

Mind-Body_Healing_1993.txt

Msg # 7872
Date: 13 Nov 93 10:23:00
From: Bob Johnstone
To: All
Subj: MENTAL HEALING

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MIND/BODY HEALING..... In 1951 in Korea, my right kidney was injured. I went to the hospital for weeks. Doctors told me, that the kidney never heals or restores itself. It was badly bruised. There was overwhelming pain. They also told me that I would be in the hospital at least 2-3 times a year with pain and infections. I believed them, but meditation helped me feel better. During the next 7 years, I was in the hospital several times a year.

In 1963, I was telling a friend about this, stopped to think of the last time I had been to the hospital and could not remember the dates, but I knew it had been over a year. After calling my doctor, he was amazed, for it had actually been almost three years. He set up an appointment for an exam, after the exam he told me if he did not have the X-Rays to prove that I had problems and damage in the past, he would not have believe that any thing had ever been wrong with my kidney. Miracles do happen.

The body was designed to heal itself. Every thought has an effect in the brain, the accumulated thoughts control the way the brain functions. If we do not believe that the brain controls the body or that it can heal the body, such thoughts prevent it from doing so. If we reduce stress, more nutrients are available for the immune system to use in restoration of the body and when believe it CAN happen, we get our doubts out of the way or STOP telling the brain NOT to let it happen and allow it too happen or it just happens.

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In England, there was a young woman whose father and mother believe that in spite of the fact that she had a severe problem from birth, she could be anything that she wanted to be. They always had a strong conviction that if they took a positive attitude, that she would have a positive attitude. They gave her some extra help, kept telling her she could learn anything she wanted to learn, it just might take a little more time or work and it would happen. She completed high school, went to college and grad school. The doctors were amazed for they had never seen someone with this level of brain damage who could do that. They asked to do a catscan to see just the amount of damage, they found that over 80% of the brain had been damaged, only 20% functional. That woman has a Masters in sociology today. Many times individuals are more disabled due to the way they THINK, than due to physiological damage to the body.

She was a Hydrocephalic, who had a serious accumulation of serous fluid within the cavity of the cranium in infancy causing enlargement of the head. In spite of her success, many doctors today would tell a parent it is NOT possible for such a child to do something like she did. There is so much information available in the world, it is NOT possible for every doctor to absorb all of it. Such information is available in old or new medical journals, but doctors are not always given the info in school. If they dont go read all the back issues, they never find it.

... Yesterday or today, tomorrow, this week and next, do what you desire!
Yesterday or Today And Tomorrow, Eliminate Stress with HUMOR

--- GroupMail 2.25

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