

# THE AMERICAN MONK

## LESSON 5

by  
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### *Using Your Mind To Heal*

#### How Old Are You Really?

I'm not talking about your numerical age. It doesn't matter if you're twenty or thirty or even seventy. I'm talking about your metaphysical age. I'm asking you, How old do you feel?

Regardless of the life expectancy in any given era, there have been people living well beyond the norm for centuries. Even hundreds of years ago when most died off at fifty and sixty, there were still plenty of people living productive lives at 100 plus.

#### HOW IS THAT POSSIBLE?

How come that people from different backgrounds, different cultures and different lifestyles can manage to live so many years past what science says to expect? What's their secret? And more importantly, how can you and I tap into that fountain of youth?



*Aging and bad health are all imaginary  
figments of a limited belief system. They  
happen because you expect them to happen.  
Change this belief and you change your  
health!*



If you look closely enough, you'll discover there is one common thread among all of them:

## THEY HAVE A LOVE OF LIFE.

Rather than focus on those age-related milestones, these centenarians have chosen to simply enjoy the NOW and look forward to the future.

They are immune to the stressors that surround them and choose to live in a relaxed and peaceful state of mind.

They expect to live productive and satisfying lives, paying no attention to what birthday they might be on.

And the result is, they live well beyond what science told them was possible.

This expectancy isn't just a hope to live into your eighties or nineties. It's the certainty that you'll be around in another thirty, forty, even sixty years enjoying life. So certain in fact, that you've made plans for that stage of your life-

plans that include adventure, education and your continued quest for discovery.

## YOUR MIND & YOUR HEALTH

Our body is a gift. It's a vehicle that allows us to experience the most out of this life.

In this lesson I'm going to show you how to care for this vehicle, keep it running smoothly and allow it to heal more rapidly from disease and illness.

We'll talk about 3 things—as in my previous lessons.

First, we'll talk about the myth of aging. Trust me, I know what it means to age. I turned 83 this year. According to the census bureau, I should be dead by now. But I'm living a richer life than most people in their 20s. Aging is all in the mind.

Second, we'll talk about how to use your mind to influence healing in your body.

Did you know that scientist are finding that

more and more illnesses, from heart disease, to cancer, to Alzheimer's, can all be influenced by the mind?

Third, we're going to talk about how to use your mind to influence healing in a loved one. Yes, it's possible. In fact scientist and the San Antonio Mind Science Center have shown it to be true.

## PART 1: LONGEVITY

### WHERE WILL YOU BE IN 2087?

I don't mean how old will you be... I mean what will you be doing? If you're in your forties or fifties now, 2087 would see you at around 120 or 130. Impossible, you say? Don't be so sure.

We have been conditioned to expect a certain life span and if we hit eighty or ninety, well then, we believe we've done pretty good. We can't expect to have more, can we?

Of course we can! Where is it written that life ends at a certain point? Who says we have to agree to go before we've reached our 150th birthday? So, let me ask you again: Where will you be in 2087?

### WHY SHOULD YOU BE SETTING GOALS?

The City of New York government observed something weird happening in the ending months of 1999. New York's a big city and thousands of new residents die of old age monthly. But in the ending months of 1999, the number of reported deaths fell sharply. But then, just after New Year 2000, in January and February of the year 2000, deaths rose sharply.

And for a brief while the city saw more deaths per month than normal.

If you're smart (and I know you are),  
you've set some pretty specific goals  
for yourself for every ten year milestone  
along the way.

Never mind how old you'll be -  
age is just a number, completely meaningless  
unless of course, you've chosen to give it meaning.  
And we've already seen where that will get us.

### *What was going on?*

The conclusion was that patients who were terminally ill, or old people who were about to move on, were willingly postponing their deaths so they could experience the dawn of the new millennium. Yes... oddly enough... people were postponing their death by setting a goal to experience New Year 2000—the dawn of a new century.

I believe we can all postpone death and aging... the key is setting a goal!

**Goals give us  
something to  
work toward,  
an objective  
that helps to  
define our  
path.**





“Setting these goals allows you to turn your focus to something other than your age. You’re no longer concerned with how fast time might be flying by. Instead, you’re excited about buying that first set of acrylics or signing up for your first class at a community college.”

If you’d like to be self-employed in the next ten years for example, there are steps you should be taking now to reach that mark by 2018. But why stop there?

What do you want to be doing in another ten years, say in 2028? How about 2038?

In previous lessons, you’ve learned to remove stress and plant your desires you would like to attract. I’m now asking you to set those expectations even higher and broaden your mental view to include decades into the future.

This allows us to begin to see the proverbial **BIG picture.**”

We are no longer focused on today and next week, but instead we’re able to step back and create our life as a whole rather than piece by piece.

## THIS GIVES LIFE TO YOUR DESIRES.

It instructs the Universe to keep busy, there’s a lot of creating to do! All you have to do is decide where the creation should begin.

## THE WORLD IS YOUR CANVAS

Think about all the things you’ve always wanted to do. Make a list if you like, so that you’re sure not to leave anything out.

- \* Would you like to go skydiving?
- \* Play the piano?
- \* Get that college degree you’ve always talked about?
- \* Maybe you’d like to learn a foreign language?
- \* Take up painting or sculpting?
- \* Buy a vacation home in the Bahamas?

This energy is carried into every other aspect of your life as well. You begin to move and speak and think with purpose because in fact, your life has purpose. And it doesn’t matter that your goal goes well into the next five decades. What matters is that the goal is yours and you’re excited about the possibilities.

When you’re energized by the goals you’ve set for yourself, your body is filled with positive energy and that does wonders for helping your system to combat all that stress.

Setting goals also changes your perception. You no longer expect your life to dwindle away because you’re too busy looking forward to all the things that are coming next.

When we learned about the Law of Attraction, we learned that what we expect is what will happen. We attract those things that we give our



energy to, regardless of whether they're good or bad. And likewise, we repel the things that receive no energy from us at all.

Using this concept, it stands to reason then that if our focus is on events that will take place forty years from now, there's a good chance that we'll still be living it up when those forty years roll around.

No, I'm not suggesting that you can hold off aging forever.

But I am suggesting that with the right attitude and beliefs, you can enjoy a much more energetic existence and add some years to your life while you're at it.

## THE LONGEVITY SHIELD: A TECHNIQUE FOR SLOWING DOWN AGING

The technique I'll give you at the end of this lesson is used to slow down aging.

The Longevity Shield is a metaphor that enables your body to send out positive energies that act as a positive, outgoing force. Use it to help preserve your positive state of mind and to prevent stress and negative energies from affecting your body. But before we get there... let's quickly cover healing.

## PART 2: SELF-HEALING

### USING YOUR MIND TO ACCELERATE HEALING IN YOUR BODY

My friend Jose Silva, who founded the Silva Method, used to demonstrate in his classes how

he could put someone into a hypnotic state of mind and then suggest to them that the pencil he was holding was red hot and that if the pencil touched their skin they would feel no pain but their skin would produce a blister. One in five people would actually develop the blister from the touch of the pencil. The blister could then be made to disappear automatically, again with mere suggestion.

But it gets weirder... recent studies show that...

- \* People under hypnosis can be made to tan on command by being made to believe they are under a hot sun.
- \* Cancer patients can cause their cancer to go into spontaneous remission (which means "disappear")... through the practice of creative visualization.
- \* Doctors like J. Bruce Moseley have shown that serious ailments like arthritis of the knee can be cured by changing a patient's belief system... by "ridding" the patient into thinking a surgery has been performed. They emerged out of the hospital reporting that their pain was gone. But in fact, no surgery was actually performed.
- \* The patient had been put under anesthesia and simply made to believe they underwent surgery.
- \* Children with warts can cause those warts to disappear when a doctor applies ordinary paint to the warts and tells the children that this placebo is a powerful wart remover.
- \* Bald people can grow hair when given a placebo and made to believe that it's a miraculous cure for baldness.

This leads to an interesting question...

Just how much of your physical body is influenced by your belief system?

The gap between mind and body seems almost non-existent. Jose Silva believed that as much as 90% of all physical ailments are induced and curable by the mind.

So we know, through modern science, that the mind controls the body.

## PART 3: USING THE MIND TO HEAL OTHERS

### USING YOUR MIND TO INFLUENCE HEALING IN LOVED ONES

When I presented seminars with Uri Geller, we regularly asked participants to bring in any old watches that hadn't worked in years. We'd place the watches in a big pile on the table and use energy or "ki" as it is called in the East, to give them a jump start. At one seminar in particular, we had almost one hundred watches on that table and after using ki, forty of them started ticking again.

This is called energy healing.

To be successful in energy healing, you must be able to maintain a neutral state of mind. This means that you must remain detached from the outcome and feel no pressure to "make the healing work"

Remember we discussed how our brain waves are heightened by emotion and heightened brain waves mean you can't think logically.

***You must be able to remove all the emotion from the healing session in order to see the best results.***

A productive energy healing session should take no longer than 30 seconds and to reinforce your intention to heal, I suggest doing something that represents the process of sending healing energy to the person in distress. This could be through the use of a catalyst as mentioned before or through a meditation session where you utilize a technique I call The Power Catalyst.

### IS IT REALLY THAT EASY TO HEAL?

Truth be told, I can't tell you exactly what happens when you draw upon ki. I'm not sure what portals open or which mountains are moved to make the connection but I can tell you that it works. During energy healing sessions, I've visualized my ki spreading out into the heavens and was rewarded with such vivid imagery that I know I must have been immersed in spiritual energy itself.

My body may have still been standing in the auditorium or sitting in the front seat of a tired van, but my energy—my force—was definitely somewhere else.

Can you imagine what the world would be like with no illness and no disease?

In truth, we are meant to be in wonderful health—not one hundred years and a day but a full one hundred plus years!

## WHAT IS THE SPIRIT TELLING YOU?

want to congratulate you—just look how far you’ve come! By now, you’re likely starting to experience the metaphysical shift that comes with living a spiritual and connected life.

You’re probably starting to see things begin to take shape, small coincidences that you and I both know aren’t really coincidences at all but rather, a deliberate co-creation between you and the universe.

But now... let’s get you moving towards supreme health, your body is the vehicle through which your spirit shall shine. Download the first audio

below on the Longevity Shield and start your path towards wonderful health!

## Lesson 5: Download & Listen To The Longevity Shield Technique [here](#).

