



Using The Law Of Attraction For Your Physical Health

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Rapport

Create a good relationship with your Health and increase your Self-Esteem

- Use the Hello World poem to uplift your self-esteem (read it at Spiritwire.com)
- Write out “What I love about me / my body is ...”
- Express gratitude for your body/health: “Thank you, body, for ...”

Ask

- Turn Contrast Into Clarity: Fold paper in half vertically and list “What I don’t want” on left half of paper. For each item on the left, list “What that means I do want” on the right half of the paper. Then ignore the left side and focus only on the right side – what you do want.
- Describe how you will feel when you have what you want.
- Get into a state of Hope. Contact me to request instructions on how to make an NLP (Neuro-Linguistic Programming) Anchor for Hope so that you can access the emotional state of hope quickly and easily whenever you need it.

Believe

- Use the “[Let Me Be](#)” poem to let go resistance to how you are and get into a state of empowered choice
- Notice when you are experiencing your desired feelings and amplify the experience – savor with gratitude!
- Upgrade your language to focus on moving toward your desire, instead of away from what you don’t want
 - Read the uplifting book [Every Word Has Power](#), by Yvonne Oswald
 - Use the Catalize Tips for Writing Powerful Intentions (comes with your free Catalize newsletter subscription – sign up at Catalize.com)
- Use the NLP Strategic Visioning guided visualization audio to quickly get in resonance with the inspiring feelings of your vision. Available at Catalize.com/strategicvision

Receive

- Use these questions to stay open to new possibilities: “What if it were different?” “What is different?”
- For the feelings you identified as part of your desire/vision, ask yourself this driving question: “How can I experience even more of [that feeling] now?”

Check out possible opportunities using your intuition...

- Use the [Sufi Remembrance](#): Put your hand on your heart and breathe. Call your name for God / Source and ask for Clarity/Knowing. Imagine the opportunity appearing just in front of your heart and notice how you feel.
- Close your eyes and imagine yourself in the opportunity as if it has been realized and notice how you feel.
- Practice following your intuition regularly. Keep track of what happens to prove to yourself that your intuition is valuable and working.

Refine what you are asking for with gratitude...

- Say YES! to what you are receiving, with gratitude and appreciation. Turn any contrast or undesired opportunities into clarification of what you do want and focus on the good parts you got.
- Practice receiving well by first taking a deep breath of receiving and then simply saying “thank you”.

I look forward to connecting with you – please reach out with any questions