

Simple Sayings Can Change Your Life

Heather Campbell

We have all read or at least have heard, *The Little Engine That Could*, the popular children's story about a small engine that despite all odds, pulls a huge train over a mountain top while repeating, "I-think-I-can, I-think-I-can." These simple words have illustrated the power of affirmations for nearly 100 years. While this story might feel corny, according to Lissa Rankin, MD, author of *Mind Over Medicine*, "Thinking positively about getting well may stimulate natural endorphins, which help ameliorate symptoms, relieve pain and lift your mood."

I founded a company, Ready Set Recover, to help people with surgery. One of the action steps we offer to help people prepare for surgery and recover in a better way is creating Surgery Sayings. "I-think-I can, I-think-I can," might not work for everyone, so we have outlined a process to create Sayings that participants can make their own. The Sayings can be short, tackle any fears or simply be a reminder of what participants already believe or hope in their heart. While our participants focus on the moment of surgery, anyone can create these sayings for their daily lives as well.

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Step One

In the present tense, describe what is true in an ideal scenario or from a positive perspective. Use language that is comfortable to you. Make sure the Sayings are concise, easy to remember and easily repeatable. Some samples to use or modify:

- I am taking great care of myself and my body.
- My body and mind are strong and healthy and well-prepared for surgery.
- The surgery will be successful.

Write or print several copies of your Sayings and post them in easily visible places such as the computer, bathroom mirror, inside closet door, refrigerator or wherever you will see them often. The more often you have a reminder to reinforce what you already think is possible, the easier it will to be believe it can happen.

Step Two

These Sayings are positive thoughts, which can create positive reactions in your body. Say them out loud with conviction and be proud you are doing all you can to get yourself back to better! If you feel somewhat uncomfortable, just smile and know others have felt the same in the beginning. But no one is watching. No one is listening. It is just about you and



what your goal is. The power of positive affirmations has been shown to reduce the need for pain medication and healing time post-surgery.

When my client Gina was in pre-op, she quietly but confidently said her Surgery Sayings. The nurse asked what she was doing. After explaining about Surgery Sayings, the nurse responded, "EVERYONE should be doing that pre-op! It would make things so much better."

Step Three

Record your Sayings for one minute. Listen to the affirmations upon waking, prior to going to sleep, when you are walking or anytime you can. As you listen, visualize your body and all its healing capacity responding to the surgery with ease and strength.

Step Four

Send one of your Sayings to a friend or supporter so he or she can repeat them as well. Edit the Saying slightly so your supporter is saying your name with

the Saying. For example, if your saying is *I am strong enough to get through this*, you would edit it to say *Heather is strong enough to get through this*. Your supporter becomes your own personal cheerleading squad, adding his or her positive energy to yours. You can think of your supporter saying these words for you and with you, cheering you on. Let your supporter's voice combine with yours in your head to hear the words even more strongly.

Surgery Sayings are positive thoughts, which can create positive reactions in your body. Whether you practice these steps before surgery, before a big event or just in your everyday life, every time you choose to express your thoughts as positive sayings, you are focusing energy to heal. By engaging others in this practice, you expand the possibility of transforming your health and well-being, which ultimately can shift the world. €



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