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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Focus, Your Body, and Your Physical Well-Being

By John Cali

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About a week ago, on a beautiful early winter day, I was out jogging in the foothills south of my house. The morning air was clear, cold, and crisp, and the deep blue sky was sparkling with golden sunlight. The gentle hills around me, the rugged mountains in the distance, and the valley far below me were covered in a glistening white cloak of new-fallen snow. My kind of day—I love winter, and I was in heaven!

About a mile into my run, my euphoria was suddenly shattered by a sharp stabbing pain in my left ankle. It hurt like hell!

Over the years a number of people about my age have told me they had to quit jogging because it was too hard on their bodies. Specifically, their ankles, knees, and backs. But I've never bought into that mind set, and in almost 40 years of jogging, I've had no problems.

And, I thought to myself, I wasn't willing to start having problems, not after all those years. So I continued jogging along, and the pain kept getting worse and worse. As the pain intensified, so did my focus on it.

Then the light came on, and I remembered what I'd heard from Joseph and others over the years—you always get more of what you give most of your focus to.

So I took my focus off my left ankle and the hot, searing pain. And I focused on my right ankle, which was strong and healthy.

Literally within about three minutes, my left ankle was fine. The pain was gone. So I continued on for my usual distance. The pain never returned.

Now I realize this was an extremely minor disorder, especially compared to the hefty health challenges many of you have shared with me over the years.

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But the principle is still the same, whether we're talking about minor or major physical problems. Or, for that matter, anything else—money, abundance, relationships, jobs—you name it. You get what you focus on.

Chief Joseph

Well, it seems we're back once again on this issue of focus. You get what you focus on. You create your reality by what you focus on most of the time. We're sure we seem, to many of you, to be beating this subject to death.

But it's such an important subject, and one you must understand and accept if you are to create the life you want for yourselves.

For this discussion, however, we want to slightly shift our focus a bit from that of earlier similar discussions we've had with you.

We want to talk about vibrations and how your vibration influences the Universe's response to you and what you ask for, or pray for, or however you put your desires out there.

By its own Law of Attraction, the Universe must respond to your predominant vibration, your predominant focus.

If your focus and, therefore, your vibration, are positive—that is, centered on what you want in your life—the Universe will deliver to you what you want. And if your focus–vibration are mostly about what you don't want, the Universe will deliver to you what you don't want.

It's that simple.

So, to put this in the context of this discussion—your physical bodies, your physical well-being—you must focus on the state of health you wish to experience.

As John said, his healing experience was a minor one. But, as he also said, the principle is the same in much more serious situations. And the healing can be as fast, even in cases of so-called terminal illnesses. Those healings you usually call miracles.

It is no more complicated to create a complete healing of, say terminal cancer, than it is to create the healing of a painful ankle.

Friends, it's all a matter of focus and belief. Do you believe you can be healed? Do you believe you deserve to be healed? If you do, then you are already healed. Ask and you shall receive. It may not happen instantly. But it can.

And it doesn't really matter how long it takes—a minute or a year or more. All that matters is this: your body's natural state is that of perfect health. When you put out the intention to have your body in a state of perfect health, you've started the healing.

And the healing must be accomplished unless you get in the way. The Universe and your body will marshal all their considerable resources to bring you and your body back to its natural state.

You are in control here. Your body and the Universe will do your bidding. Focus on perfect health and well-being, and they are yours.

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Since 1992, John Cali has been communicating with a spirit called Joseph. In one of his many physical lifetimes, this spirit was incarnated as the legendary Chief Joseph of the Nez Perce tribe in what is now Oregon. Email john@greatwesternpublishing.org Website www.greatwesternpublishing.org Free newsletter at chiefjoseph-on@mail-list.com Private readings with Chief Joseph at readings@greatwesternpublishing.org

Sleep and Body Temperature - The Connection

By Wendy Owen

There is a definite relationship between our core body temperature and our feelings of lethargy or energy. When the body is warm, we feel wide awake. When the body is cool, feeling of tiredness and sleepiness prevail.

Not everybody realizes that our body temperature works and ticks like an internal clock controlling our sleeping cycles. Body temperature also controls the metabolism, circulation and other involuntary activities our body undertakes.

It's also extremely important to understand that the rise and drop of body temperature is one of the mechanisms for our body to produce the feelings of being awake or being tired.

Simply put, whenever your body temperature begins to fall, you will feel tired, lethargic, and drowsy. Whenever your body temperature rises, you will feel more energetic, alert and be able to focus better.

The rise and fall of body temperature during the day should not be misinterpreted as the need to rest or sleep. This happens many a times during the day depending upon the body's activity level at a given time.

Whenever you put big physical demands on your body your body temperature will rise above the norm. As a response to any intensive physical activity, the body temperature drops for a while as soon as you stop the activity.

For example, if you work an 8 hour shift at a job that requires intense activity, one might feel totally drained and ready to fall asleep when you come home at around 4 PM. What you'll actually find is that this feeling of tiredness is not a sincere need to sleep, but rather a response from your body due to the

drop of body temperature.

If you resist sleeping at this moment and provide a "wind-down" period for your body after this period, body temperature will return to a normal and you will feel alert again.

If necessary you could nap for 10–30 minutes during the day to physically recharge yourself, it's ideal to take this nap when you experience this body temperature drop as it will help you sleep. Always limit your naps to 30 minutes to avoid entering deep sleep which will further decrease body temperature.

After you wake up from your nap it's normal to feel lethargic or drowsy, this is because your melatonin levels are higher. Get as much high intensity light as possible the moment you wake up, and make sure to MOVE your body to get your body temperature up and running again and reset your natural rhythm.

If you currently live a very sedentary lifestyle, you may wonder why you constantly feel tired. It's because your body temperature will remain low when you're sitting around and not doing any physical activity.

So if you feel tired during the day understand it's not because you need more sleep. It's because you need LESS SLEEP and MORE ACTION! Get up and move around and see how much better you feel!

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books absolutely free!

Wendy Owen is a health researcher and author.



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