

Health Talks

“The Battle for Your Mind”

02: Healing the Mind

We are grateful to Barbara O’Neil of Misty Mountain Health retreat for parts of this talk. To understand how the mind heals we need to have a look at the Seven Basic Laws that govern the functioning of the brain. The first law of the mind is the law of cause and effect, and effect follows cause with unvarying degree all through nature, and never should the effect be blamed as the cause. How often it is!

Barbara met a lady who had panic attacks. She tells the story. The lady thought that she got panic attacks, like it just happened and as if it was the cause of all her problems. But it was actually the effect of all her problems. I was able to show her how to rewire her brain so that she could overcome her panic attacks. I've seen quite a few people being able to overcome panic attacks. It doesn't happen overnight; it doesn't happen right away; it takes time. But little by little, practice makes perfect, and practice makes permanent as well.

So always when faced with a problem we need to ask ‘Why?’ and investigate to learn Why. We need to find out why these things are so. Some of you may have noticed that the question “Why?” is seldom asked by the medical system, and when patients ask it, they are told, “We don’t know why, or what causes it, likely it’s your genes. It just happens!” But the Bible says, **“As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.” Proverbs 26:2.** We need to detect why something is happening.

There's a verse in the Bible that says, “Do unto others as you would have them do to you.” Now this is more than a pretty saying, this is a divine law. That law states that whatever you give out to others, you shall receive again. Now that's great news, and it's bad news. When is it bad news? When what you're giving out is not good.

Life serves back in the coin you pay out, so be careful, be very careful, what you're giving out! Some people say, “Well they need to know what it feels like! You know I've been hurt!” Well maybe so, but leave it with God, because if you seek revenge by your hand, what does that law say? It's coming back again on you!

So how can you walk away from heartache, from pain, from abuse? There is a way, and the second law covers it; It's the law of choice, and the choice that enables us to walk away from heartache, is the choice to forgive. What most people don't understand, is that forgiveness is not a feeling! Forgiveness is a frontal lobe choice. In fact if we were to wait until we felt like forgiving, likely we would never do it. No, it's a frontal lobe decision. Also realize that when we forgive, this is not saying that what the other person did is perfectly alright! Oh No! It is choosing to leave it with God.

There was a young girl that Mrs. O’Neil was working with, she was 14, she was angry, and bitter. Her father had sexually abused her from 6 to 9 years of age. But what's this going to do for her life? What's it going to do for every relationship, her marriage, her role as a parent? So Mrs. O’Neil decided to try to help. She sat with her, and took a bit of time to go through this with her. “Do you know there is one way that you can be freed from the heartache that you're feeling, and that is by forgiveness.” She said, “No way! He does not deserve to be forgiven!”

She said, "Absolutely right! But it's got nothing to do with it."

As the time went on, Mrs. O'Neil explained to her how forgiveness cuts the chains that bind you to that painful past! Forgiveness gives you wings; forgiveness gives you freedom; forgiveness is the only prescription in the entire universe, that has the power to break the chemical bonds of hostility, anger, and hate in your mind. You don't have to feel like it!

As she went through it, it took about an hour and a half, finally, the girl said, "Alright, I forgive!" Now some might say, "I don't think she felt like it." How could she feel like it? She made a frontal lobe decision, even with only a half developed frontal lobe. She said, "Alright, I forgive!" Mrs. O'Neil jumped up and shook her hand. "Congratulations! You have just probably made the most important decision of your life!"

When she said, "All right, I forgive!" That started a tiny little pathway there in her mind. When Barbara shook her hand, that put a little bit more into the pathway? That very afternoon she said. "I'm feeling better about it." Barbara replied "You are experiencing a law of the mind, and that law states, [it's the third law] that your words affect your feelings. Don't wait till you feel like it, just do it, because when you do it, then later you'll feel like it. Maybe not immediately, but little by little. And every day she felt like it a little bit more, because practice makes perfect and practice makes permanent.

Before this, she had a pathway that was quite strong in her brain, which was resentment and anger! Research now shows that anxiety, discontent, remorse, guilt, distrust, can all break down the life forces and invite decay and death into the body. you will find that statement in the little book, the Ministry of Healing, in the chapter, 'Mind Cure'. That's quite a statement! And that was written 100 years ago, and look what science shows today.

We can rewire our brain from anxiety, discontent, remorse, guilt, distrust, and we can rewire that to go down the pathways of love, joy, peace, goodness, gentleness, generosity. We have a choice! We actually have a choice whether we're happy or sad! And we have no right to be sad! You see happiness is a state of mind, and you know what? We can choose that state of mind! So happiness is also a choice. It is not dependent on circumstances.

The Bible tells us, "Rejoice in the Lord always: and again I say, Rejoice." Philippians 4:4. True, born again Christians have a lot to rejoice about! Did you know that we are told heaven for us begins now? Yes indeed! "As through Jesus we enter into rest, heaven begins here. We respond to His invitation, Come, learn of Me, and in thus coming we begin the life eternal. . . As we walk with Jesus in this life, we may be filled with His love, satisfied with His presence. All that human nature can bear, we may receive here. But what is this compared with the hereafter?" DA 331. How do we come to Jesus and walk with Him? It is not by feelings, it is by making that frontal lobe decision to believe His Word and claim His promise by faith!

The Bible instructs us to Praise the Lord! Why is this? Is it that God wants us to flatter Him? Not at all. It is again activating these special laws of the mind! Our words and actions affect our feelings. We just can't be unhappy and sorrowful while we are praising the Lord! Praise is related to gratitude and an attitude of gratitude is wonderfully healing to our mind!

We are even told to be joyful when we have persecution or run into temptations! **"My brethren, count it all joy when ye fall into divers temptations;"** Why? **"Knowing this, that the trying of your faith worketh patience."** James 1:2, 3. When we realize that whatever comes to

us is designed by a loving Saviour, who is getting us ready for heaven, we can look to Him for courage and support in whatever situation we are in.

When we give our hearts fully over to the Lord, He takes on Himself the task of working with us to perfect our character. Notice the promise: **“Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,” Jude 1:24.** Certainly, we all want to stand faultless before God.

There is a wonderful promise in the book, Heavenly Places 267. “Not without a purpose does God send trial to His children. He never leads them otherwise than they would choose to be led if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as workers together with Him.” We can make that choice to trust everything to the hand that was nailed to the cross for us.

Love is also a choice. Your choice to love is a frontal lobe decision. That's where God communicates with you; that's why it's so good to give it to Him, you get some good messages!

We need to look closely at the word ‘Love’. In English we use that one word to describe many kinds of love, but in the Bible, in the original Greek language, there are different words all translated as ‘love’ in English, and they mean different things! One is ‘eros’; this is not used in the Bible and has to do with the wild horse feelings of desire and sexual attraction. It is not at all what we want to make decisions on. This is why so many marriages don’t last if they are only based on such feelings

Then there is ‘Phileo’ this means friendship, this is again mostly based on feelings. ‘Philadelphia’ is a related word meaning brotherly kindness.

But heavenly Love is ‘Agape’ or ‘agapao’ and it is not a feeling, but a principle. Humanly we can’t generate true Agape love, it must be received from God through a choice of our will, a Frontal Lobe choice. We all know that “God is Love”: **“And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.” 1 John 4:16.**

We are told all about Agape Love in 1 Corinthians 13, there it is translated ‘charity’. We are told that this is the most important heavenly gift we can seek to have! The second great commandment is **“Thou shalt love thy neighbour as thyself.” Matthew 22:39.** This is agape love, the heavenly principle, and not based on feelings! So when our neighbor steals from our garden, kicks our dog, and throws a rock through our window, we can choose to respond with this heavenly principle, even when we don’t ‘feel’ like it at all!

What is the measure of strength? We tend to admire people who are big and strong, but what is the real measurement of strength? The strength of a man or a woman, is their ability to control their feelings. The weakness of a man or a woman is the ability of their feelings to control them. Proverbs 16:32 says, **“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.”** You can rewire your brain to do that! Don't waste time on beating yourself up, or beating someone else up.

Psalms 119:165 says, **“Great peace have they which love thy law: and nothing shall offend them.”** Words effect feelings, so be very, very careful of your words! There’s a Proverb, Proverbs 12:18. **“There is that speaketh like the piercings of a sword: but the tongue of the**

wise is health." Who is affected by 'the piercings of a sword'? Oh yes, the people that hear it. But what about the speaker? It affects them also.

The fourth law states, your words reveal your feelings, and you cannot let them all out. Some say it's your *right* to speak your mind, actually it's your obligation *not* to speak your mind. It is truly a weakness if you let loud, angry words come out! And it is a sin!

You know what real strength is? When you're tempted, when you're being yelled and screamed at, and accused of terrible things, and you remain calm. And if that is happening to you, you know what you're saying to yourself? 'Oh, that Poor guy, they've got a real problem, I better pray for him!' Ah that is the best attitude to have! You have no say over what people say to you; but you have total say over what you do with it, and what you say back!

Your words reveal your feelings and you cannot let them all out! Proverb 29:11 states, **"A fool uttereth all his mind: but a wise man keepeth it in till afterwards."**

Proverb 13:3 says **"He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction."**

Here's another; Proverbs 17:28 **"Even a fool, when he holdeth his peace, is counted wise: and he that shutteth his lips is esteemed a man of understanding."**

And James 1:19, 20. Tells us, **"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God."**

So be careful on those words! If you are upset, keep quiet; have a great big drink of water; go outside and breathe deeply; go for a walk; do not speak until the good boss is once again in charge, because when feelings are boss, what comes out is not good, and oh, how many words have been said that should never have been said!

The Bible says in Colossians 4:6, **"Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man."** Where does 'Grace' come from? It comes from God!

Number five is the law of adaptation, which states that we have a brain that changes. Proverbs talked about it thousands of years ago, but it's only a few years since science acknowledged it. Proverbs 13:20. **"He that walketh with wise men shall be wise: but a companion of fools shall be destroyed."** Because of the law of adaptation, we tend to copy or become like those we associate with.

The other text is Proverbs 22:24, 25. **"Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul."** We tend to become like what or who we associate with, especially if we admire them. Think of that in relation to watching TV and the violence and evil things that are shown on that device!

Law Number 6 tells us, if we don't use our brain cells we lose them. So you've got no choice, unless you want to lose them. We choose the pathways we travel in our brain. We choose the thought patterns we lay down. That's why choice is one of the most wonderful things that God gave to us.

Memorizing scripture, the Word of God, is a powerful way to build up our brain! There's a

wonderful verse in Hebrews 4:12, **“For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.”**

Even reading the Bible improves our brains. There was a study done with prisoners years ago, they did intelligence tests [IQ tests] on a group of prisoners, and then they gave Bibles to half of them and asked them to read them every day. After a few weeks they retested their intelligence and the Bible reading group scored higher than they did before, and the non-Bible group stayed the same. Yes there is power in the Living Word!

The good news for us all is, if you have some habit pathways that you're not happy with, you can change them! It's not easy, but nothing worth doing in this life is easy, is it? It's hard work, but you can do it, and the Lord will certainly guide and empower you!

A wonderful choice to make for our minds and health is when you forgive everyone who's ever hurt you in your life, ever misunderstood you, abused you, when you forgive it all, you turn that painful past to dust! Now there's no bad smell to draw you down there anymore! Isn't that good news? And because you don't keep going down there, that pathway grows weeds on it, and it's not a well-worn pathway anymore. We never completely forget, but it need not be part of our everyday life, making us unhappy.

Something else happens when you forgive. Suppose everyone here today, we all forgive anyone who's ever hurt us, misunderstood us, abused us. And if you are not sure who all that is, you can ask and God will bring it to your mind. When He brings it to your mind, you might think, 'Oh no, not them! That's the one, that's the one.' Just forgive! Just say, "Father in Heaven, give me the courage and the strength to forgive. I choose to forgive them."

One person couldn't even say the name, just 'him', or 'her'. That's all right, it's your first day, it's your first step. When you do that, tonight when you lay down to bed, some little cells are activated because of your decision to forgive, they are called glial cells. The smallest cell in the human body is the sperm cell, the second smallest cell is the glial cell.

So you've forgiven all, and you lay down to sleep, and the glial cells are activated, and come along and vacuum up all the thorns in your mind pathways, because of your decision to forgive! Science now shows this, that forgiveness has a physiological effect in the brain to clean up the thorns, to clean up the debris. Glial cells are the vacuum cleaners! So when you understand that you don't have to feel like it, Forgiveness is not a feeling, it's a frontal lobe decision. Just do it! Just do it! and you will reap the benefit!

Number seven, the final law, is the law of diversion, and the law of diversion states that when something is so firmly denied as to refuse any hope for it, the brain has the ability to divert its attention to other things. That is why the more determined your choice, the more power it has to heal your mind. Don't you love that law? The old saying is when God closes a door, He opens a window, and sometimes the window is bigger than the door! Have you found that? In Italian it says it this way, "When God closes one door, He opens two."

The trials in your life need not be rocks, rocks to crush you, but stepping stones to greater things. The choice is ours, and I thank God for that choice!