

## Wisdom from Metatron

by Dr Tony Minervino

# BE HEALTHY NOW IT'S A CHOICE

**“IN ORDER TO GET WHERE YOU'RE GOING,  
YOU HAVE TO START WHERE YOU ARE.”**

You will never be truly healthy by just doing what other healthy people do or by doing everything the mainstream experts say. Doing what healthy people do – eating right, exercise, sufficient rest, etc. – is essential to good health, but how do these things translate for you? You are, after all, unique. It's not what healthy people do that makes them healthy – rather, they are already healthy, and what they do is just a natural expression of who they are, who they have chosen to be.

The only way to truly be healthy (are you really ready to receive, comprehend and apply this powerful insider secret?) is to decide you are healthy. Once you decide you're healthy, you will know what you as a healthy person do. No-one knows more about you than you. Forget about the experts – now that you are healthy, you are naturally inclined towards the things that support your health and disinclined from those things that do not support your health.

**“YOU CAN'T POSSIBLY GET WHERE YOU'RE GOING  
UNTIL YOU KNOW YOU'RE ALREADY THERE.”**

This is true of everything that you set up as a goal in your life, and no less true of your health. It doesn't matter what your apparent health is. Even if you are diagnosed with terminal cancer and are apparently at death's door, once you decide you are healthy, you're healthy – now just trust your intuition and follow whatever comes up for you. You might come up with an idea that seems truly bizarre, like eating only grapes until you feel the way you want to feel or not ingesting anything but water – trust it. If you need support in this process, find a healthcare specialist that you resonate with who can guide and encourage you. But let there be no doubt about it, once you decide you're healthy and believe it, you are healthy. Note that I'm not saying that you will immediately feel healthy, because your body may in many respects be reflecting the consciousness that created your apparent disease. However, if you remain faithful to your decision that you are healthy and choose to get on with your life, you will.

**“WITHOUT A SHIFT IN CONSCIOUSNESS,  
THERE IS NO REAL HEALING, ONLY FIXING.”**

The vibrational frequency of your consciousness determines the frequency of every other aspect of your being – including your physical body, emotions and mind – your experience.

Note that your mind is not your consciousness – it is a tool through which you express your consciousness. You are your consciousness. You decide the frequency that you attune yourself to, often by transforming or letting go of any belief that is not at the frequency that you choose to experience.

**“IF IT FEELS GOOD, IT'S GOOD. IF IT DOESN'T  
FEEL GOOD, IT'S NOT FOR YOU – LET IT GO.”**

Once you decide to experience life at a certain frequency, anything that is not at that frequency and beyond will just not appeal to you – it will not excite you, it will not capture your attention, you will have no motivation towards it. The feeling of excitement is your best guide to what is most you – to what is your truth. Since you are the decision maker, why choose a thought, feeling or action that doesn't excite you?

**“EVERYTHING IS EQUALLY TRUE, EQUALLY  
VALID AND EQUALLY AVAILABLE, BUT  
NOT EVERYTHING IS EQUALLY EXCITING.”**

In every instant, you have choice. Of the things that are available to you in this instant, one will stand out as the most exciting – it may not make the most sense, but it is the most exciting. What do you want to be – excited or sensible? If you are sensible and have terminal cancer, you get your affairs in order and die. If you are told you have terminal cancer and get excited, you get to experience magic – the magic of conscious creation. You see, we're always creating all the time. So this is not about doing something you've never done before – create – it is about becoming conscious of what you're creating, and deciding that you are only going to create things that excite you. I promise you, you can't be excited and have terminal cancer or anything else that is terminal – it's just not exciting.

**“THERE IS NO SUCH THING AS THE WAY IT IS –  
THERE IS ONLY HOW YOU PERCEIVE IT TO BE.  
WHAT DO YOU CHOOSE?”**

So here you are, right here, right now, with life and all its possibilities available to you. All you have to do is choose. What will you choose – something that excites you, makes you feel vibrant and alive, thrilled at the unlimited possibilities of creation, or something that is sensible, ho-hum, or even dreadful? You choose.

As for me, I choose exciting – it's just more fun, and I like fun. If it's not fun, if it's not exciting, I'm not interested. Want to join me?

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