

Ten Principles Of Healing

1. **Principle of Perception.**

Our perceptions of ourselves and the world are shaped by mental pictures of past reality than can be changed.

2. **Principle of Choice.**

We always have the power to choose how we will think, feel and behave, no matter how hopeless our lives seem to be.

3. **Principle of Vacuum.**

Getting rid of addictive thoughts and feelings clears a space for us to receive healing and happiness in our lives.

4. **Principle of Optimism.**

We can create a positive and happy life by taking an optimistic outlook and by looking on the positive side of situations rather than the negative side.

5. **Principle of Exception.**

Our expectations have self fulfilling effects that create our experiences of life become whatever we expect them to be.

6. **Principle of Harmony.**

Our lives work when we align our thoughts, feelings and actions to fit into the grand harmony of nature, rather than resist the natural forces of the universe.

7. **Principle of Empowerment.**

We are empowered when we think of ourselves as survivors instead of victims of life and when we accept responsibility for our thoughts, feelings and actions.

8. **Principle of Boomerang.**

The thoughts we put out from within eventually come back to us in one form or another, just like boomerang.

9. **Principle of Magnetism.**

We attract people into our lives who think, feel and behave like us and thus people closet to us are mirrors of ourselves.

10. **Principle of Inner Guru.**

Healing addictive thoughts and lifestyles comes from the inside out, not the outside in.