



# Transform Fear to Create a Miracle

By Janet Wahl, PhD, CHt

Recently a bright, articulate woman was facing pancreatic surgery to remove a malignant tumor. She was studying to be a nurse practitioner so she had extensive knowledge about the potential impact of the tumor and surgery on her whole body. Her fear scenarios, supported by scientific data, raged: “My blood vessels might burst. I won’t be able to digest any food – maybe I’ll have to wear a bag the rest of my life. My body chemistry will be so out of balance that I won’t be able to concentrate. Then I won’t be able to work. Maybe I’ll die on the table – that would be easier.”

Fears are sometimes legitimate because they help us avoid danger by activating our fight or flight response. However, those fears also attract whatever we fear. If we are facing an uncomfortable or life-threatening situation, what are we thinking constantly? “I hate going to the dentist. It hurts!” “Will I be able to breathe?” “Will I be able to function normally after my surgery?” These fears turn into subconscious programs which contribute to the realization of the fears. How?

Our subconscious minds operate according to basic principles. Robert Otto says, “First, whatever is said to us, by us or through us, with or without our permission, for 30 consecutive days becomes a subconscious habit. Second, we move toward our most dominant thought. Third, whatever we are thinking as we drift off to sleep plays all night long.”

Instead of fear playing all night long, replace those fears! Align your mind to work with the medicines and procedures so you realize the highest and best outcome. Reprogram your mind with “I sleep deeply every night waking up refreshed and re-energized.” “I breathe easily and comfortably as my medical team does excellent work.” “My body accepts the medicine and procedures.” “I enjoy all my activities in comfort and joy.”

ThetaHealing™ and self-hypnosis are methods that can help clients transform fears into supportive beliefs. The process is simple. Preferably, a client has a face-to-face session of approximately 90 minutes to do the belief work and identify the content for the medical support CD. If an office visit is not possible, a phone session can accomplish the desired results. From this session, I draft the content for five to eight audio tracks: Track 1 – Pre-procedure Day Use, Track 2 – Pre-procedure Night Use; Track 3 – Immediately before Procedure; Track 4 – During Procedure; Track 5 – Post-procedure for Accelerated Healing. Sometimes a track for a Comfort Dial is included to help control pain. I e-mail the draft of the script to the client who revises it so the language and content suit them. Then the CD is recorded and sent to the client.

It is important to do this work about a month before the procedure, so the subconscious mind is aligned positively with the treatment plan. Remember – whatever we say to ourselves

for 30 consecutive days or nights becomes a subconscious habit. However, it does work to some extent on short notice. “It got me through the surgery so well,” said a last-minute back surgery client from Albuquerque. In contrast, it works even better after 30 days. A New York client listened 2 days before her first surgery with positive results, but for her second surgery she listened for 10 days prior to the surgery and reported, “This time (the second surgery), I had NO pain! It was so easy and comfortable.”

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