

Focus:

Focusing on a vision of joy and healing motivates us to positive action.

Each of us can only heal if we believe we can. By choosing to direct our focus towards the joy and healing we desire, we are actually taking a step toward reaching these goals. Our positive mental imagery provides powerful motivation for us to choose positive behaviors. Prioritizing facilitates the focusing process: we choose what is most important for our own joy and healing and we focus upon that.

A primary tool in healing is positive languaging; it is a way of consciously using language to influence how we feel. It can be utilized both verbally and with our internal thought process. As an example, compare the following sentences: “I have a lot of crap in my history to deal with,” and “I really want to heal the impacts of past traumas.” Notice how you feel after reading each sentence. This is an example of how positive languaging can facilitate our healing—our choice of words impacts how we feel. It’s not magical, but it definitely increases self acceptance and produces healthier results faster.

It works! Choosing positive self-talk and mental imagery actually enhances our physiology. For example, research shows that laughter results in reduced levels of the stress hormone, cortisol and increased levels of endorphins. Our body actually begins to move towards the mental images we hold – that’s why it’s vital to use positive imagery that guides us towards healing.

Focusing on a vision of joy and healing provides lush benefits. It nourishes our capacity to see the opportunities for joy and healing around us. It also allows us to embrace existing joy and healing more fully. Focusing on a joyful healing vision enables us to choose the lightest, easiest and most enjoyable pathway of healing. It allows us to appreciate the joy in our lives today and be proud of the healing we have already done, while creating a platform for future joy and healing.

The bottom line is: it enables us to thrive more today!

Vital Cycle: The more motivation we have the more positive action we do. The more positive action we do, the more motivated we are.