

Just like the water going down your plughole; time spirals down through the energetic dimensions from its fast time to this slowest time. Your body is a product of this slow time, but your thoughts are much faster. Mass is coagulated thought – thought that has been slowed down through the spiral of time. When you look in the mirror you are looking at the past because you are looking at what was previously created (cellular change is occurring all the time).

So if you look at your body and acknowledge how it feels, then you are projecting your past into your future. You're wise when you intercede in the process by sending new messages to your body.

I am radiantly healthy (and my body is catching up through the spiral of time).

If we look at reality and re-confirm it, we are projecting it into the future. We have to change the signals we are sending out. Mastery is looking at reality, ignoring it and creating our own.

I have sold millions of books and I am fabulously wealthy (and the marketplace is catching up through the spiral of time).

You cannot do this if you doubt it because your doubt will carve up your lofty thinking. What manifests is your common thinking. If you can change the programmes you can change your life.

What does change and the spiral of time feel like? Lethargy accompanied by heavy, non-sensical dreams. This is the way your energy comes back to you and that's required for radiant health.

So it's not “I am in the process of healing” it's “I am healed”. It's not “I am working on my prosperity” it's “I am fabulously wealthy!”

Please don't send mixed messages that confuse your body - get your head straight on this...

The illusion of time is that it's linear; it's actually dimensional and relates to frequency. All exists in time because time is a condition of energy and all is the manifestation of energy. If thought (energy) is not the creative ingredient then what is?

Every emotion is an internal state and Joy is no exception to this. What triggers emotions in your life, will not trigger joy. Joy is the emotion of radiant health. Joy is the result of you knowing the truth and employing it in your life.

Imagine it – radiant health! Truly – imagine it! Talk yourself into it! How else are you going to do it? Your army of cells is waiting for you to wake up and lead it to victory!

I am radiantly healthy.

I have exactly the correct amount of blood in my body.

My blood pressure is optimal.

My blood viscosity is optimal.

My vascular system is clear of debris.

My heart is strong and beats to perfection.

My eyesight is perfect – I have perfect vision.

I will only wear glasses for as long as it takes for my body to catch up with my truth.

My Body is in homeostasis; it is perfectly balanced.

My Soul is complete; it balances with a feather.

My Spirit is rejoicing as I have achieved what I came here to do, which was to evolve myself.

Is this a help to you? Are you getting the idea? Talk yourself into being the greatest you can be.

~ Gary Bate of whatstress dot com <https://www.whatstress.com/>