

The background of the entire page is an abstract, textured pattern of swirling colors. The primary colors are various shades of blue and purple, ranging from light, airy tones to deeper, more saturated hues. Interspersed throughout are swirls of pink and magenta, some appearing more vibrant and others more muted. The overall effect is reminiscent of marbled paper or a watercolor wash that has been manipulated to create a sense of movement and depth. The colors are layered and blended, creating a rich, multi-dimensional visual field.

# **Believe and Trust...**

**Being Spiritually Healed –**

**Heather J Dyble**

**A Spiritful Writer**



# Believe and Trust...

## Being Spiritually Healed –

### **This book is dedicated to:**

All those living with M.S. who are working with positivity on their healing journey. May you always believe and trust.

### **With Appreciation to:**

Rahul Joshi • For his continued support – thank you for passing along all those emails.

My husband Dan – For being a fantastic caregiver and strong supporter.

Doctors Sayo and Rossow – for their terrific support and care.

Debbie Dee of the Powell River Brain Injury Society – for her unwavering positivity and creativity in the belief of this book project. You are bold and confident and a pleasure to work with.

**Published by Butterfly Ink**

**PLEASE COPY WISELY**





AND SO THE

*Adventure*  
BEGINS

REMEMBER

ADV  
ENT  
URE

WISHING YOU A  
LOVELY  
DAY





YES  
YOU  
CAN

B

\* YOU CAN DO IT! \*

WORD OF THE WEEK  
Vision

Beautiful  
MINDS  
inspire  
OTHERS

BE TRUE  
TO  
YOU

EVERY  
THING  
IS GOING TO BE  
OK

BELIEVE  
IN  
ALL OF  
YOUR  
DREAMS



# RAVE

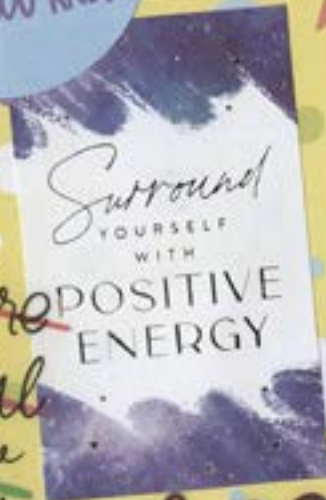


FOCUS



WALK

HELLO



~~She has fire~~  
~~in her soul~~  
and grace  
in her heart



courage



we are all  
WORKS IN  
PROGRESS



positive  
MIND



THE BODY ACHIEVES  
WHAT THE MIND BELIEVES

BELIEVES

Believe & Trust

I am strong,  
brave, capable.

FOCUS

believe  
THERE  
IS  
GOOD

LIVE TRUTHFULLY

be who you were created to be

Grow

REMEMBER

the importance  
of your joy







I will choose  
Faith  
over fear.

POSITIVE  
FOCUS

mindset:

Positive

Positive  
OUTCOME

thinking

FOCUS

*I am about to do a new thing;  
now it springs forth,  
do you perceive it?  
Isiah 43:16*

*Commit to the Lord  
whatever you do,  
and He will  
establish your plans.  
Proverbs 16:3*

*That thought is part of me as is my "right hand"  
I believe that the "Holy Spirit"  
Gave me instructions for  
A Successful "Spiritual Healing"  
"Meet It, Beat It, Be Completely Healed"*

*I received clear, straight forward instruction  
In the Bible verses above -*


*Through that I believe that "my challenges" are God-given:  
God wanted my attention  
I felt reassured and happy about that.*

*God is there to help me and everyone  
Who wants His Help*




*The following pages will  
Illustrate my journey  
Please join me...*


**I remember being happy  
When I boarded a plane  
in 1976  
To fly on my own  
for three weeks,  
London, England;  
Amsterdam, and Copenhagen**




**I was planning to move  
from Montreal, Quebec to  
Edmonton Alberta.**



**I thought  
if I could handle  
three weeks on my own  
in Europe,  
Where I had never  
travelled to before,  
I could successfully move  
to Edmonton and  
Establish my new life.**



**In 1978,  
about eighteen months after  
my trip to Europe,  
Purely on my own intuition,  
I moved to Edmonton.**





BOLD. FEARLESS. STRONG

YOU ARE  
*strong*

DON'T  
GIVE  
UP

Don't you  
have give up



YOU ARE  
*growing*  
EVERY  
DAY

WALK

REFLECT

SHINE  
BRIGHT

MEDITATE

UNPLUG

NOW  
IS THE  
TIME

CREATE

ALWAYS  
SEE THE  
GOOD

*not for*  
YOU

**I was happy  
when I boarded a plane  
To fly to Alberta  
and settle in that Province.**

**The Happy in me flourished  
as I studied for and began  
a new career in  
Personnel Administration**

**Happy was the "me"  
that my client groups  
And my co-workers  
knew and worked with  
For fifteen years**

YOU ARE  
SIMPLY  
*Amazing*  
TO ME

**I was happy in 1980  
when I met Dan,  
And married him in 1983**

X  
O  
X  
O



**JOY**



**When I talk about “happy”  
as a real entity,  
I identify that Happy  
is a strong part  
of my personality:  
Positive, Confident,  
Self-Assured, and Out-going.**

**Looking back;  
I see that I am “Happy”  
My true Nature:  
I really like being Happy.**

**I will make effort to be Happy,  
I think that it will draw out more  
Of my personality.**





**FOCUS**



**Some of it may be  
"brand-new" to me.**

**HAPPY**

**During my healing journey, I moved to Powell River, BC.  
Just after I moved I had a strong sense that  
"Butterfly"  
Is crucially important to my healing journey**

**I had a metamorphosis  
It means: "Change"**

**Butterfly  
is crucially important  
On my healing journey  
Happy is a meta for me.**

**Happy, Positive, Out-going  
Self-assured, Confident...  
These are qualities  
I love to have.**




**The butterfly shows me  
what may happen,  
The Butterfly  
goes in to its own meta  
And emerges from it  
Functioning Perfectly.**



**In practising affirmations,  
I May experience that...**





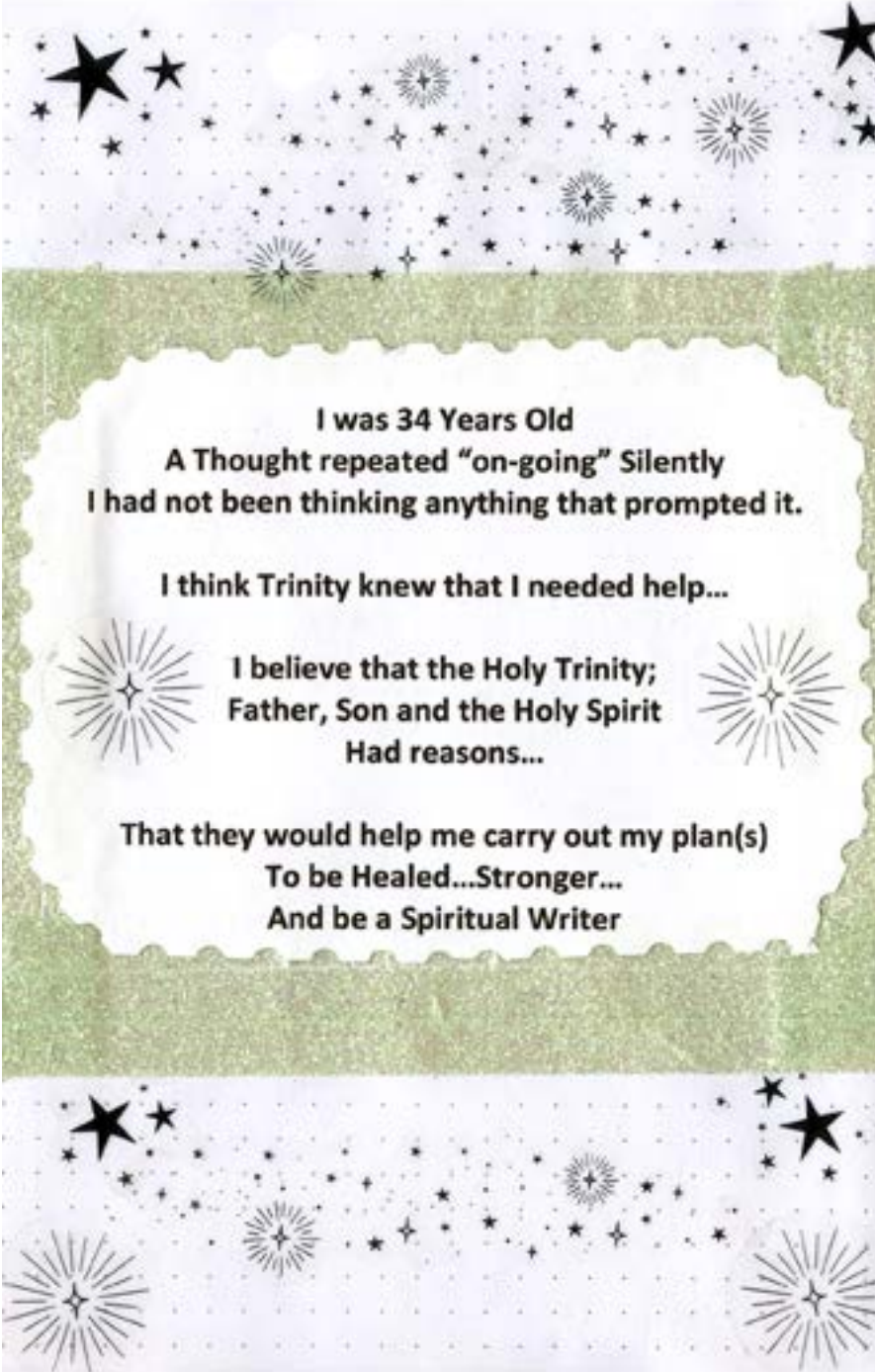


**I know the plans I have for you  
Says the Lord,  
Plans for good and not for evil  
To give you a Future and Hope.  
Jeremiah 29:11**



**"If anyone is in Christ,  
He is a new creation,  
The old has passed away,  
Behold, the new has come".  
Cor. 5:17**





**I was 34 Years Old  
A Thought repeated "on-going" Silently  
I had not been thinking anything that prompted it.**

**I think Trinity knew that I needed help...**

**I believe that the Holy Trinity;  
Father, Son and the Holy Spirit  
Had reasons...**

**That they would help me carry out my plan(s)  
To be Healed...Stronger...  
And be a Spiritual Writer**





**Universally, world-wide,  
Many people could apply this guidance  
To many issues, goals and challenges  
For as long as needed...**

**This is exactly what I have been doing  
Since I learned of  
Meet it and Beat it!**

**I applied it to things...**

**Physical**

**Mental**

**Emotional**

**Spiritual...**

**Body, Mind, Emotion and Soul...**

**Meet It; Beat It, Be Completely Healed...  
All of that is: Meet It and Beat It (Attitudes)  
Always Believing that I will be  
Completely Healed.**



**I live Meet It and Beat It  
To Be  
Completely Healed.**





**Now, I want to share with you  
Specifics of what I did and...  
what I continue to do...**

**This book will hopefully give you  
Information...  
Motivation...  
Examples...  
Belief in Yourself...**

**To be Successful in  
Your Own Healing Journey**





**Affirmations:  
Are Part of You  
Believe in Them  
Make Them Short  
Easy to Repeat  
Repeat Them Often...**

**Affirmations Are:  
Positive statements you Believe Can Help you  
Overcome self-sabotaging and negative thinking.**

**I believe that Affirmations  
Are a Powerful Tool...  
Perhaps they will work for you too...**





**When you...  
Repeat an Affirmation often:  
You Believe in It**

**You begin to make the positive changes you want  
You become empowered to continue affirming  
'With believing and working to  
Reach your Goals!**

**Affirmations Have Power...  
To Motivate you to Reach your Goals,  
Give you Power to Change,  
Help you Concentrate on Achievement,  
Change Negative to Positive!**



**I Completely set up Everything I Do.  
I work so that it is Clear that I Did It!  
I do not to just turn it over  
To M.S. -**

**I believe that what I am doing is Important!  
I Believe that it perfectly Fits In,  
It has been Hard, Consistent Effort!  
I can give myself Credit for it...  
Balance and My Affirmations for Healing It.**





**I used an affirmation  
When I was blind in my right eye.**

**"My Right Eye is Complete and Functions Perfectly".**

**A few year later at my annual M.S. appointment:  
My right eye was completely healed and I have no new  
Prescriptions.**



**Meet It, Beat It: Be Completely Healed  
It was a very quiet thought in my mind  
I "Heard" it clearly repeat many times  
Balance Affirmation**

**Believe Trust: Be Completely Healed  
That is a Strong Affirmation  
Easy to Repeat, Understand, Believe.  
Repeat Often throughout each day.**


**My Affirmation:  
"My balance is Healed...  
I move smoothly and steadily."**



**The title of my first book...  
Meet It Beat It - Be Completely Healed**

**I decided now to draw attention to  
Believe and Trust -  
Believe was "Key in the Ignition" for me  
To continue the Healing Journey.**





**Trust was essential for me  
To Continue the Journey to the End.**

**I Anticipate I will be completely healed through  
Through my Spiritual Healing Instructions...**

**I have lived "Believe and Trust"  
Abilities and Skills throughout  
My Adventure**

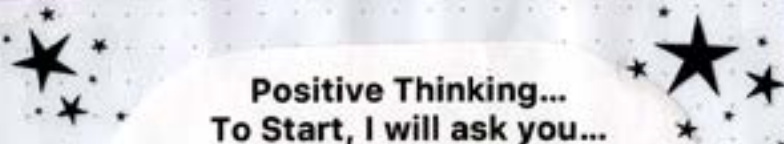
**I Honor and Recognize them  
Through This Title:  
Believe and Trust.**

**It has been my experience  
That Letting Go is not easy  
Especially with Negative Thoughts  
Running through our Minds...**

**It wasn't until I learned to  
Give what I can Over to God  
That I was freed from these Burdens...**








**Positive Thinking...  
To Start, I will ask you...  
"When you are in A Good Mood,  
Do you find that;  
Your work goes smoothly,  
Your work goes faster,  
You are pleased with the results,  
You feel great  
About your progress?"**

**I am pleased to tell you  
I rely on Positive Thinking:  
Towards Healing  
and reaching Other Goals  
I encourage you to do that  
Believe and Trust...  
In your Life,  
Be Positive  
Believe and Trust.**





*focus on the  
good things*

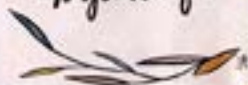


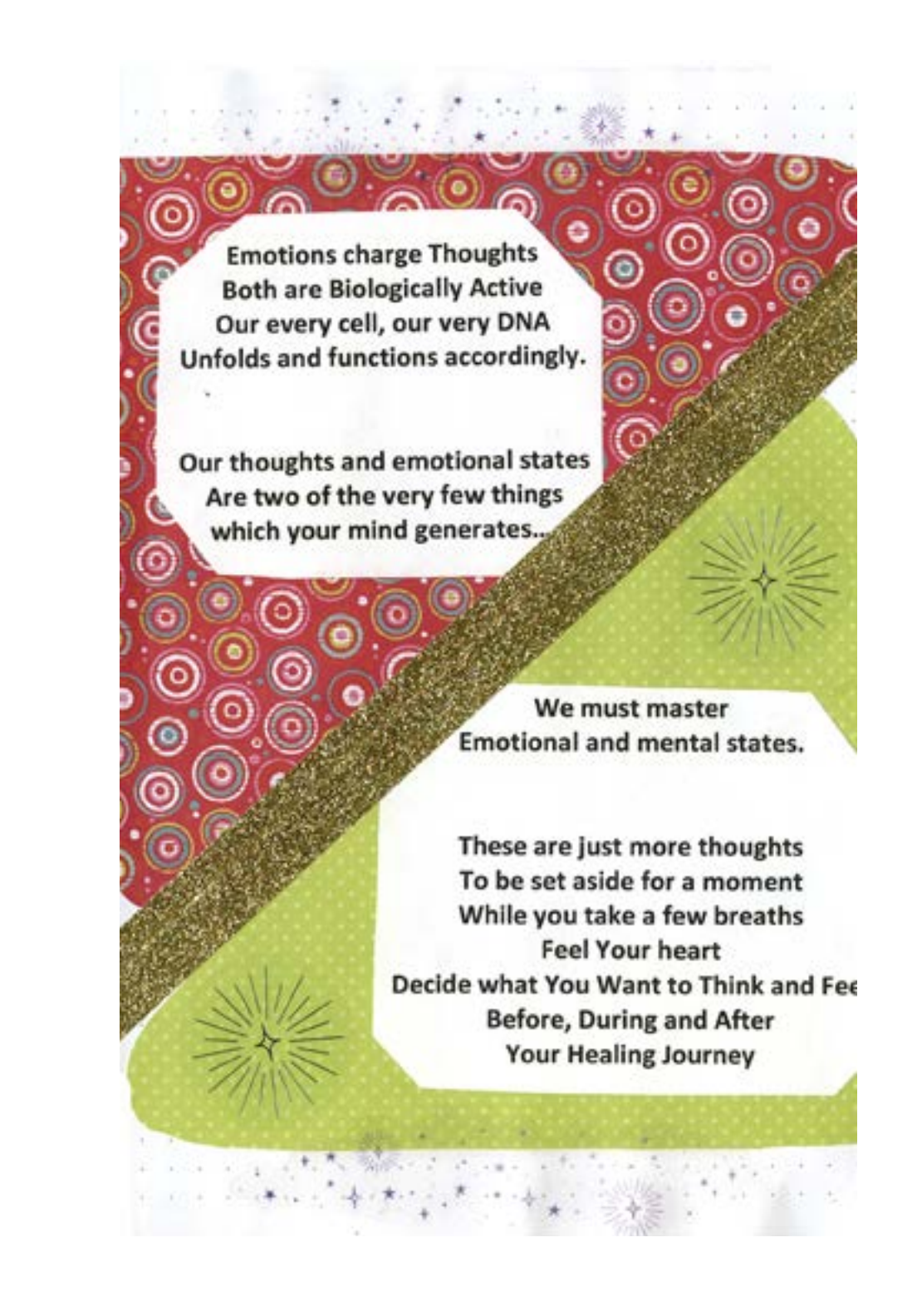
**Thoughts on Generating Emotions**  
**I took Key Points from Hedley...**  
Integral Anatomy (Hedley, 2005-2009)

*I will give  
myself grace.  
Good things  
grow here*



*Speak good  
things  
to yourself ♡*





**Emotions charge Thoughts  
Both are Biologically Active  
Our every cell, our very DNA  
Unfolds and functions accordingly.**

**Our thoughts and emotional states  
Are two of the very few things  
which your mind generates...**

**We must master  
Emotional and mental states.**

**These are just more thoughts  
To be set aside for a moment  
While you take a few breaths  
Feel Your heart  
Decide what You Want to Think and Feel  
Before, During and After  
Your Healing Journey**



**I am about to do a new thing;  
now it springs forth,  
do you perceive it?  
Isiah 43:16**

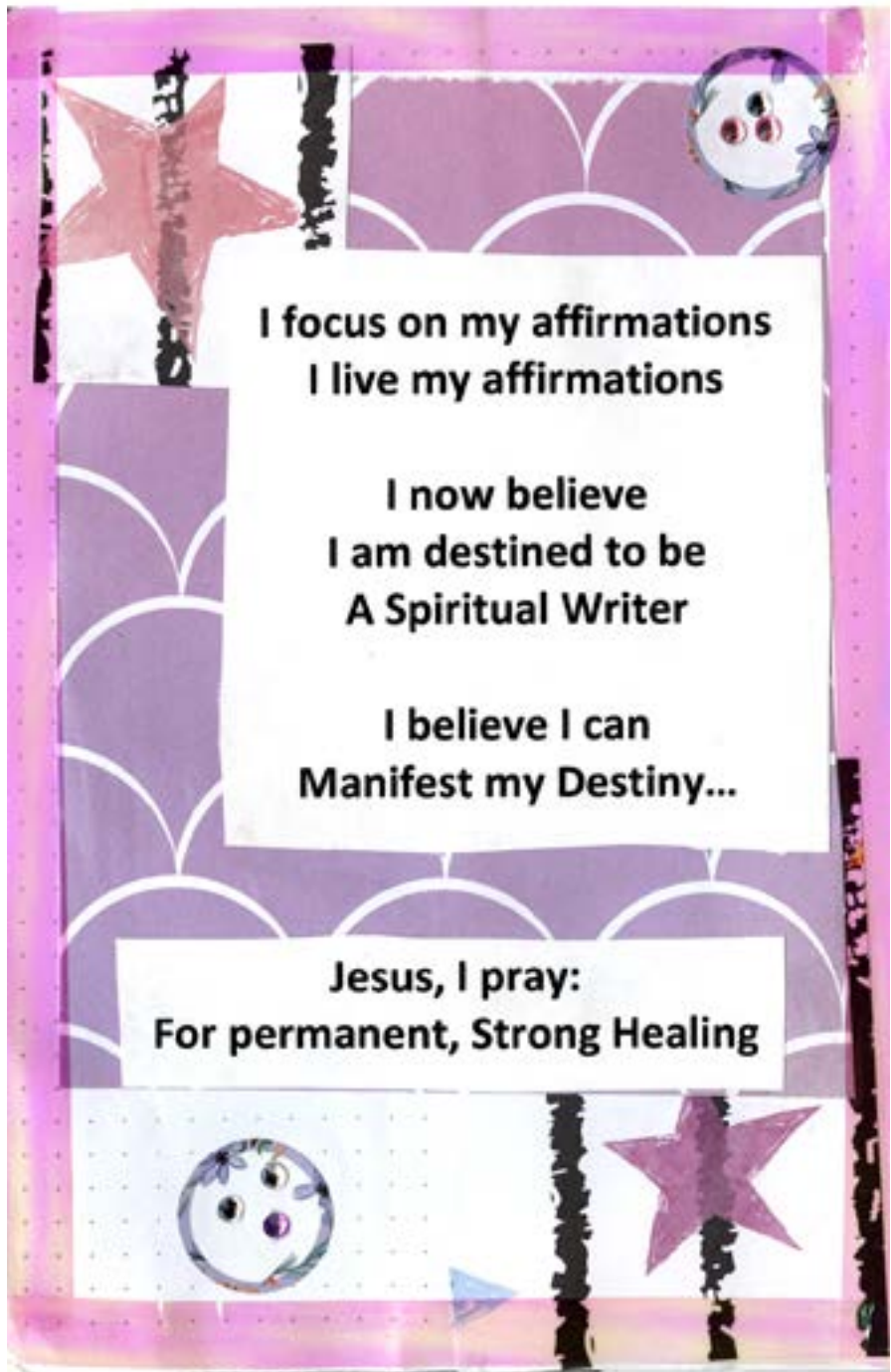
**Commit to the Lord  
whatever you do,  
and He will  
establish your plans.  
Proverbs 16:3**

**I received clear,  
Straight forward instruction  
In the Bible Verses Above...**

That thought is part of me  
as is my "right hand"  
I believe that the "Holy Spirit"  
Gave me instructions for  
A Successful "Spiritual Healing"  
'Meet It, Beat It, Be Completely Healed'

Through that I believe that  
"my challenges" are God-given:  
God wanted my attention  
I felt reassured and happy about that.  
God is there to help me and everyone  
Who wants His Help

The following pages will  
Illustrate my journey  
Please join me...




**I focus on my affirmations  
I live my affirmations**

**I now believe  
I am destined to be  
A Spiritual Writer**

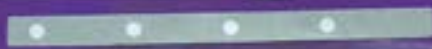
**I believe I can  
Manifest my Destiny...**

**Jesus, I pray:  
For permanent, Strong Healing**





FOCUS



**Mind-body medicine  
uses the power of  
thoughts and emotions  
to influence physical health**



**As Hippocrates once wrote –  
"The natural healing force  
within each one of us  
is the greatest force  
in getting well."**

**Jesus: You are  
A steady, strong  
Guide on whom  
I can always rely**

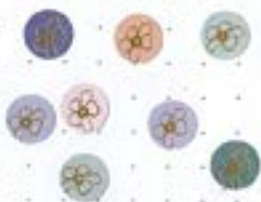
**My Healing Belief  
Is Always  
Steady and Strong**

**I have accepted the Goal  
To become a  
Spiritual Writer**



*I am destined  
for great  
things.*





*I will choose  
Faith  
over fear.*



**“Trust in the Lord  
With all your heart  
And lean not on your own  
Understanding;  
In all your ways  
Acknowledge Him,  
And He shall direct  
Your paths.”  
Proverbs 3:5-6**





## **Fear of Abandonment**

**I believe my mother implanted  
her own fear of abandonment  
in me while I was a fetus**

**She transmitted all her  
strong emotions and fears  
to me**

**They were all part of me,  
when I was born in 1952.  
Including strong dread and fear**

**If a mother can transmit  
Fears, concerns and worries...  
Then I believe that happened to me**




*believe in*  
**YOURSELF**

**Through my experiences with FoA  
I have learned that FoA  
Is strong,  
A control emotion**



**I had an in-sight that guided me  
to beating FoA challenges  
I received this guidance:  
I stood-up  
to not automatically  
living FoA with fear & dread -  
As I had been doing**

**SMALL VICTORIES:**

**DO IT FOR  
YOURSELF**






**I took a new approach:  
"I STOOD-UP TO IT  
I firmly Decided  
That  
FoA is: NO LONGER IN CONTROL OF ME!**




**I DEMANDED it to Leave!!  
And FoA left -  
Completely & Promptly...  
In celebration, I live  
"Meet it & Beat it" attitudes  
that I apply to any thought, emotion, activity**


**I AM stronger  
I reach my GOALS.  
I believe...  
Beating FoA is "God-given"**









**“It is far better to  
Take refuge in the Lord  
Than to trust any human”  
Psalm 118:8**



**“The power of the Lord  
Is with him to heal”  
Luke 5:17**



**“See, The former things  
Have come to pass,  
And new things I do declare”  
Isiah 42:9**



NOTE TO SELF:

*you can.*

*IT'S A  
great day  
TO START*

\*Personal  
Development

## EXERCISE

I found excellent programs  
On my healing journey  
I hope the following might help  
You on your healing journey...

Balance and Core strength...  
A strong back and abdominal muscles  
Enable good performance  
Of everyday tasks  
There are many exercises designed  
To increase your core strength

Top Priority:  
♥ ME

do it for you

KEEP ON GOING

If I were to point out one factor  
Of success or lack thereof  
It would be consistency!

G

BELIEF

Any exercise program you  
Embark upon will provide  
Better results when  
Done on a regular basis.





*Start where  
you are. \*  
♥ Use what  
\* you have.  
Do what  
you can. \**

*- Arthur Ashe*







There are many suggestions online  
For courses and programs  
To help you on your healing journey  
Of balance, leg and core strength...



I encourage you to  
Challenge yourself...  
Watch the online videos  
Read the books  
Be consistent in your resolve.

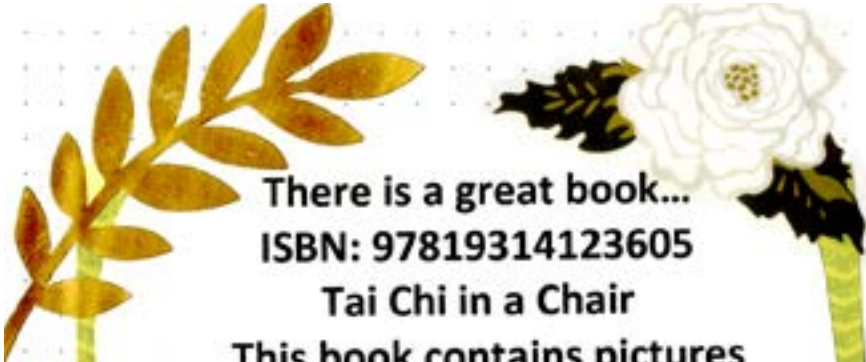


I leave it to you to ask  
Google... 😊

LIFE IS A MATTER OF

**B**alance





**There is a great book...**

**ISBN: 97819314123605**

**Tai Chi in a Chair**

**This book contains pictures  
To help learn the movements  
And the order in which to do them**




**Another terrific book I found...**

**By Karina Inkster**

**Resistance Bands Workouts for Seniors**

**She smoothly and easily  
Talks about Strength Training  
And small equipment  
This may appeal to many seniors**



**Remember my  
Meet It and Beat It Attitudes?  
I keep them and live with them daily...  
They are reliable and versatile.**

**I believe my attitudes are  
A Spiritual Message.**

**"Teach me to do Your will  
For You are my God;  
Let Your Good Spirit  
Lead me on a level Path."  
Psalm 143:10**







*I will choose  
Faith  
over fear*

**Believe and Trust  
My Spiritual  
Healing Journey  
Through M.S.**

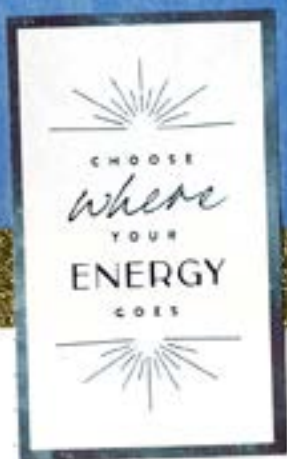


**I hope that  
My book will help you  
Always be positive  
Through your  
Healing Journey**





**“...I tell you,  
Whatever you ask for in prayer,  
Believe  
That you have received it  
And it will be Yours”  
Mark 11:24**



RE:



**My Healing will happen "sometime..."**

**I Believe that Some Time  
Is about to Happen...**

**That Belief & Feeling  
Empowers Me!**

DREAM  
LIKE  
NOTHING  
STANDS  
IN THE  
*Way*



**I feel Mega Excited About it!**



☺ SMILES ☺











Born in Grand Falls Newfoundland in 1952, Heather graduated high school there in 1969. She moved to Quebec and studied at McGill University in Montreal for five years before receiving her B.A. Heather had a successful career in Personnel Administration. She married in 1983 and was diagnosed with M.S. in 1986. She is a deeply spiritual person and now lives in Powell River, BC with her husband Dan.

This book is a follow up to Heather's first book "Meet It, Beat It – Be Completely Healed"

On this stage of the Healing Journey, Heather has taken a creative and insightful approach to documenting and sharing her journey through M.S.; from diagnosis in 1986 to the present day.

"Believe and Trust – Being Spiritfully Healed," Chronicles highlights of beliefs and affirmations, tackles a fear of abandonment issue and includes meaningful and inspirational bible passages throughout.

The positivity of this book and the absolute belief and trust that Heather projects is infectious.

This is a quick, easy and impactful read; not only for those battling their own healing journey through M.S, but for any and all who could benefit from a bit of positivity and creativity in their lives.

**PLEASE COPY WISELY**