

# *The Theological Science Society, Int.*

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This Being Our Monthly Letter & Chat for September 2021

My Dear Friend and Fellow Member,

This month's Chat is one that I wrote and sent to our Fellowship in September of 2014. Those of who have been receiving our Lessons & Letters for many years know that I have on occasion chimed in and/or added a comment or thought to Dr. Carruthers' Chat. And, at even rarer times wrote the Chat. This is one of those times. I trust you will enjoy it.

"Last month I shared with you the new book which I had begun reading, *You Are the Placebo* by Dr. Joe Dispenza. It excited me because it explains what we believe and teach in a way we may not have heard it before. As a matter of fact, I used it as the basis of my Sunday messages in September. After noticing a number of messages and comments (on the Theological Science Society, Int., Ghana & Accra Branches Facebook page) about the body naturally healing itself and a few questions as to how that happens this month, I decided to use the material from my Sunday talks for this month's Chat Letter. Next month we will go back to an original from Dr. Carruthers.

It is through our consciousness that we draw life to us - our consciousness IS our thoughts and more. I was taught from a young age that we do indeed create our own reality, our own experiences. However, I really did not understand the way that happens - the mechanics of how it all comes about. And that is important because then we will know exactly how to change or make corrections when we hit a big bump in the road. I hit a couple of them this year.

Whether we recognize it or not most of us, being creatures of habit, choose repetitive patterns - feelings and emotions. These make up the texture and color of our life and are woven into our mental loom as an energy pattern or the Aura that surrounds us and goes where we go.

We are thinking all the time! It is said that we have over 60,000 thoughts a day. Sadly, few of them are new thoughts, we just re-think the same ole thoughts over and over. By thinking the same thoughts we are choosing a repetitive pattern that becomes a habit that guides and direct our life.

Every year I try to re access my life. What did I accomplish this year, where have I grown, what new things did I do or learn? For the last few years, I've had the sense that my life is the same, same ole, same ole - nothing is changing nothing is new and exciting. I'd look around me and see - right here in our own community people whose lives have improved - exciting new things are happening, with encouragement and help from me and our Practitioners, they were making plans, developing new talents, creating new employment, new homes, new relationships.

For sometime I have had the sense that I needed to create more ME time, more away time, I needed to find myself again - re-invent myself and I set out to do that - but somehow I never really did it to the degree necessary. Something, always came up and I would put it off - the old pattern of not rocking the boat took over, feeling it would be too selfish and unfair of me. And we all know what happens when one doesn't pay attention or do what we intuitively know should be done - it can led to trouble. Big trouble.

The proverbial 2x4 came to whack me in the head last February. As a result there has been a lot of change and turmoil going on in my life, my body, my finances, and my relationships. We are multi dimensional beings and an illness affects every part of our lives. Wham, I felt like my world had turned upside down and inside out .... I had two major surgeries in 3months to remove cancerous tumors - metaphysically false growths or false beliefs which needed to be changed to be reversed.

When we consciously change our thoughts, we are deciding who we want to be so we can experience the life we love, the life we want to create. I have had experience with re-inventing myself in the past. When I moved to So. California in 1971. When I moved back to Illinois in 1991 - lived in country with my Mother and Aunt Ruth R Carruthers. When I completed my ministerial studies and started church in 1998. And when, I decided it was time for relationship and drew Norm into my life in 1999.

Any activity we repeat - do daily - react to the same way - particular with emotion creates a pattern in our mind and our physiology. That is how we change our life. Change is uncomfortable - example: clasp your hands together. Notice which thumb is resting on top the right or left? Switch it so the other is now on top. Feels weird doesn't it? A simple change.

Our habitual thoughts and the accompanying emotions affect the cells of the body. When we revisit those stress thoughts and emotions our cells react the same as they did in the past and will release hormones and peptides not unlike Pavlov's ringing of the bell when feeding the dogs.

I recall even as a child, being taught by Doctor Carruthers, Aunt Ruth, and my mom to be careful of what I say as my thoughts are powerful. Theological Science teaches the importance of watching and guarding our thoughts. There is a good reason for that!

These unconscious patterns create the pattern of our life. It is not easy to change those automatic patterns - the energy of them is often engraved in our sub-conscious - but it is possible when we know how. The subconscious is powerful, yet our conscious thoughts are more powerful than unconsciousness thoughts. From one our sacred texts - The Bible Luke 8:17 comes this statement: "There is nothing hidden that shall not be revealed."

Begin to think about a belief or two beliefs which you would like to change. You don't have to share what beliefs you want to change. Just know it yourself. Now, to do that you really have to have a good idea of what it is you want. I am creating a healthy body that is once more totally cancer free. And I am genuinely happy, fulfilled, prosperous and joyful. It took a little while to determine what beliefs I needed to change to bring these about.

In September of 1981, 8 men in the 70's & 80's headed to a monastery in New Hampshire to participate in a 5 day retreat organized by researchers, headed by Harvard psychologist Ellen Langer. The men were asked to pretend that they were young again - or at least 22 years younger. The next week Langer took a second group of elderly men to the same location.

The 1st group arrived at the monastery to find themselves surrounded by environmental cues to help them re-create an earlier age. Old issues of Life and Saturday Evening Post, they watched movies and tv shows popular in 1959, listened to Perry Como and Nat King Cole on radio. They talked about current events of that time - Fidel Castro, Nikita Khrushchev's visit to the US, Mickey Mantle. All designed to help them imagine that they were really 22 years younger.

The 2nd group- the control group - was asked only to actively reminisce about being 22 years young and there were no cues to re create an earlier age. Researchers research - they collected measurements and information on each group before and after each 5 day retreat. The bodies of the men in both groups were physiologically younger - structurally as well as functionally, although those who pretended they were younger improved significantly more than the control group who merely reminisced.

Improvements were discovered in height, weight and gait. They grew taller

due to posture, joints became more flexible, fingers lengthened as arthritis diminished. Eyesight, hearing and grip strength improved; memory improved and scored better in mental cognition. The 1st group improved their score by 63% compared to 44% for control group.

How did that happen? They mentally took themselves back to a time 22 years earlier surrounded by thoughts, memories of that time. Their body chemistry somehow responded. They didn't just Feel younger, they physically were younger, the change wasn't just in their minds, it was in their bodies. Their genes changed.

Dr. Joe Dispenza calls that the Placebo Effect. Bruce Lipton, author of The Biology of Belief would agree, he says: "Evolving new-edge science reveals that our power to control our lives originates from our minds and is not preprogrammed in our genes. This is great news. The power for change is within us!"

And a quote from The Science of Mind (SOM) p. 391 is: "Man alone is able to consciously work out destiny, to determine what manner of life he shall lead."

Thoughts are the language of the brain, and feelings are the language of the body. How we think and how we feel Create our state of being - it is our body/mind connection. According to Dispenza every time we have a thought in addition to making neurotransmitters the brain makes another chemical - a small protein called a neuro-peptide. I remember this also from Candace Perk's book, Molecules of Emotion. The neuro-peptide sends a message to the body which then reacts by having a feeling. The brain notices the body is having a feeling, so it generates another thought matched exactly to that feeling that will produce more of the same chemical messages that allow you to think the way you were just feeling.

So, thinking creates feeling, then feelings creates thinking equal to that feeling. In time, our bodies memorize the emotions that our brain signals our bodies to feel. This creates a familiar state of being based on old information that keeps recycling. It's a loop - the squirrel cage - the monkey mind.

When we are living in our past, it makes it harder to change our future. Dispenza's theory is that we can literally become addicted to the chemistry of negative emotions. He says that if we do not overcome the negative emotion, it will walk right back into our life whenever we see a person or a place that triggers negative emotions.

Have you ever returned to your parents house as an adult - for the holidays for instance no matter your age, and wham you fall back into childhood and feel like a 12 year old again? It is similar to having moved a piece of furniture yet you continue to look for it in the old spot.

Our emotions are running our life. When feelings become our means of thinking, we can't think greater than we feel. Once the body becomes the mind it is a habit. 95% of who you are is a subconscious or unconscious state of being. It's impossible to create a new future if we are living in our past.

Before we can create what we truly want and become our own placebo, we need to release our addiction to the negativity. And I know you don't realize you have an addiction, neither did I.

However, if you are not creating something new in your life or you only get so far then fall back - your addicted and must change the pattern. Here are 3 things we Can Do to Release Addiction to Our Negativity:

#1 Examine our beliefs about healing.

Do you remember the Bruce Lipton quote I used earlier: "our power to control our lives originates from our minds and is not preprogrammed in our genes." The next line, is: to activate the amazing power of mind over genes we must reconsider our fundamental beliefs, our perceptions and miss perceptions of life." In other words we need to Examine our beliefs about healing.

We can change our state of being without anything outside of ourselves. It is an inside job and requires us to examine our beliefs. I had trouble deciding which beliefs I wanted to change to get the results I wanted. It is a process and may require some time or some Journaling.

The most important thing to remember about examining our beliefs is that the moment we begin to look at them, we are no longer connected to them. The beliefs go from inside of us to outside of us so we can examine them - when that happens we are no longer attached to them.

#2 Become aware of our unconscious thoughts.

Become aware of your unconscious habits and behaviors, and look at those emotions that keep you connected to the past.

The more we become conscious of what it is we no longer want to be, the better we will be able to define who it is we do want to be. We would probably then make an internal decision NOT to let that Thought, Belief, or Habit define our state of being.

Something within us changes and a new personality then creates a new personal reality. Disease and dis-ease exists in the old personality; it is not in the new personality.

This is where the quote which is guiding us today, "Man alone is able to consciously work out destiny, to determine what manner of life he shall lead..." has brought us - to the step.

#3 Learn about the relationship between science and healing with thought . There is the science of quantum physics, neuroscience, brain chemistry, biology and genetics which I believe is what Dr. Joe is referring to when he says that science is the contemporary language of mysticism.

Yet, there is a another science which we are aware of....Troward referred to it as Mental Science. The more we understand this Science and assign meaning to it the better our results will be. The more we practice it, the better it works. Our Theological Science Lessons help us understand the principles and put the teaching to work in our lives.

To recap for a minute.....

Thoughts are the language of the brain, and feelings are the language of the body. How we think and how we feel create our state of being. When we think, our brain sends a message to the body which then reacts by having a feeling. The brain notices the feeling, and generates another thought matched to that feeling that will produce more of the same chemical. We become addicted to the feelings making it hard to change them. We are in a loop.... which is why so many of those 60,000 thoughts we have a day are the same thoughts.

Today we covered 3 ways to break that addiction. Examine our beliefs, Become aware of unconscious thoughts, & Learn the relationship between science & healing with thought.

"I weave a new pattern of thinking into my life by noticing where I am holding a resentment or knot in my consciousness. And I free it with forgiveness and gratitude."

Thoughts are the language of the brain, and feelings are the language of the body. Knowingly or not we choose repetitive patterns of thought, texture and color for our life that are woven into the mental loom that creates our

Consciousness. If you are not living the life you love, perhaps those thoughts are twisted or knotted. We weave our consciousness with our thoughts.

How we think and how we feel create our state of being - our Consciousness. You are either identifying yourself with lack or with abundance, with love and friendship or with indifference. We are either attracting or repelling according to our mental attitudes. You cannot keep from attracting into your experience that which corresponds to the sum total of your states of consciousness. Specifically how that happens - how our thoughts create our consciousness is important to know -- if, we are dissatisfied and want to change or improve our life. When we think, our brain sends a message to the body which then reacts by having a feeling.

To paraphrase a quote by Charles Spurgeon: Anxiety doesn't empty us of our sorrows, it only steals our strength. We have all on occasion had to deal with worrisome thoughts - they frequently come at night keeping us awake. Tiny worries, doubts and fears that tend to get out of hand sometimes. It happens to all of us.

I read an interesting story recently about Abraham Lincoln and how it is believed he may have handled the situation of dealing with worrisome thoughts. When Abraham Lincoln was fatally shot at Ford's Theatre in Washington, D.C., he was carrying two pairs of spectacles and a lens polisher, a pocketknife, a watch fob, a linen handkerchief, and a brown leather wallet containing a five-dollar Confederate note as well as several newspaper clippings on the Lincoln presidency.

The newspaper articles are a curiosity. Why did he carry them with him? The eight clippings found in his wallet were largely positive portrayals of his leadership, but the president was not egotistical. In fact, if we know anything about Lincoln, we know that humility was one of his most attractive virtues. Many historians stress that his possession of these clippings was less proof of a president's ego than of a man who needed reassurance. The recently-ended war had been long and costly. His re-election campaign had also been difficult. Lincoln rarely knew a day without public criticism. The newspaper articles would have been affirming to him.

Historians are aware that Abraham Lincoln suffered from bouts of serious depression. Could it be that in those "dark nights of the soul," when despair settled over his mind like a cold and heavy snow, that he could reach into his pocket and find hope? Could it be that these words reminded him of what he had dedicated his life to, the good he had tried to do and the lives he had

affected?

I don't keep newspaper clippings in my wallet, but I have frequently kept meaningful cards, notes and emails that serve to remind me of the good I have created around me. I have kept them on a what I call a "Feel Good" Board in my office - over my computer. Or folded and placed in a jar on my desk. I'd stick things in it all year and look at the end of the year go back and read them. We tend to forget the good that comes into our lives and reminders are helpful.

Mark Waldman and Andrew Newberg write the Science & Spirituality column in SOM magazine, say that neurologically worry thoughts are nothing more than negative thoughts generated by our right prefrontal lobe. Worries are memories pulled from our past and projected onto our future. Most of them are not real - they are "what if fantasies."

Have you ever heard the saying: You can't afford the luxury of a negative thought. Well, it's true! Negative thoughts can be powerful when we let them take over. It is estimated that 40 million people suffer from chronic worry. Today let's look at some strategies to break that cycle. The good news is that the most effective ones take less than 10 seconds.

The next time you find yourself in the worry loop try one of these remedies for quick relief.

#### #1 Interrupt the Thoughts

When you catch yourself in that negative loop - tell that inner voice to Shut up! And, yes sometimes we do have to shout at that inner voice.

Years ago someone taught me a great way to change negative energy and it works with this too, slap your hands together and say stop it. If you are doing it right your hands will sting.

My Aunt Ruth, had a wonderful expression and habit. Every so often if she was in a bad mood or had had an argument - negative or bad moods can cause arguments because it means we are not centered in our Truth - Aunt Ruth would suddenly announce - I'm going out to "blow the stink off".

A newsletter I got a couple weeks ago from TUT [Totally Unique Thoughts] suggested that when we have a negative thought - we doubt it. In other words instead of doubting our good ideas, start doubting our negative ones!



You can also interrupt your worry thoughts through distraction: Run as fast as you can for 30 seconds, or count backwards from 100 by seven's. - for me that takes a lot of concentration which IS the whole point.

Another of my favorite strategies is to gently stroke your arms. It brings you back to the present moment - your anxiety will usually disappear due to the chemical it produces in the body - dopamine. In the brain, dopamine functions as a neurotransmitter—a chemical released by nerve cells to send signals to other nerve cells. We will experience a Dopamine minute or two later today.

#### #2 Analyze the feeling

Start by asking yourself: Have I become a drama queen? Am I exaggerating? - Is this worry even real? If it is real – write down 3 things you can do to solve the problem. This will stimulate the "success" circuits in your frontal lobe.

#### #3 If Logic & Reason Fail, Practice Mindfulness

Relax and observe without judgement all the thoughts and feelings you are experiencing. Mindfulness trains yours worrisome brain to disconnect from negative emotions and stimulates circuits that generate self-love and self-esteem. Once in this state of mind, you will find new solutions - a field of Possibilities. In the state of Peace and Harmony all things are possible.

Remember I said when we practice Mindfulness - we stimulates the neuro circuits that generate self love and self esteem. We are then Centered in the Infinite - we have connected with Universal Mind or God/Spirit/ the Divine - and Here all Possibilities are available to us.

And if Mindfulness doesn't ring your bells, we still have 2 more strategies to look at.

#### #4 Self Acceptance

If your anxiety continues practice the art of self-acceptance. A recent study found that mindfulness and acceptance are two of the most effective ways to deal with anxiety.

#5 Practice Loving Kindness every day - toward yourself and others. If you have ever attended a Blue Lotus meditation - you have experienced a Loving Kindness meditation. The concept is to feel and send Love to yourself and all others. [Start with self]

Then, before you go to bed at night, write down all of the tiny successes you achieved that day, along with 3 things for which you feel grateful. Research

shows that when you do this - your confidence will soar!

Make every day a day of praise and thanksgiving, a day in which to recognize the Divine Bounty and the Eternal Goodness. Then, live today as though God were the only Presence and the only Power there is and you would not have to worry about tomorrow.

Now to close this letter, we are going to experience what creates the dopamine. This is a real easy exercise to use and it can be done most anywhere. In fact, using it for 60 seconds very hour will help increase confidence, lower anxiety and make you more productive.

Stroke palm of your hands feel the pleasant sensations... Deepen your breathing as you stroke your face and scalp this will intensify your pleasure. Now run your palms over your clothing - Pay attention to the texture of your clothing.

Breathe through your nose - notice the cool air traveling up your nostrils. If it feels nice say "Mmmm" as you exhale. Notice the pleasant sensation of the vibration the Mmmm makes. Notice the pleasant sounds around you, note each one and say Mmmmm.

Finally use your eyes to savor all the wonderful colors and shapes that surround you. When you do this it is impossible for your brain to focus on any negative thought or problem and the mmmm sound actually slows down the thinking process. You are letting your busy mind take a nap.

With gratitude for your love and support,

Rev. Ann B. Schmitt  
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