



The Choice is Ours

The
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Bonnie
Grossl
OURS



FIVE KEYS TO
HEALTH, HAPPINESS & ABUNDANCE

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by

Bonnie Groessl

*Five Keys To
Health, Happiness & Abundance*

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Excerpt from “The Choice is Ours”

Introduction

“The most astonishing thing about miracles is that they happen.”
~ G. K. Chesterton, *English author and mystery novelist (1874 - 1936)*

Do you have the life you want? Are you joyful? Do you wake up every morning excited for a new day? If this isn't your reality as often as you'd like, then this book is for you.

Many people today are suffering. Whether it's physical or emotional pain, life-threatening illness, grief, loneliness, anxiety, sadness, insecurity or just feeling overwhelmed by life, there is suffering. We deserve to be happy and live the lives we want. Life is what it is, but suffering is optional.

In this book you will learn the keys to a life with better health, better relationships, more abundance and more happiness. You can open the door to the life you want. We all have that power within us; we just need to access it. For some people, happiness means getting their life back; for others, it's achieving new things or experiencing more joy in life. Whatever it is for you, you must believe you can have the life you want. Belief is probably the best gift you can give yourself. You deserve to have the life you want. You need to believe that!

We have all heard of miraculous recoveries, near-death experiences, and people who continued living and enjoying their lives despite terminal cancer diagnoses. A common thread is they exceeded expectations, resulting in a better outcome than many around them might have imagined. Anything is possible and miracles DO happen.

I have learned much from great teachers during my lifetime. My goal is to introduce you to some of these tools and ideas as you begin your journey toward the life you want. I also will provide some resources for further exploration. There is always another way to look at something, and I hope to provide some ideas and possibilities for you. My intention is not to provide you with a complete list, since there are many ways to achieve positive results. These methods are some of my favorites, and the ones I have found to be most effective.

A Word of Caution

This book is not intended to be a substitute for professional care, or a treatment for any mental or physical condition. Different things work for different people. Although these ideas and treatments have helped many people, everyone is different. Sometimes a method might stir up uncomfortable feelings, especially if you have a traumatic history. If this is the case, seeking professional help or even discussing it with a friend may help. Change the method in some way so it fits for you, or just move on. Be kind to yourself. Being nonjudgmental and not beating yourself up is extremely important. Often we are kinder to others than to ourselves.

My spiritual beliefs have been my saving grace, helping me through many life challenges. Many people find their spiritual connection in religion. Please note that I am writing from the perspective of my beliefs and do not mean to impose them onto you. I believe it's important for us to find love and support from faith, believing in something greater than ourselves. It is important to believe that we are loved and deserve the life we want. Values and beliefs are a personal choice.

I want this book to be a resource for you, to add tools to your toolbox and create the life you want.

Excerpt:

Hypnosis Happens - More Than We Realize

We have all been hypnotized many times in our life, and we don't even know it. There are really only two things required for hypnosis: a focused state of attention and a suggestion. We have all experienced this without referring to it as hypnosis. Have you ever been watching a movie or reading a good book, completely unaware of what was going on around you? If so, you were probably in a trance or hypnotic state. Perhaps you were driving on a familiar route and you suddenly couldn't remember if you stopped at the last stop sign. If so, you likely experienced what's known as "highway hypnosis."

Some practitioners teach self-hypnosis as a tool to enhance their patients' self-healing abilities. When we concentrate and focus, we're able to use our minds more powerfully. Mental imagery is powerful, especially when used in a focused state of attention. Our subconscious mind – that part of us that knows us best – has all the answers. But sometimes we are influenced by what others say or how they act, and we become hypnotized. Remember, we often get what we expect!

Think of how many times you or people you know have been sitting in a doctor's office or waiting for a test result. You're probably in a focused state of attention, that's the first part of hypnosis. Then the doctor or health-care provider arrives with the test result. Depending on what they say, and more importantly, what you hear, this becomes the suggestion. Boom, you have been hypnotized!

How many times have you been in a situation like that? It may not have been in a doctor's office, it may have been at work, school or home, but it happens more often than you think. Don't let others hypnotize you into believing what to expect in your life.

"Mary's" cancer had returned, and she was sitting in the exam room of her doctor's office, waiting for her test results. She was worried and was in a focused state of attention. The doctor came in, and I don't know exactly what he said, but she heard "you are going to die soon." I believe she was hypnotized into believing this. A few weeks later, she saw a different oncologist who told her that her type of cancer was chronic and similar to having diabetes. He said she may need treatment from time to time, but she could live a long time with this illness. She didn't hear a word he said; she didn't believe him. The nocebo effect had already hypnotized her into believing she would die soon.

People who are authority figures, like teachers, parents and health-care

providers, are more likely to hypnotize us because of who we perceive them to be. They don't mean to do it; they don't even realize they are doing it.

When "Kathy" was in grade school, her music teacher told her not to sing with the rest of the class. He said she was probably tone deaf and she should just mouth the words at the concert. The music teacher embarrassed her in front of the class. Kathy is in her fifties now, and to this day, does not sing. I know there are voice teachers who would argue that anyone can sing, but Kathy was hypnotized to believe she could not.

We are prone to suggestions and hypnosis when we are in a state of focused attention. Because we see these people as authority figures, what they say or what we hear influences us. The way we perceive things in life is based on our past experiences as well as our thoughts, feelings and beliefs in our subconscious minds. The good news is we can undo those pre-hypnotic suggestions. We can learn techniques to change those limiting beliefs so they don't govern our lives.

In the clinical setting, we often use deep relaxation as a focused state of attention or trance state. While in this focused, relaxed state, we are able to access the power of our subconscious mind more effectively to make the changes we want and achieve the goals we desire. Recall that our subconscious mind is more powerful than we may think, influencing about 90 percent of what we do, say and think every day.

Clinical hypnosis is a method of communication that induces a trance or a trance-like state. It is an interaction in which a person responds to suggestions given by a hypnotherapist for imaginative experiences involving changes in perception and behavior. The hypnosis can be either authoritarian or permissive. Authoritarian hypnosis uses phrases such as "you will." The more permissive style uses phrases like "you may."

Ericksonian hypnosis is another method. Rather than giving specific suggestions, the hypnotherapist uses stories, metaphors and analogies about the topic, and allows the individual's subconscious mind to take the ideas from these stories and metaphors to create solutions. Our subconscious mind has all the answers anyway. Bill O'Hanlon, an inspirational speaker and prolific author who was trained as a psychotherapist, notes that Ericksonian hypnosis simply plants seeds of possibilities (www.billohanlon.com).

We all carry negative suggestions in our subconscious mind. Whether it's a previous hypnotic suggestion or a limiting belief based on something we heard as a child, the result is the same: it keeps us stuck, missing out on the life we want.

You or a hypnotherapist can undo any limiting belief or previous hypnotic suggestion that doesn't serve you well.

Can You Imagine?

In Dr. Martin Rossman's book, *Imagery for Self Healing*, he notes that imagery is a flow of thoughts we can see, hear, smell or taste. Imagery is our most fundamental language. The mind processes everything we do through images. When we recall events from our past or our childhood, we think of pictures, images, sounds, pain and so on. It's rarely through words. Images aren't necessarily limited to visuals, but also can be sounds, tastes, smells or a combination of sensations. A certain smell, for example, may invoke either good or bad memories.

Not everyone's primary way of perception is visual, so don't be concerned if you don't "see" images. When you use imagery, just accept whatever you experience. If you revisit a place where you had a bad experience, it may instantly bring memories of the situation. You may see images from that event or you may feel things, hear sounds or notice smells. You are really using your imagination, it's not really happening. It may initiate the body's fight-or-flight response, which is the body's response to a perceived threat or danger. During this reaction, the body releases certain hormones like adrenalin and cortisol, increasing the heart rate, slowing digestion, shunting blood flow to major muscle groups, and giving us a burst of energy and strength. Originally this physiological process was named "fight or flight" for its ability to enable us to physically fight or run away when faced with danger. Our sympathetic nervous system activates during the fight-or-flight response. This causes difficulty in thinking clearly and increases pain, as well as the symptoms already mentioned. These days, situations where our lives aren't in danger, like being stuck in traffic or having a stressful day at work, also can activate this response.

When people with Post Traumatic Stress Disorder (PTSD) have a flashback, they see the event as though they are experiencing it now – the sounds, feelings, smells – yet it's not really happening. The event seems so real that they may actually have physical changes, such as increased heart rate and blood pressure, perspiration or trouble breathing. Sometimes it can be a challenge to re-orient themselves to the here and now and know that they are safe, that they are not really experiencing the event. When the perceived threat or flashback is gone, systems usually return to normal. However, in times of chronic, everyday stress, this doesn't happen enough, which can damage the body. Some people stay in this fight-or-flight mode. Many people are sympathetic nervous system-dominant because of chronic stress, or physical or emotional pain.

We have the ability to escape the fight-or-flight response, return our system to normal, and provide time away from chronic stress. With imagery we can take a break, and in our mind, go somewhere pleasant and relaxing. Imagery can be instrumental for our well-being. It is also the window into our inner world and the subconscious mind.

Oftentimes people say they can't do imagery because they are not good at visualizing. I ask them if they have ever worried. I have never met a person who can honestly say they have never worried about something in their lives. Well, worrying is using your imagination. It's using it in a negative way, but it's using your imagination nonetheless. Most of the time, it's not what really is happening that causes us so much stress, it's what we imagine could happen that stresses us. The situation hasn't really happened; we are just imaging it.

The Power of Imagery

Try this simple exercise to use your imagery abilities. Slowly read this script to yourself or have someone read it to you:

“Relax for a moment and imagine you are holding a ripe, plump lemon. Feel its skin and notice its bright yellow color. Imagine putting it up to your nose and smelling it. Perhaps you can imagine what it smells like. Now imagine you are putting the lemon on a cutting board, taking a sharp knife and cutting off a slice. As you slice into the lemon, the juice squirts out and sprays onto the counter. Now imagine picking up the lemon wedge you have cut, smell it, and take a big bite into it, allowing the sour juices to squeeze into your mouth. Did you salivate or pucker as you imagined cutting and tasting the juicy lemon?”

Imagery can be helpful in motivating change or creating a feeling that you are already where you want to be. It also can alert you to possible limiting beliefs or barriers that may prevent you from attaining long-term success.

It's not uncommon for people to have some anxiety when they think about losing weight, for example, especially if they have been overweight for a long time, or have gained and lost and gained weight again. Using imagery helps you actualize your goals and alerts you to any potential barriers. Anything is possible in your imagination. It's a great way to feel as though you've already achieved your goal and can imagine what that feels like. Choose a successful ending, such as meeting a goal. Pretend you have already achieved this goal; it's not something in the future. Choose just one goal for the purpose of this exercise:

“Imagine you can see yourself having accomplished your goal, see yourself in the mirror. What do you see? It may be easiest to look at yourself as though you are far away, and then gradually bring your image closer into view.

“Notice what time of day it is as you are looking in the mirror. What does your face look like? What does your body look like, now that you’ve achieved your goal? Do you have a different posture? Imagine hearing two people important to you acknowledging that you have reached your goal, congratulating you on your success. Hear how you respond. How did you announce to these people that you reached your goal? What did your friends say in response? Can you hear the tone of their voice? Take in the affirmation and congratulatory remarks, and feel good.”

Mental imagery is a powerful tool, especially in a focused state of attention. Imagery may be actually visualizing or “seeing,” but it may also be feeling, hearing, smelling or using any of the senses. In a state of concentrated attention, ideas and suggestions that are compatible with what you want have a powerful impact on the mind, especially the subconscious mind.

When you are listening to suggestions and imagery, it is best if you are in the same position each time as, eventually, simply being in this position will promote relaxation and a focused state of attention. As you use these techniques, take what fits for you and leave the rest. Feel free to change the words if you make your own recording of the relaxation script. We are all individuals, and different people will identify more with certain suggestions. For best results, I suggest you practice imagery or listen to a recorded script more often in the beginning. If you listen to a recording, you may find that after a while, you may not need to listen to it on a regular basis and will use it only as you feel the need.

Summary and Suggestions

We can control the world inside. Our thoughts and feelings shape our lives. A belief is just a thought you keep having; we all have limiting beliefs that can keep us stuck. Stress is a necessary part of life; how it affects us is up to us. Hypnosis happens more often than we think. Everything we have ever experienced is in our subconscious mind: the good, the bad, and the ugly. We should have the good stuff at the top.

- Take some quiet time and practice imagery. It is the back door

to the subconscious mind.

- Take a mini-mental vacation.
- Notice how much of the day you have positive thoughts and feel good, and how much of the day you don't. Which is dominant?
- Daydream about the life you want and believe that it's possible.
- Make a list of the things you think about on a regular basis that don't make you feel good. This will give you an idea of what some of your limiting beliefs might be.
- Use affirmations and imagery to move life-enhancing beliefs to the top of the pile in your subconscious mind.
- Play around with the self-muscle testing techniques and find one that works for you. This is a way to discover what you believe at a subconscious level.

We make hundreds of choices every day and don't even think about it. Next, we'll examine how these choices affect our lives.

Links to find the book:

Amazon Link

http://www.amazon.com/gp/product/1452536163/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=bonnigroesmem-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1452536163

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