You Deserve To Heal From Your Chronic Painful Situation and Do More of What You Love!...

How to Heal Anything in Your Life:

Free Report by Dr. Sheri Kaye Hoff, PhD.

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This report is for anyone who has experienced a major disruption in your health, your life, your business, your relationships and/or your career. **If you want to move forward and do more of what you love, please read on. Miracles are possible. Healing is possible.**

When something drastic happens in your life, for example an ICU stay, an unexpected diagnosis, a major financial disaster, or a relationship crisis, you are reeling and shaken to your core. I know I felt this way last summer when I woke up in ICU and was breathing on a ventilator. I went through stages of emotions. At first I was euphoric that I was alive. Then I was in disbelief when I was told a virus had attacked my previously heathy heart, and I may need a heart transplant. Then I felt depressed. Then I felt terrified that I was going to die in my sleep and my children would be motherless.

I processed these emotions over about three days before I decided to **take charge** of my health and every aspect of my life.

What happened next is a recipe for anyone who finds themselves in a seemingly impossible situation.

You can heal anything

First, engage in your spiritual practices. This is the time to pray and/or meditate. Reach out to people and ask for prayer. Connect with other spiritual minded individuals. Thousands of people prayed for me and I prayed on the phone every day with my parents. I also practiced meditation. The group energy of prayer unleashes massive power. Pray for peace of mind, for comfort, for healing, for guidance, for clarity, and for wisdom. One of the biggest benefits of prayer is the realization that you are not alone. You don't have to shoulder everything.

Then, decide that you are willing to do and be anything that it will take to not only survive, but thrive. You will research, you will talk to people, you will try things, and you will trust your intuition. **Be sure** that your research includes searching for cases where people have spontaneously healed from your situation. Otherwise, only researching your illness or situation will likely end up making you sad and depressed even though you will be informed. Find people who have healed and talk with them. Consider options like alternative medicine along with your doctor's suggestions. Ask questions about everything.

Next, accept what is in the moment. Accept your situation. This was difficult for me because I had never been on medications or been seriously ill in my life. My arteries were in perfect condition. I felt, “Why me? I am too young and healthy for this.” When I stopped asking, “why me?” I began to open the path to acceptance. There is peace in acceptance. When you accept, then you can make plans. I told my family that I was doing everything on my bucket list in a year because we weren’t sure that I would have more than that amount of time.

Then, cherish each moment. Spend your time with people you love. Spend it doing what you love. Spend it truly living. Stay away from people who are negative and create more stress.

Ultimately I recommend for you to follow positive mindset principles. My near death experience was a chance to practice everything I had been talking about for over twenty years and everything I had been teaching in my company for almost nine years. This time I needed to save my own life. These are the techniques I used.

- **Write powerfully** in a journal every day using my happiness technique. I wrote “Thank you for my healing” over and over. I also wrote: “I am healed and my heart is perfect. My lungs are perfect.”
- **Allow and accept all difficult emotions,** but let them pass through, don’t give them a home in your body.
- **Rest and eat well**. Allow yourself to dream.
- **Keep your pets close**. My cat slept on my chest over my heart for hours at a time like she knew it was her duty to help heal me.
- **Speak positive words** about your life and your biz. I still operated my company just days after I left the hospital. I said things like, “I get to still be here on Earth”.
- **Let go of any conflict** and stay away from negative distractions. Step away from the drama.
- **Visualize your body and all aspects of your life working perfectly**. I created elaborate visualizations where I saw my heart as healthy and my lungs working perfectly.
- **Consider working with alternative medicine** like energy healing, EFT, guided visualization, guided meditation, mindfulness meditation, massage, Hypno-therapy, acupuncture, and/or chiropractic care along with your traditional medical care. (This is not meant to replace any medical advice, but to merely show there are alternate modalities to consider). My dear friend, Crystal Lynn, is an energy healer and she worked with me while I was in the hospital. She told me I was surrounded by angels and that my heart would be fine, which is the opposite of all medical advice I had received up to that point.

- **Avoid upsetting media** like the news. I even stayed away from watching any medical shows or crime shows. I chose comedies and beautiful music.
- **Do normal things.** 10 Days after I got out of the hospital, I went to a rock concert (I even was wearing a life vest that would shock me if my heart stopped)
- **Move your body when you can.** When I was cleared for exercise, I started at 5 to 10 minutes on my treadmill and soon was up to four miles.
- **Expect positive results.**
- **Take relaxed inspired action** that will help you achieve your results.
- **Do your bucket list. The time is now.**

Of course, I can't promise that you will be spontaneously healed, but I know I was healed within three weeks. My echo showed a normal heart. I know of many other people who have been healed not just from illness but from any burden. **Healing is always possible. You can do more of what you love.**

How Often Do You Find Yourself Saying: "I Wish I Knew How to Do More of What I Love"

The intriguing news is that all of the principles above, are principles that I have taught over the years to increase success and happiness for my

clients. As I developed and used different modalities, little did I know that I would lean on all of these experiences to be a co-creator of my own miraculous healing. I believe that if I could have such a dramatic experience with healing, that anything is truly possible for anyone.

Nine months after my health emergency where I stopped breathing and nearly died, I took a three week trip which included crossing the Atlantic Ocean on a cruise ship, walking all around Lisbon, Portugal; Bilbao, Spain; Paris, France; London, England; the English countryside; and Iceland. I wrote this poem when I was half way across the Atlantic.

Transatlantic Crossing

Deep blue swells tossing back and forth,
rocking and jostling my thoughts.
“Wake up”, says the insistent whisper of waves.
Moist, salty sea air mists down over my face
kissing it and gently caressing.
Wind whips through my hair.
Nature soothing, healing, and nudging me
to be at peace,
to feel my power
to feel my purpose
to know all is truly well.
The sea is awake and stirring my inner voice.
Healing my heart and mind
Thrilling, yet calming my soul.
Joy fills my spirit,
Tears drip in gratitude
For time standing still
with no deadlines
no requirements, just being.

We can all have our miracles. It is possible, **but sometimes a person can get so consumed with fear, worry, stress and tension that it is difficult to break the cycle and concentrate on anything.** I developed an ecourse to help you heal with this called How to Heal Anything in Your Life

These 107 Ways Will Help You Learn How To Heal From Your Chronic Painful Situation With Ease!

About Sheri

The Inspired Action Success Coach.

Business and Life Coach known for **inspiring massive action** and being a catalyst for business growth and profits in a way that is fun, relaxing, and fulfilling, **Sheri inspires people to the do work they love and make money.** Her clients have a passion for making a difference and making a profit. She is a best-selling author of multiple books including: Relax Into Inspired Action, Keys to Living Joyfully, Be the Inspiration: 7 Ways to Inspire Your World, and Top 11 Ways to Relax Into Making Money in Your Biz. Her books are available internationally and her podcast is global. **Sheri helps business owners and professionals to relax into attracting more income and to relax into success.** She uses both spiritual and practical

techniques to obliterate blocks and create dramatic change, and she offers customized one on one coaching, group programs, and Optimize- her signature membership program.

She is a business leadership and inner-game expert, and has created coach certification training programs, organizational change management programs for small business, and corporate training and development programs. Sheri has earned a PhD in Holistic Life Coaching and a Master's degree in Organizational Management. She has written extensively on spiritual practices and how they can be applied to business and life. She holds a Master's degree in Metaphysics. Sheri has taught business classes at the collegiate level, including organizational change management, human resource management, ethics, and others.

Sheri is a near death survivor/thriver. She was miraculously healed three weeks after being told she might have to go on the heart transplant list.

Sheri lost her brother to suicide and experienced setbacks and tragedies that could have stopped her in her tracks, **but she made it her lifetime mission to discover the keys to happiness and success and then share them with the world.** She began her coaching company in 2007 after a very diverse career including everything from being an exercise instructor in her early career, to direct sales, to management, training, then higher education. She grew up influenced by her mother, an English major, and her father, an Education Director. Training and development were household values.

She is proof positive that you can combine multiple skills and talents and keep growing and changing. She launched her company because that is the way she felt she could make the biggest difference. She has coached hundreds of people over the years and thousands have been impacted by her programs. Her mantra is: Relax into Inspired Action

Random, little known facts: Sheri was a figure skater as a pre-teen and teen. At one time she thought she wanted to join the Ice Capades. During her first year of college, she wanted to be an archeologist.

Reading a book a day has been a life-long habit. Family Sunday dinners are a cherished tradition and regular evenings out with her gal pals are her inner circle support network. She has over 30 poems published and a fiction short story.

Married to her best friend for over 20 years, she has three kiddos- and three step kiddos ages 15 to 27 and lives in beautiful Colorado. Sheri loves traveling (remote island beaches are her favorite- among her many adventures, she has encountered a shark while kayaking and snorkeled in a 660 foot deep blue hole). She loves golfing with family, friends, and clients. Reading a book a day has been a life-long habit. Family Sunday dinners are a cherished tradition and regular evenings out with her gal pals are her inner circle support network. www.sherikayehoff.com

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