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## The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body

*By Wendi J Jensen*



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### **The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body** By Wendi J Jensen

For more from Wendi go to [www.wendijensen.com](http://www.wendijensen.com) Science is proving that the future of health is in mastering the mind. The most natural way to enter the subconscious mind is by asking it a question. By asking specific questions that correlate with the emotional and psychological roots that create disease and decay within the body, one is able to introduce a new possibility to the mind, release stale, toxic subconscious programming and activate healing in the body. The Healing Questions Guide is a resource to assist in the process of entering the mind to target specific symptoms in the body. From asthma to toe fungus, the carefully structured questions will open the mind and invite it to consider a new reality. When we align the mind with the divine pattern of health and wholeness, the body begins to run a new healing program and rearrange the outcome of our health to match the vibration of our new healing thoughts. The Healing Questions Guide will help expand your viewpoint, spark new ideas and invite the mind to release old negative thinking. You can take charge of your health at the core by investigating the thoughts, ideas and beliefs that feed disease and dysfunction in the body.



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**The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body** By Wendi J Jensen **Bibliography**

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### **Editorial Review**

#### **About the Author**

Wendi Jensen, is an Author, Speaker, Trainer, and Healer. For more from Wendi go to [www.wendijensen.com](http://www.wendijensen.com) My Story: In 2002 I was diagnosed with an acute case of 3 of the 4 types of perfectionism; Neurotic, Narcissistic, Puritanical. Not only was this condition causing me health issues and destroying my relationships with my husband and 5 little children, it created an invisible strangle hold on my ability to know myself, know God, feel love, or experience joy. In short, in the shell of what appeared to be the "perfect mom, wife, woman" was an angry, empty, fearful pile of psychosis. If I could do a little more, I will feel better. If I can have the perfect body I will be happier. If I can follow every rule in my church to a tee, the promise is happiness.....I just needed to try a little harder and push my family to do the same. Though I was born in a loving Christian, church going family, and I read the Holy Scriptures and prayed daily, I was anything but Christ-like and felt enmeshed in a tangled weave of desperation and hyper-vigilance. I was paddling as fast as I could but sinking nonetheless. My wake-up call invited me to make a total lifestyle upgrade from the inside out. In one window of grace my facade was up. I read a book that cracked me wide open to the possibilities that I was creating my messy life. I was fortunate because most neurotic and narcissistic perfectionist will resist being accountable for what they are creating and I wish I could say I embraced it, but I had no idea just how accountable I really was. Everything I was experiencing in my health, my relationships and my sick mind had only one common denominator.....ME. I had a kind, wise and assertive energy worker tap into my tangled mind and release toxic mental and emotional patterns. Little by little I started to feel something I hadn't felt since I was a child....JOY. We are all "Created for JOY!"

### **Users Review**

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##### **Debbie Bennett:**

Now a day individuals who Living in the era exactly where everything reachable by match the internet and the resources inside can be true or not involve people to be aware of each information they get. How many people to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Examining a book can help folks out of this uncertainty Information especially this The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body book because this book offers you rich data and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it you know.

##### **William Gilbert:**

The event that you get from The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body could be the more deep you excavating the information that hide inside words the more you get serious about reading it. It doesn't mean that this book is hard to know but The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body giving you excitement feeling of reading. The author conveys their point in selected way that can be understood simply by anyone who read the item because the author of this publication is well-known enough. This specific book also makes

your vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body instantly.

**Elliott Salazar:**

The reason why? Because this The Healing Questions Guide: Relevant Questions to Ask the Mind to Activate Healing in the Body is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will distress you with the secret the item inside. Reading this book beside it was fantastic author who all write the book in such amazing way makes the content on the inside easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of advantages than the other book have got such as help improving your ability and your critical thinking means. So , still want to delay having that book? If I had been you I will go to the book store hurriedly.

**Lynette Cavanaugh:**

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