

SECRETS TO NATURALLY HEALING THE MIND AND BODY



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INTRODUCTION

Are you struggling with accomplishing a goal? Or emotionally distraught and lost, unable to determine what you want out of life? Or perhaps another issue prevents you from achieving happiness? It's possible to overcome and change anything about yourself, and I'll tell you why.

In this book, I will discuss the important life lesson we are presented with every day, why we are what we think and eat, how everything is energy, and the importance of gratitude. You can overcome mental and physical disorders by changing your thought patterns, lifestyle, and diet. This will help you solve your problems and accomplish your goals.

Nothing is impossible!



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possible

BEING MENTALLY AND PHYSICALLY HEALTHY

We are presented with a variety of conflicting information about how to be healthy. There is strong, convincing evidence from various perspectives, so where can the point of best accuracy be?

Health and wellbeing vary from person to person. There is no right or wrong way to live, nor is there such a thing as one size fits all. We each have our own individual approach and views on life and what can help us overcome obstacles.



Some of you will find this book helpful, while others will not. It all depends on you! You are the only one who can change your life and determine what is best for yourself. No one else can change you or be you.

YOU are in control!

That is why there is so much conflicting information about how to cope with certain disorders, why certain diets are healthier, and why some people don't respond to certain lifestyle changes while others do.

*You're
Amazing*

THERE IS A LESSON TO LEARN IN EVERYTHING

Have you been through trauma and think it's impossible to heal? Are you going through a tough time financially? Or struggling with a breakup? It's natural to feel lonely and depressed during times like these.

As events occur in our life, we may be asking ourselves, "Why did this have to happen to me?" Life events occur to tell us something. Those moments are when we can learn some of the most important life lessons.



Instead of viewing an event as something negative, we can find the meaning behind it that life is trying to tell us. Make a list of the things that changed within you after the event, and see how this can be a positive change to help you grow stronger!

Making a list of your ideal goals is also helpful. Keep it simple and focused on short term goals so you can feel a sense of accomplishment when you check off each one.

When writing a goal, avoid using the words "don't," "want," and "need," since that will attract the opposite of what you desire. Rather, use positive words like "have" and "am."



Dedication goes a long way! Some days it may seem difficult, others will be easy, and others may seem like you went backward a bit. But, keep pushing through and feel that drive, because it's really there!

This will take time, so don't expect results right away. And it may get worse before it gets better, but that's how you can overcome virtually any obstacle.

YOU ARE WHAT YOU THINK

Your thoughts will always manifest in your physical reality in some way. We cannot avoid negative thoughts, but we can learn to lessen their negative impact in order to achieve happiness and attract positive things into our life. This is what is known as the law of attraction.



The law of attraction and karma both say that what we think about and do will determine what happens to us in the future. If we think negative thoughts or hurt others, we will eventually attract that pain and suffering into our own lives. Finding happiness can start today by how we change the way we perceive the world.

If we've been abandoned and feel alone, we may attract those who will do the same to us, until we have learned to overcome this obstacle and the fear we have that others will betray us.

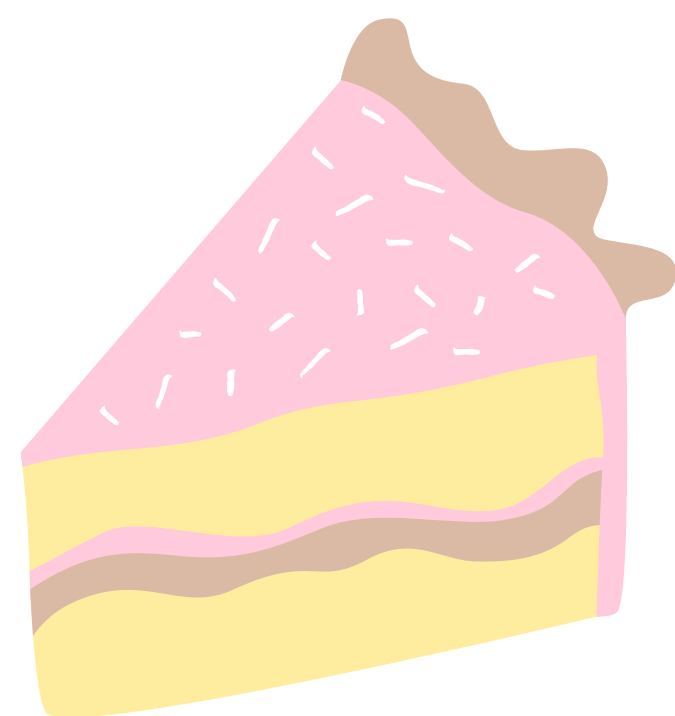
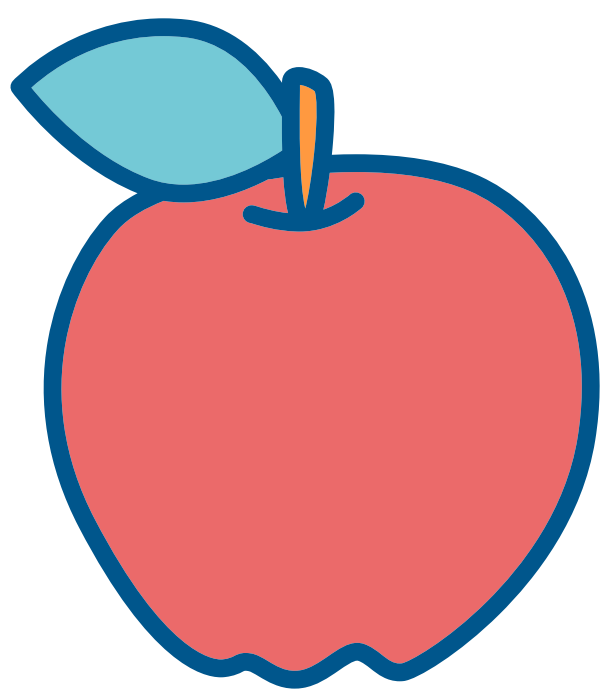
If we learn to trust, we will begin to attract individuals who will genuinely be there for us. It doesn't happen overnight, and there will still be people who hurt us, but our thoughts are what determine who is in our life and what will happen to us.



YOU ARE WHAT YOU EAT

The types of food we put into our bodies will determine our health. If we eat unhealthily, our bodies will reflect that, and if we eat healthily, we will flourish. Is it really that simple, though?

Food is energy and we give our food intentions. For example, let's say someone has a choice between eating an apple or a piece of cake. And suppose they are trying to cut back on junk food and know that the cake causes weight gain. But the craving is too strong. So the person gives in, eats the cake, and then feels bad while thinking, "This cake is going to make me fat."



That intention has now been put into the food and is going to become a reality. If the cake were eaten without the presence of that intention, it would actually be a healthier snack. It is the intention that makes it a much worse outcome than it actually had to be.

Any intention put into a food will be passed along to the person eating it. Foods such as fruits and vegetables provide much higher energy by default. Even so, they are subject to the negative energies emanating from the agricultural system, from greed, from food preparation methods, and from the consumers themselves.

There is a tremendous amount of negative energy in animal products: beef, pork, poultry, and lamb, to name a few, but also in fish and other animal products, such as animal milk, cheese, and eggs.



The emotional turmoil that an animal endures from a farmer and poor living conditions are absorbed by that animal. Later, it is likely to become a product that humans consume as food. The negative intention in that food, unless cleared by the person about to eat it, will be absorbed and integrated into that individual's life.

In today's world, it's more important for a company to produce large quantities of food rather than make quality food. This is due to how many people there are to feed. A food company virtually stands no chance of being successful without adopting the common business model of quantity is greater than quality — and greed is always the underlying factor.

Regardless, it's possible for you to eliminate any negative energy from food. All energy within an item can be changed, both positively and negatively. The key is to be thankful, put positive intentions into your food, and imagine impurities leaving the food and positive golden or white light entering the food before you consume it.



EVERYTHING IS ENERGY

What may make us unhappy and unhealthy? It is our intention and energy that we put into everything! Two people might do the same exact thing, but their personal intention and unique personality and physiological characteristics will shape that action into completely different outcomes.

Everything in this world is about life and death, competition, and superiority. This is the human condition determined by the physical world in which we reside. In order for us to survive and reproduce, we must dominate other living creatures, both humans and animals, to feel a sense of superiority and worthiness. This has been conditioned within us for millennia. But today, we have a choice that can change our programming. We can change anything that we are determined enough to achieve.

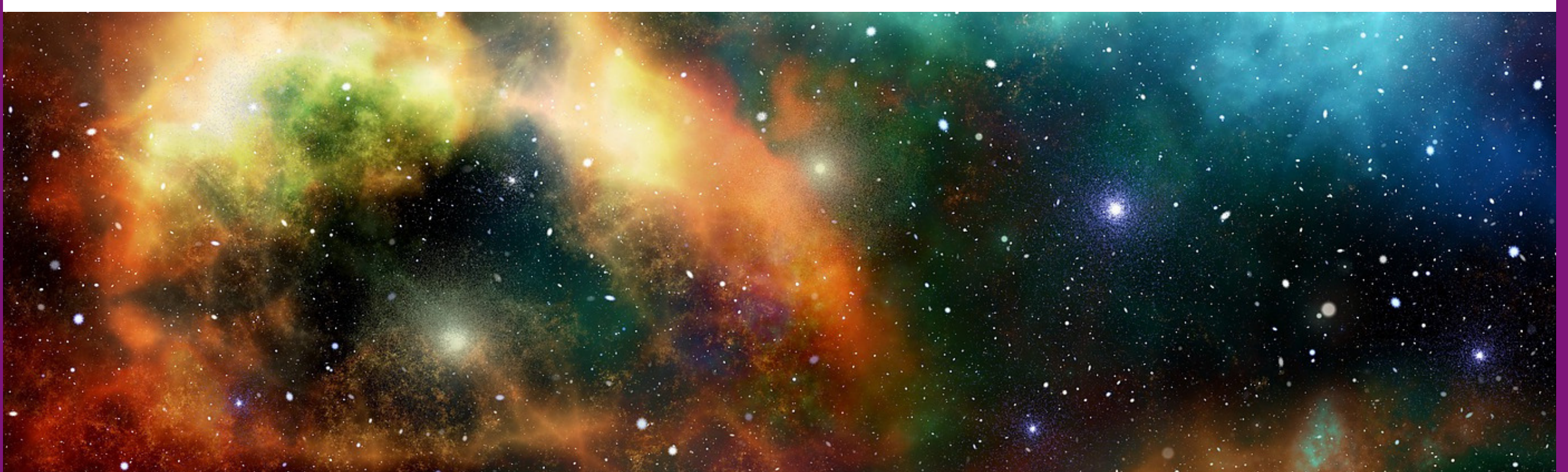
This human sense of superiority and greed creates a rather negative energy all around us, but that doesn't mean we have to succumb to it. Every single thought, action, living creature, food and so on, is comprised of energy.

The table below shows some common positive and negative energies.

Source	Type
Generosity / Gratitude	Positive
Genuine Self Love	Positive
Spiritual Practice	Positive
Death	Varies
Obsessive Thoughts	Negative
Anger / Greed / Lust	Negative
Addiction	Negative
Technology	Mostly Negative
Animal Products	Negative
Fruits / Vegetables	Mostly Positive
Water	Neutral

From the table, we see that certain sources may be positive, negative, neutral, or variable.

Nothing is entirely positive or negative. Energy can change depending on the intention you put into the source. Let's go through some of the more complex ones.



Spiritual Practice is considered a form of connecting with one's higher self — our true self. There are many ways to tap into this energy: meditation, reiki, chanting, crystals, yoga, positive thinking, and so on.

Death is a natural occurrence of our physical world. We live, reproduce, and die. There is no stopping this cycle. Death might be the natural end to a fulfilling life (positive), or when a life is taken via homicide or suicide (negative).

Technology is the primary form of communication in today's world. The reason why it is mostly negative is because we rely on it heavily, in some ways to the point of addiction.

Water is a neutral material. It is a conductor of both positive and negative energy. You can put positive intentions into water by being thankful and by imagining golden or white light entering it before you drink, to best absorb its healing properties.



BEING THANKFUL

Being thankful for the life we have, even if we face dire circumstances, is crucial to finding true happiness. Whatever has happened in your life, make the choice today to see those past experiences as valuable opportunities for you to learn and grow, and to be the best person you can be.

Wake up each day with a smile, thankful for the rest, for the sun, for the food and water.

When showering, let any negative attachments go and watch them flow down the drain, while the water from the showerhead brings healing and positive energy into your being.

End each day with, "I am productive and accomplished my tasks for the day!" Even if you rested, look at it as productive resting to recharge for tomorrow!

This 'ritual' may seem a little silly at first, but the more you practice it, the more you will truly feel thankful and realize how much we take for granted on a daily basis.

Be Thankful!



RESOURCES

Below is a list of various articles and videos I have produced. If you need any insight into such topics, please feel free to explore these clickable links. You can heal and overcome anything you put your mind to. Thank you for reading this book. I hope it will help to bring clarity and healing into your life!

- [Making a To-Do List](#)
- [Positive Ways to Cope](#)
- [How to Deal with Bullying](#)
- [Reducing Anxiety & Stress](#)
- [Pushing People Away](#)
- [Changing Your Life with Positive Affirmations](#)
- [Finding the Positive in the Negative](#)
- [Why Bad Things Happen to Good People](#)
- [The Law of Attraction](#)
- [Improving Your Intuition](#)
- [What Are Chakras?](#)
- [Internet Addiction](#)
- [Contaminants in Our World](#)
- [The Importance of Clean Eating](#)
- [The Meaning of Life \(Why Humans Exist\)](#)
- [The Meaning of Life \(The Eternal Cycle\)](#)
- [Rice Experiment \(YouTube Video — Credit: Emil R.\)](#)

CREDITS AND SPECIAL THANKS

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And thank you, the reader, for supporting me and the information presented in this book. I hope I could make a positive change in your life!

Thank You!

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I am a motivator and coach to help others live a better life through natural means, hard work, and dedication.

