

## **The Healing Letter**

*By Rene Bastarache, CI*

In this session you'll imagine writing a letter, asking what you want of the great universal healer in the sky. You'll do this by writing the letter as if you have already received what you want and you're expressing your gratitude. Gratitude attracts gratitude just as like attracts like thereby giving you what you're asking for.

### **Script Begins Here:**

I'd like you to use your imagination and imagine that you're writing a mental letter to a spiritual healer and the sky... Just imagine there's a magical healer in the sky and imagine what he or she would look like... Imagine that they had the power to heal you of anything that may afflict you...

Now as you're writing this letter, rather than writing specifically about what you want, I'd like you to instead write as if you already have what you want... and you're thanking the healer for it... In other words, if you want to feel stronger, you'd say: ... "Dear healer I'm so very thankful that you've given me strength... I'm happy for my strength..."

If you want to heal quicker, you'd say: ... "I'm so happy that you've given me the ability to heal so quickly, and that I feel so great..."

So right now, think about what it is that you'd like in the way of health... Imagine that you already have it, that you've been given it by the great healer or the universe...

Now thank the healer... Show tremendous gratitude for the healing that you received... By showing gratitude for your health you'll be attracting more of what you desire, which is additional health...

You always attract more of what you focus on... Because imagination is reality in the subconscious mind... So, allow your imagination to run free right now... and

once more ask for what you want by being grateful for already having it... and as you're doing that, feel it... and “believe” that you have it... whatever it is that you're already grateful for...

Also, it's important to expect a response from the healer... and the response you'll receive is more of what you're grateful for... Continue to imagine what you're grateful for while only focusing on the positive... It's important to be grateful for positive things... and only for what you want...

Congratulations on writing a successful letter...