**Mind – Body Connection**

**A merry heart doeth good like a medicine.**

***(Proverbs 17:22)***

**The eye is the lamp of the body;**

**if therefore your eye be bright, your whole body is also lighted.**

**But if your eye is diseased, your whole body will be dark.**

**If therefore the light that is in you is darkness,**

**how much greater will be your darkness.**

***(St. Matthew 6:22-23)***

**The action of the mind on the body is, in some of its aspects, similar to that of water on the earth. Living old thoughts over and over keeps the inlets of the new thoughts closed. Then begins crystallization – which material medica has named arteriosclerosis. *(Charles Fillmore, in The Twelve Powers of Man, p. 145)***

**You know those 2,000 glands that secrete wax in each of your ears? Medical research indicates they secrete more when you’re afraid. *(L. M. Boyd)***

**During World War II, pain researcher Henry Beecher found that soldiers wounded during the battle of Anzio needed far less morphine than did civilians with similar wounds. The presumed reason, now known as the Anzio effect, was that for civilians the wounds were a source of anxiety; for soldiers they meant going home. (Claudia Wallis, in Reader’s Digest)**

**Studies at Walter Reed Army Medical Center have shown that Army recruits undergoing stressful basic training run an increased risk of infection – from sore throats to influenza. *(Laurence Cherry, in Reader’s Digest)***

**The head bone is connected to the heart bone – don’t let them come apart. *(Alan Alda)***

**Of one incident when she operated on a patient for gallstones and discovered an inoperable case of cancer. The patient was diagnosed as having only two months to live, but her family decided not to tell her the news. Eight months later, the patient had no signs of cancer. Several years later, she revealed to the doctor that before her surgery for gallstones, she had been convinced that she had had cancer. But when she heard after the operation that it was just gallstones, she promised herself never to be sick another day in her life. *(Deepak Chopra, in Creating Health: Beyond Prevention, Toward Perfection)***

**A change of mind will change the character of a germ. (Charles Fillmore)**

**Your emotions influence blood cholesterol level, evidently. One medical specialist contends fear of being fired drives said level way up. (L. M. Boyd)**

**Dr. C. Norman Shealy went on to say that high blood-serum cholesterol levels have been identified as a major factor in heart disease. He said that negative stress held in mind can result in an increase of serum cholesterol which is six or seven times the amount contained in a single egg. (Christopher Ian Chenoweth, in Unity magazine)**

**If you have a chronic chest pain, you could be suppressing sexual tension. That’s a favorite notion of those who explain psychosomatic symptoms. Believers also say your migraine headache suggests you’d like to hit someone. And a charley horse in your calf indicates you want to run away. *(L. M. Boyd)***

**When bodies are fed and cared for, we have healthy people. When our consciousness is fed and cared for, we will have a spiritually healthy people who will find their true place and their true work and be abundantly blessed and cared for. (Emma M. Smiley)**

**Frank says to Ernest while working out at the gym: “The trouble is, my mind makes contracts that my body can’t fulfill.” (Bob Thaves, in Frank & Ernest comic strip)**

**Tense situations drive dieters to eat more, says a weigh-loss specialist. This authority advises dieters to avoid scary movies, high-speed auto rides and evenings with the in-laws – or the stressful equivalent. (L. M. Boyd)**

**The endocrine system, composed of a dozen or so glands throughout the body, reacts to stress by releasing surges of hormones. (Laurence Cherry, in Reader’s Digest)**

**Have faith in the power of your mind to penetrate and release the energy that is pent up in the atoms of your body, and you will be astounded at the response. Paralyzed functions anywhere in the body can be restored to action by one's speaking to the spiritual intelligence and life within them. Jesus raised His dead bodies in this way, and Paul says that we can raise our body in the same manner if we have the same spiritual contact. (Charles Fillmore, in Atom-Smashing Power of Mind, p. 11)**

**Charles Fillmore had come to believe in the ideas that he had first learned from his wife. He had studied them and probed them as thoroughly as he was able. He had come to see that they made sense and presented a scientific view of life. He had seen them actually demonstrated as true, for he had seen his wife and others healed by them. “I had applied the healing principle to my own case with gratifying results,” he stated. “My chronic pains ceased. My hip healed and grew stronger, and my leg lengthened until in a few years I dispensed with the steel extension that I had worn since I was a child.” (James Dillet Freeman, in The Story of Unity, p. 55)
I have made what seems to me a discovery. I was fearfully sick; I had all the ills of mind and body that I could bear. Medicine and doctors ceased to give me relief, and I was in despair when I found practical Christianity. I took it up and I was healed. I went to all the life centers in my body and spoke words of Truth to them -- words of strength and power. I asked their forgiveness for the foolish, ignorant course that I had pursued in the past, when I had condemned them and called them weak, inefficient, and diseased. I let a little prayer go up every hour that Jesus Christ would be with me and help me to think and speak only kind, loving, true words. (Myrtle Fillmore)In two years, Myrtle Fillmore was no longer an invalid. Through her prayers she was made absolutely whole. (James Dillet Freeman, in The Story of Unity , p. 47-49)**

**A common malady of our times -- one that takes countless lives -- is arteriosclerosis (hardening of the arteries). Yet, a far more common malady, and I suspect one that is a major contributing factor to the first one is “Psychosclerosis,” - hardening of the attitudes. (Jim Ockley)**

**When I first began thinking about this project, I was motivated in part by the death of my father just over three years ago. He suffered for almost 25 years from inexplicable headaches, and the best medical facilities in the country couldn’t diagnose his problem. I believe now that the headaches were a consequence of grief: My brother died suddenly in 1966 at age 39, and my father never got over it. I believe my father would have been a healthier man, despite his grief, if he had been able to accept the emotional roots of illness and healing, or even if he had been able to share his grief. Mind-body medicine tells us that expressing emotions (positive or negative), talking, meditating, even touching, can make a tremendous different in our physical, as well as emotional, well-being. Consider the evidence. (Bill Moyers, in USA Weekend, February 5, 1993)
What is spiritual isolation? It is living with a “closed” heart. Some people have said to me, “If my heart were open, I could forgive.” But I think it's the other way around. Forgiveness is a choice. Forgive first -- and then your heart can open. (Dr. Rachel Naomi Remen)**

**Anger and anxiety seem to play an important role in allowing the common herpes-simplex virus to overpower the embattled immune system and produce the ubiquitous canker sore. (Laurence Cherry, in Reader’s Digest)**

**When a hippopotamus exerts itself, get angry, or stays out of the water for too long, it exudes red sweat-like mucus through its skin. (David Louis, in Fascinating Facts, p. 11)**

**Not long ago, Los Angeles psychologist David Bresler helped a cardiologist with rectal cancer overcome his paralyzing pain. Asked to picture his pain as concretely as possible, the man soon said he could “see” a vicious dog snapping at his spine. Bresler asked him to imagine himself making friends with the dog, talking to it, patting it. “Many of us had imaginary playmates as kids,” says Bresler, “and that resource for vivid fantasy is still alive in us. I just try to tap it.” As the cardiologist became “friends” with the vicious dog, he found his pain subsiding and becoming more manageable. *(Laurence Cherry, in Reader's Digest)***

**“Actually, there are germs and viruses around us all the times,” says Dr. Marvin Stein, chairman of the department of psychiatry at the New York’s Mount Sinai School of Medicine. “Usually they don’t do much harm. But negative emotions seem to play at least some role in lowering a crucial threshold – and then the trouble starts. *(Laurence Cherry, in Reader’s Digest)***

**Their growth rate depends partially upon temperament. If an ooctpus is very shy and seldom ventures out of its den to eat, it will grow slowly. If food is plentiful and it is aggressive, it will grow enormously. Cecil Brosseau, retired director of Point Defiance Aquarium in Tacoma, Washington, once had a 69-pound octopus that increased to 109 pounds in nine months. *(Betty Pratt-Johnson, in Reader’s Digest)***

**The fact that emotions and thoughts can produce profound changes in the body’s chemistry was known long before the lie detector was invented. The Orientals, before the time of Confucius, knew that fear shuts off the excretion or flow of saliva in most people. Lying, especially where there is much at stake and where the penalty of discovery means loss of money, respect, love, or freedom, breeds fear or similar emotions that act in the same way. That explains why the Orientals would give a suspected liar a handful of rice to chew. If he could spit it out, they declared him honest. But if he could not summon up enough saliva for this, they judged him afraid of discovery and therefore guilty. (Bits & Pieces)**

**Fear, anxiety and stress can make pain seem worse than it is. Cancer pain is often magnified, Dr. Raymond Roude explains, because it is interpreted as a signal of disaster. (Claudia Wallis, in Reader’s Digest)**

**Yes, you have a “perfect” right to be angry at some injury that has taken place in your life, but you also have a right to the nervous disorder or stomach ulcers that inevitably follow. (Eric Butterworth, in Discover the Power Within You, p. 83)**

**The “pilomotor reaction” is that scalp contraction that makes your hair stand up when you’re scared. (L. M. Boyd)**

**If negative emotions can help cause a breakdown in the body’s internal defenses, can positive emotions – love, hope, faith or the will to live – strengthen them? The answer was of crucial importance to former Saturday Review editor Normal Cousins, who in 1964 was hospitalized with a rare, crippling, incurable disease. Aware of the powerful effects of negative emotions on body chemistry, Cousins wondered if positive emotions might be therapeutic. He borrowed a projector, old Marx Brothers movies and humorous books, and “made the joyous discovery that ten minutes of genuine belly laughter would give me at least two hours of pain-free sleep.” With systematic use of laughter as one element in a regimen he devised in partnership with his doctor, he began – astonishingly – to improve. Seventeen years later, he is active and almost pain-free. *(Laurence Cherry, in Reader’s Digest)***

**It isn’t prime rib that causes heart disease so much as it is the prime rate. *(Executive Fitness Newsletter)***

**If we are victimized by others, we must refuse to give them the power to break our spirit, make us physically ill, perhaps even shorten our lives. Many doctors will tell you that worry, anxiety, tension and anger can make your sicker than a virus. The expression “nervous breakdown” suggests that nerves have broken down, but organically the nerves are healthy. The problem is purely emotional. A doctor on the staff of the Mayo Clinic has said the majority of patients in hospital beds today are there because of illnesses that were psycho-generated. This means the sickness was triggered by an unresolved problem. *(Ann Landers, in Reader’s Digest)***

**Charles Fillmore says, “With every thought there is a radiation of energy.” You hear about people with cancer who go and have radiation treatment. You can give it to yourself. Radiate with your thought energy. Whatever you are thinking about radiates through the body.
(Christopher Ian Chenoweth)**

**Ulcers: It’s not what you ate, but it is what’s eating you. (Denis Waitley)**

**I've never met a healthy person who worried much about his health, or a good person who worried much about his soul. (John Haldane)**

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