

# **Lord of Your Thoughts**

**What I am about to share with you will  
likely change you from a person who simply  
reacts to his environment to a person who  
creates his own reality**

**DAVID. B. PHILLIPS, Ph.D**

## Quotes from Dr. Phillips

"Why conform to a set of standards, a world of hypocrites have made."

"If you stay with one thought long enough, the whole world comes around to your way of thinking."

"Say what needs to be said, to whom, and when it needs to be said."

"One of the hardest things in life is to remain true to your beliefs in the face of the reactions of others... Never give in to self doubt."

"Don't believe the lie."

"Once you commit yourself, then the universe steps in and acts on your behalf. All sorts of things like coincidences, material assistance, unique rendezvous, etc. begin to happen that would never have occurred. Ignore "reality" and ignore other's innocent, well meaning, but ignorant advice to try to talk you out of your commitment."

"Whatever you can dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

I have some new, powerful information that will enable you to change the pain you feel, and to change how your body looks... very quickly. I'm talking about healing painful memories, and I'm also talking about healing your physical body.



The painful memories from a divorce or the death of a loved one can be healed and never have to be dealt with in the same way again. You can do this easily and naturally. You can do it without surgery, drugs, or exercise. You can do it all with your mind.

I'm David Phillips and I've learned some fascinating new things that I would like to share with you. I learned some of these things from 40 years of inventing electronic medical devices, and some from a 10 year (1990 to 2000) clinical practice of hypnotherapy.

Some of the devices I've invented range from an infrared-based breast cancer detection system, to a clinical thermometer that uses the ear canal to take your temperature in less than one second.



Another device for example, stops the pain of arthritis and peripheral neuropathy. The device is called the ReBuilder™ and more information is available at <http://www.rebuildermedical.com>



Another one accelerates the healing of teenage acne and even cold sores on your lip.

Another one, the Veinplicity ([www.veinplicity.com](http://www.veinplicity.com)), raises the veins on your arm as large as a soda straw to make venepuncture easier and safer.

In that same vein (pardon the pun), another one, the EasyNumb, numbs the injection site electronically so that you don't even feel the needle stick.

Another uses automatically background color enhancement to increase the accuracy of reading ex-rays.

Another locates and treats acupuncture points electronically (the Acupen™).

Non-medical devices range from a pocket-sized device to test your trailer lights to a new, automatic lighting improved fireplace grate.

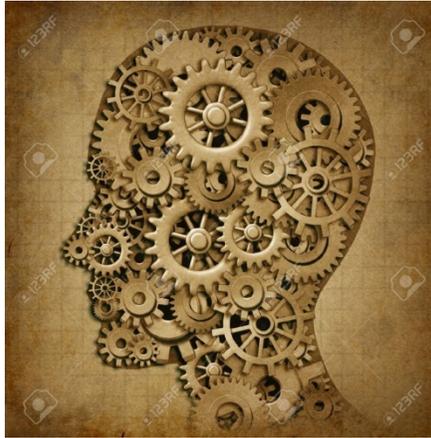
All these inventions came to me in images in my mind, not from hours or years in a laboratory. Most of them involve technology that I have never been trained in.

The reason I am telling you about these is to prepare you for this book. You have unlimited potential in your mind. You don't really need to study, to go to class, to pay a therapist or other "expert"; you can do everything with your mind, and this book will show you how.

As remarkable as these state-of-the-art medical and non-medical devices may be, they can't offer the same degree of hope that can come from the information alone that I am about to share with you.

I can assure you from personal experience and from clinical observation that it is entirely possible to stop your pain and regenerate your body. You can go back in time and change your memories. You can go forward in time and cause exactly what you want to happen. All it takes is power and you are about to possess that power.

You see, the body does not operate exclusively within the laws of ordinary physics like we were taught as children; it is not simply a machine.



Yes, we can measure the food it consumes, measure the energy it uses, and predict the metabolic by-products like you can with machines. But we know that there is more to it than that. Intuitively we know that this is true from our own experiences.

For instance, I am sure you know some skinny people who eat a lot more than you do. They exercise very little and still they stay skinny. How can that be? What's going on here? Think back to the most you've ever weighed and ask yourself why you never gained fifty pounds more than that. Just exactly what kept you from weighing, let's say, three hundred or four hundred pounds?

It's not what you eat, it's what you think that makes all the difference. If your body was just a predictable machine, then how can some people with cancer suddenly experience a spontaneous remission? One day they suffer from cancer and the next day it's gone.

If your body reacted only to real threats, then why does your heart race when you wake up sweating from a nightmare? When you were a child, why did skinned knees or a sore arm feel better when your mother kissed it? Or when

she rubbed it? We've all experienced these things. That is why we all know, intuitively, that something more is at work here.

Medical science moves quickly, but it takes five to seven years before any research data is offered to the public. One purpose of this book is to shorten that time-lag. To offer you this hope, right now, of living a fuller and healthier life. A life that you control.

The bottom line is that it works by thought. Your mind experiences a thought, then transforms that thought into the physical realm with electrical potentials, then changes your body by chemical means.

Then you have to choose to act on it. Some do, and are called “lucky” and others don't, and are called unlucky and eventually... poor.



This new information is almost magical because it allows us to quite literally create new bodies; bodies that are longer-lasting, more flexible, more dynamic, and better looking than we have ever imagined.

The key to using this power is to understand the mind-body connection and how it relates to the thing that we call thought. You see, first comes the thought, then come the electrical signals.



These electrical signals transform the thought (or the information) into chemicals,, some called neurotransmitters, which the physical realm responds to, to affect the necessary, obvious physical changes in our bodies.

We've limited our personal experience of today to mostly the chemical part of this trinity of: thoughts, electricity and chemicals. That's why our desires seem to be frustrated so often.

We want to be free of all the pain, we want love, and we want a sense of self-worth, but until now we just haven't had the energy and the right information to enable us to become the lord of our own thoughts.

We assume that our circumstances, or our bodies, or our feelings, create these thoughts. We believe that a painful thought just magically jumps into our head, rattles around, creating all this havoc and finally leaves when it completely exhausts us.



We need to think instead of thoughts being the originator of all these activities. That way we can go straight to the heart of the matter and take the bull by the horns.

Our current understanding about the body-mind connection is based on obsolete concepts; we've been thought to think of the body as a frozen, completed system, fixed in time and space.

We've interpreted our experiences with our five senses alone and come to accept the body with purely physical dimensions. We talk of our height in feet and inches. We describe ourselves as weighing so many pounds. We say that we are big-boned or not really good enough.

We feel that this body just exists and somehow learned to think. We were taught that we are finished, completed products without any hope of change. Then we add all the early family, community and religious training, and all these things merely block our awareness of the truth about how we create our own reality.

Now, because of this thinking, we believe that we can repair the body the same way we can repair cars or refrigerators.

If we have a cold we take NyQuil®. If we can't sleep, we take a sleeping pill. Xanax™ has become the house wife's drug

of choice and we believed that it or Welbutrin, or an SSRI would “fix” depression.

We believe smoking can make us feel sophisticated or relaxed.

If we have an infection, we take an antibiotic.

We believe that cancer requires we surgically remove pieces of ourselves or we radiate parts of ourselves with x-rays or we poison it with the magic bullets of chemotherapy.

These are just band-aid therapies. These therapies only work at the chemical level. We need to back up one level of this process to the electricity part, to gain a better understanding of healing and to take the voodoo, witch-craft, and luck out of the equation. If we think in terms of miracles, voodoo, and luck, then we feel impotent, and that drains us of our power. It doesn't help us feel any better, and it doesn't help us make any meaningful changes.

How does the body know in the first place that we have an injury? It knows by monitoring the electrical potentials in our bodies; there is an electrical potential or difference in voltage between any two parts of our body. If we use the umbilicus, or belly button, as a point-of-reference, we find that if we put one probe of a volt meter on the belly button and move the other probe around the body, the further we get from the belly button the more negative the electrical potential becomes.



In other words, if you go out and buy a common digital volt meter and touch one probe to your belly button and the other probe to your finger, the reading will show a negative voltage on the display. The voltage will usually range from -500 millivolts to - 900 millivolts. For comparison, a common battery carries a potential of 1.5 volts or 1500 millivolts.

In actual practice, you would find that the reading of the voltage between your hands would quickly degrade and change because the meter consumes some of the energy (electrons) it's measuring.

There are ways to enhance this reading and make it more reproducible. For example, you could take a small gauze pad with a salt water or Epsom salt saturated solution and put it between the probe and your skin.

If you just walked into an electronics store and try it out at the counter, you would observe this phenomenon. If you are too shy to touch one probe to your belly button while you are standing there at the counter, you can simply hold one probe in you right hand and one in your left hand. It will show a smaller voltage difference, but the difference will be there.

This observation that living creatures are miniature batteries was first made public by Robert O. Becker, MD in his book *The Body Electric* published in 1985. While Dr. Becker was working on the regeneration of limbs on salamander, he observed that when an injury occurred (in this case, the amputation of a limb) the electrical potential that was originally negative became immediately positive after injury. This triggered a response in the salamander to go through a crisis management strategy, so to speak, and plug the hole.



The positive potential attracted fibrinogen and scar cells, which worked their magic to fill the wound so that the salamander didn't bleed to death. After a while, the positive potential returns to the negative potential it was before. But remarkably, it did not simply resume its original position, it continued to decline to an even more negative potential. Why would it do that? What was going on here? It was during this period that the injured tissue was more negative than usual, that actual regeneration occurred. The salamander could regenerate a complete limb. We're talking about a complete limb: the bones, joints, muscles, nerves, blood vesicles and everything. When healing was complete, the potentials returned to their original negative levels.

This phenomenon is not limited to salamanders. Although it appears that adults lose the ability to regenerate their limbs due to accepting the limited teachings of their peers), recent studies show that small children retain the ability to regenerate their fingertips until about the age 11. The most common treatment in the past, when a child presented with a fingertip cut off (for example, from a lawn mower or an

automobile accident) was to clean the wound and sew the skin together at the end of the stub.

Today the best therapy is to simply clean the stub to limit the potential for infection and then leave it alone. The fingertip will invariably grow back. Pediatric surgeons at New York's Mount Sinai Hospital have become so confident in the invariability of the process that they now finish amputating a fingertip that was just hanging on by a bit of flesh. A wound like this, when left alone, save for cleaning, will regenerate as good as new, whereas one that has merely been mutilated by suturing it together, closed of at the end, will heal as a stub, but with heavy scarring.

I took these observations to my lab and designed a very sophisticated instrument to quickly record these potentials in humans. We measured the potentials in healthy male volunteers, then pricked their fingers with a lancet device (commonly used by diabetics) to get a blood sample. Sure enough, the healthy negative potential immediately changed to a positive potential. That's when the pain was felt. When the potential remained positive and then slowly moved back to its original negative potential, as long as a potential was more positive, they felt the pain.

Once the pain eased, we observed that the potential was below its original pre-trauma negative potential, and then it stabilized and returned to its original position once the healing was completed. This gave us a way to objectively determine when the healing was complete. When these electrical changes stabilized, the healing was finished.

I went further and experimented with interrupting this natural pattern. We developed a small battery-operated pen-sized device called the AccuPen. With this device we could

alter skin potentials at will, and found that it would heal these injuries within minutes rather than the twelve to 24 hours it normally took. In a period of five seconds after treatment, the pain vanished and we recorded the expected change in electrical potential. When the cycle stabilized (in less than an hour) we couldn't even locate the original wound.

Small accidental paper cuts were healed overnight with no scars.

We found that by applying a small current immediately to these wounds the body would by-pass the positive side of the healing cycle when it filled the hole with scar tissue, then proceed immediately to the regeneration portion with some amazing results.

We found, for instance, that when we applied the AccuPen? to lip infections, (commonly called cold sores), it would stop the itching, stop the spreading, and limit the infection to two or three days duration.

We found that when we applied the stimulation to teenage acne before the pimple erupted, it stopped the eruption and healed it in about two days. If applied to already-erupted blemishes they would dry up and heal in about three days, leaving no scar.

We even found that if you touch the AccuPen? to the skin for a couple of minutes right after a mosquito bite we could watch the swelling diminish right before our eyes. We documented some of these observations on video.



This is why your mother could rub away your pain. Her hand was carrying a healthy negative potential, and your injury was positive. She simply transferred electrons to your injury and by-passed that positive

portion of the normal healing cycle, thus accelerating your own natural healing process. Her kiss worked even better because the lips are wet and we know that dampness conducts electricity even better than dry skin.

What we also discovered is that we have the ability to change these normal potentials with our minds alone if we so desired. After just a little practice we can relax and cause the potentials to change without the use of the AccuPen?. With normal bio-feedback equipment you can teach yourself to change the temperature of your hands. You can also learn to change the electrical potentials with your mind alone. If you relax and go into a focused hypnotic type state, you can make your hand become more negative and thus better suited for healing.

With the same technique, you can focus on any injury and accelerate the healing. That's why most healers go into a trance-state right before they attempt the healing.

Ask anybody who does massage therapy, for instance, and they would tell you that they are much more effective when they relax before a session. They have learned to go off quietly before a session to get centred. What they are unknowingly doing is causing their hands to become more electrically negative than before and thus more effective.

You may recall the story in the Bible about a woman who suffered from menstrual bleeding. She believed if she could just touch Jesus's robe as he passed by on the road, then she would be healed. She managed to do just that and was healed.

But do you recall what Jesus did immediately after that? He sensed the discharge of energy (just like you might feel a static discharge in dry weather or when you touch a door knob) and wheeled around and chastised her for taking without asking.

Of course, he quickly recovered, forgave her, and she remained healed, but perhaps that story makes more sense now in light of these electric potentials.

Jesus's electricity and his electrical potential were momentarily changed. It was drained from him and he was sensitive enough to be aware of this change in his electrical potentials.

You, too, have the power to perform miracles just like this. Maybe that's why Jesus said "the kingdom of God is within you". You are a walking battery ready to heal yourself and, if appropriate, to aid the healing of others.

But to return to our own personal pool of experiences, how did your mother know to touch your injury and gently rub it? How did you know to touch your sore elbow with your own hand? How did your dog know to lick his wounds to accelerate the healing?

All these behaviours come from our intuition or instincts; our sixth sense.

Obviously, something more than our five senses is at work. All changes in our body begin with this intuitive awareness within ourselves; this is one form of thought and as we shall come to appreciate, thought is the originator of all change. This is very important. So how can we begin to use this information? When then does our sixth sense come into play?

We've all met someone who we immediately liked. Why? Where did that information come from? And weren't we always right? Sometimes we met somebody that we didn't like and weren't we correct again?

This intuition comes from deep within our real selves and is a very reliable source of advice. Remember a time when you did something really stupid? Later, when the full realization of what you did dawned on you, didn't you say to yourself "I knew I shouldn't have done that". We've all felt that way one time or another and it's experiences like these that gently coaxed us to an appreciation of our own real internal power.



This power is really another part of ourselves that remained in the "universe" when we decided to come down to earth and experience creating within a human body. If we just quiet our mind and let go of all outside thoughts, then our inner voice can be heard without all the "clutter".



Think of it this way: When we came down here we had to:

1. Decide to come down to the earth plane.
2. Choose a personality for a mental construct within which to act and react. Happy, or sad? Depressed or hopeful? Helpful or needy, etc.
3. People on Earth don't like disembodied personalities floating around so we then chose a body. Male or female? Tall or short, athletic or nerdy?

4. Then, we chose the sort of people we wanted to have all around us. Victimizers or victims. Happy or sad, liking us or not?
5. Finally, we chose the roles we wanted to play out. Parent, neighbour, inventor, tramp, thief, politician?

So... to meditate or quiet our minds a simple and very effective way to do this is really quite logical: simply reverse this order of coming to the earth in order to go away from the earth. Just lay down, and count backwards:

5. "I am letting go of all my roles for a little while, I don't need them for a few minutes."
4. "I am letting go of my awareness of people around me. They won't bother me for a few minutes while I just lay here."
3. "I am now letting go of managing my body. It will work just fine without my guidance, control or interference."
2. "I am now letting go of my personality."
1. "I am now letting go of the earth plane."

ZERO. I am now floating, I can actually see my body laying there. I can see where my arms are, my feet placement and everything. Now I have an issue for my higher self to advise me. (If no real issue, just ask your higher self if there is anything it wants to suggest.)

In this way, you can access your higher self, intuition, guardian angel, God, Jesus, or any other name you want.

Just be sure to follow that guidance and not let anyone talk you out of it.

Now you are a creative piece of God or the Universe and you will see immediate results and come to rely on this technique.

The body is not a frozen sculpture; it's more like a river, a river of energy and information.

A Greek philosopher once said "you cannot step into the same river twice because new water is always flowing in". In the same way, we cannot step into a new body twice because in every second of our existence, we are always creating a new body. It's not so much a matter of can we change our bodies, but what will we change them to? Or, sadly, will we choose to keep creating the same body over and over?

Change, however, is inevitable. Every second that we live, we effortlessly and efficiently renew our bodies. This is a dramatic process that happens so fast that we can't even keep track of it. You might remember learning in high school that every time you brush dirt off your arm, you remove thousands of dead skin cells. These dead skin cells are replaced every day with new ones. Well, it gets even more interesting than that. We are constantly replacing all of our cells in every part of the body.

Recent research by the Soviet Union concerning their astronauts demonstrated that the heart lost 10% of its mass and pumping capacity when the men were exposed to weightlessness. The human body is a very efficient device. The brain constantly monitors every bit of resistance the body needs, and monitors every bit of energy the body consumes... all its movements, all its enzyme manufacturing, all its digestion needs, and so on. These astronauts did not experience the same resistance in their muscles due to their weightlessness. Some of their bodies accommodated, and

decreased their heart mass! This made for a big problem when the astronauts returned to earth because of the increased strain from normal gravity. This overburdened their now smaller hearts and could have led to heart failure.

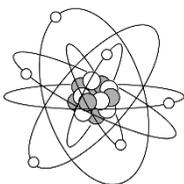
The Russians discovered that this loss could be avoided by artificially stimulating the astronauts' muscles electronically, or by providing isometric exercise devices, that the men could work while they were in a weightless environment. What they confirmed is that our body monitors all its systems electronically and makes constant appropriate changes in its make-up.

For example, when a commercial jet takes off from Los Angeles, heading for Hawaii, it's only aimed at the run way in Hawaii for less than 1% of the time; the rest of the time its constantly monitoring the weather, the engine thrust, etc. It's making constant changes in its altitude, its course, and its speed. Likewise, our bodies are constantly taking in information, accessing its available resources, then causing cellular changes. All this is done subconsciously, but we can become aware of the process and control it.

The body is in a constant state of change and we can be the "Lords" of that change, instead of the puppets. When the US government agency, NASA, was working on its space program they experimented with radioactive isotopes and determined that we replace 98% of all our atoms in our body in less than one year. We make a new skeleton every three months. We make a new liver every six weeks, a new skin once a month, and a completely new stomach lining every five days. Even our brain cells, that hold all our childhood memories, weren't the same ones we had a year ago.

When we think of ourselves as a completely finished body, which body are we talking about?

Last year's body is not the same we are using today. We are still the same "me" as when we learned to ride our bikes as children though aren't we? And weren't we still "me" in high school? Weren't we still "me" when we got married? All those different bodies and yet we still maintained some sort of continuity, a sense of self. If we believe and follow what the world teaches, we may get old and have wrinkles, but won't we still be us? What the heck is "me"?



Let's stretch to embrace some new ideas.

We are spiritual creatures having a human existence. We are not humans having a time to time spiritual experience.

And that expression of the human existence, this body, is constantly changing. The spiritual part of us consists of thoughts and the human part of us consists of atoms.

That's kind of scary, but on the other side of the coin think of the possibilities for healing and for positive change. If we want to completely change our bodies, we can do that in less than one year. After all, whether we do it consciously or unconsciously we are going to replace all our cells.

If we want to change our pain, or our cancer, or high blood pressure, or diabetes, we can actually replace our dying cells with new healthy cells. Since we are constantly exchanging them anyway, why can't we just exchange them for the ones we want?

We don't really have to fix or repair our bodies like a car. We can exchange them one cell at a time. This is a really exciting concept to consider.

We are the architects of our physical expression of our human existence. All we need to do is understand the process, understand the direction, so to speak, and presto! We have magic.

Let's now consider the physical, chemical part now, and how we create the house, the body that we want to live in, instead of the one we live in by default.

This means that we need to understand the chemical aspect of healing and the chemical aspect of regenerating new cells.

The body we understand is made up of atoms moving at supersonic speeds around huge empty spaces. These particles emerge from pure energy that form from that energy field. They are concentrated forms of energy and their purpose is to convey information. If we could see our bodies up close, real close, we would see nothing but a huge void with just a few scattered dots even though we perceive our body as solid.

The question arises "Just what is this void?" It can't really be empty or we wouldn't get anything to emerge from it, so it must be full of something. And it is. It's full of energy and information. 99% of our body is empty space and out of that empty space comes these particles and these particles aren't really material objects, they are fluctuations of energy and material information. We call them thoughts, but it goes even beyond the conscious thoughts we know intuitively. It can be a feeling, an emotion, a drive, a concept. It's an idea, it's a tiny faint pulse we all experience, it moves us to drink a glass of water, or to swat a fly, or to fall in love.

Whatever causes a movement, or a change in direction, or an awareness, even of our current status, is a thought. It could be the first vision of a new medical device or it could be as

mundane as the first awareness of the need to go out and mow the grass.

At the very primordial basic levels a thought is an impulse of information. It comes from our consciousness.

As we think, we transform the thought into electrical potentials. These potentials stimulate our cells to make chemicals. These substances are being generated not only in our brain cells, but also, as we shall see, in our entire body.

When we have a thought, a feeling, or an emotion, we create a set of neural chemicals in our brains known as neuropeptides. Neural means relating to the brains and peptide means protein molecules. This is how the brain and peripheral nerve cells talk to each other.

Scientists tell us there are also receptors to these chemical messengers on the surface of other brain cells. When a brain cell wants to communicate with other brain cells, it manufactures these neuropeptides. The brain cells send these cells out to search for the target brain cells. These messenger chemicals then latch on to the proper target cells, then transfer their information. This latching occurs not so much in the physical sense, like a puzzle piece that physically fits together according to physical dimensions, but rather in an electromagnetic way.

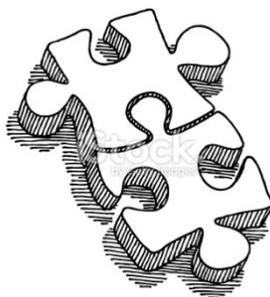
There are gaps between nerve cells and this “information” has to jump that gap to get to the next cell. This gap is called the synaptic junction. Only an electrical charge can jump a gap it is neuro transmitters that are part of the equation.

What part of neurotransmitters like dopamine or serotonin, or caffeine, or heroin, or adrenalin affect this electronic communication?

It does so by affecting the conductivity in the fluid that fills these gaps. Some chemicals slow down the signals, and some speed them up.

It works the same way your bank card works. Information is encoded electromagnetically on that little magnetic strip on the back of your plastic card that you carry in your wallet. It allows access to your money and it allows you to make the necessary changes to your account. Every person has a slightly different encoding on their personal magnetic strip and that's how everything is kept organized.

Likewise, each neuropeptide carries a precise electronic potential. The accepting target cell has the exact same potential, but in the negative direction. For instance, the peptide could carry a charge of -300 millivolts and the target cell could carry a positive potential of + 300 millivolts. When the proper peptide meets the proper target cell, it's attracted to that target cell just like a magnet. When they touch, information is exchanged, and both cells become neutral again. In other words: when we think, we practice chemistry.



What recent research has discovered is that there are receptors to these electro-chemical messengers not only in our brain cells, but in other parts of our body. For example, cells of the immune system, which protect us from cancer and infectious diseases and some degenerative disorders, have receptors to these same chemical messengers.

Remember, these chemicals are the material equivalent of thoughts.

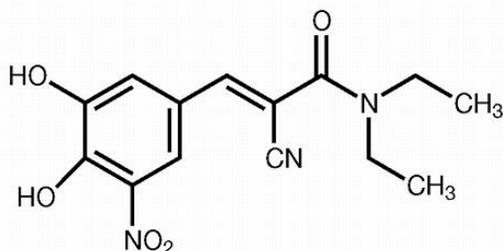
These monocytes and TNB cells are constantly listening to the conversations that we are having with our cells. When we are dreaming, when we are thinking, even when we have the vaguest impulse, the intelligence in our awareness, our immune cells are listening. While they are listening, they are changing and adapting to the image that our brain is creating.

Now if you are really ready, what is even more interesting is that the immune cells can make the very same chemicals that the brain makes when it thinks.

Our immune cells are also small thinking cells. They are conscious little beings.

Our immune cells have their own ideas, their own impulses, their own intellect, even their own emotions. It may sound strange, but remember, it's a scientific fact. What's even more surprising is that when scientists start looking elsewhere in the body, they found that there are receptors to these chemicals in other parts of the body: in the stomach, the adrenal glands, the colon, kidney and so on.

Not only are they receptors to these chemicals, but the stomach cells, colon cells and other cells can actually make these same chemicals that the brain makes when it thinks.



When you say that you have a gut feeling about something, it's true! Because your gut makes the same chemicals that your

brain makes when it thinks. In fact, your gut feeling may be a little bit more accurate.

It's these tiny feelings that the intuition uses to convey its information to us from our sixth sense. It's therefore very important to be able to feel all that we feel.

Think about it, when you have an intuitive feeling about something you may get a lump in your throat or perhaps a flushing in your face or a sinking feeling in the pit of your stomach. Remember, these feelings are always true. These feelings are always right. And here comes the answers to our prayers and our pleadings: all we have to do is become aware of these messengers and visualize following them to a successful conclusion.

That's how it is in the business world. Successful corporate executives always rely on their gut feelings. Only when they are pressed for a logical answer or an interview, for instance, do they rationalize and talk about the value of hard work, or make up answers.

Try another little experiment yourself. Find someone in business who is successful and ask them confidentially about their gut feelings. You will find out that this observation really is true.

This leads to the realization that we have a thinking body. You can't imprison or limit the mind to the brain. Your mind is not limited to the brain. The mind is in every cell of your body. When you say "I have a broken heart" or "I am bursting with joy" or "you are giving me a pain in my neck" you are speaking literally. All this is happening at the electro-chemical level, at the most fundamental level of the cell; all carefully monitored and all carefully controlled, but all subconscious just like your breathing and your heart beat.

I am here to tell you that you can bring this up to your conscious level and thereby become a participant in your own life.

Let's look at some real examples.

Let's say that you have the experience of peace of mind, that you're feeling relaxed and peaceful. Inside, your body is actually making endorphins just like Valium or Zanax™ (similar to the ones your doctor prescribes) only it doesn't make you feel out of touch with reality. These endorphins are the material equivalent of peace. When you are feeling anxious your body makes little anxious molecules of adrenaline. These aren't only created in the adrenal glands, they are made everywhere in your body. Each cell of the body is making adrenaline, cortisone, insulin, etc. When you feel exhilarated, whatever the reason, the exhilaration your body makes very powerful immune-modulators. These are anti-cancer drugs, known as interleukins and interferons.

Recently these interferons have been used in the treatment of cancer, but they are very expensive. A full treatment of interferons might cost \$40,000 to \$50,000, but if you've been to an amusement park with your family and rode a roller coaster, or spent a particularly pleasant evening with your mate, you can make millions of dollars' worth of interferons... naturally. They are just as, (or probably even more), effective.



Inversely, a violent experience with a criminal or an automobile accident can excite your cells to create harmful chemicals. A violent reaction to an event that hasn't even happened yet can create these chemicals. Even nightmares can cause this to happen.

This phenomenon is not limited to the physical expression only. It extends to your psychological health. In mental illness, such as manic-depressive behaviour, the body can make or even deplete itself of the necessary stabilizing chemicals in order to change its mental environment. That's why doctors can add lithium, for example, and it sometimes helps level out the manic-depressive behavioural thoughts like "I'm too tired and too exhausted to cope."

Thoughts like this triggers the cells to cut off the chemical-equivalent of lithium and thus a change occurs in our body to support the image that your thoughts hold.

In the movie *Awakening* with Robin Williams and Robert DeNiro, the patients exist in a catatonic state with a brain infection that they have had for 30 years. This brain infection slowly left them unable to function in the normal world. Eventually they retreated into a world of their own. All their physical bodily functions worked, but their minds were on hold, so to speak. They created a conscious dream in which they would retreat. The cells complied by depleting the chemical equivalent of L-Dopa. When the physician in the movie supplied L-Dopa exogenously, the patients responded and recovered fully!

After a while though, when they realized that the world had changed during their 30-year retreat, they found it just too difficult to stay in this new reality. They couldn't find love, they couldn't regain their sense of personal self-worth, so they changed their minds. Their cells complied, their cells depleted a whole new set of chemicals, thus they could re-enter their protective internal retreat.

When physicians discover a new drug that will counter-act the internalized imbalance, the patients may recover for a

short time again, but soon they would cause their cells to figure out another new way to allow them to escape from pain and loss of love, and the feeling of personal worth.

Your mind can even outwit drugs!

Another illustration of this phenomenon will show how fast the psychological change can occur if we have a powerful enough reason to change our thoughts, even if only on a temporary basis. In his book, *Positive Addiction*, William Glassnor, MD explained how many people are willing to pay a huge price in sickness and disability to avoid facing the reality of their inability to find happiness. When he was a resident at the VA mental hospital in Los Angeles he found one patient who was especially difficult to deal with and dreaded going up to him. Rather than shake hands the patient would sometimes spit at him.

One day, after perhaps seven or eight weeks when he came to him on his regular morning rounds, the patient said to him, very quietly and rationally "Doctor, I would like to see you after rounds in your office". The doctor was surprised, but he said "OK". He was obviously rational because he had chosen to see the patient.

He took him into his office and the patient said "Doctor, I think I'm sick. I have a severe pain in my chest and I'm having trouble breathing. Would you examine me please?" It was obvious that his lungs were filled with fluid and he had a high fever. He was suffering from a very severe case of pneumonia and if he hadn't received good medical care he would have died.

The doctor walked him into the medical ward and introduced him to the other doctors there who would take care of him.

The doctor explained the power of the mind and that this patient could decide to change his mind about his attitude and his pneumonia.

The patient then became very cordial. He let his pneumonia go away and became a completely cooperative patient. All the time he was in the medical ward he showed no signs of pneumonia!

The need to stay alive temporarily superseding his need for love and worth. After three weeks, he recovered from his pneumonia and he went back to the ward where he gradually returned to his previous crazy behavior. When he needed to, he could simply change his mind.

Not all experiences are cut-and-dry.

Some experiences are ambiguous and it's your interpretation of that experience that determines whether your body will create "good" or "bad" chemicals.

For example, it's been shown in recent studies that, for many people, the only thing they fear more than death itself is giving a speech.

For others, public speaking is a thrill; they even make their living from public speaking.

With the same event, but a different perception of that event, one person can create harmful drugs and the other person can create helpful drugs. It is totally dependent, therefore, on your perception of the experience, and your perceptions are up to you.

This is why I referred to this knowledge initially as "magic". Imagine...by merely changing how we think about a fourth-coming experience, we can pre-determine the kind of electrical chemicals we would manufacture and these

chemicals will cause real change in our bodies and a concurrent relief of pain.

This is why visualization exercises work so well. This is also why clinical hypnosis is so effective.

Now let's go one step further with a technique called NLP, (Neural Linguistic Programming). We can actually go back in time and change history; change how we experience and remember past realities.

We can change, for example, our usual reaction to a painful, fearful, memory to a pleasant or even a humorous reaction.

For example, I used to be afraid of spiders. I had a natural phobia of them. I went to college in Alabama and they had really big ones down there. I used to go nuts when I saw one. I would take a broom to it or I would ask a friend to kill it. I tell you, I would rather be kissed by a snake than confronted by a spider.

Under hypnosis I discovered that this phobia began by watching a scary movie in the 50's called *Tarantula*. You may have seen it. It's about a scientist who was developing a growth hormone and spilled some on the floor. A spider walked through it and voila! Instant huge spider. This thing got so big it literally engulfed a southern plantation home, then it reached into a window with its fangs and grabbed this young southern girl sitting at her make-up table and took her away. I don't remember what happened next because I was too afraid to look.



Anyway, we used the technique called NLP, or Neuro-Linguistic Programming, to change my reaction to spiders by replaying that event in my mind and re-imagining it in a

different way. I imagined seeing it with background music playing. I played happy music from a carnival, and then I replayed it with the spider doing a silly Scottish jig to the music. Then I added that the spider was just a big balloon and operated like the Wizard of Oz. I ran it forward and I ran it backward. I sped it up. I remember pricking the balloon with a pin and watching the balloon deflate.

When I was done I no longer experienced the same negative over-reaction that I used to experience.

Today, when I think of a spider, I still have no desire at all to own a spider as a pet, but now I respect the right of even spiders to have life and I can simply escort it out of the house on a piece of paper just like a wasp or a cricket that might have wandered in.

Just recently, while having breakfast with two other couples, the conversation turned to one of the ladies, Emma. She told us, in an increasingly angry tone, about an on-going relationship she had with a co-worker. As she spoke, her voice went up in pitch. By the time she finished her story of the last incident her fist was tightly clenched.

The incident wasn't really all that traumatic and it had something to do with her sending out a piece of inter-office mail and not labelling it correctly. Well, she wound up getting into a big heated argument with her co-worker and she got all emotional about it. They both wound up feeling very uncomfortable.

As a simple demonstration to the group at breakfast, I asked Emmy if she would like to change her reaction and memory of that incident. She agreed and I took her through the simple NLP-type of exercise (like the one I just described about the incident with the spider). We did it right there at the

breakfast table. I had her play the music in her head "ta, ta, ta..." and I had her imagine that the co-worker was growing big furry rabbit ears and a big tail. I had her run it forward and backward. I suggested that she see the co-worker growing big floppy feet and hopping around and trying to point her bunny finger at her. The whole table was laughing. I distracted her again for just a moment by asking her to pass something across the table. Then I asked her to try and re-tell the story like it really happened and, as I expected, and to everybody else's great amusement, she couldn't remember it without laughing and seeing the co-worker in the big bunny outfit.

She felt a lot better. She said she could hardly wait to see her co-worker again and see if she could keep a straight face.

One person at the table interjected that by just being there at the table and observing my exercises, she is afraid that if she ever met Emmy's co-worker she might say, "glad to meet you Mrs. Bunny or I mean I'm glad to meet you Mrs. Ears".

You can change personal history and therefore change your emotional pain.

In other words, the interpretations of reality that we make are generating all kinds of drugs inside of us. We have a very efficient pharmacy inside us that is absolutely amazing. It can make anything. It makes tranquilizers, sleeping pills, anti-cancer drugs, immune-modulators, and antibiotics. You name it and the body can make it at the right dose, at the right time, for the right target organ, and without any side effects.

Now we are coming to another conclusion. We know that we can't confine the mind to the brain.

You can't even contain the mind to the physical body because it extends beyond your physical body into the whole universe.

That's why you can stare at the back of a person's head across the room and they would soon turn around and look at you. It's the same reason that your mother seemed to know just exactly what you were up to when you were a child. And if you have any children, that's why you always knew exactly what they were up to.



Rupert Sheldrake is a philosopher and a scientist who speaks of the morph-genetic field as an explanation of how we can communicate these things; how ESP can work. He uses a true story called *The 100th Monkey* and I would like to relay that to you.

It seems that on the island of Koshima, scientists began feeding Japanese monkeys sweet potatoes that were dropped in the sand. The monkeys liked the taste of the raw sweet potatoes, but they found the sand unpleasant. Hemo, an 18-month-old female, found that she could solve this problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates soon caught on and taught their mothers as well. As the scientists watched, this cultural innovation spread. Over time all the young monkeys learned to wash the sandy sweet potatoes, but the only adults who learned this trick were those who imitated their children. The others kept eating their sandy sweet potatoes.

Then something startling occurred. One morning the 100th monkey learned to wash sweet potatoes. By evening almost every monkey on the island was washing the potatoes before eating them.

As if by magic the added energy of this 100th monkey had somehow created a remarkable breakthrough. Even more surprising, the scientists observed that the habit of washing potatoes before eating had been spontaneously adapted by monkeys on other islands and all these occurred without contact with the monkeys on Koshima island. Since then, and test after test, behavioural scientist have proven conclusively that when a certain critical number of learners reach a new awareness, this new awareness may be spontaneously communicated from mind to mind. This has become known as the 100 Monkeys phenomenon.

This same idea could be applied to our own selves: once we convince a certain critical number of our cells that we now perceive the world and ourselves differently, then all at once sort of a big whoosh! We feel totally transformed.

This is why repeating a positive affirmation over and over seems to work.

We are all part of a thinking, conscious universe that is basically a field of information. The personal expression of this in which we call the physical body, is exchanging energy and information. We are doing this every second of our existence, but we are doing it subconsciously. By changing our minds and doing it consciously we become the creators instead of the puppets.

We must repeat these visualisations enough times to allow the number of cells to reach that critical number we call the 100th monkey. Then, suddenly, all the cells in our body react at once, and we have a very real change in our behaviour and in the very structure of ourselves. This is how hypnosis works. This is how teaching in grade school works. Remember: repetition for emphasis.

We reach our subconscious minds, put in the vivid image, and then have change. By repetitive listening to positive tapes or by repeatedly experiencing positive change through our imaginations, we can virtually guarantee whatever change it is we want.

You may ask yourself "I really want to change, I really want to heal, what's wrong? I tried, why isn't it happening for me?"

Well, the problem is in everyday life. We seem to create the same energy patterns, the same morpho genetic fields, the same force fields, then give rise the same looking body, year after year. Unconsciously we are creating the same energy pattern. This is the reason we recreate the same scar tissue and carry on the same emotional reactions we always did.

It's estimated, for example, that we think more than 50,000 discrete thoughts a day. That, in its self, isn't too surprising, but what is a little disturbing is that 95% of the thoughts today are the same ones that we had yesterday!

We keep creating the same patterns, the same morphogenetic fields, that give rise to the same body. We don't change; we recreate the same body right down to the same receding hair line, the same indigestion, and all.

When we go to a deeper level, observe the entire process, and remain conscious of it, we realize there are choices here. We can do great things with this body.

We can invoke the healing response from within, because we can make the appropriate drugs internally.

We can restructure the perception of time, which will restructure the physical expression of our body. It will be possible to slow down or even arrest the aging process.

Your body is a physical expression of all the ideas that you have about it. If you have the idea that your body is a physical

machine, that it's supposed to age in a predetermined manner, that it gets imbalanced because of environmental changes, then these ideas change into electrical chemical changes in your body and it becomes a self-fulfilling prophecy.

This body that we experience is really all our ideas about it. If those ideas were to change, and we have that ability by committing to live consciously as opposed to living unconsciously, then we would experience spontaneous beneficial changes in our body.

In other words, a change in consciousness results to a change in biology. We don't even have to thoroughly observe or understand these technical terms, we just have to change our belief system. This in itself causes the changes. Repetition increases the speed with which it happens.

We've been seduced to believe that our reality is interpreted via our five senses alone. We've allowed these to determine our personal reality. We now know that this is just not true.

Consider what it would be like if we relied on our five senses exclusively. We would have to believe that the world is flat.

Our senses tell us that the earth is stationary, but we know that it is actually hurling through outer space at thousands of miles an hour, spinning on its axis. Our senses tell us that this same earth is solid, but that's not true either; it has a molten liquid center.

Remember the earth is mostly bits of atoms revolving in essentially empty space just like all the other forms of matter. We need to go beyond the belief that we are merely physical creatures.

We can become much more effective and feel better quicker when we utilize the knowledge that we are all part of a universal intelligence.

When you get in touch with this intelligence, you perceive a completely new experience of the body; you begin to experience that it is more fluid, more dynamic, more creative, and more adaptable. You can change your physical body more effortlessly, more rapidly, more efficiently than you ever thought. Some people's hair can turn white overnight from fright and hair is supposed to be dead tissue. We can make some changes quite fast.

Deepak Chopra, MD, author of *Quantum Healing* relates to the following study that illustrates further this mind-body relationship to our thoughts. In 1980 scientists at Ohio State University were studying the metabolism of cholesterol in rabbits. They were feeding groups of rabbits diets that were extremely high in cholesterol. To their amazement, they found that one group of rabbits didn't get the high cholesterol despite being fed the same diet the other groups were fed. After they looked at all the variables they found that the only difference between these rabbits and the ones that were getting high cholesterol levels was this: instead of just placing the food before them, the technician that was taking care of feeding these particular rabbits would take them out of their cages, pet them, cuddle them, sing to them, and speak softly to them.

This resulted in a change in their peptides and the neuro peptides in their brain cells and elsewhere in their body.

These rabbits would therefore evidently handle the cholesterol differently so that they wouldn't get the high cholesterol. This study has some far-reaching



implications; after all, heart disease kills more people in our culture than anything else. We've been worrying about what we eat turning to sludge in our arteries irrevocably and all the while the crucial determinant are simple things such as touching, petting, kissing, and soft expressions of endearment. All the things that we humans have always intuitively valued.

Conversely, trauma (such as war) can affect our thoughts and thus our instance of disease.

As far back as 1976 it was reported that 70,000 autopsy records between the years of 1930 through 1970 had been reviewed. It was discovered that, while it was true the people were eating low cholesterol diets during the war, this did not protect them from heart disease. A look at the entire series of 2,000 autopsy records of 1945 revealed that the number of individuals with damage to their coronary arteries was approximately doubled in 1945 compared to 1939 and the damage to each one affected was about twice as great.

In other words: the low cholesterol diet had not only failed to protect the arteries, but the damage was increased four-fold. This is in a time when the whole nation was forced to go on a low cholesterol diet; so, what happened? Tuberculosis turned out to be the masking factor.

Tuberculosis had jumped up more than heart attacks had decreased!

Tuberculosis is an infectious disease and infections are controlled by your immune system. The immune system is generated by thoughts. The trauma of war, and tuberculosis killed the patients sooner than heart disease did. Autopsies confirmed the observation.

Patients dying from tuberculosis also had severe damage to their coronary arteries; they would have died in a short time from heart disease. It's the image that one holds firmly in his mind that causes the cells to comply and create the manifestation of that image simply by creating the necessary chemicals.

Something non-material is always influencing the body.

There have been some similar experiments conducted with human beings. For example, at the university of Miami scientists studied two groups of premature infants. Because some premature infants are born to poor mothers, the state hospitals must absorb this cost, so the administrators of the hospital were interested in the



cost effectiveness of taking the time to touch the premature infants. One was a control group and the other one was an experimental group. In the experimental group the investigator will reach through an opening in the crib and stroke the baby three times a day for about ten minutes.

Those babies that experienced this touching or love gained a weight of about 49% more per day than the babies in the control group. Both groups were given the same formula, so we can see again that something non-material was influencing the level of growth in their bodies that caused them to gain more weight per day. They determined that it was cost effective. It actually saved over \$3,000 per admission because it enabled the administrators to discharge the babies five days earlier.

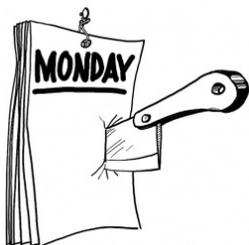
A few years ago, for instance, in Massachusetts, the Department of Welfare Education did a study in which

researchers once again looked for the risk factors in heart disease. Now, we've all heard of the most commonly reported risk factors: smoking, hypertension, diabetes, being overweight; all these things you've heard before, but the fact is that more than 50% of the people studied who had had heart attacks didn't have any of the usual standard risk factors. As a result of the study, it was found that the two most important factors for heart disease really are love and self-worth. Self-worth is reflected by job satisfaction and love as reflected in self-esteem. Both of these are non-material concepts. Well, knowing this, we could ask ourselves some questions about self-worth and job satisfaction. Do you really like your job? Do you look forward to going to work? Do you feel good when you are working?

As to the love part... are you happy? Do you like yourself? Are you living with a person you really prefer? Are you living where you would live if you could live anywhere else on Earth? If you can develop your experiences and your sensation and your attitudes to the point where you can honestly answer yes to these questions, then you don't have to worry about heart disease. You can take the pressure off when you eat too.

We've all heard of farmers who ate bacon and eggs everyday of their lives and yet lived to a ripe old age. Now we know why. They were happy where they were, happy with their mate, and happy doing what they wanted to do.

Another frightening statistic relates to the day of the week.

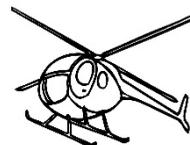
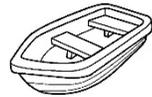


Now which day of the week do you think Americans most commonly die? If you say Monday, then you are right! How about what time of the day? It's 9:00AM. More Americans die on Monday at 9:00AM

than at any other time of the week. It only works that way for the human species. Why? What's the difference between Monday and Tuesday? The difference is just an idea, a thought of what Monday means to us and that's it. It's how we interpret that thought that causes our bodies to create the negative chemicals that results in our untimely death. So, we should probably decide right now to change our attitudes about Mondays. It's how we interpret time, how we interpret space, and how we interpret our physical reality that determines the kind of body we live in, and how we experience these events called life.

We have the ability to re-interpret past events and we have the ability to decide how we will interpret future experiences, too. We must choose to live our lives consciously and take advantage of new information as soon as it comes to us.

I am reminded of a humorous story of a man who was in a flood. As he looked out his window he saw the water was 3 feet deep. His neighbour came rowing by in a row boat; he had his wife in the back and offered to get this man to safety. "Oh no!" said the man. "I have faith the Lord will provide!" As the water rose, he found himself standing up on the roof of his house and he heard one of those swamp buggy type boats, you know, with the fan in the back, coming from off at a distance. The man in the swamp buggy called out "Hey! Climb in and save yourself!" "No! In Christ I have faith! The Lord will provide!" Well, the water continued to rise and he was now standing on his chimney, water up to his ankles, and way off at a distance he hears this sound "Whop, whop, whop..." Sure enough,



here comes a helicopter. The pilot drops down a rope ladder, leans over, and shouts above the noise of the engines "Hey! You down there! Climb up the rope ladder and save yourself!" "No!" shouted the man "I have faith the Lord will provide!" Well, wouldn't you know the waters kept right on rising and this guy drowns. He finds himself before his God and as he struggles to pull himself up, he looks up to God and says "Hey! What's the matter? I've been a good man, I've been honest, I've had faith, you let me down." "What do you mean, I let you down?" God says. "I sent you two boats and a helicopter!"

You may not expect information like this to come to you in this way, and perhaps from this source, but don't let it stop you from using the information. There are more things to learn later from other sources. You may not be able to predict those sources or the times when it might be presented to you so be on the lookout for it; expect it; so, when you seek answers, be alert to whatever form these answers may take when they come back.

To summarize; the real you is non-material. Therefore, your body is not subject to the laws of matter which seems to exist in the realms of time, space, and our five senses. Your true essence is a field of awareness that interacts with its own self and with every other self around you. You are basically consciousness, which can cease, construct, govern, and then inhabit the body that you create. Your thoughts are transformed into electrical potentials that cause your cells, all of them, to respond by making all the chemicals you need to allow you to experience your thoughts in this five-sensory body. Your intuition communicates with you via your feelings and your impulses. So, you would do well to be aware of all your feelings.

We are spiritual creatures having a human experience and that human experience can be anything that we wish it to be.

The psychologist John Bradshaw compares us to a group of people standing before two doors. One is marked “Heaven” and the other is marked “Lecture About Heaven”. Most of us are standing in line for the lecture because we are not going to go in there until we understand it.

So, do you want to change your body then change your mind? Keep your mind open to new ideas, and integrate these new ideas immediately. Use visualisation hypnosis to change your thoughts and change your body. Listen to positive affirmations with tapes. Read books. Believe in and act on all your gut level intuitive feelings.

You are in control of your life, and what we are experiencing today is a result of the thoughts that we had yesterday. In order to create tomorrow exactly as we want, it's just a matter of how we handle, and how we think about the things that we are attracting and dealing with today.

To repeat the simple process of accessing your higher self so that you are The Lord Of Your Thoughts:

This power is really another part of ourselves that remained in the “universe” when we decided to come down to earth and experience creating within a human body. If we just quiet our mind and let go of all outside thoughts, then our inner voice can be heard without all the “clutter”.

Think of it this way: When we came down here we had to:

1. Decide to come down to the earth plane.
2. Choose a personality for a mental construct within which to act and react. Happy, or sad? Depressed or hopeful? Helpful or needy, etc.

3. People on Earth don't like disembodied personalities floating around so we then chose a body. Male or female? Tall or short, athletic or nerdy?

4. Then, we chose the sort of people we wanted to have all around us. Victimizers or victims. Happy or sad, liking us or not?

5. Finally, we chose the roles we wanted to play out. Parent, neighbour, inventor, tramp, thief, politician?

So... to meditate or quiet our minds a simple and very effective way to do this is really quite logical: simply reverse this order of coming to the earth in order to go away from the earth. Just lay down, and count backwards:

5. "I am letting go of all my roles for a little while, I don't need them for a few minutes."

4. "I am letting go of my awareness of people around me. They won't bother me for a few minutes while I just lay here."

3. "I am now letting go of managing my body. It will work just fine without my guidance, control or interference."

2. "I am now letting go of my personality."

1. "I am now letting go of the earth plane."

ZERO. I am now floating, I can actually see my body laying there. I can see where my arms are, my feet placement and everything. Now I have an issue for my higher self to advise me. (If no real issue, just ask your higher self if there is anything it wants to suggest.)

In this way, you can access your higher self, intuition, guardian angel, God, Jesus, or any other name you want.

Just be sure to follow that guidance and not let anyone talk you out of it.

*Lord of Your Thoughts*

Now you are a creative piece of God or the Universe and you will see immediate results and come to rely on this technique.

**Remember: you are the Lord of Your Thoughts.**

**David B. Phillips, Ph.D.**