

## What is Your Perception of Health?

By Patti L Conklin, M.Ht – Medical Intuitive

What is the definition of health? Is it feeling good physically or does it include our emotional and spiritual bodies?

Yes to all. Health is a state of being. Your soul is healthy and your body is the result of your thoughts and words created by your history of perception. It is our perception that is the challenge in our lives. Think about that for a moment. If you wake up in the morning and say, “Wow, my body hurts,” your body responds with, “Okay, I can do that for you,” and makes it so. Our bodies are literal beings that make literal truth out of what we think and say. Your body does not have discernment capabilities. Your body only knows your words.

Your cells operate in two modes. Cells grow or they protect. Your words affect how your cells respond. If you say, for example, “I just found out that my Aunt Zelda has cancer and I’m afraid she will die,” your cells do not know that you are speaking of Aunt Zelda and that your fear is for her. Your cells only know that you have gone into a state of fear and so they begin the protection process of shutting down in order to be safe. The result? You get sick. Maybe not right away. Perhaps you experience a mild sore throat the following day or even a headache. You don’t consciously connect that your cells are beginning to protect themselves, thereby decreasing your immune system and allowing you to have minor symptoms. When your body can not sustain enough “growing” cells, you will begin a potential disease process.

Everyone on this planet is experiencing all sorts of wonderful growing experiences. Growing experience comes in the form of illness, sometimes divorce, or job loss. Every single experience you have that you consider bad will *always* have something good come from it. No matter what the situation is, you can always find good in anything in life. It all depends on your perception.

Perception, what a wonderful process! **I can’t stress enough that if you feel you’ve hit a wall in the walk of life, simply change your perception – thereby changing your life.** The walk provides thousands of paths, forks, blocks, and yellow brick roads. You simply cannot make a mistake in whichever road you choose to walk. You will learn! You are already learning! You learn something new in every breath you take. Sit with that for a minute. Are you truly the person that you were yesterday? Or has there been a slight shift in your awareness? Of course there has been. You learned, whether it was a “good” experience or a “bad” experience. If you remove the “good” or “bad” labels, you realize that it simply was an experience and growth occurred because of it.

It is important to understand how your words are affecting your general health. Your body is literal and your cells grow or protect according to your state of mind. Every illness has a core of emotional behavior

that needs to be addressed. Have you been in judgment? Are you angry? Do you feel resentment or frustration with family or colleagues? Change your perception. Do not make it personal. Understand that anyone you have conflict with is your spiritual equal. Stay focused on the awareness that they are no better or no worse than you – each person has his or her own walk with the Universe. You will never really know what his or her purpose or walk is so do not judge it. Create acceptance and non-judgment in your life.

Life is truly meaningless. When we were given life, we were not given meaning. This means there isn't anyone walking the face of the earth that can "make you" angry. There is no one who can "make you" feel loved. We choose which emotional reaction to attach to each of life's individual events. These choices then create our perception. You must *own the responses you have chosen*. You are responsible for how you are feeling. Remember your body is recording every word and emotion, and then creating your health from second to second.

Be healthy! Watch your words, accept your emotions, and be willing to change your perceptions to create a wonderful world every moment. Will it be perfect? Yes, if your perception says it is!

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**Patti Conklin, Medical Intuitive, Vibrational Mediator, and author of *God Within: The Day God's Train Stopped*, is described by clients and colleagues as one of the greatest Medical Intuitives of the 21<sup>st</sup> century. Patti was born with a rare vision and vibrational capabilities. Patti has received numerous awards and acknowledgments through the years including an honorary Ph.D in Divinity and Humanities for her life's work. Patti has a private practice and see clients from around the world in private and group sessions. Patti's book is available at Amazon and Barnes and Noble.**