

ASK Dr. Evers

- The Affirmation Doctor

By Dr. Anne Marie Evers

Happy New Year Everyone

It is so great to be writing this column in the brand New Year 2009. Thank you for all for your emails, letters, phone calls and post. I appreciate every single one of them.

Today I receive many requests asking for prayer for healing. When I receive these requests, in addition to adding them to our Affirmation/Prayer List, I ask that the person writing the email, please join in, in their minds, with us in our Affirmation/Prayer Group that meets every evening at 11:00 o'clock Pacific Standard Time. If you are unable to meet, in your mind, at that time, do your Affirmations and ask that they be sent to the 11:00 o'clock.

Upon request I will be delighted to email you The Nightly Affirmation/Prayer or you may print it off from my [website www.annemarieevers.com](http://www.annemarieevers.com)

Dear Dr. Evers,

How can I assist my body in the healing process? I do believe that healing is possible, but when I feel so very ill, I find it very difficult to say my Affirmations--saying I am healthy, when I really feel that I am not. It is my wish to be perfectly healthy and I am having trouble accepting my healing, when others are suffering. I feel so undeserving. Any light you can shed on this situation will be much appreciated.

~ Leslie, Computer Programmer, Edmonton, AB ~

Dear Leslie,

Thank you or your email. First of all, *you DO deserve* to be healthy, happy, loved and prosperous. This is your birthright. You need to recognize it, accept it and step into your Magic Magnetic Circle of Love, health, happiness and prosperity.

The 1% Solution

When I was interviewing a wonderful man on one of my radio shows he related the following story.

He said, "You know Dr. Evers, it is hard, if not downright impossible for me to be lying in a hospital bed in excruciating pain with a tube sticking out of my nose and one out of my belly and saying, "I am 100% healthy." I could not do it-the gap was just TOOOO big! So I devised the following method and it worked wonders for me.



Ask Dr. Evers is a regular feature in The Violet Ray. Contact Dr. Evers at **1-877-923-3476** or send your questions to: askdrevers@thevioletray.ca

Even if your question does not appear here, Dr. Evers will answer each one in the order in which it is received.

I said to myself every day out loud with great feeling, energy, belief and expectancy, "Today I am 1% better than I was yesterday." You know, he said, "It started to work. After about a month, I felt o much better that I was able to sit up in bed and eat. So I thought to myself I am on to something here. I kept on affirming the same statement, over and over. Today I am 1% better than I was yesterday. Well in 90 days I was 90% better and in 100 days I was 100% healthy!".

Now he travels to organizations, clubs and churches and tells his story and of other positive events that have occurred in his life motivating others to do the same. This way he **WAS** assisting his body with the built-in healing process.

You see his mind was able and in fact **DID** accept the statement that he was 1% better as it was certainly believable. I asked him if I could share his story and he said, "Please, by all means do share it as it could help another person the way it helped me." This process convinced his subconscious mind, who was always listening, that it was okay and believable to be 1% better today than he was yesterday and it set about to make that statement come true and it did!

So Leslie please do this process and let me know the outcome. You are in my prayers and Affirmations.

Love and Affirmation Blessings,
Dr. Anne Marie Evers

Where does Sickness Come From?

Did you know that some scientists are now believing and sharing with the public that sickness begins in the energy field and in the mind about 18 months before it manifests in the physical body? Your body possesses an astonishing ability to restore and recreate itself. You regenerate a completely new liver every six months; many diseases can be reversed with the proper steps.

Every seven years, all the cells in your body are totally renewed. In this continual regeneration of the physical body, you have numerous *daily* opportunities to stimulate healing and improve your health. This can be accomplished by practising the *Affirmation Method*, exercising, getting enough sleep, meditating, reducing negative stress and eating properly.

Use your wonderful mind-power for healing. Your mind holds the power to trigger this fantastic, natural, healing

ability. Every thought and emotion you experience causes a chemical response in your organs, bloodstream, and immune system. Repressed negative emotions may trigger disease; positive thoughts and feelings can help facilitate healing.

Many medical people are adding positive, powerful Affirmations to their patients' prescriptions, with wonderful results. One reader who had chemotherapy treatment for cancer walked out of her doctor's office with a positive thinking book. Her doctor told her to read it and visualize movies in her mind to heal her body.

Your body believes every word you say and your words and thoughts control your health. Conversations with self and others have a lasting impact and impression on how you feel today and how you will feel tomorrow. Words are very powerful. Watch your self-talk!

NOT YOUR SICKNESS

Sickness is *not* your inheritance! Refrain from referring to any negative health condition in your life as **yours**. We have all heard people say, "My arthritis gets worse in the winter, or "My migraine headache is driving me nuts." Why make these negative health problems *yours*? They are not yours. Give them away.

I have given many headaches, backaches, and other pain to the floor, the table, or a chair, asking that the pain be recycled into positive energy. Visualize pain disappearing from your healthy body. Most disease and pain is caused from negative stress, bad habits, improper eating, and negative emotions. Some people can relax and let tension seep out of their bodies by watching a fire in a fireplace.

Others unwind with a brisk walk in the fresh air among the trees; still others find peace watching the waves caress the shore at some white, sandy beach.

Negative thoughts of pain and disease have no place in your body. Negative thoughts, though invisible, are very powerful, nonetheless.

Be patient when doing your Affirmations. If you are unwell, remember that it may have taken a lifetime to put your body into that unhealthy state.

The ABCs of Health

A - Always accept responsibility for your health. Learn about and understand the full nature of any disease with which you may have been diagnosed. Always be conscious of what you can do to assist your body in cleansing, healing, and revitalizing.

B - Be yourself. Never attempt to copy others. You are unique. Believe disease can be cured and be willing to explore various avenues of healing. Listen to the advice of your healthcare practitioner and other well-meaning people. After careful consideration, make your own decisions. The Internet is a great source of valuable information about virtually every subject.

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C - Cleanse your mind of negative emotions, and body of harmful drugs, negative thoughts, emotions, or chemicals. Drugs, prescribed or otherwise, act as poisons in your system. Toxins form a part of every chronic, degenerative disease. Forgive, release and let go of negativity.

Speak positively to yourself through Affirmations. Positive, directed spoken words are thoughts that create invisible, wondrous power and work to create your desired result- *perfect health*. Your body, mind, and soul are connected. What your mind thinks, your body feels. Emotional pain causes physical pain and, in time, this can cause disease.

Give Yourself Permission to be Healthy.

Permission-to-Be-Healthy Agreement

"I, (your name), hereby give myself permission to be 100% healthy. I now release, forgive and let go of all forms of negativity past or present. I deserve, create, and have health and happiness in my life. I believe in myself and my abilities. I am safe and protected. I enjoy doing my Affirmations regularly. I take responsibility for learning more about my body and my health. I seek out and employ ways to improve my health daily. I enjoy relaxing, meditating, and exercising. I love myself unconditionally. I accept and approve of myself. I allow myself to be me. I am happy to the good of all parties concerned. Thank you, thank you, thank you."

I Fully Accept:

Signed: _____

Witness: _____

When you sign your name, you say, "Yes, I validate, accept, and agree with this permission slip. I am aware that no one else has a signature just like mine." You have just created a firm and binding document with yourself, your subconscious mind, God, Universal Mind, or whomever you believe in.

Affirmations When Properly Done Always Work!

Reverend Dr. Anne Marie Evers is an ordained Minister and Doctor of Divinity and Philosophy. She is also a best-selling author of many books on positive thinking, some of which are, [*Affirmations Your Passport to Happiness 7th edition*](#).

She co-authored the best-selling series [*Wake Up and Live the Life you Love in Spirit*](#) with Dr. Deepak Chopra and Dr. Wayne Dyer. For more information, please visit Dr. Evers website at www.annemarieevers.com We invite you to send your questions to Dr. Evers at askdrevers@thevioletray.ca through her Interactive Column on the Violet Ray Website at www.thevioletray.ca