amount of time.

Then, cherish each moment. Spend your time with people you love. Spend it doing what you love. Spend it truly living. Stay away from people who are negative and those who create more stress.

[Follow positive mindset principles](#). My near-death experience was a chance to practice everything I had been talking about for over twenty years and everything I had been teaching in my company for almost nine years. This time I needed to save my own life. These are the techniques I used.

Write powerfully in a journal every day using my happiness technique. I wrote, "Thank you for my healing" over and over. I also wrote: "I am healed, and my heart is perfect. My lungs are perfect."

Allow and accept all difficult emotions, but let them pass through, don't give them a home in your body.

Rest and eat well. Allow yourself to dream.

Keep your pets close. My cat slept on my chest over my heart for hours at a time like she knew it was her duty to help heal me. Later I learned that the sound and vibration of a cat purring is healing.

Speak positive words about your life and your biz. I still operated my company just days after I left the hospital. I said things like, “I get to still be here on Earth”.

Let go of any conflict and stay away from negative distractions. Step away from the drama.

Visualize your body and all aspects of your life working perfectly. I created elaborate visualizations where I saw my heart as healthy and my lungs working perfectly.

Consider working with alternative medicine like energy healing, EFT, guided visualization, guided meditation, mindfulness meditation, massage, Hypno-therapy, acupuncture, and/or chiropractic care along with your traditional medical care. (This is not meant to replace any medical advice, but to merely show there are alternate modalities to consider). My dear friend, Crystal Lynn, is an energy healer and she worked with me while I was in the hospital.

Avoid upsetting media like the news. I even stayed away from watching any medical shows or crime shows. I chose comedies and beautiful music.

Do normal things. 10 Days after I got out of the hospital, I went to a rock concert (I even was wearing a life vest that would shock me if my heart stopped)

Move your body when you can. When I was cleared for exercise, I started at 5 to 10 minutes on my treadmill and soon was up to four miles.

[Expect positive results.](#)

Take relaxed inspired action that will help you achieve your results.

Do your bucket list. The time is now.

Of course, I can't promise that you will be spontaneously healed, but I know I was healed within three weeks. My echo showed a normal heart. I met other people who have been healed not just from illness but from the things that are burdens. Healing is always possible. A cardiac nurse told me that.

You can do more of what you love.

How Often Do You Find Yourself Saying,

"I Wish I Knew How to Do More of What I Love"?

The intriguing news is that all the principles above, are principles that I have taught over the years to increase success and happiness for my clients. As I developed and used different modalities, little did I know that I would lean on these experiences to be a co-creator of my own

miraculous healing. I believe that if I could have such a dramatic experience with healing, that anything is truly possible for anyone.

Nine months after my health emergency, where I stopped breathing and nearly died, I took a three-week trip which included crossing the Atlantic Ocean on a cruise ship, walking all around Lisbon, Portugal; Bilbao, Spain; Paris, France; London, England; the English countryside; and Iceland. I wrote this poem when I was half way across the Atlantic.

Transatlantic Crossing

Deep blue swells tossing back and forth,
rocking and jostling my thoughts.
“Wake up”, says the insistent whisper of waves.
Moist, salty sea air mists down over my face
kissing it and gently caressing.
Wind whips through my hair.
Nature soothing, healing, and nudging me
to be at peace,
to feel my power
to feel my purpose
to know all is truly well.
The sea is awake and stirring my inner voice.
Healing my heart and mind
Thrilling, yet calming my soul.
Joy fills my spirit,
Tears drip in gratitude
For time standing still
with no deadlines
no requirements, just being.

We can all have our miracles. It is possible, but sometimes a person can get so consumed with fear, worry, stress and tension that it is difficult to break the cycle and concentrate on anything

positive. I developed these 90 lessons for healing. You can read them all at once or space them out and read on per day over 90 days.

90 Daily Lessons:

Lesson 1 Love Notes

Welcome to You Can Heal Anything in Your Life. Be sure you create a notebook just for this program. You will be writing key ideas and inspirations over the next 90 days. I just want you to know that you are so lovable and you deserve to live the life you love. You are a hero to many. Your life impacts so many people. You do make a difference. Today write a love note to yourself. Write at least a paragraph about all your lovable qualities. Reflect and read over this list and allow yourself to feel love in your heart right now.

Lesson 2 Success Rituals

Sending you [happy vibes](#) for your day. The happiest and most successful people have a ritual that they use to start their day. They do this no matter what is going on and they always do it first before they do anything else. This creates a habit of making sure that you take care of yourself which is ultra-important to your healing process. You are a priority. What kind of ritual would you like to start? Your ritual could consist of a spiritual practice, a mindfulness practice, exercise, music, journaling and/or fill in the blank? My morning ritual includes deep breathing exercises, writing in my journal, lighting candles, using essential oils, and prayer. I have done this daily for years. (I admit that I miss an occasional day, but it happens rarely). Start your ritual today and notice what happens to your energy level in 30 days. Mark your calendar for 30 days out with the words, morning ritual. So, it will trigger you to reflect. Create a daily reminder on your calendar that says, Morning Ritual at the time that you wake up.

Lesson 3 What do you believe?

You have been in my thoughts; can you feel it? I get that feeling sometimes when someone else is thinking about me. Today, let's talk about your [beliefs](#). What do you believe in? Write down some of your important beliefs. Some things that might come into your mind are your spiritual beliefs, your beliefs about your ability to heal, your beliefs about other people and so on. After you write down some of your beliefs, examine them for a few minutes. If you have a spiritual belief, are you practicing and honoring that? Your beliefs in your ability to heal yourself, impacts your ability to heal yourself. We will be working a lot on your beliefs during this course. But today, just ask yourself, "What would it be like and feel like if I believed with all of my heart that I could experience total healing in all areas of my life?" You can choose to write down your answers or just think about them.

Lesson 4 Empower yourself through learning

Today, decide that you will empower yourself and your life by learning. Conduct some research. Start with a Google search. Use these words "Spontaneous healing from _____ (insert your illness or situation). If nothing turns up, try playing with words a little more. Let's say you were

conducting a search on heart failure or dealing with divorce, or whatever situation you are experiencing, and you just type in the condition; you will most likely find negative information, or accurate information that depresses you. When you search with a positive grouping of words, you will likely find something that inspires you. It's still a good idea to know the ins and outs of your situation including the good, the bad, and the ugly. However, most information dwells on the negative. You will experience emotional relief by also searching for positive examples. When I was doing my own research, I realized that the more time I spent researching, the worse I felt about everything. Then I decided that I would try it a different way. I decided to find people who healed from what I was experiencing. So, I googled "spontaneous healing from heart failure", and I found a couple stories. I was inspired. It helped me believe. Let your research help you believe.

Lesson 5 Simple Energy Healing

One of the easiest ways to feel instantly better is to place your hand or both hands over your heart, sit back, relax, and let your hand (s) stay over your heart for at least a minute, or even better- several minutes. Notice how you feel with your hand over your heart. You can add even more power to this exercise by thinking about something specifically that makes you feel good. Practice this several times a day or any time you feel like you need to make the switch from feeling bad to feeling good. This helps release the calming, feel-good hormone, oxytocin.

Lesson 6 Deep Breathing

My thoughts are with you today, and I am sending you a virtual hug. Power yourself with your breath. Try this breathing sequence. Breathe in and fully expand your lungs and belly (don't force this or make it hurt). Hold for 8 seconds and breathe out for 4 seconds. Repeat ten times. Notice how you feel before, during, and after this breathing sequence. Try this a few times during the day. Eventually, you could work up to holding for 16 seconds and breathing out for 8 seconds.

If you would like some support today or would like to give some support, visit the Facebook group page and interact with other people who are in the process of healing just like you.

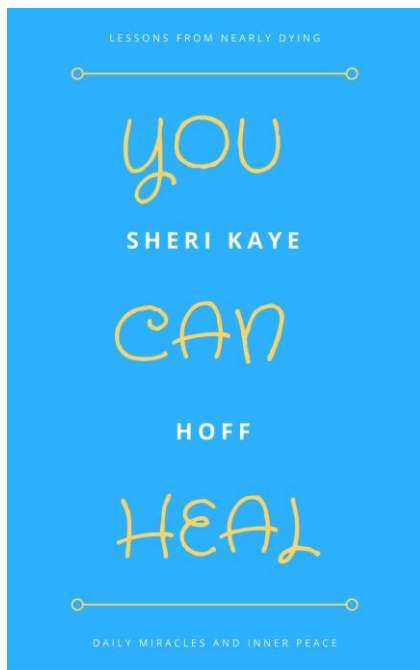
Lesson 7 Focused Thinking

Welcome. Because you have this "thing" that you are trying to heal, there can be a constant "buzz" going on in the background of your thoughts. You are thinking about your condition and about how it affects your life. You might worry about what it means for your future. You might be frustrated. These thoughts make focused thinking about other areas of life very difficult. Yet we need focus. To get better and to take the next steps in our lives, we should focus. Focus is required even for just going through your day. Have you had a day where you seemed to stub your toe or drop things a lot? This is a sign to bring yourself back to the present and focus. One of the easiest ways to focus, is to use a grounding exercise. Simply think about your feet and say, "I feel my feet on the ground." It's an almost magical experience. Instantly, you feel more together and focused.

Lesson 8 Forgiveness

Forgiveness is part of the healing process. Holding on to grudges or hurts is like trying to swim in mud. You can hardly move, and no matter how hard you try, you don't make much progress. Yes, it's important to forgive other people, however, a big lesson in forgiveness is to forgive yourself. Forgive yourself for not being perfect. Forgive yourself for needing healing. Forgive yourself for all past actions that have led you to where you are right now. Forgive yourself for any mistakes. Forgive yourself for having negative thoughts. Forgive yourself for any hurts you have caused other people. Forgive yourself for not being able to "fix" other people. Make a forgiveness list for you. Write down all the self-punishing thoughts or things for which you can't seem to forgive yourself. Then, one by one, say, "I forgive myself for _____" And then cross the item off the list. Then, crumble the paper up and toss it away, or burn it. Let peace settle over you after you complete this very powerful exercise.

For the full version of You Can Heal: Lessons from Nearly Dying, Daily Miracles, and Inner Peace [Get the ebook to read more...](#)



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