



# The Importance of Changing the Disease Mindset

Lisa Warner

**IN TODAY'S SOCIETY**, we're inundated with messages about 'cancer' and other 'diseases'. We're told that we have to **protect** and **defend** ourselves from them, and that if we 'contract' one, then we have to **fight** our way out with 'weapons' such as pharmaceuticals, chemotherapy, radiation or radical surgery.

Although this is the overriding 'truth' at this time, this 'truth' is about to change.

### **Why?**

Because humanity is waking up. We have entered the time of our Ascension, and as our frequency raises, so does our level of awareness. The Consciousness of humanity is changing, and as it changes, our perceptions expand ... and we begin to see things that we have not previously been able to see.



This is what is happening when it comes to our physical Bodies and our Health. We are beginning to understand that 'health' is not just about the Physical Body ... but also includes the Mental and Emotional Bodies that surround and permeate the Physical Body. These non-physical Bodies are layers of electromagnetic energy that we don't readily see with our eyes, so we have not been aware of their presence ... and their direct impact on our physicality.

We all understand about Mental Health, and have a vague idea of what Emotional Health would be, and are aware, or at least heard of the fact that we are 'Body, Mind and Soul', yet for the most part, humans have not yet fully connected the dots.

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What most humans don't yet understand is that we are NOT merely 'human' ... meaning that We are not these physical Bodies and We are not 'just' this one personality or this one life story. We are *Infinite*, *Non-Physical* Beings who have *many* other experiences besides just this one physical lifetime. These physical Bodies are the *vehicles* that We are using to have this experience in the realm ... and the experience that We have ... is *completely* up to us!

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Most humans might disagree with this last statement, as much of what happens in our lives seems to be 'out of our hands' ... that we have no control over the circumstances of our lives.

But this is not at all true.

We simply have not understood how our life circumstances are being generated. We haven't put the pieces together yet to see that it is We, OurSelves, who are generating our own circumstances ... including our own physical Health (or lack thereof).

When something seems to be going 'askew' with our Physi- cal Bodies, we automatically **assume** that there is something **wrong** with our Body ... so we set out to try to 'fix' the 'prob- lem' (or, most often, we try to find someone who will fix it for us).

### **But where is the 'problem' coming from?**

The body didn't begin to 'malfunction' out of the blue. Some- thing has to be causing the Body to do whatever it is doing. We simply **assume** that the body is being 'attacked'. But is it? Really?

The 'problem' in the Physical Body is not coming from the Physical Body. The 'problem' in the Physical Body is being generated by a

by a mis-alignment of the Mental and Emotional Bodies, which occurs when we have been thinking **thoughts** and harboring **emotions** that are **out-of-alignment** with the Truth of Who We Are as Infinite Beings. When Body, Mind and Soul are in alignment, all is well, and life is fun and easy ... but when they are out-of-alignment, 'wobbles' begin to appear in our physical reality, including our physical bodies.

Just as a car 'wobbles' when the wheels are out-of-alignment, our realities 'wobble' when **We** are out-of-alignment with our Soul's Truth. When a car begins to 'wobble' as the wheels go out of alignment, we don't try to fix the wheels themselves (because there is nothing wrong with the wheels) ... we fix the **alignment**.

The 'wobbles' in our Physical Bodies (that are called 'cancer' or 'diseases' or 'viruses') are the crystallization of the misalignments of the Mental and Emotional Bodies ... misalignments of our **energy**. Therefore, trying to 'fix' the physical Body is like trying to 'fix' the wheels of the car that is wobbling rather than fixing the alignment.

The current medical mindset is looking only at the 'wheels' ... and not at the mis-alignment that is causing the 'wheels to wobble'. Meaning: that they are only looking at the physical symptoms ... and are not taking into consideration the misaligned energies (thoughts, feelings and emotions) that are **causing** the physical issues.



The science of German New Medicine has clinically proven that for every type of 'disease' in the Body, there is a directly corresponding emotional conflict (referred to as 'conflict shock'). An emotional conflict is the hallmark of an energetic misalignment.

For every conceivable type of emotional conflict we can face ... there is a specific body part/organ/system that is programmed to respond to that specific issue. The **lungs** respond to 'death frights', the **skin** responds to 'separation conflicts', **bones** and **joints** respond to self-devaluation issues ... and so on. The Physical Body is pointing directly **at** the misalignment. To 'fix' the Body, we must 'fix' the mis-alignment meaning: we must regain balance and alignment in the mental and emotional bodies by addressing the

thought patterns and belief systems that are out-of-alignment with the Soul's Truth.

The current 'disease' mindset dictates that when physical symptoms arise, that the Body is being attacked by, or has 'contracted' a 'disease'.

This flawed rationale puts us in victim mentality. We feel as if we're being attacked ... which keeps us locked in survival mode. But we're not here to 'survive' life ... we're here to LIVE ... joyfully and abundantly.

We have the capacity to THRIVE! But when We begin **reacting** to and trying to **fight** the 'disease' ... our attention to the 'disease' prevents us from tapping into the Body's natural ability to heal itself. It stops us from seeing the trapped or stuck emotions that are causing the body's reactions.

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By following the flawed logic of 'contracting' illness and disease, we place illness and disease as things that come from the outside ... and we fail to see that the 'disease' is coming from **within** and it is not an 'enemy' ... but rather, a message.

The first step to permanent healing is to step away from the mass-consciousness programming ... so that we can see the bigger picture. 'Disease consciousness' keeps us looking at 'disease' ... which simply keeps us locked into the victim mentality of being attacked by, and having to constantly **fight** 'diseases' in the physical Body ... which keeps us from seeing the **root** of the problem ... and the **very simple solution**.

Our Physical Bodies are built upon a Blueprint of Divine Perfection. They are designed, by nature, to be resilient and self-repairing. They are designed to continually re-balance, regenerate and rejuvenate themselves. The Body makes brand new cells every single day. Cuts, bruises, breaks and sprains are repaired automatically. Our Physical Bodies are amazing organic machines. We simply have to understand their Divine Design in order to keep them functioning at optimum capacity.

The current medical mindset assumes that the body is 'malfunctioning' when it exhibits signs of discomfort or dis-ease. Yet, nothing could be further from the truth. Our Bodies are designed to **produce** the symptoms that cause us discomfort ... thus, they are not being attacked ... they are

functioning perfectly. The symptoms (such as tumors, fevers, congestion, etc.) are biologically meaningful and are serving a purpose. We simply have to understand that purpose!

As long as we continue in the current mindset of 'disease' ... we will continue to battle our own Bodies ... and we will continue to suffer.

Are YOU ready to step out of the current 'medical mindset' so that you can bring Your Self back into alignment? When you understand the Divine Blueprint ... and how the Physical and Energy Bodies work together, that knowledge, along with some simple energetic tools to maintain balance in the Energy Bodies will allow you to live a long and healthy life.

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When You understand the Divine Blueprint, You will understand that You **ARE** the Divine ... incarnate. You will understand that You are far more Powerful and Amazing than anyone has ever told You.

When You innerstand the Divine Blueprint, You'll innerstand what Quantum Physics has already discovered: that we are living in a hologram that is responding to our every thought, feeling and emotion ... and that by managing our energy, we can consciously create and generate healthy, happy and abundant lives for ourselves.

This amazingly beautiful planet provides everything that we, as a species, need to survive. But when we're fighting each other over resources and ideologies, perhaps



we can survive, but we'll never truly thrive as a species. Our Physical Bodies provide everything that we, as individuals need, to live long and healthy lives, but when we're fighting the symptoms that appear as if they are 'enemies' ... we may survive, yet we'll never truly thrive as individuals.

We are at a tipping point on our planet. Human consciousness is shifting. We're leaving the realm of 'fighting to survive' ... and entering into a new, more expanded layer of consciousness that will allow us



to live together with each other ... and our bodies ... in Peace, Harmony and Cooperation .. and truly **Thrive**.

When we allow our perceptions to open and expand, we see a brand New Earth before us. When we see from an expanded perspective, we see that fighting anything ... especially our own Bodies ... is counter productive and no longer necessary.

When we learn to connect to the Wisdom of the Soul ... and learn to trust the wisdom of our Bodies ... we find that the Body are not an uncontrollable enigma, but rather, an organic, shape shifting, self-healing **vehicle** that is designed to **help** us to **thrive**.

Are YOU ready to create a brand new relationship with Your Self ... and Your Body ... so that You and Your Body can thrive .. together?

**LISA WARNER** is the author of “The Simplicity of Self-Healing”. She discovered the amazing self-healing properties of her own body when she stepped away from the medical mindset and discovered how to allow her body to heal itself from ‘cancer’ ... naturally. She now teaches her clients how to heal their Bodies ... and their Lives ... by using the Power of their own Divine Design to THRIVE.

CONSCIOUS SELF Healing is Lisa’s 6-week Signature Program that she designed to help people start thinking about themselves and their bodies in a different, more em- powered way.

You can join Lisa’s Private Facebook Group, Soul Sourced Healing, where she regularly shares her wisdom and en- couragement. Every Thursday at 12:30PM Eastern, she goes Live in the group with her popular ‘Lunch with Lisa’.

Purchase her book, register for  
CONSCIOUS SELF Healing, and find the link  
to join her Facebook group online at  
**ConnectingYoutoYou.com**

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