

POWER THOUGHTS -- POWER HEALING

At some point in our lives we may become separated from the source of all power. Our lives become mundane and we may live a life of mediocrity. We feel powerless, and perceive ourselves powerless over events and circumstances. We feel certain that we are powerless over the anxieties that plague us and even those around us. We feel powerless over poverty, ill health and unhappiness, leaving us feeling spiritually, mentally and physically bankrupt.

UNDERSTANDING THE POWER CONNECTION

In order to light up a darkened room we must first turn a bulb into a socket and flick a switch connecting it to its power source. The same with an electric cord when connected to an electrical appliance. The cord will remain lifeless unless plugged into its power source.

FINDING OUR SOURCE

Many of us are unaware that humans also have a source of power. We all have and hold a power so fantastic that it can and will change the circumstances of our lives.

This power source does exist and it comes from a force higher than man. At the time of our lives when we separated from our source we had become separated from God. The kingdom of God is within us all, just tap into it and you will unleash this great, miracle-performing power.

The power to overcome ill health is within our grasp, if only we knew it and used it. Some of our patients have experienced this healing!

POSITIVE VS. NEGATIVE THOUGHTS

One of the greatest writers of modern times (Norman Vincent Peale, recently deceased at 95) was a positive thinker until his death. He directed millions of people into healthy, wealthy and productive lives after suffering years of disappointment and misery. His writings in "The Power of Positive Thinking", helped the writer enormously on many occasions. He practiced and preached consistently, "As a man thinketh in his heart so is he".

Catherine Ponder writes in her book, "The Healing Secret of The Ages", that we all possess a mind power -- the power that one's thoughts and feelings have upon one's health and well being. As a child she had suffered multiple illnesses for which she was administered much medication. As she grew older and became spiritually enlightened, she learned that she possessed the power with herself to take charge of her health. The healing power of imagery -- calls upon your mind power of strength within. A restful state of mind and spirit is a healing state of mind.

Today many writers, doctors and counselors of all kinds have put this mental imagery into practice. It has worked not only in cancer, but in almost any type of disease known to man.

SUPPRESSED NEGATIVE EMOTIONS

It has been stated that approximately 70% of all disease is caused by suppressed negative emotions.

Thoughts of hate, regret, jealousy, bitterness, frustration, remorse, resentment and fear can generate a deadly poison to the tissues.

The Good News is that it can and will be neutralized by love. God said this is the most important emotion -- when we first connect with him in love and then love our neighbor (every human) as ourselves all will be well.

Catherine Ponder goes on to say, "Just as the heart equalizes the life flow in the body, so