

# THE NEW HEALING PARADIGM

If We Really Believed...

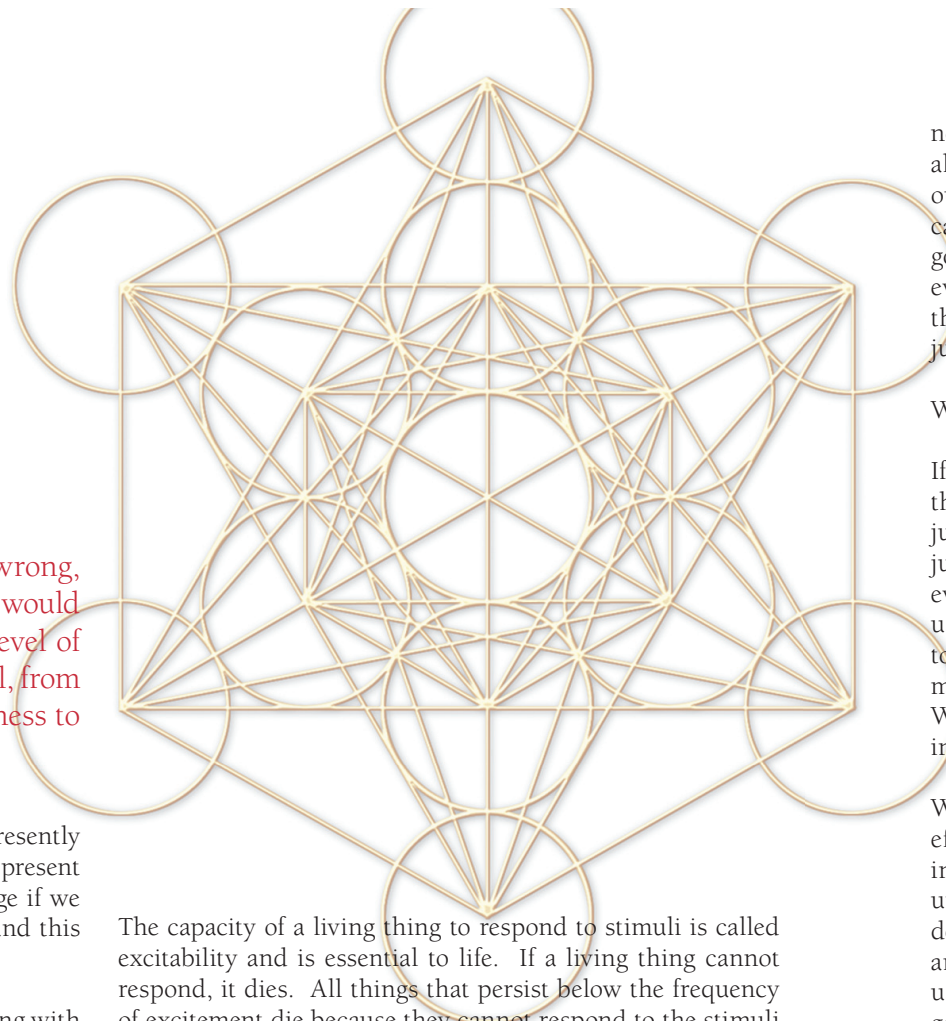
If we really believed that nothing could go wrong, there would be no such thing as disease. There would only be the experience of moving from one level of integration and function to the next higher level, from the present level of consciousness and awareness to the next higher, more expanded level.

No matter how perfectly the structure in our life is presently serving us, it cannot support the next higher level. The present organisation of our bodies and our world must change if we are to move to another level. There's no getting around this necessity.

If we are in the frequency of trust and certainty, knowing with no doubt that all is always as it should be, that everything is perfect, exactly the way it is, then we experience the exhilaration and excitement that always accompanies change. Our bodies and everything in our reality shifts and reorganises to accommodate the demands of the new state of being that we are entering into. Some things will drop out and new things will be added to create a new us, and a new reality – this is how transition happens. And, the results are always perfect, a perfect reflection of the frequency in which it occurs, a perfect reflection of our consciousness. Everything in our reality is now at a higher level of integration and function, a more expanded expression of perfection. Some of the elements that made up our reality are no longer present, but not missed. New things and new people show up and contribute to the feeling of newness, the feeling of excitement that is now our present life experience.

We come out of this sometimes discombobulating, but always exciting, experience to realise that we are now better – in fact everything and everyone is better. It was perfect before, but now it's better – even the world scene appears to be improving – it makes more sense – there is more reason to be optimistic about the future, whatever that will be, and we are not really concerned about what that will be.

It is only when we move into fear and interpret the changes negatively that we begin to resist the changes. All pain, all disease, and all conditions are caused by resistance, and resistance is caused by fear. As soon as we move into fear, our frequency drops below the level of excitement, below the frequency that supports life. Movement is a primary characteristic of life, and movement is caused by excitement.



The capacity of a living thing to respond to stimuli is called excitability and is essential to life. If a living thing cannot respond, it dies. All things that persist below the frequency of excitement die because they cannot respond to the stimuli that move life forward. We might say they are afraid to move. And, without movement, there is no life.

Change is a necessary part of life and when change is upon us, there's no stopping it. But, there is the power to alter the quality of the change that takes place – we can alter the results.

When we choose fear – and it is a choice – the change that is taking place is now occurring in a frequency that does not support life and cannot support expansion. In this frequency it is not possible to move to a higher level of integration and function. The only option then, to conserve life force and the capacity to survive, is to contract – become smaller. So, in the context of a universe that is expanding, getting bigger, we are contracting and getting smaller. In these circumstances the re-organisation of the structure that makes up our reality, including our bodies, results in a level of integration that can only support a lower level of function, a diminished capacity to respond to stimuli, a diminished capacity for life.

In this state, we experience being more and more out of touch with everything and everyone around us – we feel that the universe and life itself does not support us. In fact, it is we who have chosen to be unsupportable. We have chosen to doubt the perfection of all things. We have decided not to trust life. We have chosen the path of fear. What follows are physical and emotional pain, disease, conditions, depression and ultimately death. Fear never leads to a happy ending – how can it?

We can, however, wake up to the realisation that we have choice. Of course! Did we not choose to doubt that everything is always perfect? Did we not choose to not trust life? Did we

not choose the path of fear? We always have choice and we always choose. Whatever we experience is always a result of our choices. We can turn this whole situation around. We can choose life, love, peace, freedom, certainty and all those good feelings – we can choose to trust that we, everything and everyone is perfect, and that life always prompts us towards the next more expansive level of experience, because that is just what life does, that's just what life is.

We are infinite, eternal beings – what could really go wrong?

If we clearly examine our lives, we will all come to the conclusion that everything we ever judged as good led to something we judged as bad, and that eventually led to something else we judged as good. The fact is that our whole life experience has eventuated in our being who we are today – and who, among us, is not smarter, wiser, more capable and happier, more in touch with life than we were at any time in the past. We are more loving, caring, compassionate than we ever were before. We are even reading this article – we were not even interested in reading stuff like this in the past.

We can all look back and see how we might have more effectively and appropriately responded to certain events in the past. However, we would not have this increased understanding and wisdom if we had made even the smallest decision differently – we wouldn't even be the same person we are today. Our past, just like our present, is perfect – it got us here. And, our present experience will get us where we're going – wherever that is. We don't need to worry about that either – it will be perfect.

There is no external circumstance or event that can cause us to feel less than excited if we choose excitement no matter what – if we choose to trust life – if we choose to trust our own perfection. Of course we'll get better, but that doesn't mean we're not perfect now. We'll never reach 'perfected' because this experience called life never ends – it just changes expression and form. And, there is nothing that can come up in our lives that we will not respond to more effectively if we are confident in our capacity to dance with life and enjoy the music. Happy dancing.

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