HOW YOUR MIND CAN HEAL YOUR BODY
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DAVID R. HAMILTON PhD
To Ryan, Jake and Ellie.
You have brought huge amounts of joy to our family.
Nothing splendid has ever been achieved except by those who dared to believe that something inside of them was superior to circumstances.

Bruce Barton
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From my earliest memories, my mum and dad have encouraged me to do what I want to do and to believe that I can. To Mum and Dad: this is me doing it! Thank you.

I wish to say a huge thanks to all the people who shared their personal stories in this book and to those who shared stories that did not make the final version. I believe that it’s the telling of our stories that inspires other people. To those of you who shared your stories, whether they made the final version or not, by having the courage to do so, you have inspired many people to recognize that they also have the ability to heal themselves. Words cannot convey just how important a gift this is.

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I spend a lot of my writing time in coffee shops and even refer to my most-visited coffee shops as my offices. So last but not least I would like to say thanks to the staff at Starbucks and Caffè Nero in Windsor, UK, for creating the perfect atmosphere for me to write.
Introduction

This is a book about using the mind to heal the body. After I wrote my first book, *It’s the Thought that Counts*, which described the mind–body connection (and the mind–world connection), people began asking me how to use it to heal themselves. At talks I found myself explaining the how, and at workshops I found myself teaching it. At one of my workshops a lady asked if I was planning to write about it. I started writing this book the following day.

This book gives practical tools that you can use to heal a whole variety of medical conditions. About ten years ago it would be true to say that there was little medical evidence that the mind could heal the body, although there was plenty of evidence pointing towards it; but research published every other week now is building a considerably strong case that our previous assumptions and beliefs – that the mind could not heal the body – are just plain wrong.

Since 2006, visualization has shown positive results in stroke and spinal injury rehabilitation, as well as improving the movement of Parkinson’s disease patients. Patients just use their minds to imagine moving normally and the moment they do this, the arm or leg that they imagine moving is stimulated at a microscopic level and the brain area that governs the arm or leg is also stimulated. The result is that over time their movement improves. In stroke cases, some damaged brain areas even begin to regenerate.
The placebo effect has shown us for years that the power of belief can influence the course of a whole range of medical conditions, including asthma, hay fever, infections, pain, Parkinson’s disease, depression, congestive heart failure, angina, cholesterol levels, blood pressure, arthritis, chronic fatigue syndrome, athletic performance, weight loss, stomach ulcers and insomnia, and even that it could alter immune and growth hormone levels. And recent research has shown that when a person takes a placebo and believes it to be a real medicine, chemical changes occur in the brain on account of their belief. Now we know for certain – fact – that thoughts, emotions and beliefs are not just subjective ideas in the mind but cause real chemical and physical changes in the brain and throughout the body.

I have made some sizeable leaps in this book in suggesting that almost any illness can be healed using the mind, or at least that improvements can be made. I am aware that this is a big claim to make but I feel that when people’s health is at stake, and indeed their lives, we can’t always wait for science to catch up and publish research, maybe ten years later, showing that what many believe to be true – that the mind can heal the body – actually is true for that specific illness. People don’t always have that long.

It would be more of a mistake for me to write that the mind can’t heal the body, at least until the day science discovers that it can. We are barely scratching the surface in our understanding of real human potential. Einstein said, ‘We still do not know one thousandth of one per cent of what nature has revealed to us.’ I believe we need to entertain the real possibility that much of what we have not yet proven includes the ability of the mind to heal the body of almost anything.

Some might say that I’m giving people false hope, but I think that is a rather negative stance to take. The poet John Lydgate wrote, ‘You can please some of the people all of the time and all of
the people some of the time, but you can’t please all of the people all of the time.’ I’d rather give people hope and see them turn that into wellness than avoid inspiring them with possibilities because of the risk that some may not get the results.

I remember when I was a scientist in the pharmaceutical industry that I enjoyed looking at the plants in the office I shared with about 20 others. There must have been about 30 different plants, which helped to create a nice atmosphere. Many of them were small plants and they sat on the windowsill, which meant that they were the first things you saw when you entered the office in the morning. It was a pleasing sight.

One day, after I had been in that office for over a year, someone carelessly knocked one of the plants off the windowsill and it almost landed on their foot. It didn’t, but it was classified as a ‘near miss’. The next day a memo came around the whole department saying that from that day forward, no plants were to be allowed on the windowsill, in case they fell off and injured someone, and they never were for the remainder of my time there.

There was no need to ban small plants from the windowsill – a note to remind everyone to be more careful would have sufficed. I think that we can focus too much on the negatives at times and, especially with goals, we often don’t shoot for the stars just in case it doesn’t work out for us.

With this book, I have aimed for the stars. I believe that the majority of people will find something helpful in it, but I know that I can’t please everyone. If you don’t get results, please understand that my sincere motivation here is to help and I do really believe that we all have reservoirs of untapped potential within us.

I have always been a motivational type of person. When I was growing up I’d always be helping people to shoot for their goals and believe in themselves. In my twenties I became an athletics
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couch. Mostly there would be good, and often great, results. But occasionally people (observers) would level the criticism that I was giving people false hope, that it was best just to tell them to aim lower or to be ‘realistic’. But what is realistic? It is someone’s opinion. It is not fact.

But I have always understood where the critics were coming from, even though I didn’t agree with them. I felt pain when I saw how sad a young triple jumper whom I coached was when he didn’t jump as far as he wanted to in the 1999 UK National Junior League Athletics Final, especially when I’d instilled the belief in him that he could win the gold medal. But I think that without the belief, the chances of a gold medal were almost zero. With the belief, he really was capable of winning it.

Actually, with one of his jumps, which was a foul because the tip of his toe went one millimetre over the plasticine, he would have won the gold medal by over a foot. But I felt so sad for him because I could see that he was sorely disappointed that he hadn’t performed as well as he wanted to. But without the belief, I am certain he would never even have made the final, let alone have been anywhere near the kind of jumper he was.

And so it is with using the mind to heal our bodies. I believe that when we aim high, even shoot for the stars with the hope that we can heal ourselves completely, then great things are possible. If we don’t even try, then we will never know what was possible.

Mark Twain wrote, ‘Dance like nobody’s watching; love like you’ve never been hurt. Sing like nobody’s listening; live like it’s heaven on earth.’

And using the mind to heal is not new. People have been using their minds to heal themselves for thousands of years. Vedic teachings over 3000 years old, for instance, refer to the use of the mind for healing through meditation.
So, from the space of my belief that the mind can impact almost any condition, I have included an A–Z list of medical conditions, illnesses and diseases at the end of the book and suggested one or more visualizations that could be used to heal or positively affect each one.

My research into the power of the mind over the past 26 years (I read my first book on the topic, *The Magic Power of the Mind* by Walter M. Germain, when I was 12) has shown me that people intuitively know how to heal themselves. We know that we need to become calm and rid ourselves of stress. We also know that we need to develop a positive attitude. But we also need to know the right practical visualization principles.

As confirmation of this, I’ve collected several stories from people all around the world who have healed themselves of serious illnesses like cancer and diabetes, and not-so-serious conditions like hay fever and pain. As I read through them I was astonished to notice a striking similarity. The people used the same principles, which they just seemed to intuitively know, and these were the principles that I had also been teaching and that I also seemed to intuitively know. The first part of the book reveals these principles and you can see them in action in the second part.

The book is in three parts. The first part outlines research in the rapidly emerging field of mind–body science. I have included evidence for the power of positive thinking and the placebo effect, the most up-to-date research into how our thoughts and emotions cause micro-changes in the brain, and cutting-edge research into using the mind to heal the body.

Part II of the book contains people’s stories of healing. These kind people have shared how they used their mind to heal themselves of various diseases. They have described the images they used and how often they visualized. Their hope is that their personal journeys may inspire other people to believe that they
can be healed too, as well as provide them with some practical information on how to go about it.

Part III of the book is the shortest section, but in many ways the most powerful, and talks about the power of love. I have always been a believer that love heals.

The book also has three appendices. The first is a healing technique that I call ‘Quantum Field Healing’ (QFH), the second is a list of medical conditions and visualizations for their healing, and the third is two DNA visualizations.

Throughout the book I recommend that if you decide to use visualization you should continue any treatment that you are currently receiving. What I’m saying is that visualization should be used as well. My premise for this is that when we are receiving medication, we must think. So we will have thoughts. This book provides direction for those thoughts and suggests what you could think about to aid your recovery.

I hope you enjoy the book and that you can take something positive from it.

Warm wishes.

David Hamilton
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