

As a Man Thinketh

By Brenda Grogan, N.D.

Have you ever heard the phrases: "As a man thinketh in his heart so is he:" or "Whatsoever a man soweth, that shall he also reap:" or better yet, "That's Karma:" or "What goes around comes around." I've heard those phrases all my life and, guess what? They're true with very real consequences. Did you know that if you think negative thoughts long enough they will begin to manifest physically? Negative thought forms create an acid condition in the body which over time will compromise the immune system and dis-ease will begin to manifest. Scientists and Doctors alike have discovered something that mankind has known since the beginning of time. If you laugh the body creates pain inhibitors, however, if you get angry when hurt, the pain will only intensify.

Whenever you get angry it affects the liver by storing the emotions that you refuse to let go of. Other organs are also affected by emotions such as: pancreas-lack of joy, heart –grief, lungs-sorrow, low back pain-worry over money, knees-stubborn, kidneys-ticked off, neck-inflexible, feet-fear of moving forward in life. The mind, body, spirit connection is truly a miracle. First you have a thought then add emotion to it and it will begin to manifest physically. Remember in the laws of physics once you release the emotion you have to replace it with a positive, for there cannot be a void of energy. If you release anger the positive statement to replace it with could be, "With every experience this day I choose joy." It will be difficult at first to change your mind set because the ego likes to be in the negative state of self pity, but if you persist you will begin to see life changing things happen. Your health will improve, relationships will flourish and abundance will occur in all areas of your life.

There has been a great deal of buzz this year about the "Secret" and how to attract the positive in your life. These are true principles. There are many books on the subject but two of my favorites are: "Feelings Buried Alive Never Die" by Karol Truman and "Heal Your Body" by Louise Hay.

Just recently I had the opportunity to be reminded of these principles when I became angry over an incident in my life. Suddenly one day after dwelling on the anger I came down with flue and fever and all I could think about was how bad I felt. A friend reminded me of these principles and I began to say to myself every time I started to feel bad, "I am grateful for my good health and wellness." Within hours I started to make a quick recovery.

Spring is a great time for new beginnings and rebirth. My challenge to all of you is let "Karma" take a positive road and **"With experience this day choose joy, gratitude and love."**