

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**The Power of Expectations and Thought Energy**

**By Jeffrey R. Palmer Ph.D.**

The Power of Expectations and Thought Energy

If I were to place three apples on a table in front of you and asked you to choose one to eat, you probably wouldn't have much difficulty selecting one. After all they are just normal apples, nothing special.

But what if I were to tell you that these apples had been the subject of an experiment in the transference of thought energy? The experiment involved the use of one hundred people familiar with the practice of meditation and the focusing of thought energy.

One of these apples was meditated on with the intention of providing health. A group of one hundred people concentrated for one hour with the intention of giving this apple the power to heal.

Another apple was focused on with the intention to cause sickness. For one hour this apple was subjected to the meditative thought energy of ill health.

The third apple was not meditated upon.

Knowing this, how would you feel about your selection of the apples? Would you feel uneasy about choosing an apple that has been the focus of these "sickness" intentions? What do you suppose would happen to your body if you ate this apple?

How would your body react to eating the "healthy" apple? Would knowing about the different meditations before hand have an effect on your health if you were to eat? Would knowing about the meditations after eating one of these apples have an affect on your body?

In the experiment described above, what is the mechanism behind the health or sickness associated with these apples? Is it the thought energy of those meditating at work, or do the expectations of the person eating the apple have the real effect? Do the expectations of the meditators come into play?

## The Power of Expectations and Thought Energy

The three apple scenario has hopefully served to illustrate the importance of understanding how our thoughts can have dramatic external effects beyond the scope of our present day understanding.

"Expectation is a powerful thing," says Robert DeLap, M.D., head of one of the US Food and Drug Administration's Offices of Drug Evaluation. "The more you believe you're going to benefit from a treatment, the more likely it is that you will experience a benefit."

Expectations and beliefs are an important aspect of thought energy studies. A perfect example of this can be found in the phenomena of the placebo effect. A placebo, as used in research, is an inactive substance or procedure used as a control in an experiment. A placebo effect occurs when the placebo, which cannot on its own have any affect, but does in fact have the same, similar and sometimes better affects as the experimental substances drugs or procedures. Questions remain about the interplay of psychological and physiological mechanisms that contribute to the placebo effect. Today's brain imaging techniques lend support to the theory that thoughts and beliefs not only affect one's

psychological state, but also cause the body to undergo measurable biological changes. What is known, beyond doubt, is that we can create healing energies with our minds alone.

Thoughts have the power to heal and the power to cause harm. What we know and understand about the nature and mechanism of thought and thought energy pales in comparison to the vast amount of information that we do not have. Studying how expectations, beliefs and thought energy relate to physiological and biological changes can lead to a better understanding of individual roles and responsibilities regarding personal health and well being.

Thoughts are real. Thoughts are measurable outside of our bodies and they exert a real influence on people, places and objects which is not bound by time or space. Directed thought energy carrying specific intent is capable of imprinting objects with a desired physical or emotional signature.

Now, go have an apple and think about that for awhile.

Dr. Jeffrey R. Palmer Ph.D. is the author of "Judo for the Soul – The Art of Psychic Self Defence", as well as numerous articles and papers relating to metaphysics and the study of paranormal phenomena. Further information about Dr. Palmer and his books can be found at

<http://the-psychic-detective.com/Judo-For-The-Soul.htm>

### **The Power of Expectations**

**By Kathy Gates**

#### **The Power of Expectations by Kathy Gates**

You can sit around and wait on FedEx to drop off a big box of happiness on your doorstep if you want to.

## The Power of Expectations and Thought Energy

But that's not likely to happen anytime soon. Or you can get up, create an action plan, and get on with your life. It's 100% up to you.

Expectations are a part of the universe that makes things happen, both negatively and positively. Like atomic particles, universal forces cannot be explained, but plugging into them creates some kind of energy. You don't have to be able to see it or understand it to use it.

Do you understand radio waves or computer chips (ok, so some people do, but I don't and I have a lot of company in that boat!). I can't see how this arrives from my computer to yours, and I don't understand it, but I sure use it. You only have to be willing to let it happen.

If you were not given the power of positive expectations early in life, you now have to create it for yourself. You can live up or down to your own expectations and the expectations of others. 98% of people in prisons report that they were told by their parents or others in their lives that they would end up in prison. They lived "down" to those expectations. What if the same people had told them that they would end up as a successful writer, or a great inventor, or a top sports figure?

You have this same power. You have the power to be creative and resourceful, or you also have the power to be miserable the rest of your life. You have that choice. You have that free will. You pick out an attitude each day the same way you pick out your clothes.

Positive actions are much more powerful than positive thinking. My mother had a great southern saying: "Wish in one hand, pour peas in the other,

and see which fills up faster." She meant, of course, that tangible action brings results, whereas just wishing for something doesn't. Wishing that FedEx would drop off a box of happiness on your doorstep will have you waiting a very long time. Creating

## The Power of Expectations and Thought Energy

your happiness, one day at a time, will bring that big box of happiness much quicker.

To transform your attitude and maintain positive actions, try the following things:

- . Don't expect it to happen overnight, but always expect it to happen
- . Align yourself with people who also have goals; they'll support you and encourage you when you're tired and frustrated
- . Step out of your comfort zone; do one thing different
- . Operate from the standpoint "as if" it had already happened

No, you can't simply "will" a goal to materialize, but you can make a commitment to do whatever it takes, including consistent exercise, setting time to clean up your environment, or investing your money in a program instead of buying a new outfit. What do you want so badly that you are willing to put aside other things until a later time?

Your expectations of positive things is your best resource. YOU can make that choice. YOU can make it happen.

- . Develop the ability to be your own best friend
- . Cooperate with life, use what's in front of you
- . Remember you are human; give yourself a break
- . Get into action every day.

Kathy Gates, Professional Life Coach, believes that "Life Rewards Action". She can help you create goals, overcome procrastination, organize your time and money, find your true passion, and learn to love the real you. Visit [www.reallifecoach.com](http://www.reallifecoach.com), email [Kathy@reallifecoach.com](mailto:Kathy@reallifecoach.com), or call 480.998.5843



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**