

EXTRAORDINARY Thoughts

EXTRAORDINARY Life

Disclosure: I am not a writer, I simply have a message



The Tree of Life

It's time you know.

Every thought and every word has the power seed to create good or bad, happiness or sadness, and disease or sickness. For example, if you wish to become more joyful and playful in your life you must repeat the word "joy" secretly, repeatedly, persistently and emphatically. Then, By the Law of Creation, "Joy" must expand and your whole being will be filled with "Joy". This must be so because it is Law. Unfortunately, most people are not even aware of the laws of creation and create haphazardly (things they don't want). Be mindful and create consciously, decisively and constructively. .Love Z

The Law at work

*The patient receives a diagnosis and the blood work or the CAT scan looks bad. Aside from any traditional or Alternative Medicine he may receive, it is the responsibility of the patient to see himself well. **He must feel the wish of health already fulfilled.** A simple thing really, in his mind he must see the doctor confirming that the blood work is normal and the thought "Isn't it Wonderful' as he receives the good news that his illness or condition is gone and Health (the truth of his being) is established. As we Believe so it is done unto us. Apply these tried and true concepts to all parts of your lives.*

You Are The Highest Form of Creation

and you are endowed with a **Supernatural** capacity to

CREATE!!!

Do you realize that you accomplished EVERYTHING that you put your mind to? Good or bad if you thought it **consistently** you accomplished it. Some of You can take a laugh break here...at some of the havoc you created in your lives...

But, there is Nothing that you held in your mind **consistently (good or bad)** that did not come to pass: such as a certain car or phone, job,

relationship, career, educational degree, health or disease.. yet, somehow some of you have missed it...you created it with your :superpower...**Your Thinking Mind.** Be very attentive what you give your attention to because as you think you are adding (Consciousness Un its) to that subject matter and expanding it. Learn the difference between expanding things that you want like (laughter, health and joy OR sadness, illness cancer and disappointment. Before you move forward from this paragraph, ask yourself why Cancer Awareness is only making cancer worse...why the war on drugs makes the drug issue bigger...why anything you resist, persists. Ask yourself why Mother Theresa declined to attend an Anti War rally but asked to be invited to a Peace Rally.

Your Mind Is Supernaturally Creative

Are you beginning to have a sense of how Powerful you are created to be? When it is said biblically that you have dominion over all things...it means it ...you do.

I hate to sound clichés' But... with great power comes great responsibility. The mind is a double edge sword and you can create constructively or destructively.

You can create:

Health or Disease...

Extreme wealth or Extreme poverty...

Great relationships or Alienation...

Happiness or Deep Sorrow...

You MUST realize that you are an extremely powerful creator even if you created havoc of your life. As Non Believers or Christians we want to credit God or the Universe for everything good yet when we create amuck we blame it on the devil or others and we take no responsibility...we become the victims.

For quite some time, I have tried to reconcile what part of the creative process is mine and what is God's. I have no definitive answer but as I pay attention to life, it teaches and it appears that: **God can't do to us, What He can Only do through us.**

A pastor came upon a great beautiful farm and was astonished at its beauty. As the farmer approached, the pastor commented, "God sure made this here land beautiful". The farmer replied...you should have seen it before I got here. (God can Only work through us)

In other words we must be the change we are looking for but make no mistake about it...the Power that animates us as living beings is the **creative force** behind everything we conjure up in our little minds. Once you conjure up a "clear" vision, the magic begins. Einstein spoke of this power as did many of the people that influenced all of our lives through their contributions. Have you ever wondered about all the coincidences, chance meetings and events to help you create and achieve what started as mere whimsical goals? It's almost like the Universe and the Creator of All That Is are conspiring to help you. Do you not recognize the magic all around you as you have a wish and somehow it magically forms into reality? You set an intention and there it is in all its glory. That's the "stuff" I am trying to make you aware of because it's happening all the time all around you. You can't stop the creative magic but you can be more deliberate about if you create constructively (life giving) or destructive (life taking). See chart 1A.

Unfortunately, both good and bad are the manifestations of our creative minds.

*After my divorce I found myself at a loss for understanding. I tried everything in my power to reconcile my marriage but it didn't. I discovered that people have free will and we are all given creative domain over our lives. My wife's free will was to exercise what she felt was the best decision. I appealed to what seemed a deaf God and I cursed, prayed, surrendered, cursed some more, prayed some more and meditated. I never allowed my mind to take me into complete despair but self-pity and resignation had a regular pulpit in my mind. I allowed myself to temporarily lose my identity as a person because my role as a father and a husband had changed. This had a large impact on my relationship with the portrayal of a loving God that "loves" us and protects us. My reasoning was that if there is a God surely he wouldn't allow divorce yet divorce may be higher amongst the very people that believe in God. This is where it occurred to me that those that succeed at bending God's ear and nature do so not through petty pleadings but through a complete commitment to their vision's outcome and a true sense and feeling that no other options even exist . "As you believe...so it is done". **Notice that it***

does not say as you plead or as you grovel but it says as you believe. My new vision of wholeness took hold where the pain and the suffering once resided. It is a daily renewing of the mind my friends. If you desire the assistance with the renewing of the mind daily please visit the Subscription to Happiness at AlternativeDoc.net to subscribe or join us. The website also posts workshops and beach retreats.

What if you have dominion and you are the creator of your life..

If you had Supernatural powers wouldn't you like to go to the Hogwarts school of magic and learn how to use this God given superpower so you don't accidentally turn your friends into ogres and your life into the pit of hell?..

By this point you should become at least intrigued by the possibility that you are indeed a Supernatural creator and you are no different than the Wright Brothers, Thomas Edison, Henry Ford, Walt Disney and yes...even Donald Trump. It matters not whether you like Trump but his **conviction** and **destructive** power was undeniable. He somehow alienated the Hispanic community, the black community, women and many other groups and he literally stood like a 7 ton gorilla with everyone including his very own party on his back yet he pulled through. His own party, several denominations and organized groups and all the groups that despised a possibly wretched human being could not stop the conviction and the certainty he possessed. He demonstrated his bullish convictions in interviews for many years prior to this election.

You are made of the same *stuff*, with the same creative energy at your fingertips and a supernatural power with Supernatural dominion over all things. But, how do you harness such power constructively vs destructively in your life? This is what I teach in the beach retreats and the work shops we offer at AlternativeDoc.net. We also offer private phone consultations and Life Coaching. In the near future we will also be offering a daily call in program because Change is indeed possible but I found out that it takes consistency and persistence. We are creating the means to make consistency available and accessible. We need immense repetition and consistency to overcome our patterns of limitations so jump in and get involved.

I had an interesting and eventful life filled to the brim with adventure, challenges and successes. I had destructive and constructive patterns within me including a winner's attitude but also patterns like anger and jealousy. For the longest time I believed that I could not change my less than constructive behaviors and I played the role of a victim (blaming it on life, my dad or other people) and it sabotaged a very important worldly relationship, my marriage. Victim or Creator? You decide... if you decide that your life is meaningful and that you want to be the deliberate creator of your life, join me on a short journey. It won't take you long to learn and apply these Universal Laws as they are dictated and confirmed by science as well. I've been studying this type of material for 20 years and what I share with you will avoid some pitfalls and expedite your own experience.

You have a Supernatural Creative mind and if you feel inspired, join us at workshops or beach retreats and sign up for Subscription to Happiness at AlternativeDoc.net

My dear friends, I'm not alone... Human Potential pioneer Jean Houston discovered the immense power we have to create, heal others, love unfathomably more than we originally thought possible. She also acknowledges the potential to earn and to grow physically, emotionally and intellectually. Yes, I am obsessed with the possibilities that live inside each and every one of us. I am obsessed with the energetic field of life possibilities that we all live in and yet many of you are dead to the aliveness that only needs our words to ignite the fire behind the death lingering in our eyes. We have allowed death only because we have lost mastership of our minds and yet there are numerous books and offshoots from biblical truths in relation to this. But knowledge without proper application amounts to nothing. What use is it if you know how to make a fire yet you don't ignite the spark, the benevolent spark... Be very clear. I did not write this book to inspire you but to make you aware of the possibilities and the creative potential. YOU must draw the inspiration once YOU KNOW that CHANGE IS POSSIBLE. Most people try to do better but they don't know how. DrZHelp.com is the "HOW" change is possible. Make no mistake, you are always thinking... always firing creative energy but what are you creating? Are you creating love, laughter and wellbeing or death, dread and destruction? It does not have to be that dramatic but I am trying to make a point and the choice is yours.

It is my hope and prayer that we all awaken to the possibilities for our lives not through our actions so much as through the birth of a new thought first. A new thought that blazes through the consciousness of death and illness, insufficiency, struggle and strife and appears in its full glory as peace, love, joy and abundance.

You Too Can Think Your Way to YOUR Ideal Life

All forms of success including what I consider the epitome of success--Peace, Love, Joy and Righteousness--- as well as, prosperity, achievements, recognition

and every other imaginable forms of success start with your thoughts that lead to your **words, feelings, actions, character** and to your **destiny**.

You can think your way to your ideal life. Your thoughts are the building blocks of life and you must recognize this fact. Most are not enlightened to this simple truth and the current education system does not teach it. The schools that you and I have attended and that your children attend do not teach the systematic approach to true life success(a “Winner’s Mindset”) and yet **Thoughts & Feelings are the soul cause of most if not all of the human suffering.**

Nelson Mandela spent 27 years imprisoned yet he came out a vehicle of love because he Mastered his thoughts and so can you. Mastering our minds is not a simple task but it can be done if you so desire.

You Need This Manual As Much As

You Need Your Next Breath....

Learn to Think Constructively and towards your ideal life or default to Destructive thinking and away from your ideal life.

The Mind is the Most

Phenomenal and Rewarding Frontier

*You become whatever you imagine yourself to become
Read Jim Carrey’s excerpt on how he imagined himself to
be a superstar*

Norman Vincent Peale, Thomas Edison, Henry Ford, Billy Graham the Wright Brothers and anyone that you believe to be successful is so because of a mindset- A “Winner’s Mindset”. The exciting thing is that Anyone can get the “Winner’s

Mindset". My definition of success may be different than yours but simply put I define success by trying to become a better person every day. My goal is to be more loving, more compassionate and generally a better human being every day.

I grew up in a communist country with a lack of most things people take for granted in America and I too learned some unhealthy behavior like low self-esteem and unhealthy patterns of criticism and beating myself up and other limiting patterns that I mentioned previously BUT I could not allow my past to define me. I had to change. It was beyond absurd that anyone including myself would have doubt, hurt or suffer when we know what we know about neuro plasticity and the capacity to change but as you will come to find out it is beyond our conscious control like are most things such as: self-pity, compulsive eating, anxiety, depression and a myriad of other things.

We can help you move beyond your learned and practiced limitations so you may know and feel the wholeness that our creator intended us to feel. I tell my patients that the sun is always shining but sometimes the clouds get in the way and we release the clouds (**the mind objections**) so the sun may shine in our lives again.

In my book "Simply Happy" and in our Beach Retreats, Work Shops and our Subscription to Happiness, we discover our subconscious **blocks** to Abundance, Success, Health and Happiness and re-condition our minds to focus constructively and move beyond our limitations.

*For more information please visit DrZHelp.com or AlternativeDoc.net. The book is free and donations are appreciated to further the cause of creating positive shifts in the consciousness of man. . The process only begins with this book and join our live beach or work shop events. **It's the persistent pursuit of the ideal that wins the game. Love and Life Dr. Z***

Bonus:

Consciousness:

This is the most important thing that I can impress upon you. It is imperative that you understand the principle of consciousness units. Although unmeasurable and unseen to the naked eye, they are real just like radio waves and cell phone

transmissions across the planet and even “thought” only fighter helicopters that respond to the pilot’s thoughts (which are now measurable).

Consciousness Units are accumulated based on what you think about. Attention to cancer in any format begets more cancer. Attention should be placed on an image of ideal health and wellbeing.

Every time you think about something you don’t want you are adding consciousness (consciousness units) to that topic like specs of sand and if you continue to keep your attention undivided for an extended period of time, you have a stock pile of sand (cancer, sickness, poverty, suffering)

*Einstein said that we can’t fix the problem with
the same consciousness that created it.*

*Martin Luther King said we don’t drive
out hate with hate. Only love can drive out hate*

Dr Z~ Yours in Health and Happiness

Napoleon Hill writes,

You should have told us that our brains become magnetized and we draw to us the same stuff of our dominant thoughts...

Keeping It Simple- 3 Fundamental

Things You Must Understand.

1. Your mind is extremely creative- At first glance you may not be aware that your mind is a “super hero” (constructive) or a “villain”(destructive) depending on what you give your attention to. The super-hero or the villain are only constructs of your mind and the one that wins is the one you feed DAILY!!!. You may have read the story about the good wolf and the bad wolf. The one you feed is the one that wins. Caution- whatever you’re exposing your mind to continuously is what you get and it’s a trap. Once the mind has been conditioned it takes monumental effort to turn the tide because good or bad the mind becomes conditioned. When you’re ready to be the creator, the Victorious real SuperHero of your life story and hang out with other winners join us on our weekly call ins, beach-workshops, books and u tube videos we help you and show you how to do it.
2. Great News!!! There is now Empirical Evidence and proof in the study of Quantum Physics that our thoughts affect our reality. It is acceptable to be doubtful after all it took us another hundred years after discovering the world is round to accept it. You don’t have a hundred years so prove it to yourself over the next few weeks as we change our thoughts and we change our lives together. Let’s assume for a moment that these things called thoughts have the power to create our lives, How do we change them? Simply, we play a game. The game entails finding the destructive thoughts, words, visions in our minds and in place we put the positive powerful, constructive thoughts.
3. Create the seemingly impossible by example...Wright brothers