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## The Power and Simplicity of Self-Healing: With Scientific Proof That You Can Create Your Own Miracle

By Ms liberty forrest

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all heard those occasional stories of people who have recovered from untreatable or incurable conditions. There are those who were told they would never walk again - but through sheer determination, they did it. There are those who were riddled with malignant tumours and given a death sentence, but repeatedly visualised perfect healing and they became well. There are numerous documented reports like these and usually, we think they are flukes, coincidence, or perhaps miracles. They are so rare and so powerful, the notion that this could be commonplace does not occur to us. But it should. The default setting for any living organism is to survive, yet survival is only possible if the organism is inherently able to heal. We think nothing of our ability to recover from illnesses, injuries, broken bones. But why stop there? Why is it impossible to believe that we can heal ourselves of anything more serious than a broken arm or a really bad flu? It is only because we have not known we could do it. For thousands of years,...



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