

## Dissertation – Part II

### GOD IS A MATTER OF SCIENCE AND PSYCHOLOGY NOT JUST FAITH

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Compilation started on April 2015, much of the work started in 1979

This is an independent research study in Christianity<sup>2</sup>

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*Dedicated to Dr. Ralph J. Malott M.D., who saved my life: he convinced me that suffering is temporary; and Dr. Martin M. Johnson, M.D., who told me that doing meditation is half of the medicine.*



**I saw something similar in a vision in 2010 when I heard a voice from heaven saying, three times in Arabic, “The days are plenty, the days are plenty, the days are plenty take your time”. I was 59 years old, worried about whether I could do God’s will in time. Now, I don’t worry about my age. God did not ask me like He asked the Apostle Paul to build a Christian church, He asked me to build Christian meditation and that’s His will. Farid A. Chouery**

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<sup>1</sup> – Apostle because Jesus appeared to him when he was 7 or 8 years old in an apparition shortly after first communion.

- Deacon of the Creek Catholic Church (Melkite)
- PE = Professional Engineer (Electrical, Civil) – SE = Structural Engineer
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<sup>2</sup> This is an independent research study in Christianity not affiliated or related with any university or any government or any Christian denomination church. Jesus told me in my conscience on Saturday August 27, 2016 that if I go to a university for a PhD or a Masters, this research could be contaminated so it must be original. My counselor warned me that I can start with something and it would end up becoming something else. However, I did receive a strong encouragement from the University of Washington Clinical Psychology Department to proceed with the research with a Christian University on August 23, 2016. I did apply for fall 2018 at Seattle University and did not get accepted. This was a sign from God to build a new company “Living Water 3T 2M, LLC” to produce Christian meditation sessions opened Jan 26, 2018.

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## Chapter 14 - Twelfth Clarification: Psychological God

Here are several sources that discuss the idea of psychological God:Link:

[http://en.wikipedia.org/wiki/Existence\\_of\\_God](http://en.wikipedia.org/wiki/Existence_of_God)

### Psychological aspects of the existence of God

See also: [Evolutionary psychology of religion](#)

“Several authors have offered psychological or sociological explanations for belief in the existence of God. Many of these views have been sought to give a [naturalistic](#) explanation of religion, though this does not necessarily mean such views are exclusive to naturalism.

Psychologists observe that the majority of humans often ask existential questions such as "why we are here" and whether life has purpose. Some<sup>[[who?](#)]</sup> psychologists have posited that religious beliefs may recruit cognitive mechanisms in order to satisfy these questions. [William James](#) emphasized the inner religious struggle between [melancholy](#) and happiness, and pointed to [trance](#) as a cognitive mechanism. [Sigmund Freud](#) stressed fear and pain, the need for a powerful parental figure, the obsessional nature of [ritual](#), and the hypnotic state a community can induce as contributing factors to the psychology of religion.

[Pascal Boyer](#)'s *Religion Explained* (2002), based in part on his anthropological field work, treats belief in God as the result of the brain's tendency towards [agency detection](#). Boyer suggests that, because of evolutionary pressures, humans err on the side of attributing agency where there isn't any. In Boyer's view, belief in [supernatural](#) entities spreads and becomes culturally fixed because of their memorability. The concept of "minimally counterintuitive" beings that differ from the ordinary in a small number of ways (such as being invisible, able to fly, or having access to strategic and otherwise secret information) leave a lasting impression that spreads through word-of-mouth.

[Scott Atran](#)'s *In Gods We Trust: The Evolutionary Landscape of Religion* (2002) makes a similar argument and adds examination of the socially coordinating aspects of shared belief. In *Minds and Gods: The Cognitive Foundations of Religion*, [Todd Tremplin](#) follows Boyer in arguing that universal human cognitive process naturally produces the concept of the supernatural. Tremplin contends that an [agency detection](#) device (ADD) and a [theory of mind](#) module (ToMM) lead humans to suspect an agent behind every event. Natural events for which there is no obvious agent may be attributed to God (c.f. [Act of God](#)).

It appears that research has found overwhelming evidence for what the Apostle Paul calls the “law written on the conscience,” which explains why we have never found a human society that did not have some form of religious observance. Can we conclude that human beings are “incurably religious” because God made them that way?”

### Despite What You’ve Heard, World Is More Religious Than Ever

Rodney Stark's 'The Triumph of Faith' Strikes a Blow to Secularization Thesis

By [Dr. Richard D. Land](#) , CP Exclusive  
January 12, 2016|7:30 am

<http://www.christianpost.com/news/world-more-religious-than-ever-rodney-starks-triumph-faith-secularism-atheism-154641/>

## Conclusion of Gita, Bible, Quran And Tripitaka

07/18/2016 02:48 pm 14:48:09 | **Updated** 19 hours ago

[http://www.huffingtonpost.com/rajan-thapaliya/conclusion-of-gita-bible-\\_b\\_11010822.html](http://www.huffingtonpost.com/rajan-thapaliya/conclusion-of-gita-bible-_b_11010822.html)

## Religion and the brain

TechKnow meets the scientists trying to uncover how religious and spiritual experiences impact the brain.

16 Oct 2016 14:59 GMT Science & Technology, Religion, Health

<http://www.aljazeera.com/programmes/techknow/2016/10/religion-brain-161014190530492.html>

The question that all people ask why I am here? What is the reason of my existence? is can be answered by prayer and meditation. In short, we are here to contribute to this universe and satisfy the creator. We need to study God and the universe.

So, God is a matter of science and psychology.

## Chapter 15 - Thirteenth Clarification: Living Water Proven in the Laboratory

The sensation of living water is measurable in the laboratory as seen in my study on helping people with Alzheimer's disease, and in proving the Pavlov Response in humans. The living water sensation will always be under research in the laboratory.

Here are several sources that discuss the idea of living water:

### God on the Brain (Good)

<https://www.psychologytoday.com/articles/200111/god-the-brain>

“Reviews the book 'Why God Won't Go Away: Science and the Biology of Belief,' by Andrew Newberg, Eugene D'Aquili and Vince Rause.

By Michael Shermer, Paul Chance, published on November 1, 2001 - last reviewed on June 7, 2012

WHY BELIEVERS SHOULDN'T TAKE THE SCIENCE OF SPIRITUALLY SERIOUSLY

WHY GOD WON'T GO AWAY: SCIENCE AND THE BIOLOGY OF BELIEF

Andrew Newberg, M.D., Eugene D'Aquili, M.D., and Vince Rause (Ballantine Books, 2001) Reviewed by Michael Shermer, Ph.D.

God is puzzling. According to the Oxford World Christian Encyclopedia, there are no fewer than 10,000 distinct religions worldwide, with a total of 5.1 billion adherents. The quantity and diversity of beliefs means that something is going on here that cries out for explanation.

That explanation, say Andrew Newberg, M.D., and his late colleague Eugene D'Aquili, M.D., both affiliated with the University of Pennsylvania and pioneers in the neurological research of religion, is to be found in the [brain](#). We are, they say, wired for God.

To understand this wiring Newberg and D'Aquili studied Buddhist monks as they meditated and Franciscan nuns during prayer. When their subjects slipped into an altered state of consciousness, the scientists injected them with a radioactive substance and then tracked the changing activity of their brains. The researchers did this with Single Photon-Emission Computed Tomography, or SPECT, a device similar to the more familiar CAT and PET scan machines.

The most dramatic finding in the book, primarily (and admirably) written by journalist Vince Rause, concerns a portion of the brain the authors call the orientation association area (OAA). The OAA, say Newberg and D'Aquili, is largely responsible for helping us distinguish between ourselves and other things. People with damage to this part of the brain have problems navigating their way around a room: They actually cannot discriminate between their bodies and the furniture. The researchers discovered that during [meditation](#) and prayer, at the moment when the monks were at one with the universe and the nuns felt the presence of a universal spirit, there was reduced activity in the OAA. Like patients with

damage to this brain area, their selves became indistinguishable from their nonselves. From these findings the authors conclude "that [spiritual](#) experience, at its very root, is intimately interwoven with human biology. That biology, in some way, compels the spiritual urge."

If the book ended there, I would have no qualms about recommending it to anyone interested in why people believe in God. It is reasonable to posit that one of the variables that shape [religious](#) beliefs is the brain with which we believe. (Other variables no doubt include [genetics](#), parental upbringing, [sibling](#) dynamics, peer influence and mentoring, among others.)

Unfortunately, the authors add another hundred pages of what they themselves call "terrifically unscientific" speculations. Our brains may not be generating spiritual experiences, they suggest, so much as they are opening a window into some spiritual realm that exists outside the brain. How the brain makes contact with this transcendent being or place is not discussed, of course, because no one has a clue. (This has not, of course, prevented countless New Age authors from prattling on about how quantum states account for ESE telekinesis and other flapdoodle, including talking to the dead and to God.)

The book then descends into evolutionary just-so stories about how existentially depressed Neanderthals invented religion to cope with the realization that life has no meaning. "Just as medieval mystics might feel joyfully absorbed into the transcendent reality of Jesus... the hunter might feel himself in the presence of a powerful, primal deity--one of the great animal spirits that was among humanity's first gods." The authors admit that "this is a highly speculative scenario." Indeed.

Speculations aside, the facts related in the book suggest that religious experience is **a product of human biology**. Like so many other attempts to use science to explain religion, this one runs the risk of reducing God to a biological artifact: We don't believe in God because He exists, but because our brains trick us into believing that He does. That conclusion is fine by me, because I'm a religious skeptic. But it seems strange that so many believers embrace books like this one, apparently convinced that it somehow endorses their religious faith. They don't seem to realize that if we do find God in the crevices of the brain, He will, indeed, go away."

Reviewed by Michael Shermer

Edited By Paul Chance, PH.D.

Michael Shermer, Ph.D., is the editor in chief of Skeptic magazine ([www.skeptic.com](http://www.skeptic.com) [\(link is external\)](#)), a regular columnist for Scientific American and the author of *The Borderlands of Science* (Oxford, 2001) and *How We Believe: The Search for God in an Age of Science* (Freeman, 1999).

Other reference:

**On this question about whether God is a product of human biology: it has been pointed out in the Bible that faith in God is the first step in visualizing Jesus and receiving the spirit of God. That is undoubtedly a thought process that occupies the memory, and that is human biology. After the first step of believing, a new memory with time is developed after having a relationship with God and having new experiences. The question is, how does that thought process turn into physical**

appearances, such as healing, solving problems and helping others. There is no question that it is spirituality, for where else would that power or energy to heal and help others come from? I do disagree that when we find God in the crevices of the brain, He will indeed go away, because it is a thought process and has a permanent place in the brain. In addition, the thought process is in the entire brain, as they have found out that memory occupy the entire brain. For most people that believe in God, God nurtures them until they die with a promise of life after death, and God does not go away after the initial step of having faith.

Reference God is in the entire brain:

<http://www.huffingtonpost.com/2012/04/20/god-spot-in-brain-is-not- n 1440518.html>

When you convince the brain that God exists, or you visualize Jesus and take the initial step of faith to receive the spirit of God, God starts to reveal Himself in your life. He produces love and a bond: we call it grace. And so, God exists. God is a jealous God, and our visualization will change as He reveals Himself to us. Christ asks us to take the first step and have faith, and God will take over after that. Thus, there is definitely human biology happening initially. How do you explain the living water sensation that comes before an abrupt healing? What happens first is the power of belief in God, then we have the living water sensation from God, and that is biological first then the healing occurs. Without a doubt, an abrupt healing is a miracle. The time must have been adjusted by God, since the healing would take a much longer time by natural means.

So, God is a matter of science and psychology.

Link: <https://www.psychologytoday.com/articles/200111/god-the-brain>

## Chapter 16 - Fourteenth Clarification: God Needs to Exist to Defeat Satan

There has been the existence of evil in the world throughout history, through figures such as Caesar, Genghis Khan, Hitler, ISIS, Genocides, hackers, **the antichrist**, and so on. There has to be a force opposing Satan that is God. You cannot have one force without the other, otherwise life will cease to exist. Or the world will be dominated totally by evil. Using God, together with people who oppose this evil power, helps defeat this force. It has been proven throughout history that God wins, and these people win, and Satan is defeated. **Satan is a loser.** Satan does not want peace or stability, but God does, as revealed in the gospel. Science needs to work with opposing people to defeat this evil force, such as in helping the legitimate military. We need feedback from God in our meditations to both invent better techniques and develop the urgency to do so, because great powers did nothing to stop the Holocaust. Satan deceives people into doing evil by using mind control, such as by evil leaders in cults, to convince them that is what God wants. How can we help these people to discern? Atheists argue that if there is a God, then why would He allow evil? However, God did not allow evil to prove His existence. However, it seems that, because of man's free will, he had no choice for this generation.

Here are several sources that discuss the idea of the existence of God and evil

### **OORD ON GOD AND EVIL**

God cannot prevent genuine evil. After all, God lovingly gives creatures what they need to exist and act freely. Because love comes before God's power in the divine nature, God cannot prevent the evils done when creatures use their God-given power wrongly. God cannot prevent evil, because God's love is always uncontrolling.

From "The Uncontrolling Love of God: An Open and Rational Account of Providence," 2015, by Thomas Jay Oord

### **The Problem of Evil: A Different Explanation**

BY [QUIN HILLYER](#) SEPTEMBER 17, 2016

[HTTPS://PJMEDIA.COM/FAITH/2016/09/17/THE-PROBLEM-OF-EVIL-A-DIFFERENT-EXPLANATION/](https://pjmedia.com/faith/2016/09/17/the-problem-of-evil-a-different-explanation/)

### **Ohio State debate over God addresses why humans suffer**

By [JoAnne Viviano](#) The Columbus Dispatch • Wednesday September 28, 2016 6:38 AM

<http://www.dispatch.com/content/stories/local/2016/09/28/suffering-at-heart-of-debate-over-god.html>

### **Atheism and the Problem of Evil**

[http://www.conservapedia.com/Atheism\\_and\\_the\\_Problem\\_of\\_Evil](http://www.conservapedia.com/Atheism_and_the_Problem_of_Evil)



## Existence of evil as proof of the existence of God further elaborated

The Christian apologist Roderick MacKenzie argues:

“When someone uses the argument of the existence of evil to disprove the existence of God, they have to affirm that evil actually exists in order to use evil in their argument...whether they are making the argument that the existence of evil does or does not make sense with our concept of an all-loving and all-powerful God.

There is a problem for the atheist when he or she tries to explain the existence of evil. As we discussed in [“What Is Evil? Natural vs. Moral Evil“](#), evil exists only in relation to good. For evil to exist, there has to be an absolute standard of goodness and justice. One cannot form a logical concept of evil without appealing to an ultimate standard of good. The problem then arises: where does this ultimate standard of good come from? Where do we get our concepts of what is good, or of justice and injustice?”

[C.S. Lewis](#), in his classic book, *Mere Christianity*, describes his conversion to Christianity by discussing this very topic. He initially did not believe in God because of the injustices he saw in the world, but on reflection, he decided that the very concept of injustice depended on an absolute concept of justice...which could only be given by an Ultimate Lawgiver. Someone who is beyond humanity and has authority to make the rules.<sup>[10]</sup>

”

The Christian apologist Gregory Koukl similarly argues:

“ The presence of evil in the world is considered by some to be solid evidence against the existence of God. I think it proves just the opposite. The entire objection hinges on the observation that true evil exists “out there” as an objective feature of the world. Therein lies the problem for the atheist.

To say something is evil is to make a moral judgment, and moral judgments make no sense outside of the context of a moral standard. Evil as a value judgment marks a departure from that standard of morality. If there is no standard, there is no departure.

Evil can't be real if morals are relative. Evil is real, though. That's why people object to it...

The argument against God based on the problem of evil can only be raised if some form of moral objectivism is true. Morals, therefore, exist. I need not give a complete [taxonomy](#) of ethical guidelines to make my case. If there is even one moral absolute, it invites the question, “What kind of world view explains the existence of this moral rule?”

Atheism can't make any sense of it.<sup>[11]</sup>

## True Love, Catholic Psychology, and a “Test”

<http://www.guidetopsychology.com/catholic.htm>

**“Because of the blindness that characterizes our separation from God, we can see nothing but our own self-indulgent illusions. Left to ourselves, we have nothing but an empty world of social constructions to give us comfort. Left to ourselves, we have nothing but pride, and in that pride we are easily deceived by evil. Left to ourselves, therefore, we are lost in slavery to sin. Therefore, only God Himself can show us what true love is.**

**Psychologically, *fear* refers to a narcissistic concern about possible damage to our pride and safety. In contrast, *fear of God* refers to our humble awe before God’s great glory and mercy. Thus, whereas psychological fear pulls us away from God, fear of God leads us directly into the embrace of divine love.”**

[http://www.nytimes.com/2015/04/19/opinion/sunday/t-m-luhrmann-faith-vs-facts.html?\\_r=0](http://www.nytimes.com/2015/04/19/opinion/sunday/t-m-luhrmann-faith-vs-facts.html?_r=0)

**“The danger point seems to be when people feel themselves to be completely fused with a group that is defined by its sacred value. When Mr. Atran and his colleagues surveyed young men in two Moroccan neighborhoods associated with militant jihad (one of them home to five men who helped plot the 2004 Madrid train bombings, and then blew themselves up), they found that those who described themselves as closest to their friends and who upheld Shariah law were also more likely to say that they would suffer grievous harm to defend Shariah law. These people become what Mr. Atran calls “devoted actors” who are unconditionally committed to their sacred value, and they are willing to die for it.”**

**After the Paris terrorist attack in November 2015 that killed at least 130 people, we see from the pictures of the terrorists that they look like decent people who were deceived by the devil and radicalized. Who is interpreting the Koran to them, Jesus or the devil?**

Here are several sources that discuss terrorism:

**By T. M. Luhrmann**

**“ISIS, Cults, and Religious Extremists: How Mind Control Really Works**

Groups like ISIS don’t use just violence to get their messages across, they use psychological techniques to recruit and keep members. Cults and controversial religious groups gain followers and power by instilling lifestyles of fear and obedience — arguably rewiring people’s brains and manipulating their minds. Members, then, begin to act in ways unrecognizable to family and friends, leading some to wonder: Have they lost their minds?

How can you tell the difference? “Ethical groups tell you up front what they want and who they are,” says Hassan. There is what he calls “informed consent” among members. But with cults and groups that practice mind control, there’s “a lot of deception, a lot of lies, and people don’t know what they’re getting into.”

What is a cult, in the first place? Hassan says there are a “million definitions, from theological to sociological. I define a destructive cult as an authoritarian pyramid-structured group that uses deception in recruitments and mind control to keep people dependent and obedient.” Of course, there are benign cults, too — people who are into rock stars or musicians, for example. And cults aren’t always religious. For example, Hassan calls the Islamic State of Iraq and ash-Sham (better known as ISIS) a political cult that happens to use religion. And cults can be all sizes — one-on-one or a state with millions of people. Many are listed here.

Most cult leaders, he adds, believe what they are preaching — which makes them more dangerous. The vast majority of leaders are narcissistic, probably personality disordered, and have some antisocial characteristics, he adds.

“Brainwashing is far toward the destructive end of influence,” adds Hassan. “It implies force — kidnapping, beatings, branding, or threatening to kill.”

With mind control, on the other hand, there’s an illusion of having control over your own life, says Hassan. There’s benevolence toward teachers or respected individuals “above” you, and “taking over someone” requires a process, he says.

#### The Dark Side of Social Influence

Less radical groups use psychological tactics, as well. Take the homeschooling education program Advanced Training Institute, used by the reality-TV-famous Duggar family — where sexual abuse is, in a way, taught to be something that can be blamed on the immodesty of the victim.”

### **‘Mental Health Issues’ No Excuse for Islamic Terrorism**



BY [ROGER L SIMON](#) AUGUST 4, 2016

[HTTPS://PJMEDIA.COM/DIARYOFAMADVOTER/2016/08/04/ISLAMIC-TERRORISM-MENTAL-HEALTH/](https://pjmedia.com/diaryofamadvoter/2016/08/04/islamic-terrorism-mental-health/)

**You may have heard the saying, “if God wants to throw someone to his or her death, He does not throw him or her from the first floor. He waits till they get to the 90<sup>th</sup> floor and makes him or her think they will make it to the 100<sup>th</sup> floor and then throw him or her to their death” So God, in the long run, always triumphs.**

**So, God is a matter of science and psychology, as we should use Him to help us combat evil.**

## **Chapter 17 - Fifteenth Clarification: Visualizing Jesus Works in Meetings**

When visualizing Jesus in our meditation, and we rehearse meetings and political negotiations between countries to obtain peace or trade, it works. Psychoanalysis in meditation using Jesus is needed to obtain a resolution. It is best to visualize and rehearse talking and negotiating with everybody expected to be at the meeting. In addition, to give extra support, we should visualize Jesus during the actual meeting in a light meditation. I did that in an important critical electrical engineering meeting in 2009 about an infrastructure grounding project. There were ten of us in the meeting, and I was the only electrical engineer. I was worried about whether I would have an answer to the problem, because I did not know the solution. So, I visualized Jesus sitting on a chair in the meeting, becoming the eleventh person. While teleconferencing in the meeting, the problem was resolved, and I did not need to give any input – I did not have to say a word. I thanked Jesus and remembered the incident for the rest of my life. This shows me that God exists internally and externally. Why does it work? So, God is a matter of science and psychology.

## Chapter 18 - Sixteenth Clarification: Why do People who go to Church Live Longer and are Happier?

Here are several sources that discuss the idea of people that go to church:  
Why do people that go to church live longer and are happier? It is scientifically puzzling.

<http://www.christianpost.com/news/go-to-church-live-longer-93332/>

### Religion may be a miracle drug: Column

Tyler J. VanderWeele and John Siniff 8:30 a.m. EDT October 28, 2016  
**Church attendance is correlated with longer life and a sense of meaning.**

<http://ux-origin.usatoday.com/story/opinion/2016/10/28/religion-church-attendance-mortality-column/92676964/>

**Link:** <http://www.webmd.com/balance/features/spirituality-may-help-people-live-longer>

“Among the most recent findings in this area: People who attend religious services at least once a week are less likely to die in a given period of time than people who attend services less often. These results -- published in the August 1999 issue of the Journal of Gerontology: Medical Sciences -- came out of a study examining almost 4,000 North Carolina residents aged 64 to 101.

People who attended religious services at least once a week were 46 percent less likely to die during the six-year study, says lead author Harold G. Koenig, M.D., of Duke University Medical Center in Durham, North Carolina. "When we controlled for such things as age, race, how sick they were and other health and social factors, there was still a 28 percent reduction in mortality," he says.”

Reference Dr. Amen book “Change your Brain Change your Life” pp167

#### Sp – Consider Going to Spiritual Services

“A strong correlation exists between people who attend religious services and personal happiness, according to a recent study by Austin Institute for Study of Family and Culture (134). The study found that people who attend services on a weekly basis are nearly twice as likely to describe themselves as “very happy” (45 percent) than people who never attend (28 percent). Conversely, those who never worship are twice as likely to say they are “very unhappy” (4 percent) compare with those who attend services weekly (2 percent). Research has suggested that deep spiritual beliefs may offer significance and meaning to life. Many different religions teach coping mechanism that can improve physical and emotional health. My work with the Daniel Plan –the program at Saddleback Church I referenced in the introduction --- is a large-scale example. Faith can be a powerful motivation force, plus parishioners often receive emotional support from others.”

One explanation is that they take care of their health and have emotional support. However, is it also from spirituality reducing stress? Could that be the cause of longevity? It is a scientific question. So, God is a matter of science and psychology.

## **Chapter 19 - Seventeenth Clarification: Visualizing Jesus Gives Peace**

For most people that visualize Jesus, they feel secure, at peace, and consoled all the time, and they have living water most of the time during the day. That experience is going to be difficult to measure in the laboratory. One option is to use a survey questionnaire to reveal these feelings. This is a scientific question. So, God is matter of science and psychology. Note: because visualizing Jesus in a meditation leads to many breakthroughs, I cannot do experiments on all situations; I needed to focus on the two experiments I propose in this research and leave it to others to do the remaining experiments.

## **Chapter 20 - Eighteenth Clarification: Why God is Jealous?**

Why is it that, when we visualize Jesus over time during a meditation, the visualization changes but some things remain the same? God constantly reveals himself, and we always have a new conversation with Him. God continues to reveal himself because He is a jealous God and wants us to have a better picture of Him. No matter how we visualize Him, we box Him in; however, He is infinite, so He will change the visualization, which proves that He exists. It is like becoming the astronomer of the inner-world, or the inner-space, or the inner-self. It is theologically correct. If this is true, then God exists internally, and that is a matter of science and psychology. It is possible to use a survey questionnaire to reveal these findings. Note: because visualizing Jesus in a meditation leads to many breakthroughs, I cannot do experiments on all situations. I needed to focus on the two experiments I propose in this research and leave it to others to do the remaining experiments.

## Chapter 21 - Nineteenth Clarification: God is our Desire

[http://medlibrary.org/medwiki/Existence\\_of\\_God](http://medlibrary.org/medwiki/Existence_of_God)

“C.S. Lewis, in *Mere Christianity* and elsewhere, raises the [argument from desire](#). He poses the idea that all natural desires have a natural object. One thirsts, and there exists water to quench this thirst; one hungers, and there exists food to satisfy this hunger. He then argues that the human desire for perfect justice, perfect peace, perfect happiness, and other intangibles strongly implies the existence of such things, though they seem unobtainable on earth. He further poses the proposition that the unquenchable desires of this life strongly imply that we are intended for a different life, necessarily governed by a God who can provide the desired intangibles.”

It is how we are created we hunger we thirst for spirituality as well. It is a matter of science and psychology in how we fill this desire.



## Chapter 22 - Twentieth Clarification: God's Love

How can we reject many people experience that almost died? It is real to them and it change their life after the fact. Here is a source from their doctors.

### Stories of God's love common among those who almost die, says doctor who studies them

By Dr. Jeffrey Long June 29 at 6:00 AM

<https://www.washingtonpost.com/news/acts-of-faith/wp/2016/06/29/people-who-had-near-death-experiences-consistently-report-one-thing-gods-love/>

“It doesn't matter if they nearly died in an auto accident or a drug overdose, giving birth or attempting suicide.

Among the thousands of people who chose to share their near-death experiences with the Near-Death Experience Research Foundation, the report is often the same: They come back with a profound understanding of God's love.

Theologians sometimes talk about the *omnibenevolence* of God, the idea that God's grace and charity is unlimited or infinite. For many who talk about encountering God, this term comes closest to the reality they describe. Here is a sampling of what some NDErs had to say about God's love:

- “No human can ever love with the love I felt in that light. It is all-consuming, all-forgiving. Nothing matches it. It is like the day you looked into the eyes of your child for the first time magnified a million times. It's indescribable.”
- “I felt the presence of pure love. This is very hard to describe. Everything made sense: God exists, God is love, we are love, and love creates all that is. ... I was surrounded by pure love. First, I was cold and in pain, but then I was warm and comforted.”
- “I know that love is all there is and that God loves *all* of His children deeply and equally. There are no stepchildren in the family of God. We are all divine.”
- “God loves us all infinitely.”
- “I felt God as an all-encompassing presence — complete, total, and unconditional love in its highest form! I was surrounded by God's unconditional love, which was so much greater than human love. I was given the knowledge that God is real and loves me unconditionally — He exists and is real, and He is love.”
- “I came to realize that God is more loving and caring than I could ever imagine.”
- “The entire encounter was about God, the ultimate power of God, and God's forgiveness. The message was, ‘Love is the greatest power in the universe.’”

Love is clearly an important part of near-death experiences. This experience of deep love often carries within it an affirmation of unity or oneness between all people or even all things.

[\[Harvard Medical School professor says 'Miracles from Heaven' and other remarkable cures could be real\]](#)

About 400 people volunteered answers to a long survey we offered, including this question: “During your experience, did you encounter any specific information/awareness regarding love?”

The results: 58.1 percent of those volunteers said yes, 32.4 percent said no and the rest were uncertain.

[\[Hope gave me children and cured my cancer. Now I'm in Iraq, praying for the same healing here.\]](#)

In the anecdotal responses they provided, I was struck by the remarkable consistency. This consistency could not be explained merely by the NDErs' preexisting cultural or religious beliefs, since they represented a wide spectrum of those from various faith traditions or no faith at all. They wrote:

- “I knew that the being I met was composed of a substance I can only call ‘love,’ and that substance was a force or power, like electricity. Love is the only word I have, but it’s not the right word here.”
- “I knew that love was the greatest force around us and that we are all love, and love is the only thing that is real, that hatred and pain and hurt and all the negative things are not really the way it is, that we just create these negative thoughts.”
- “Love was everywhere. It permeated the afterlife. It was incredible.”
- “I was loved unconditionally despite my faults and fears.”
- “This love was unique. I felt completely safe; nothing bad could happen. I was no longer in pain, and all my worries and fears were left behind with my body. Not many can get even the slightest idea of what this love is like.”
- “These incredible emotions were centered in the solar plexus — the most incredible mixture of peace, joy, love, acceptance . . . so strong I still cry thinking about it — that overwhelming melting pot of pure positive emotion: love, joy, acceptance, kindness, gentleness.”

These transformative experiences of a unique love — a love that is total, unconditional and enormous — speak not just to what happens after we die, but to what matters while we live. These people described their encounters with death, but the message, instead, is one about the meaning of life.”

Acts of Faith newsletter

Conversations about faith and values

**God’s love is a matter of psychological therapy. How do we receive love and accept it? How do we give love unconditionally like God?**

## Chapter 23 - Conclusion on the Twenty Clarifications

These twenty clarifications convince us of the use of God in psychology, science, healing, inventing, counseling, praying, and meditations. It is clear that God works in the universe and in people internally and externally. If you still have doubts on the existence of God after reading these clarifications, St Thomas' argument, and previous philosophy and theology, then I don't know how to help you. If you are at that point, only God can reveal Himself to you and convince you to use Him or to seek His higher power. Therefore, it is up to you to believe and enrich yourself. Also, believing in God without communicating with Him and having a relationship with Him is like not believing in God. It is like buying a piece of exercise equipment only to hang your clothes on it, rather than using it. God speaks to all people all the time, there are simply some people who are not listening. How does God talk to us? We have to listen to our hearts. If we do not hear God or His voice in our heart, it is because there is so much static there. However, in a meditation, we can turn that static off and hear God's voice. Unfortunately, atheists, agnostics, humanists, freethinkers, and unbelievers of all stripes will find an excuse to not listen to God and will always be stubborn about God's existence until God changes them. *You know God exists: then use Him. When you finally believe in God, you realize there is so much work to do in the world and your contribution will make a difference.*

The following sources talk about falling atheists:

Reference on the US tradition and God:

### Govt 'Blessing' of Atheism Defies Tradition



By Jerry Newcombe

Wednesday, 01 Jun 2016 04:43 PM [More Posts by Jerry Newcombe](#)

<http://www.newsmax.com/JerryNewcombe/atheism-founders/2016/06/01/id/731813/>

### Ray Comfort: Can't Trust Atheists in Power -- They 'Caused 110 Million Deaths' in One Century

By Michael W. Chapman | July 11, 2016 | 4:27 PM EDT

<http://cnsnews.com/blog/michael-w-chapman/ray-comfort-cant-trust-atheists-power-they-caused-110-million-deaths-one>

### Acclaimed Atheist Poet Becomes Catholic: 'My Tears Just Stopped'

By Mark Judge | November 30, 2016 | 10:43 AM EST

<http://cnsnews.com/news/article/mark-judge/acclaimed-atheist-poet-becomes-catholic-my-tears-just-dried>

## Chapter 24 - Counseling

### This brings us to the use of God in counseling. How can we use God in counseling?

Based on my illness, the remedy is **two internal** negative feedbacks for stability – 1) biological feedback, which is medicine, and 2) spiritual feedback, which is Christian meditation – and **several external** feedbacks – 1) Psychiatrist therapy (I had Dr. Johnson), 2) Christian counselor therapies (I had Rosemary), 3) a spouse or partner (I had my wife Bernice), 4) a supportive work environment (I had my good boss, Sven), 5) a supportive family (I had my brother and sisters Raouf, Rosette and Eveline), and 6) supportive children (I had my daughter Alexis). I have not had an episode for at least thirty years and am still going. What I have is called schizoaffective disorder. Dr. Johnson said on May 18, 2017 that I am stable and ready to graduate. If you are mentally ill, you need both the internal and external feedbacks for stability.

Therapy using Jesus as a negative feedback falls in the category of Humanistic Therapies. These approaches are based on valuing the unique humanness of each individual and maximizing each person's potential by stressing his or her wholeness and ability to change through choice. Visualizing Jesus whether through light, medium or deep meditation starts by taking small steps and allowing God to respond in our lives until the patient is in full or partial communication with God. This allows psychotherapy by Jesus and becomes the spiritual internal feedback.

The following source talk about spiritual mentoring:

“The skill of offering spiritual guidance to others has always been a mentoring project, whether it is one person who is being guided or a group of people. A mentor is one who serves as a trusted counselor or teacher, one who safely guides toward the chosen destination. The goal of the spiritual mentor has been to foster in others the development of *a personal consciousness of divinity*. That statement would probably be true for any major religion; it is certainly true in Christianity.” From the book “Connecting to God Nurturing Spirituality through small Groups” by Corinne Ware. The Alban Institute Copyright 1997.

From “Psychology of Human Behavior” Taught by: Professor David W. Martin, North Carolina State University copyright 2006 The Teaching Company Limited Partnership, Part 2 Lecture 15, on Humanistic Therapies.

- A. “Nondirective or client-centered therapy (sometimes derisively called uh-huh therapy) is a humanistic therapy devised by Carl Rogers and is based on the premise that the client has within himself or herself the ability to solve his or her own problems.
1. The role of the therapist is to act as a sympathetic sounding board or mirror, which allows the client to explore problems in an accepting context.
  2. Note that in nondirective or client-centered therapy, the terms therapist and client replace the medical terms doctor and patient and indicate a more equal power status
  3. In all cases, the therapist encourage growth by giving the client unconditional positive regard in a totally nonjudgmental setting.

4. The goal of this therapy is to help the client achieve full potential or, as Abraham Maslow termed it, self-actualization.
  5. Self-actualization can be achieved by helping the client form a strong self-concept assessment of his or her own worth.
  6. The notion is everybody has the potential to achieve self-actualization, but other constrains us through their judgments and reduces our assessment of our worth.
  7. In client-centered therapy, the therapist reflects the client's emotions and though in fully accepting way to enable the client to develop a more positive self-concept.
- B. Another humanistic approach that is similar to client-centered therapy is existential therapy, in which the emphasis is on helping clients come to grips with nonexistence (death). So that they can take responsibility for their existence (life).
1. Existential therapy acknowledges not only that each of us will die but also that life is difficult and that the modern world alienates and depersonalizes people.
  2. In order for us to counteract the acknowledged difficulties in life, it is necessary for us to individually develop ways of confronting these conditions and discovering the meaning of our existence.
- C. Some criticisms of humanistic therapies are that they are difficult to use with seriously disturbed clients, that they are designed more to enhance the client's life rather than to correct mental disorders, and that because they are so individualistically tailored to each client, they are difficult to evaluate.”

**To solve this problem with disturbed clients, it probably better to start them on light meditations instead of deep meditation in which it is a simple prayer in the right hemisphere.**

Here are several resources on mental illness:

Good Mental Health: A Critical Part of Overall Well-Being

10/12/2016 04:55 pm ET

Lenny Sanicola\_Senior Practice Leader, WorldatWork

<http://www.huffingtonpost.com/entry/57fea1b9e4b0985f6d15695a>

**Depression is more than a mental disorder—it affects the whole body**

<http://medicalxpress.com/news/2016-03-depression-mental-disorderit-affects-body.html>

**March 1, 2016**

“An international team of researchers lead by the University of Granada (UGR) has scientifically proven for the first time that depression is more than a mental disorder—it causes important alterations of the oxidative stress, so it should be considered a systemic disease, since it affects the whole organism.

The results of this work, published in the renowned *Journal of Clinical Psychiatry* magazine, could explain the significant association that depression has with cardiovascular diseases and cancer, and why

people suffering from depression die younger. At the same time, this research may help finding new therapeutic targets for the prevention and treatment of depression.

The lead author of this work is Sara Jiménez Fernández, Ph.D. student at the UGR and psychiatrist at the Child and Adolescent Mental Health Unit at Jaén Medical Center (Jaén, Spain). The co-authors are the UGR Psychiatry professors Manuel Gurpegui Fernández de Legaria and Francisco Díaz Atienza, in collaboration, among others, with Christoph Correll from the Zucker Hillside Hospital (New York, USA).

### **A study with 3961 people**

This research is a meta-analysis of 29 previous studies involving 3961 people, and it's the first detailed work of its kind about what happens in the bodies of people suffering from depression. It studies the imbalance between the individual increase of various oxidative stress parameters (especially malondialdehyde, a biomarker to measure the oxidative deterioration of the cell membrane) and the decrease in antioxidant substances (such as uric acid, zinc, and the superoxide dismutase enzyme).

The researchers have proven that after receiving the usual treatment against depression, the patients' malondialdehyde levels are significantly reduced, to the point that they are indistinguishable from healthy individuals. At the same time, zinc and uric acid levels increase until reaching normal levels (something that does not occur in the case of the superoxide dismutase enzyme).”

**Explore further:** Biomarkers to finetune depression treatment

**More information:** Sara Jiménez-Fernández et al. Oxidative Stress and Antioxidant Parameters in Patients With Major Depressive Disorder Compared to Healthy Controls Before and After Antidepressant Treatment, *The Journal of Clinical Psychiatry* (2015). DOI: 10.4088/JCP.14r09179

### **Depression brings other disorders**

<https://medicalxpress.com/news/2017-04-depression-disorders.html>

April 28, 2017

#### **CONTRIBUTOR**

The Mental Health Misconceptions That Flood Us

01/13/2017 02:24 am ET | **Updated** 6 hours ago

<http://www.huffingtonpost.com/entry/5878803de4b03e071c14fc0a>



IMAGE CREDIT: [HTTP://WWW.WITSU.IE/WELFARE/HEALTH-A-Z/MENTAL-HEALTH/](http://www.witsu.ie/welfare/health-a-z/mental-health/)

Richa Gupta\_Teen Poet and Blogger, Founder & Editor-in-chief of Moledro Magazine

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## New Report Shows The U.S. Is Failing When It Comes To Mental Health

The suicide rate has increased, as has the rate of depression in teens.

01/13/2017 11:40 am ET

Sara G. Miller LiveScience.com

[http://www.huffingtonpost.com/entry/new-report-shows-the-us-is-failing-when-it-comes-to-mental-health\\_us\\_5878ff01e4b0b3c7a7b0ea5c](http://www.huffingtonpost.com/entry/new-report-shows-the-us-is-failing-when-it-comes-to-mental-health_us_5878ff01e4b0b3c7a7b0ea5c)

## Early Signs of Anxiety and Depression Could Be Detected in Children Straight From Birth

February 8, 2017 by [Alessia Santoro](#)

<http://www.popsugar.com/moms/Signs-Anxiety-Depression-Could-Detected-From-Birth-43129605>

## If you live your life without mental health issues, science says you're the weird one

Mike Wehner,BGR News Tue, Feb 7 5:00 PM PST

<https://www.yahoo.com/tech/live-life-without-mental-health-issues-science-says-010009670.html>

## 5 Types of Depression You Should Know About

- **Sarah Kaye Santos**
  - October 04, 2016

<http://www.cheatsheet.com/health-fitness/types-depression-should-know.html/>

“As crummy as it feels to go through a day or two of feeling low, those fleeting moments of sadness don’t even come close to depression. This disorder can lead to extreme fatigue and an overwhelming sadness that **prevents someone from enjoying** things they once loved. And it’s pretty common, affecting over 26% of American adults, according to the **Centers for Disease Control and Prevention**. But that’s really oversimplifying things, because there’s more than just one type of depression. Since mental illness is so prevalent, it’s important to know about these five types of depression in case you or someone you know may be suffering.

## 1. Major depression



A business man experiencing severe sadness from major depression | iStock.com/Otmar Winterleitner

### Help For Adult Depression

Discover A Treatment Option For Major Depressive Disorder Today. [www.information-about-mdd.com](http://www.information-about-mdd.com)  
Major, or clinical, depression is a very serious mood disorder **that WebMD** says affects 20% to 25% of adults at some point. It can interfere with daily tasks, including work, school, eating, and sleeping. If left untreated, major depression can last for weeks, months, or even years. Symptoms include energy loss, insomnia, restlessness, and feelings of guilt or worthlessness. It can also cause loss of interest in spending time with friends and loved ones and even changes in weight.



Interestingly, clinical depression can be generational. It may also be triggered by significant life events. This includes relationship conflicts, social isolation, abuse, or loss of a loved one. It's important to see a doctor for treatment recommendations if any of this sounds like you.

## 2. Dysthymia



A woman feeling sad from dysthymia | iStock.com

Also known as persistent depressive disorder, dysthymia shares some common symptoms with major depression. This includes lack of energy and concentration, no desire to take part in fun activities, and weight loss or gain. [Harvard Health Publications](#) mentions those with dysthymia constantly feel as if they're going in and out of depression. It may be less severe than clinical depression, but it usually lasts longer. People with persistent depressive disorder can be very irritable and are more likely to develop major depression as well. Though there's now way to prevent it, the combined use of medication and psychotherapy is usually a good option for treatment.

### Psoriasis Treatment

Get Info on a Moderate to Severe Plaque Psoriasis Treatment.  
[www.informationaboutpsoriasis.com](http://www.informationaboutpsoriasis.com)

## 3. Postpartum depression

Women who've given birth may experience postpartum depression (PPD) as soon as a few days after birth or not for several months, so it's definitely important for mothers to pay attention to how they feel after delivery. The [National Institute of Mental Health](#) says PPD often causes extreme sadness, exhaustion, or anxiety. Women may also cry for no reason, oversleep, and may have difficulty developing an emotional attachment to their children. If left untreated, it can last for months or even years. Treatment may include antidepressant medication or counseling. If you feel these extreme symptoms after childbirth, be sure to see a health care provider to help decide what's best for you.

#### 4. Seasonal depression



A teenage girl who is suffering from seasonal depression | iStock.com/max-kegfire

Seasonal depression, or seasonal affective disorder (SAD), typically occurs during the winter months. [WebMD says](#) those with SAD often feel moody, sad, and anxious during the colder months. Seasonal depression can also boost cravings for high-carb foods like bread and pasta. While it can affect anyone, it's most common among women and those between the ages of 15 and 55.

Psoriasis Treatment Info

Get Info on a Treatment for Moderate to Severe Plaque Psoriasis  
[www.informationaboutpsoriasis.com](http://www.informationaboutpsoriasis.com)

The cause isn't totally understood, but it may have to do with the lack of sunlight. Light therapy, antidepressants, and counseling may be used to help treat seasonal depression. Speak with your doctor if you notice the change in seasons taking an unusual toll on your mood.

### **5. High-functioning depression**

Depression isn't always easy to spot. In fact, some people who have it can appear completely happy and successful on the outside. But behind closed doors, they can be suffering. This is known as high-functioning depression. It's a form of mental illness where people can complete tasks and carry out normal, everyday activities even though they feel depressed. One doctor told [Well + Good](#) she typically sees it among women who strive for perfection. It's not easy to recognize, but some things to look out for include irritability, jokes that appear out of character, or constantly seeming detached. Meditation, speaking to a therapist, and prescribed medications can be useful. If you think you may have high-functioning depression, don't be afraid to seek help."

### **Psychologists and Psychiatrists Approach Mental Health Differently**

[In The News](#) July 12, 2016

<http://www.madinamerica.com/2016/07/psychologists-and-psychiatrists-see-mental-health-differently/>

### **The key to effectively treating mental illness—eliminate the stigma**

August 10, 2016

<http://medicalxpress.com/news/2016-08-key-effectively-mental-illnesseliminate-stigma.html>

### **How to know when it's time to see a therapist**

By Dr. Christine Brown, News.com.au

October 13, 2016 | 1:12pm

<http://nypost.com/2016/10/13/how-to-know-when-its-time-to-see-a-therapist/>

### **26 Pieces of Advice That Have Actually Helped People With Mental Illness**

The Mighty Wed, Feb 3 7:01 AM PST 2016

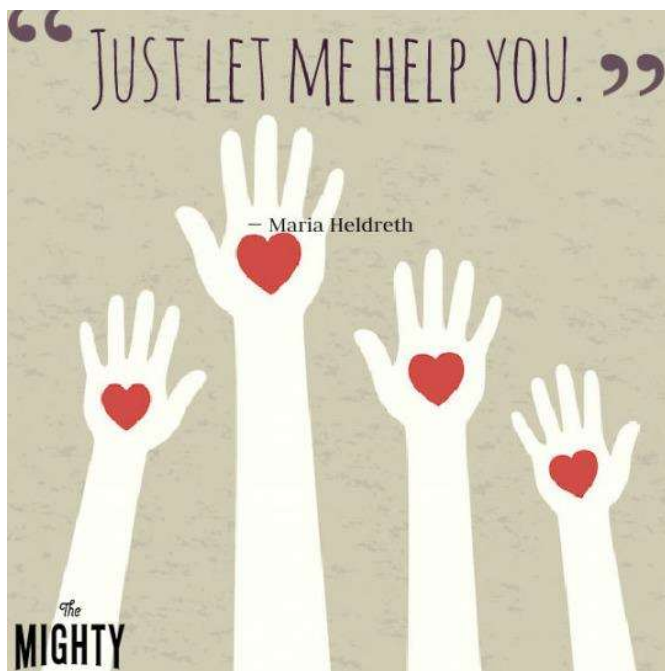
<https://www.yahoo.com/beauty/26-pieces-of-advice-that-have-1353900121350198.html>

With that expert's list of ways to manage anxiety, the latest trendy mental health app and that "magical cure for depression" your aunt heard about on TV, it seems like everyone's full of mental health advice these days.

So, [we asked our mental health community](#) to share pieces of advice they've actually found helpful. These little nuggets of wisdom aren't FDA-approved, but when used correctly side effects may include: self-care, acceptance and a little more patience with yourself.

**“Here's some advice that's actually helped people with mental illness:**

1. “On a particularly difficult day, I was trying to fight through an anxiety attack and finish all the child-related tasks I needed to complete. My husband kept offering help, and I kept refusing. He pulled me aside in the laundry room as I was frantically folding another load and said, **“Just let me help you.”** It doesn't immediately make the anxiety go away, but it's helped me learn to let go.” — Maria Heldreth



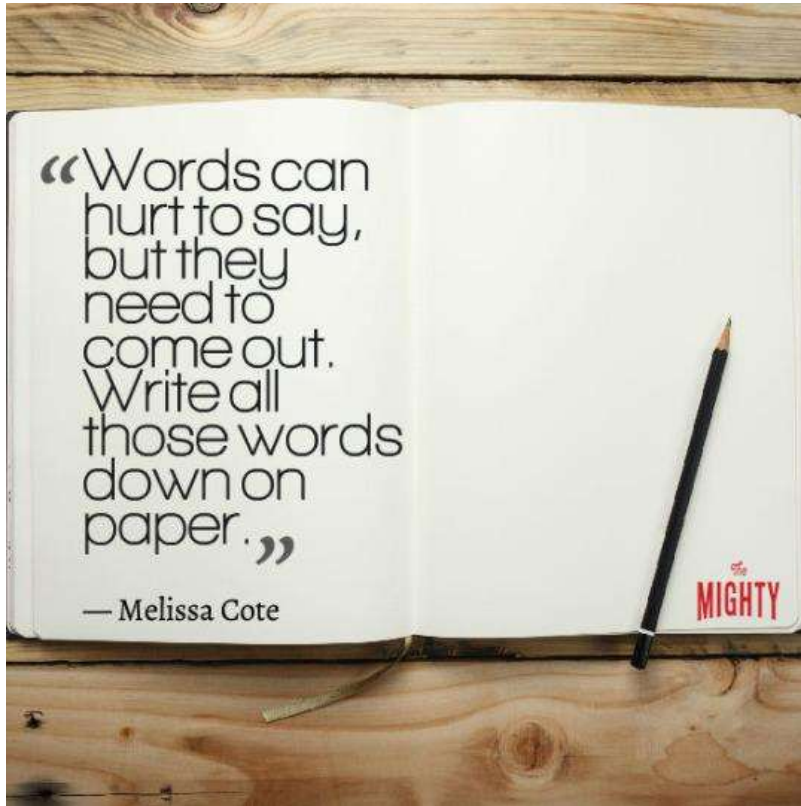
2. “**Don't wait. See a doctor. Don't be afraid to ask for help. Don't be embarrassed.** Chances are, someone knows exactly what you're going through.” — Kristin Salber

3. “I have depression and anxiety (as well as other chronic medical conditions), and after the worst week I've had in a while, my doctor said, **“Find something you enjoy, and if you can't find that, find the joy in something.”** This really had an impact on me and still reminds me to look for a silver lining.” — Faith Merryn

**Related:** [To the Husband With the Wife Who Has Depression](#)

4. “I have generalized anxiety disorder, and I made friends with someone who’s extremely similar to me. She told me to **always be myself and the people who truly care will stick around.** It truly did help.” — Julia Ann Lange

5. **“Words can hurt to say, but they need to come out. Write all those words down on paper.”** — Melissa Cote



6. “A friend recently told me that no matter if I get a job one day or not, **your life matters as long as you can make people smile.** When I think of it that way, it’s easier to see my life as something of worth.” — Emma Wozny

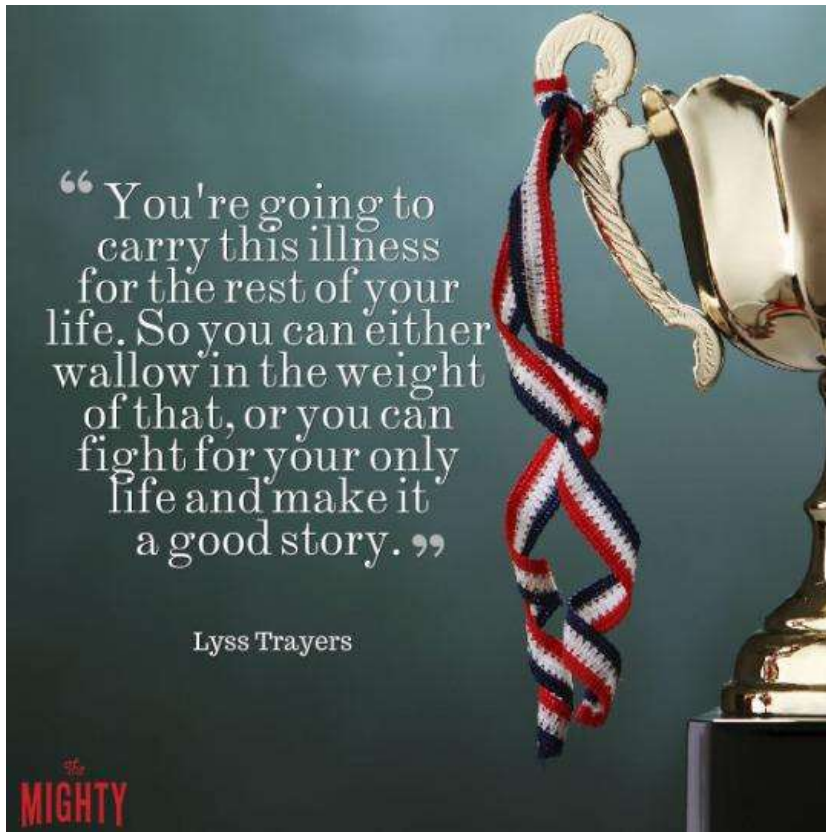
7. “A great therapist I had told me to **focus on ‘harm-reduction, not perfection.’** I felt like I was expected to magically ‘get better,’ and she helped me learn that starting with baby steps was totally OK.” — Jen Decker

8. “Someone said, **“I’ve been here, I know a way out, I’m here to show you too.”** And, **“It gets better, it may not leave, but it gets better.** And it has.” — Tom Everman

9. “I have anxiety and major depressive disorder. This is going to sound ridiculous, but my best friend once told me, **“When you’re sad, watch ‘The Simpsons.’”** It actually works when I’m panicking, too. It gets my mind off whatever I’m obsessing about, and I usually end up laughing.” — Dawn Czarnecki Seshadri



10. “It wasn’t long after my diagnosis that I was told pretty bluntly: ‘This illness is has no cure. You’re going to carry this illness for the rest of your life. **So you can either wallow in the weight of that, or you can fight for your only life and make it a good story.**” — Lyss Trayers



11. “My depression and anxiety stem from a traumatic childhood. Just hearing ‘**it wasn’t your fault**’ from my psychologist was incredibly helpful.” — Kathrine Elise

12. “**Don’t always believe what your brain is telling you.**” — Kerri Lewis Brock

**Related:** [\*36 Things People With Anxiety Want Their Friends to Know\*](#)

13. “**It’s OK to feel sad. You don’t need to pretend.**” — Allyson White

14. “**The best advice: Treat yourself as if you were a good friend.**” — Julie Jeatran



15. **“Celebrate every accomplishment, no matter how small, instead of dwelling on all the things we perceive as failures.”** — Jennifer Northrup

16. **“I have post-traumatic stress disorder and bipolar disorder. When I was in intensive outpatient therapy, the counselor looked at us and said, ‘It’s over. That moment is over. It isn’t going to happen again.’ For some reason, that resonated with me.”** — Nicole Hanes

17. **“They told me this: ‘You are not broken; you are a whole person. You are just human. A human who is living, learning and growing. And learning, living and growing comes with bumps in the road. Remember that this is just a bump.’”** — Kallie Kieffer

18. **“Your worst days will only be 24 hours.”** — Arielle Smith



19. **“You wouldn’t skip a dialysis or chemotherapy appointment. Your therapy appointments are just as important. No excuses.”** — Jennifer Davis

20. **“I think you need to give therapy a try.”** Thanks to that, I started therapy and I’m now on the path to recovery.” — Julianne Leow

21. **“Your struggles are your accomplishments in disguise.”** — Katherine J Palmer

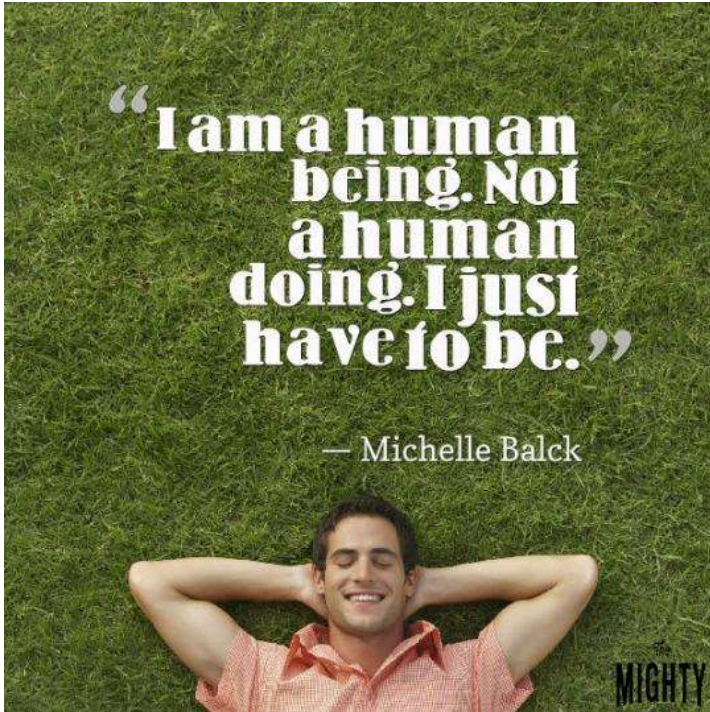
Related: [\*14 Things I Didn’t Expect to Learn at a Psychiatric Hospital\*](#)

22. **“Remember: Depression lies. Don’t believe it.”** — Beth Brogan





23. **“Always ask for help. There is never any shame in asking for help.”** — Meghan Shultz
24. **“Take life 5 minutes at a time.”** — Stephanie Lynn
25. **“You can’t give everyone else everything you have. You absolutely have to save a little of yourself for yourself.”** — Shawn Henfling”
26. **“I am a human being. Not a human doing. I just have to be.”** — Michelle Balck



*Answers have been edited and shortened.*

Final advice to the mentally ill from the Bible:

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. — *Joshua 1:9, NLT*

So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you. — *Deuteronomy 31:6, NLT*

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. — *1 John 4:18, NLT*

## **5 Lies My Depression Told Me**

The Mighty Thu, Feb 4 6:01 AM PST

<https://www.yahoo.com/beauty/5-lies-my-depression-told-me-1353899943813174.html>



*(Photo: Kelly Jensen)*

“I was not depressed.

I couldn’t be.

I had never self-harmed. I had never ideated on suicide. I had never felt the need to seek professional help for those low days or weeks or months. I wasn’t like the people I saw on TV or in movies or in books who were depressed. People I knew with clinical depression sought treatment when they engaged in destructive activities or couldn’t get out of bed in the morning or function on a day-to-day basis. I did everything with my whole heart — and depression always seemed to me to be like an all-over weight, impossible to live with.

I wasn’t like that.

**Related:** [\*The Most Important Thing I’d Tell Every Person With Depression\*](#)

**The first lie depression told me was that I didn’t have depression.**

Because I could get up in the morning, because I could take a shower and do my makeup and my hair, because I could sit down in my office at home and put in a day’s worth of work, because I could follow the routine day in and day out, my depression told me it wasn’t a big deal that I’d spend all my free time sleeping.

Depression lied about it being relaxing, recovering and restful. Working takes a lot of energy. It wasn’t an avoidance tactic or an unhealthy coping mechanism.

Going through the performance of each day drained me, but it was ignoring depression that really wore me out.

### **The second lie depression told me was that things were OK if I maintained control.**

By obsessively watching my food intake and making sure I ate only the healthiest meals, by ensuring I worked out daily, by spending an hour with a therapy light in the darkest mornings of winter, I would pull through my temporary seasonal blues. If I added in half an hour of yoga or a few minutes of mind relaxation techniques when I felt really bad, I could relax and avoid the unpleasant thoughts.

But being restrictive negatively impacted my physical and mental health. Insisting on controlling every aspect of my life denied me peace and balance, and it made the depression worse — which is exactly what depression wants.

### **The third lie depression told me was that I wasn't good enough.**

I wasn't a good enough wife.

I wasn't a good enough friend.

I wasn't a good enough daughter/granddaughter/niece/co-worker.

The critical things people said to me or about me, the mean things they wrote — those were the truest parts of who I was. The niceties, the compliments and the solid, unwavering support of those who always had my back were all instances of temporary kindness. I was and could only be an obligation.

Depression told me people I knew loved and cared about me didn't. That the things I thought were true and safe were anything but, and I needed to try harder to be better or retreat all together. The crushing insecurity depression wrought upon my thinking led to out-of-character behavior and the need for constant reassurance from those to whom I was closest.

The insecurity also led to building up giant walls and demanding space from others who cared about and sometimes needed me to be there. At times, the insecurity depression gave me meant doing both things in tandem: demanding reassurance while not offering the same back. Or worse, believing those reassurances were just there so that I would offer something back, even though I believed I had nothing worth offering to anyone.

**Related:** [\*36 Things People With Anxiety Want Their Friends to Know\*](#)

### **The fourth lie depression told me was that I didn't suffer from anxiety.**

I didn't have real problems. I had a house. Friends. A job. A family. Real anxiety involved trauma. Real anxiety involved fears outside of the things that I had complete and utter control over (because I could control everything, remember?).

Depression told me the anxieties I had were all made up, even as it fueled the feelings and demanded behavior that exacerbated my anxiety.

The truth is that anxiety fueled the depression that lied to me. Depression thrived off my low-grade anxieties, helping them grow, which in turn made my depression worse. For me, depression and anxiety weave together like a strand of DNA. They twist around and around and around, rooted and connected to one another.

### **The fifth lie depression told me was that it wasn't "bad enough."**

Depression told me getting out of bed in the morning meant I was functioning. That turning in work on time — sometimes really great work that showcased my sharpest thinking skills — meant I didn't have miserable, self-flagellating, relentless thoughts circulating through my head. Depression told me sleeping my afternoons away was fine, even restorative, rather than part of a dangerous cycle. Depression told me near-constant exhaustion came from pushing myself too hard on projects I'd taken on, not from being up half the night because I couldn't shut off the voices or thoughts. Because I'd already slept eight or ten hours that day. Because I wasn't eating enough and I was working out too much.

**Related:** [\*To the Husband With the Wife Who Has Depression\*](#)

Depression doesn't present one specific way. It doesn't feel one specific way. It doesn't function one specific way. But it will insist that it does, encouraging you with lie after lie after lie to explain away very real signs and symptoms of its existence, which only causes more pain and hurt.

Finally, being able to untangle those lies and turn them into the truth of the situation — that I suffered from depression — was like discovering a whole new, different world: a healthier world where I did not have to be my depression, and my depression did not have to be me.

The first truth I told depression was that it existed, but it did not define me.”

*This post originally appeared on the [To Write Love on Her Arms](#) blog.*

By [Kelly Jensen](#)

**More from [The Mighty](#):**

[\*What the Starbucks Barista Didn't Know When She Wrote 'Smile' on My Coffee\*](#)

[\*A Letter to Those Affected By My Anxiety\*](#)

## **10 Signs You're Depressed But Don't Know It**

[http://www3.forbes.com/entrepreneurs/10-signs-youre-depressed-but-dont-know-it/?utm\\_campaign=Signs-Youre-Depressed&utm\\_source=yahoo-gemini&utm\\_medium=Referral](http://www3.forbes.com/entrepreneurs/10-signs-youre-depressed-but-dont-know-it/?utm_campaign=Signs-Youre-Depressed&utm_source=yahoo-gemini&utm_medium=Referral)



**Steven Berglas** Contributor **ENTREPRENEURS** [Facebook](#)

“Depression affects so many people that it is often called the common cold of mental illness. The Centers For Disease Control estimates that 19 million Americans suffer from it. At some point in their lives, 10% to 25% of women and 5% to 12% of men will become clinically depressed. The sputtering economy and tenuousness of the job market doesn’t help: The Consumer Confidence Index just plunged to its lowest level since 1980.

Depression is no fashionable affliction. In it is real, insidious, and when in full bloom, debilitating. Yet far too many people are oblivious to their own deep sadness or simply refuse to recognize it. Emotional vulnerability? *Verboten*—especially among the achiever set. They’re less likely to ask for help than Tea Party members are to ask for a tax hike.

Ignorance and denial are not cures for depression. They *are* guarantees that when you finally own up to your sadness, it will kick you a hell of a lot harder than when you started suppressing it.

Here are 10 ways to detect depression early and let the healing begin.

#### **10. You laugh and cry at times that don’t call for it.**

In psychiatry, the concept “inappropriate affect” refers to behavior that is emotionally out of sync with the stimulus that prompted it. People who are depressed but do not know it exhibit a unique variant of this problem: They over-react to insignificant sadness and ignore major league bad news.

The flavor of this depression is called alexithymia. I first came across it when one of my clients told me of taking his children to the movies: “I cried in the theatre when a deer lost its mother,” he said, “but when my partner handed me the legal papers demanding a dissolution of our business, I threw them in my ‘In Box’ and proceeded to order lunch.”

Abraham Maslow, one of America's most influential psychologists, observed: "What is necessary to change a person is to change his awareness of himself." Fess up to how you feel so you can fight on.

You'll be amazed at how relieved you'll feel when you do.

### **9. You work harder, not smarter.**

When people are depressed, they have trouble seeing novel solutions to their problems. Instead, they do more of the same. The classic example is trying to exercise your way to happiness: If you already log a few hours a week at the gym, spending another 30 more minutes every day may briefly lift your spirits. But that relief is ephemeral. When it dissipates, get off the treadmill and get to the root of what's bothering you.

### **8. You have trouble accepting praise or goodwill.**

Martin Seligman, the psychologist who revolutionized our thinking about depression, studied the behavior of dogs that were given electric shocks. Eventually, they would lay helplessly in their cages, not responding to tugs on their leashes that would have moved them to safety from the shocks. The human corollary: If you find yourself ignoring favorable gestures or simple interpersonal warmth, chances are you're not a malcontent. You're depressed.

### **7. You can't concentrate.**

Everyone suffers from scattered thoughts now and again. Those who are depressed but who possess too much control to act out recklessly may do so in fantasy. But how to distinguish a healthy daydream from potentially dangerous ones? Healthy dreams involve changes in your life that you can realize in a handful of steps. Unhealthy ones take you from middle-class to movie-stardom overnight.

### **6. You cannot stop socializing.**

Immersing yourself in group activities sounds healthy—and for many people it is. However, if the sole purpose is to keep you from wrestling with your thoughts and feelings, having a brimming social calendar is not the answer (and you probably won't be all that fun a companion anyway). Like the toxic mortgage securities still stinking up bank balance sheets, you have to flush out the dreck before you can start investing anew.

### **5. You feel nothing.**

Rather than be sad, many people would choose to forgo feeling altogether. But some people end up getting stuck in neutral—dooming them to invite the same pain again and again. Worse, this zombie-like approach creates anxiety in those around you and alienates those who care for you.

### **4. Conflicts quickly escalate into fights.**

One common but exceedingly dumb way to dull the feeling of helplessness brought on by depression is to show people you're nobody's patsy. Get cut off on the highway? Run the bastard off the road. Have an idea shot down at a brainstorming session? Take the opinionated punk outside and pummel him. If you're lucky, maybe you'll have enough bruises to distract you from your emotional pain.

### **3. You're obsessed with achievement in bed.**

Have a limp libido? Going on a Hugh-Hefner-like tear may not lift your spirits. If you find you've traded serial monogamy for seducing any partner that will have you, there is a good chance you're trying to keep depression at bay.

### **2. You've gone from one drink with dinner to three before appetizers.**

“Alcohol is the anesthesia by which we endure the operation of life.” Bernard Shaw's observation is as true now as it was then. Drinking alcohol is the most common tactic people take to self-medicate emotional pain. The problem with this strategy is that when you finally



recognize the emotional pain driving you to drink, you'll have two disorders to contend with rather than one.

### **1. You are over-confident and fearless.**

Many people—and especially high achievers—cope with depression by acting in ways opposite to how they feel. (Shrinks call this “escapism.”) Engaging in daredevil pursuits, be it mounting a takeover of a rival company or quitting your job to open a restaurant, makes you feel invincible, when you're really in the dumps. There is a method to this madness: The major cause of depressions—those not born of biochemical imbalances, of which there are plenty—is feeling out of control or helpless. Achievers loathe that feeling and fight like hell to deny it through action. But that, ultimately, won't work.”

## **15 Things Nobody Ever Tells You About Depression**

<http://www.womansday.com/health-fitness/wellness/a55608/things-nobody-tells-you-about-depression/>

“A lack of emotion is just the beginning.



Getty Images

BY [MARIA CARTER](#)

JUL 14, 2016

## **5 Lesser-Known Signs You Could Be Depressed**

By  
Suzannah Weiss  
10 hours ago

<http://www.glamour.com/story/5-lesser-known-signs-you-could-be-depressed>

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Depression can mean a lot of things— it's not always the stereotype of someone who is constantly sad and can't get out of bed. According to the National Institute of Mental Health, the symptoms of depression are many and varied, with sadness, hopelessness, and decreased energy being just a few.



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DT6R9D RENEE ZELLWEGER BRIDGET JONES'S DIARY (2001)

Alamy Stock Photo

In fact, some people with depression don't even experience the low, empty mood it's associated with, according to Smitha Murphy, M.D., a psychiatrist at the Seton Mind Institute in Austin, TX. Some experience lesser-known signs that are easy to miss if you're not familiar with the condition in all its iterations. Depression affects specific neurotransmitters in the brain that regulate mood and other functions like sleep and appetite. So, if you've been experiencing any of these symptoms, you may want to talk to a counselor or doctor about the possibility that they stem from depression.

**1. Irritability** Sometimes, depression looks more like anger than sadness. If you find yourself snappy, cranky, or quick to lash out at others for no apparent reason, this could actually be because you're depressed, Murphy says.

**2. Changes in your sleep patterns** You may think of a depressed person as wanting to sleep all day, and that is one possible manifestation. But another is insomnia or sleep that doesn't leave you feeling refreshed.

**3. Changes in eating habits** Depression can work both ways in terms of your diet as well. Depressed individuals might experience a loss of appetite that leads to weight loss or an urge to eat more for emotional reasons, which could lead to weight gain.

**4. Trouble concentrating** Symptoms that you might think of as characteristic of ADD, like making careless mistakes and forgetting obvious information, might stem from depression instead. Having trouble making very basic decisions, like what size coffee to order at Starbucks, could be another sign.

**5. Unexplained pain** Sometimes, patients will go to the doctor with aches and pains that can't be explained for physical reasons, and the real culprit turns out to be depression, Murphy explains. This may feel like a general achiness throughout the body, while other times, it shows up as back pains or headaches. Either way, physical symptoms should be ruled out before mental health issues are blamed.

Since these issues are interconnected, treating depression often ends up treating multiple symptoms, says Murphy. The trick is just determining where they're coming from. While not all these problems signify depression for everyone, talking to a professional should help you get to the bottom of it—and feeling better.”

## TECH & SCIENCE

### Anxiety Disorders, From OCD to PTSD, Explained

BY LECIA BUSHAK ON 8/7/16 AT 10:00 AM

[HTTP://WWW.NEWSWEEK.COM/ANXIETY-DISORDERS-EXPLAINED-487856](http://www.newsweek.com/anxiety-disorders-explained-487856)

TECH & SCIENCE ANXIETY MENTAL HEALTH OBSESSIVE COMPULSIVE DISORDER (OCD) PTSD

*This article originally appeared on Medical Daily.*

“If you’ve ever had a panic attack, you’ve likely branded yourself an “anxious” person at some point. But there is no such thing as one anxiety disorder: There are several different types, and it’s possible to suffer from a few of them at the same time.

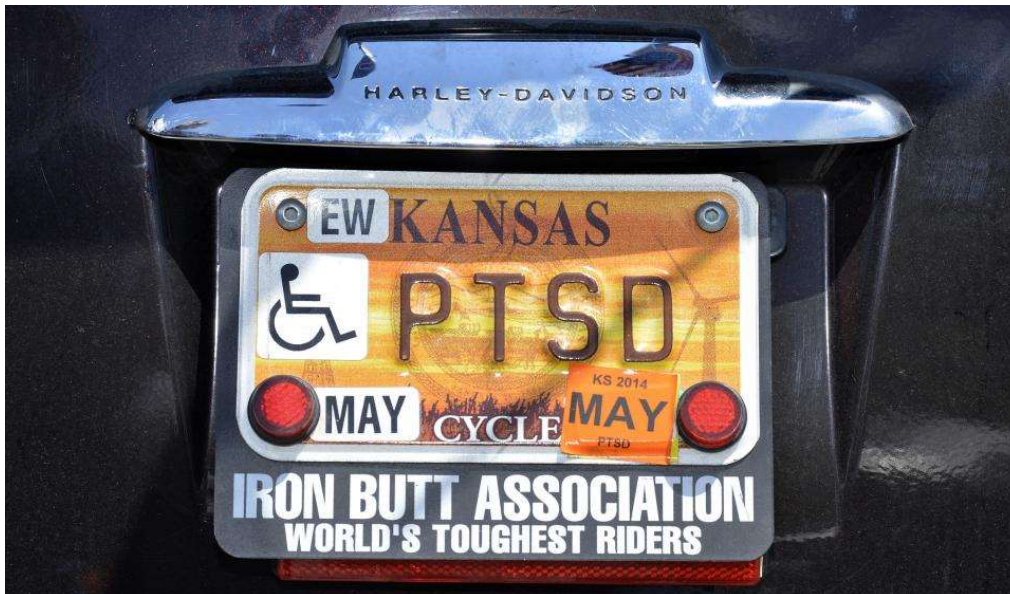
Anxiety disorders affect some 40 million adults in the U.S., according to the Anxiety and Depression Association of America (ADAA). That’s as high as 18 percent of the population, making them one of the most common mental health afflictions. If you suffer from anxiety, you’re certainly not alone. Here are the different types, what they mean for your mental health, and the best ways to battle them.

## GENERALIZED ANXIETY DISORDER

Generalized anxiety disorder (GAD) affects more than 3 percent of the U.S. population. People with GAD will typically worry excessively and chronically, meaning there will always be fear in the back of their minds for months and even years. Having this chronic worrying is mentally exhausting, which often means people with the disorder will feel fatigued and drained, have difficulty concentrating, experience muscle tension, or be unable to sleep well. Fortunately, it can be treated with medication like anti-anxiety meds or antidepressants, as well as cognitive behavioral therapy.

## PANIC DISORDER

Panic disorder refers to a condition in which sudden, debilitating attacks of fear or panic impair a person's daily life. During a panic attack, a person will experience intense physical symptoms including hyperventilation, increased pulse, dizziness or lightheadedness, tingling limbs, chest pain, or abdominal pain. Such physical symptoms can often be scary, since they share qualities with symptoms of heart attacks or strokes, and typically exacerbate the panic attack. Fortunately, like GAD, panic disorder can be treated with medication and psychotherapy.



Vietnam veteran Larry

Edwards, 63, of Ellsworth, KS, sports a personal license plate "PTSD" for the post-traumatic stress syndrome he still suffers from his service in Vietnam. Mike Theiler/Reuters

## OBSESSIVE-COMPULSIVE DISORDER (OCD)

OCD may be one of the most poorly understood mental disorders out there: It's easy to stereotype people with OCD as being excessively clean or orderly. In fact, many myths about OCD can be debunked by science.

There are two pillars of OCD: obsessions, which are thoughts or images that repeat in the person's mind, and compulsions. The person will feel out of control and find the thoughts disturbing, and experience accompanying feelings of fear or worry. These obsessions can involve fears of contamination, unwanted sexual thoughts, religious fears of offending God or morality, or being worried they will harm someone they care about.

Compulsions involve the actions and "rituals" that follow the obsessive thought. Ritualistic steps often make the person feel like they have more control over their thought by allowing them to "cancel" it out. OCD can be complicated to treat, but there are cognitive behavioral therapies that help people face their fears and overcome their obsessions and compulsions, such as Exposure and Response Prevention.

## **PHOBIA**

Surprisingly, phobias affect nearly 9 percent of the population, mainly women. Phobias involve the overwhelming fear of an object, organism or situation that is objectively harmless. Phobias such as the fear of open spaces, close spaces, snakes and elevators, among others, can be damaging to a person's daily life and relationships. Getting help can include being prescribed beta blockers, antidepressants, or sedatives as well as participating in cognitive behavioral therapy or desensitization or exposure therapy.

## **SOCIAL ANXIETY DISORDER**

It's one thing to be shy or an introvert, but in extreme cases, a person may suffer from social anxiety disorder — the fear of being judged or scrutinized in social situations. This can prevent sufferers from socializing, going to work, or even leaving their homes. Conquering social anxiety disorder might involve exposure therapy to overcome the feelings of nervous "stage fright," as well as anti-anxiety meds.



## **POST-TRAUMATIC STRESS DISORDER (PTSD)**

PTSD is often listed as a mental illness entirely on its own, but it is often linked to the anxiety umbrella and it may be one of the most serious anxiety disorders. PTSD stems from a traumatic incident or even a brain injury that damages a person's mental health and results in severe flashbacks, depression, and anxiety. Because of the complexity of the condition, there are various types of treatments that can be individualized based on the person. For more ways to build defenses against anxiety, check out these helpful small tips."

### **Some great leaders had mental illness - it may have helped**

August 11, 2016 by Seth Borenstein

<http://medicalxpress.com/news/2016-08-great-leaders-mental-illness-.html>

"Some of America's greatest leaders in history have had mental health problems and it may have helped in times of crisis, psychiatrists and psychologists said.

Presidents Abraham Lincoln and John F. Kennedy, along with Civil War generals Ulysses S. Grant and William Tecumseh Sherman and civil rights leader Martin Luther King Jr., all struggled with mental health issues, often depression, said Tufts University psychiatry professor Dr. Nassir Ghaemi, who has written about historical figures' psychological issues. He also points to British Prime Minister Winston Churchill and India's Mahatma Gandhi as major historical figures who thrived while having emotional issues.

"Some of those mental health problems can, in fact, make for greatness," said Katherine Nordal, a psychologist who heads the American Psychological Association's professional practice program. Other professionals agreed.

Saying someone has psychiatric issues, "in my view ... is a compliment," said Ghaemi, author of the book "A First-Rate Madness: Uncovering the Links between Leadership and Mental Illness." He used medical and historical records to analyze historical figures.

Manic depressive people are often more creative, more empathetic and realistic than the more mentally healthy, Ghaemi said. These people tend to succeed in times of crisis and fail in times of peace and prosperity, he said.

Two sets of leaders illustrate that.

Sherman was severely depressed, reportedly suicidal, while Gen. George McClellan was considered mentally healthy but not a successful general in crisis, Ghaemi said. Grant, who had a problem with alcohol, excelled during wartime but did not do well as a peacetime president, he said.

More recently, Churchill suffered repeated long bouts of depression which he was open about, calling it his "black dog." His predecessor as prime minister, Neville Chamberlain, was the same political party—conservative—but more mentally healthy and yet didn't see the threat of Adolf Hitler.

Churchill thrived in the crisis of wartime but failed in the post-war peace and prosperity, Ghaemi said.”

**Explore further:** Child abuse contributes the most to mental health problems in the Canadian Armed Forces

## HEALTHY LIVING

### Why Employers Need To Talk About Mental Illness In The Workplace

08/19/2016 01:40 pm ET | **Updated** 3 hours ago

[http://www.huffingtonpost.com/joseph-rauch/employers-talk-about-mental-illness-workplace\\_b\\_11427674.html](http://www.huffingtonpost.com/joseph-rauch/employers-talk-about-mental-illness-workplace_b_11427674.html)

Joseph Rauch\_Staff Writer @Talkspace, Aspiring Author

### 10 Things Everyone Should Know About Depression

In honor of Robin Williams.

08/11/2016 05:43 am ET | **Updated** 4 hours ago

[http://www.huffingtonpost.com/entry/what-to-know-about-depression\\_us\\_57a35261e4b0e1aac914f546](http://www.huffingtonpost.com/entry/what-to-know-about-depression_us_57a35261e4b0e1aac914f546)

### A Stanford scientist says a simple psychological shift can make you more successful

#### **BUSINESS INSIDER**

*By Shana Lebowitz* 21 hours ago

<http://finance.yahoo.com/news/stanford-scientist-says-simple-psychological-192400631.html>



(Flickr/Omarukai)

“If you're kind to yourself, you have a chance to grow and learn from challenging experiences.

Back in the days when I was single and job-searching, my strategy for dealing with unsuccessful interviews and first dates was pretty much the same.

As soon as I'd left the office or the bar, I'd burst into tears of frustration and silently chide myself for my incompetence.

*How* could I be so stupid that I fumbled the "Why are you here?" question? *Why* would I bring up that story about my ex? *Obviously*, no one in their right mind would ever want to hire or date me.

I thought back on those days recently, while reading "[The Happiness Track](#)," a new book by Emma Seppala, science director of Stanford's Center for Compassion and Altruism Research and Education.

In the book, Seppala argues that happiness is the unexpected path to success, and she emphasizes the perils of self-criticism and the merits of self-compassion.

Seppala is the first to admit that the term "compassion" can sound soft and unscientific. But she also cites a growing body of research suggesting that your relationship with yourself is just as important as your relationships with others when it comes to getting ahead professionally.

If you're mean to yourself whenever you stumble or fail, you simply set yourself up to fail again. But if you're kind to yourself, you have a shot at doing better next time.

Seppala recommends a simple strategy for exercising self-compassion: **Treat yourself as you would treat a colleague or friend who has failed.**

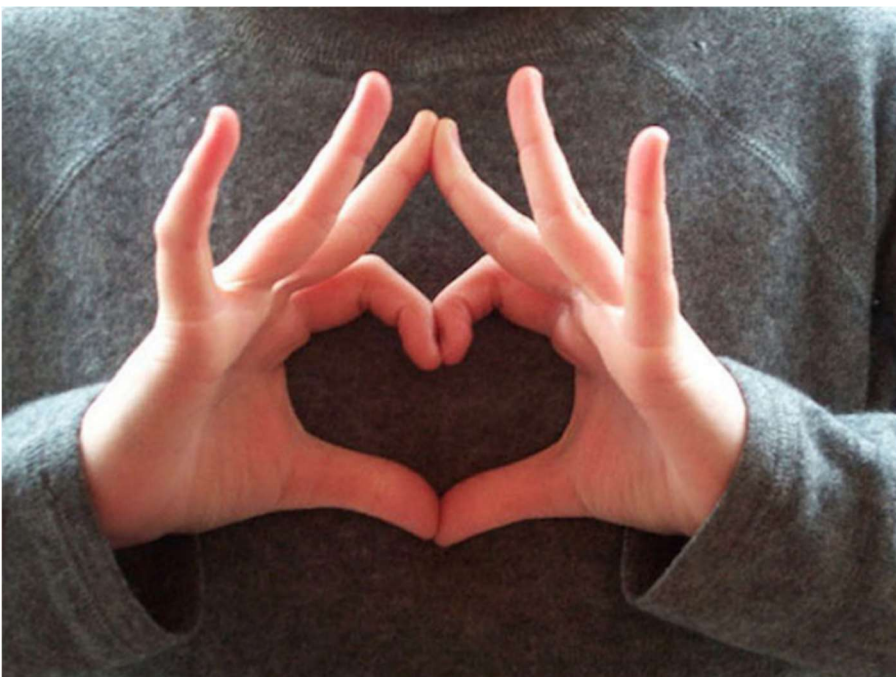


"Rather than berating and judging," she writes, "thereby adding to your friend's despair, you listen with understanding. You encourage your friend to remember that mistakes are normal."

She cites [research](#) by the psychologist Kristin Neff, who has found that self-compassion has three components:

- First, be kind to yourself by engaging in a positive internal dialogue. For example, you might say, "It's okay that you failed; it doesn't mean you're a bad person or bad at what you do."
- Second, understand that everyone makes mistakes, and that what you're going through is normal.
- Third, and perhaps most difficult, be mindful; be aware of your thoughts and feelings without succumbing to them. You might say to yourself, "This is really hard right now," or, "I'm sorry you are struggling."

[View gallery](#)



(Flickr/Patty)

Practice self-compassion and it'll become natural.

By consistently practicing self-compassion, Seppala says you'll reap a number of biological and psychological benefits, including enhanced well-being and less anxiety and depression. You'll also have an easier time bouncing back from stressful situations — a trait psychologists call resilience.

When I spoke with Seppala, she emphasized that you can't always change your circumstances — you can't go back in time and fix the interview or the date. But you can certainly change how you respond, and specifically, whether you learn from the situation.

"When you shoot yourself down, you learn little," she told me.

But if you talk to yourself the way you'd talk to a friend or a colleague, by identifying what you did wrong and coming up with ways to improve, you'll learn and grow from the experience.

In the book, she outlines four key strategies for becoming more self-compassionate:

- 1. Replace your negative self-talk.** Instead of saying, "How could I have done this? I'm such an idiot!" you could say, "I had a moment of absent-mindedness and that's okay."
- 2. Write yourself a letter.** Again, pretend you're writing to a friend who made the same error — you'll likely sound a lot less angry and a lot more comforting.
- 3. Come up with a self-compassion phrase.** Neff's personal mantra in challenging situations is, "This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment; may I give myself the compassion I need."
- 4. Make a daily gratitude list.** Every day, write down five things you feel grateful for. Even better? Add on five personal accomplishments you're proud of."

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### Depression: A revolution in treatment?

By James Gallagher, Rachael Buchanan & Andrew Luck-Baker The Inflamed Mind, BBC Radio 4

- 24 August 2016
- From the section [Health](#)

<http://www.bbc.com/news/health-37166293>

### Can Anti-Inflammatory Drugs Treat Depression?

By [Paul Morgan](#) On 8/31/16 at 10:00 AM

<http://www.newsweek.com/can-anti-inflammatory-drugs-treat-depression-494720?rx=us>

### “Can Psychiatry Turn Itself around?

The public is deeply skeptical about the profession—but given the problems of addiction, depression and other forms of mental illness, we need it more than ever”

- By [Nathaniel P. Morris](#) on August 11, 2016

<http://blogs.scientificamerican.com/mind-guest-blog/can-psychiatry-turn-itself-around/>

<http://www.gotquestions.org/nouthetic-counseling.html>

**The following reference about Buddhist meditation the reader can speculate in how Christian meditation will make an awesome mind.**

### **Neuroscience of Meditation: How to Make Your Mind Awesome**

By [Eric Barker](#) • 09/09/16 9:10am

<http://observer.com/2016/09/neuroscience-of-meditation-how-to-make-your-mind-awesome/>

**“These are the 5 most addictive substances on the planet**

- [Mike Nudelman](#) and [Erin Brodwin](#)
- <http://www.businessinsider.com/most-addictive-drugs-ranked-2016-10>

Ranking drugs based on how addictive they are is tough work because we all react differently to substances. But a group of addiction experts — including specialists from the Royal College of Psychiatrists, as well as chemists, forensic scientists, and pharmacologists — recently took a stab. Their ranking is [published](#) in the journal The Lancet. The results might surprise you.”

# THE 5 MOST ADDICTIVE SUBSTANCES ON THE PLANET

Imperial College London psychiatrist David Nutt and a team of addiction experts took a stab at ranking the addictiveness of certain substances — a notoriously tough task — by averaging 3 factors: **pleasure**, **psychological dependence**, or the cravings or irritability some feel without it, and **physical dependence**, or the physical symptoms, like headaches, some feel without it. They gave each drug a ranking from 0 - 3 with 3 being the most addictive and 0 being the least.

## 1. Heroin



The brain converts heroin into morphine, which binds to molecules on cells that affect how we perceive pain and reward — producing a surging sense of euphoria. But overdosing can kill, since it slows and can stop breathing.

**Rank: 3 out of 3**

## 2. Cocaine



In seconds, cocaine floods the brain with the feel-good chemical dopamine. The sensation of pleasure is so powerful that some lab animals choose cocaine over food until they starve. Cocaine appears to acutely affect the brain's key memory centers, which may help explain why it's so addictive.

**Rank: 2.4 out of 3**

## 3. Nicotine



The main addictive ingredient in tobacco, nicotine, is sucked up by the lungs and delivered to the brain, with drug levels peaking within 10 seconds. Because its effects vanish so quickly — including feelings of pleasure — scientists think smokers are more prone to repeated use. Some 85% of people who try to quit on their own relapse.

**Rank: 2.2 out of 3**

## 4. Barbiturates



Barbiturates, which are still prescribed temporarily for things like anxiety and insomnia, block some of the brain's chemical signalling, effectively muting several brain regions. At low doses, these drugs can induce a feeling of euphoria, but at higher doses they can suppress breathing and kill.

**Rank: 2 out of 3**

## 5. Alcohol



Alcohol interferes with messengers in the brain called "excitatory" messengers, slowing our thinking, breathing, and heart rate. At the same time, it boosts our "inhibitory" messengers, giving us feelings of pleasure.

**Rank: 1.9 out of 3**

SOURCES: The Lancet, "Development of a rational scale to assess the harm of drugs of potential misuse," 2007; National Institute on Drug Abuse, Research Reports, 2010-2014; The Conversation, The five most addictive substances on Earth, 2015

BUSINESS INSIDER

## Question: "What is nouthetic counseling?"

<http://www.gotquestions.org/nouthetic-counseling.html>

**“Answer:** Quite simply, “nouthetic” counseling is biblical counseling—it gets its name from the Greek work *noutheteo* which is usually translated “admonish” ([Romans 15:14, NKJV](#)). It means “to confront as a friend” and was the normal method of counseling before modernists invented secular psychology in the early 1900s. A study of older dictionaries shows that it took until 1973 for the word “counseling” to change from “giving advice” to “psychology” with its modern testing, processes, and therapies. That change gradually came about as the secular psychology influence changed our idea of counseling from that given by a pastor to that given by a secular psychologist.

During the mid-20th century, many Christians thought they could integrate secular theory into their counseling programs, mixing the Bible with psychology. That practice (called “Christian” counseling) was based on the false assumption that man can discover God’s truth apart from the Bible. In the late 1960s, a number of godly pastors saw the need to reject such damaging influences, and one man (Dr. Jay Adams) led the way in bringing biblical counseling back into pastoral ministry. While psychology is based on evolution and secular philosophy, biblical counseling is based strictly on biblical principles. For counseling to be biblical, it must be Bible-based, Christ-centered, and local church-oriented. Nouthetic counseling accepts the premise that the Bible is God’s Word ([2 Timothy 3:16-17](#)) and that it is totally sufficient for meeting all our needs ([2 Peter 1:3-4](#)).

Nouthetic counseling is a refreshing return to a strictly biblical method of problem solving. Instead of focusing on the problem and expecting years of therapy, nouthetic counseling focuses on the biblical solution and expects the counselee to change—by the power of the Holy Spirit—conforming to the biblical model presented ([Romans 8:28-29](#)). Nouthetic counseling is effective for believers and begins with the evangelism of those who are not believers because biblical counselors understand that only believers can understand the deep truths of God ([1 Corinthians 2:14](#)). Since all believers have the Holy Spirit and God’s Word to change them ([1 Corinthians 6:9-11](#); [Galatians 5:16](#)), biblical (nouthetic) counseling depends on the Holy Spirit to change the believer, using God’s Word as it was intended—to teach, rebuke, correct and train in righteousness ([2 Timothy 3:16](#)).

There are few colleges and seminaries that teach nouthetic counseling today, but the list is growing, as more and more Christians are seeing the weakness and error in trying to integrate secular thought with the Bible. [Colossians 2:8](#) says, “Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ” (NKJV). That is the reason for the dividing line between biblical (nouthetic) counseling, Christian counseling, and secular psychology.”

**A note on this issue of biblical counseling. A nouthetic counselor cannot prescribe medicine or understand fully how the brain functions. Therefore, we need Christ along with science. I am**

**demonstrating in my dissertation that psychology cannot be based on evolution without the abrupt changes by God. In secular philosophy, the existence of God is proven. These findings are revealed by the Holy Spirit, so it is according to Christ.**

<http://www.gotquestions.org/psychology-Biblical-counseling.html>

**"How does psychology work with biblical counseling?"**

**“Answer:** Secular psychology is based on the teachings of psychoanalysts such as Sigmund Freud, Carl Jung, and Carl Rogers. Biblical, or [nouthetic](#), counseling, on the other hand, is based squarely on the revealed Word of God. Biblical counseling sees Scripture as sufficient to equip the child of God for every good work ([2 Timothy 3:17](#)). Biblical counselors teach that man’s basic problem is spiritual in nature; therefore, atheistic psychologists, who are spiritually dead themselves, have no real insight into the human condition.

On a related note, what is usually called “Christian counseling” is different from “biblical counseling” in that Christian counseling often uses secular psychology in addition to the Bible. This is not to say that a Christian counselor is not also a biblical counselor, but often Christian counselors are Christians who integrate secular psychology into their counseling. Biblical or nouthetic counselors reject secular psychology wholesale.

Most psychology is humanistic in nature. [Secular humanism](#) promotes mankind as the highest standard of truth and morality and rejects faith, the supernatural, and the Bible. Therefore, secular psychology is man’s attempt to understand and repair the spiritual side of man without reference to or recognition of the spiritual.

The Bible declares that mankind is a unique creation of God, made in the image of God ([Genesis 1:26, 2:7](#)). The Bible expressly deals with man’s spirituality, including his fall into sin, sin’s consequences, and man’s current relationship with God.

Secular psychology is based on the ideas that man is basically good and that the answer to his problems lies within himself. The Bible paints a very different picture of man’s condition. Man is not “basically good”; he is “dead in trespasses and sins” ([Ephesians 2:1](#)), and the unregenerate heart is “deceitful and beyond all cure” ([Jeremiah 17:9](#)). Therefore, the biblical counselor takes a drastically different approach: rather than seeking solutions to spiritual problems within one’s own mind, he seeks to confront sin, obtain wisdom from above ([James 3:17](#)), and apply the Word of God to the situation.

Biblical counselors, as opposed to psychotherapists and some Christian counselors, see the Bible alone as the source of a comprehensive and detailed approach to counseling ([2 Timothy 3:15-17](#); [2 Peter 1:4](#)). Biblical counseling is committed to letting God speak for Himself through His Word. Biblical counseling seeks to minister the love of the true and living God, a [love that deals with sin](#) and produces obedience.

Psychotherapy is needs-based. The needs for self-esteem, love and acceptance and significance tend to dominate. If these needs are met, it is believed, people will be happy, kind, and moral; if these needs are



unmet, people will be miserable, hateful, and immoral. Biblical counseling teaches that true satisfaction and happiness can only be found in a relationship with God and a pursuit of godliness. No amount of psychotherapy can make a selfish person unselfish, for example, but the obedient servant of God will be satisfied in his joyful, unselfish giving ([2 Corinthians 9:7](#)).

So, how does psychology work with biblical counseling? It doesn't. Secular psychology starts and ends with man and his ideas. True biblical counseling points clients to Christ and the Word of God. Biblical counseling is a pastoral activity, a product of the [spiritual gift of exhortation](#), and its goal is not self-esteem but [sanctification](#)."

**In this dissertation, I seek to modify secular psychology to include spirituality and allow healing by God.**

### **Mental Health Jesus' Way**

<http://www.godspychology.com/index.php/mental-health-jesus-way/>

July 24th, 2012

"God's Psychology integrates biblical truth and psychological insights to clear away the obstacles that keep us stuck in feeling, thinking, and behaving in destructive ways. We are destined to repeat the same mistakes over and over again by our negative emotions, unloving attitudes, and impulsive behaviors because we fail to examine our heart, soul, and mind and "overcome" the deception in our lives.

With God's Word as your anchor and sound mental health principles as your guide, God's Psychology will walk you through the process of both Self-Examination and God-Examination to uncover your negative emotions and thoughts while transforming the way you see your life. You'll learn about the common traps that lead you in self-deception and how to replace your faulty emotions and thoughts with God's truth about you!

God's Psychology gives you the "hands-on" tools to challenge your self-deception, change the way to feel and think and live life authentically, enabling you to love God with all your heart, your soul, and your mind."

***"You shall love the Lord your God with all your heart, with all your soul, and with all your mind."***

**(Matthew 22:37)**



Tags: [Dr. Terry L. Higgins](#), [God's Psychology](#), [healing](#), [mental health](#), [Terry Higgins](#), [wellness](#)  
<http://www.guidetopsychology.com/catholic.htm>

### THE RELATIONSHIP BETWEEN PSYCHOLOGY AND CATHOLICISM

“Classical Freudian psychoanalysis is atheistic, and so is most psychotherapy today. Even though the brilliant French psychoanalyst Jacques Lacan had some familiarity with Catholicism, religion has no part in his psychoanalysis either. His concept of psychoanalysis, which masterfully refined Freud’s ideas, was still a product of natural reason. But Lacan can teach Catholics much about psychology. To put it in a nutshell, Lacanian analysis ultimately shows you that all your identifications with the world are just empty illusions. So you start analysis with your identity like a precious porcelain vase, and you end the analysis as a naked man sitting alone in a pile of broken pottery. *So that’s life*, you learn, just a pile of illusions. “Go make something of it anyway,” you’re told.



So what does this have to do with Catholicism and Catholic psychologists? Well, read Saint John of the Cross and you will find that his description of spiritual purgation is, in its practical effects, quite a bit like Lacan’s philosophy. The difference between the two, of course, is Christ. Christ leads us outside the box of natural reason. Christ begins where Lacan ends. Lacan leaves us with the stark, bare *psychological* truth of our broken lives. Christ—and only Christ—can heal the brokenness. And in that gap between Lacan and Christ is precisely where I locate the relation between psychology and religion. Psychology cannot heal us, but it can help us recognize just how broken we really are, and it can help us overcome



our resistance to total surrender to Christ. Once we make that surrender, our healing begins. And that is precisely what Saint John of the Cross told us.”

### **Do God and Psychology Mix? (Good)**

<http://www.godspychology.com/index.php/do-god-and-psychology-mix/>

October 26th, 2012

“Most people fail miserably at loving one another. And, although we spend our lifetime searching for love to “complete us” or to give us meaning through our relationships, careers, and hopes and dreams, we still fail at love. This book is about discovering the roadblocks of self-deception that keep you from loving others and God with all your heart, soul, and mind.

The problem is that people fail to recognize how they sabotage their need for love. Countless people sit in church each Sunday and suffer silently because love has failed them. They feel depressed, or anxious, or disillusioned with their life but are afraid to admit it to themselves or others because they believe it’s wrong to feel these emotions—“After all, if I love and trust God, I shouldn’t feel like this!”

This entry was written on October 26th, 2012 by Dr. Terry Higgins and filed under [General.](#)”

### **Modern Psychology and the Bible (Good point)**

<https://www.christiancourier.com/articles/469-modern-psychology-and-the-bible>

#### **A Summary**

“As we conclude this brief survey of humanistic psychology, surely it has become evident to every reader who regards the Bible as a divine revelation, that there is a vast difference between modern, humanistic “psychology,” and the wholesome mental health principles that abound in the Bible. Think about some of the vivid contrasts.

1. Humanistic psychology alleges that the personhood of man can be explained solely in terms of a materialistic substance. But both the Bible and common sense affirm that there is more to man than matter. His self-awareness, conscience, emotions, ability to reason, aesthetic sensitivity, etc., all argue that “humanness” is far more than mere molecules in motion.
2. Modern psychology asserts that human conduct is the result of impersonal forces (environment) that have acted upon our species over eons of time. We are the products of time and chance. Ultimately, therefore, there is no such thing as “good” or “evil.” Traditional psychology is committed to “utter neutrality” in matters of morality (Liebman, 180-81).

**The Humanist Manifestos I, II** asserts: “Ethics is automous and situational, needing no theological or ideological sanction” (17). This means that man is subject to no higher moral law than what he himself determines. Were that the case, there could never be a “situation” during which one could do wrong! That is precisely the position argued by atheist Jean Paul Sartre. He contended that whatever one chooses to do is right; value is attached to the choice itself so that “...we can never choose evil” (279).

By way of vivid contrast, the Bible teaches that human conduct is the result of the exercise of man's free will, and that bad choices, i.e., a violation of the law of God, as made known in the objective revelation of sacred scripture, have resulted in the numerous problems that afflict the human race today. "God made man upright; but they have sought out many devices" (Eccl. 7:29).

3. Traditional psychology contends that man's religious inclination (which, incidentally, is universal) is merely the result of an ignorant personification of the inexplicable forces of nature, endowing them with the "father" symbolism. But, the Bible teaches that there is a real Heavenly Father (Mt. 6:9), who genuinely cares for the human family, and who desires to rescue it from the consequences of its rebellion (Jn. 3:16).
4. Modern psychology declares that since man is an evolved animal, the key to understanding his personality is to be discovered in studying animal behavior. In opposition, the Bible affirms that mankind is separate entirely from the animal kingdom, and only humans possess personhood.
5. Secular psychology suggests there is no objective source of information to define the nature of human difficulties, and to address the remedy for these problems. The answers to mental ills, it is said, lie within the person. But, the Bible contends the way of man is not within himself; it is not in man to direct his own steps (Jer. 10:23).

Moreover, the objective source of remedy is the divine revelation of scripture (1 Cor. 2:6ff), amply documented by a wide variety of evidences. These inspired documents are able to satisfy completely every genuine need of the human mind (2 Tim. 3:16-17).

## Conclusion

The fact of the matter is this: the reputation of humanistic psychology/psychiatry these days is somewhere between that of the alchemist and the snake-oil salesman.

Sometime back, **TIME** magazine carried a major article titled: "Psychiatry's Depression." Dr. E.F. Torrey, a psychiatrist, has written a book dubbed: **The Death of Psychiatry**. Thomas Szasz, Professor of Psychiatry at the State University of New York, authored the shocking volume: **The Myth of Mental Illness** (1960), and O. Hobart Mowrer, an atheist who served as President of the American Psychological Association, produced a work called: **The Crisis in Psychology and Religion** (1962) in which he challenged the entire field of psychiatry for its dependence upon Freudian premises (see Adams, xvi).

The more one reflects upon the presuppositions of modern, humanistic psychology, the more he is inclined to think that Lucy, of the Charlie Brown comic strip, was overcharging when she gave counseling sessions for five cents!"

**On the question of the roll of psychology and internal feedback it is clarified below:**

**Our environment can cause a change in the way we think, and in our hearts, similar to converting to Christianity, attending church, or converting to a belief system. We are not born Christians and it is not in our genes. The only inputs that a person is able to provide to the mind is from the external (the environment) and the internal (the thought process from our heart based on our**

experience, instincts, and genes from evolution). A healthy person can recognize instability in their behavior caused by inputs and calls upon God or a counselor for a feedback to stabilize them. This process is the feedback loop to the brain circuit that is able to stabilize the body and mind. So, if we do not allow the negatives impacts from our environment to make us unstable, then we are not a product or victim of our environment or our genes, and we become mature in Christ. In this case, the environment causes us to grow. We are responsible and accountable for our actions if we do not ask for the proper feedback and use it; otherwise, we can become unstable or stay unstable. Some people, when they have a feedback from God, they ask the question: it is really God? To the patient it is, but the patient needs to discern if this is really true; I address that topic in the next section. The therapist needs to help them determine if the feedback did indeed come from God. If the therapist realizes it is really from God, then he or she needs to reinforce this by repeating what God said. To say that God only talks to the prophets and Jesus is a false belief. God can talk to anybody, even an atheist, as found in the Bible.

Psychology is a science and is constantly evolving. Christianity will become a part of psychology. It is not fair to undermine psychology, it is a science and still undergoing much research. One day the differences between psychology and Christianity will be resolved, as I am attempting to progress in this dissertation.

Next references on the tragedy of mental illness:

### Here's Proof Mental Illness Is Not Someone's Fault

[http://www.huffingtonpost.com/entry/mental-illness-not-your-fault\\_us\\_56e83525e4b065e2e3d75afa](http://www.huffingtonpost.com/entry/mental-illness-not-your-fault_us_56e83525e4b065e2e3d75afa)

Let's set the record straight, shall we?

03/21/2016 05:01 am ET

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- Lindsay Holmes Healthy Living Editor, The Huffington Post  
“You wouldn't tell someone with cancer to just “get over” their illness, so why aren't people with mental health disorders afforded the same courtesy?  
A common plague of mental health stigma is the idea that the disorders are a fallacy that's “all in a person's head.” In reality, mental illness is far from a person's control, and only 25 percent of people with a mental illness feel like others are understanding or compassionate about their condition, according to the U.S. Centers for Disease Control and Prevention.  
Thankfully, emerging research is starting to shatter the longtime misconception that mental illness is the sufferer's own fault. Below are several scientific studies that suggest mental illnesses are a biological, physical condition.



LASSE KRISTENSEN VIA GETTY IMAGES

### **Depression may be caused by inflammation.**

Some research suggests that [depression and brain inflammation may be linked](#). The connection may lie in the production of cytokines, the proteins that result from inflammation to [protect the body from overexertion](#), Discover magazine reported. In essence, a little inflammation (and the resulting cytokines) is fine and happens naturally in the body, but an overproduction of cytokine may lead to health issues, one of which may be depression.

Moreover, experts are starting to see this as a reasonable theory. A separate study found that brain inflammation may also be [correlated with clinical depression](#).

### **It may also occur at a molecular level.**

In a meta-analysis of nearly 30 studies, researchers from the University of Granada looked at how depression can happen biologically. The data found that [depression may be linked with oxidative stress](#), a cellular process in the body that occurs when there aren't enough antioxidants to clear out dangerous free radicals that can lead to illness.

This suggests that depression could be a systemic, total-body illness, according to the study's authors. It may also explain why people with depression are also more susceptible to health issues like heart conditions.

### **Mental illness could be hereditary.**

Studies suggest mental health conditions like [schizophrenia](#) and [anxiety](#) could be inherited. The key lies in genetic relationships. The likelihood of having the disorder may increase if a first or second-degree relative (like a parent or an aunt) also had the condition.

### **People with anxiety may perceive the world differently.**

A recent study found that people with anxiety may view the world in a fundamentally different way thanks to a variance in their brains. It all comes down to the brain's plasticity, or its ability to change and reorganize itself by forming new connections.

Individuals with anxiety experienced lasting plasticity long after an emotional event ended, meaning the brain was unable to distinguish new, irrelevant situations from something that's familiar or non-threatening. Their brains essentially "overgeneralized" a situation, which then led them to feel anxious. Most importantly, this reaction was not something that an anxious individual controlled, because it stemmed from a fundamental brain difference.

**Schizophrenia may be caused by genetic mutations.**

The mental health condition may develop before a person is even born. Research from the University of California, Los Angeles shows that rare genetic mutations — changes that may happen during initial human development — appear more often in people with schizophrenia. The genes affected when this occurs may play a large factor in fetal brain development, according to the findings. This suggests that schizophrenia is "a disorder that may originate during the early stages of brain development," according to the study's authors.

**Phobias may occur because of an uncontrollable brain response.**

People with paralyzing phobias, like a fear of flying or even a fear of social interactions, may have them due to an overactive amygdala, the region of the brain responsible for emotional responses. Individuals with an overactive amygdala also experience a heightened fear response, which can lead to increased anxiety in particular situations, according to the Mayo Clinic.

**Social anxiety may be a result of high serotonin levels.**

A 2015 study found that individuals with social anxiety disorder may overproduce serotonin, the "feel good" chemical in the brain that helps send messages from one area of the brain to another. Researchers from Uppsala University in Sweden observed brain scans of people with social phobia and found that the more the amygdala produced the chemical, the more anxious those individuals felt in social situations.

**No one asks to have a mental illness.**

When it comes down to it, mental health conditions are not something most people willingly bring upon themselves. Do you think anyone *wants* to experience a mental illness? Answer: No.

If you're experiencing a mental health issue, there are very real ways to manage your condition through treatment. Talk to your physician about the best method that will work for you. You may not be able to "control" the fact that you have a mental illness — but you can control how you handle it. You deserve to be happy and healthy."

## **Busting myths about mental illness**

**Barbara Feder Ostrov and Heidi de Marco** Kaiser Health News

<http://www.latimes.com/nation/sns-tns-bc-med-mentalhealth-20160809-story.html>

**Even though mental illness is often part genetic and part environmentally in terms of what is causing the psychological damage, the environmentally causes, in most cases, is also not the person's fault. Events such as losing a job, a death in the family, an accident, sickness in a member**

of the family, or the person themselves has a sickness or has been bullied for a long time, can lead to mental illness.

We can use Jesus in healing by telling the patient about healing through meditations. You can reference Chapter 9 in my book “Visualize Jesus” on the body and mind for more information. The key to visualizing Jesus’ hand on the source of the pain (for example, a headache) is to do it without being stressed, and, when possible, actually relaxed. It can sometimes produce the sensation of living water so that the headache instantly goes away. In the case of a migraine, a feeling like a Novocain can be produced and then the headache is manageable, and later on living water comes. This procedure can be applied for any pain as stomach pain, burns or cuts, and so on. For mental illness, we can use Christian meditations to obtain feedback from God followed by discussions with a counselor; medication and supplements may also be needed.

In my book, “Visualize Jesus,” I show how to meditate on the Ten Commandments and then how to branch out from meditating on the words of God. It took me 27 years to come up with the proper meditation for the Ten Commandments. In terms of meditating on the rest of the bible, it will take years of research in psychology to come up with acceptable clinical meditations on God. For example, when God says not to do something, we will need to know what we are supposed to do. Also, if God ask us to do something, we need to be sure that we understand what to do.

## Chapter 25 - Discernment

For most mentally ill persons, if they visualize Jesus and obtain messages in their meditation, then they need to discuss these occurrences with their counselor. The counselor is there to help them discern the messages. Because their brain has receptacle problems and the messages they obtain can be fuzzy, the counselor is needed to affirm whether they are from God or not. As Saint Paul said about messages from God, we need to discern and make sure they are not from the devil or fallen angles. What are the biblical presuppositions on which the discernment of spirits is based? What is the theology of the discernment of spirits? What is the psychology of this discernment? When God talks to us, we need to pay attention as it is always subtle and not quite direct; it is not like Hollywood, and therefore we need to discern its true meaning.

**The following reference sources on how we can discern:**

### Listening to God

06/26/2016 08:09 am ET

- [Pierre Richard Dubois](#) I am a spiritual teacher, life coach, and author that is sharing love, wisdom, and serenity with others.

[http://www.huffingtonpost.com/entry/listening-to-god\\_us\\_576d0ecfe4b0fa01a13fd416](http://www.huffingtonpost.com/entry/listening-to-god_us_576d0ecfe4b0fa01a13fd416)

Reference on Discernment:

[http://www.opusangelorum.org/priest\\_association/documents2/2009\\_02\\_on\\_the\\_devil.html](http://www.opusangelorum.org/priest_association/documents2/2009_02_on_the_devil.html)

“St. Paul admonishes us to be prudent and to discern good and evil. The main reasons he gives are our ego and the fallen angels. The fallen angels are especially dangerous for they both exploit the disordered propensities of our egoism, and they misguide our good intentions by disguising themselves as “angels of light”. Are we then helplessly exposed to them? We have considered different criteria such as love, obedience and purity. Yet, St. Paul teaches us more about the spiritual world we live in: “We are not contending against flesh and blood, but against the [evil spirits]” (Eph 6:12). As he gives us this teaching we should listen to him attentively.

Paul’s confrontations with the demons

St. Paul wanted to know nothing other than Christ, and Christ Crucified, “I am Jesus, whom you are persecuting” (Acts 9:5). This, his personal confrontation with the persecuted Jesus before the gates of Damascus, deeply marked his life. Similarly, that which St. Paul tells us about the fallen spirits he learned principally by personal confrontation or by experience. Some of these strong confrontations with the evil spirits are recorded directly in Holy Scripture, others we come to know in more indirect ways.

a) A thorn in the flesh, a messenger of Satan

In Second Corinthians, chapters 11-12, St. Paul speaks extensively about his work. He was “afraid that

as the serpent deceived Eve by his cunning,” the thoughts of the Corinthians too might “be led astray from a sincere and pure devotion to Christ” (2 Cor 11:3) by “false apostles, deceitful workmen, disguising themselves as apostles of Christ” (11:13). In order to show them what a true apostle is like, he gives an extensive description of his pastoral procedure (cf. 11:1-2), of his suffering (cf. 11:23-29) and selfless work for them (cf. 11:7-9). To these belong also the graces God granted and the weaknesses he had to bear humbly. He “was caught up to the third heaven” (12:2), but also “a thorn was given me in the flesh, a messenger of Satan, to harass me” (12:7b), “to keep me from being too elated by the abundance of revelations” (12:7a). It is not so important what this “thorn” was, but yes, that God willed to allow it, and that in His providence Satan’s attacks were the chosen means by which God would fashion and transform His great instrument to perfection. Paul commented with these words:

Three times I besought the Lord about this, that it should leave me; but He said to me, “My grace is sufficient for you, for My power is made perfect in weakness.” I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities; for when I am weak, then I am strong. (2 Cor 12:8-10)

#### b) St. Paul’s confrontation with the fallen spirits

St. Luke narrates at length in the Acts of the Apostles the activities of the Apostle to the Gentiles. St. Paul was confronted by the evil spirits especially in Ephesus. “God did extraordinary miracles by the hands of Paul, so that handkerchiefs or aprons were carried away from his body to the sick, and diseases left them, and the evil spirits came out of them” (Acts 19:11-12). His missionary work was accompanied with the expulsion of demons.

This led “some of the itinerant Jewish exorcists” to call upon his name: “I adjure you [evil spirits] by the Jesus whom Paul preaches!” but “The evil spirit answered them, ‘Jesus I know, and Paul I know; but who are you?’ And the man in whom the evil spirit was leaped on them, mastered all of them, and overpowered them, so that they fled out of that house naked and wounded” (19:13-16). Also “a number of those who practiced magic arts brought their books together and burned them in the sight of all; and they counted the value of them and found it came to fifty thousand pieces of silver” (19:19). But there also rose up to resist them a certain “Demetrius, a silversmith, who made silver shrines of Artemis, [and] brought no little business to the craftsmen.” They feared for their business, and so caused great confusion and opposition to the missionary work of Paul (cf. 19:23-41). Mindful of this, St. Paul told to “the elders of the church” of Ephesus: “I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore, be alert...” (Acts 20:17, 29-31).

These and certainly many other experiences form the background of the most renowned statement of St. Paul about the spiritual battle with the fallen spirits, written precisely to the Ephesians:



[Brothers,] be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. (Eph 6:10-12)

These references to the fallen spirits in the life of St. Paul tell us, first of all, that their existence is a simple fact. Then, the presence of God among men and the annunciation of the Gospel stir up the enemy: the light of divine truth unmasks the sons of darkness. At the same time, it remains true: God's enemies also serve God's plan for man's sanctification. This is one of the reasons why St. Paul transmits in all his letters such a positive view of life and admonishes all to "Rejoice in the Lord always; again, I will say, rejoice" (Phil 4:4; cf. 2 Cor 13:11; etc.), for "Who shall separate us from the love of Christ? ...For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other creature, shall be able to from the love of God, which is in Christ Jesus our Lord" (Rom 8:35, 38-39)."

### **Examples in my life of how to discern**

I have Schizoaffective disorder<sup>3</sup>, which has a higher rate of suicide. Therefore, I have been harassed by the devil for years, ever since I was 23 years old and developed the illness. I wanted to commit suicide and had suicide ideations, but I stood firm in the Lord and did not go through with it during those tough years; it helped that I had the support of my family and church. Finally, in 2014 when I was 63 years old, my wife was traveling for a week and the devil spoke to me again. I knew his voice, even though he disguised himself with a nice voice. He said to me, "you have been thinking of suicide for years, here is your opportunity – your wife is not home, you are by yourself, so why don't you do it?" I felt disoriented, weak, and fragile. At that moment, I turned to God and said to Him "Lord it does not matter how many sufferings I had in my life, I am not going to do it." The Lord was silent, but He immediately took the devil away and I felt it. I became very stubborn about not committing suicide. I said to myself: "I have Schizoaffective disorder, but I am going to live a long life." Suddenly, the suicide ideation disappeared.

In the same year, Jesus told me in my meditations to work on my fears and worries. That was not an easy task. I consulted with my psychiatrist, Dr. Martin Johnson M.D., and he said Jesus is right on target. In a later session, he said it is part of Schizoaffective disorder; some people also think fear and worries are genetic. I did not give up on working through my fear and worries, and my life started to change, and my illness start to lessen. Finally, in March 2015 when I was doing my meditation, Jesus

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<sup>3</sup> A combination of genetic and [environmental factors](#) are believed to play a role in the development of schizoaffective disorder. In my case, it was mostly environmental from my childhood at school and college pressure. I believe that Christ saw that I wanted to be one of His apostles in 1970, and allowed the illness to develop by allowing my genes to be affected in 1974 in order for me to do His work later on. This illness forced me to meditate. My reason for believing that it is not about the genetics in my case is that there is no history of my family or grandparents having this illness.

told me: “your illness is not going to bother you anymore, you will have a wonderful retirement, but you will need to keep taking your medications”. That was a joyful day and I became very happy.

In contrast, I had a message from God when I was 25, and somebody told me in later years that this can be from the evil one. But I told them: “I don’t think so, it is from God”. Here is the story. I had a vision from the Lord Jesus when I was 22 in which I saw Christ dressed as a priest, transfigured in my school church in Cairo, a Greek Catholic School. I was part of the congregation in church, standing at the last pew on the right-hand side. In the vision, Jesus walked down the center aisle, came to me and put His hand on my left shoulder, and said “Farid, keep up the good work”. The minute He put His hand on my shoulder, I felt I was older and felt that I had a beard. Well, I did get a beard when I was 28, when I was doing my master’s degree in Electrical Engineering, and later that year I started my meditation book “Visualize Jesus”. The full story is in my book “Visualize Jesus”.

After this vision from Christ in church, I became confused and, when I was 25, I decided to become a priest. I saw Christ as a priest and thought that would be a natural transition. One day, I had an appointment with Fr. Kramas to discuss what to do to become a priest. I took my car to go to the appointment, but I decided to fill the car with gas first. When I got to the gas station, which is about 10 blocks away from my parent’s house where I lived, the gas station attendant came to me in a hurry, saying “your tires are on fire!” In those days, gas station attendants were the only people who filled the cars with gas. They used a fire extinguisher to put the fire out on the four tires while I was still sitting in the car. I looked at emergency brake located in the center of the car and it was fully on. I did not recall putting the emergency brake on, and I did not know what happened. I put my head down and said to myself: “If Jesus wants me to be a priest, nothing can stop it”.

God knows I love him so much, but that does not mean I have to become a priest. Even though joining a priest order is a prestigious vocation, God decided that I should become an apostle by becoming a scientist, not a priest, so that I could prove the existence of God through science, as shown in the first clarification in this dissertation. Additionally, and theologically, public safety and comfort, which is the engineer’s mission, is also the Holy Spirit’s business. That is how things evolved, and my life took a different direction as I began to write a book on meditations that became the book “Visualize Jesus”. A priest is not qualified to write chapter 12 of my book, where I describe how I invented something as the SSUE. Also, scientists tend to record things the way they are, as accurately as possible, and they are interested in proving hypotheses. That is why God put the brakes on in my pursuit of becoming a priest.

Another problem with following the path to become a priest is that God knows that I have a reading deficiency. My doctor told me that it is attention deficit disorder and severe dyslexia, and that I would not be able to study to be a priest, as it requires lots of reading. In those days, I spent time reading mathematical equations and relied on my hearing ability in the classroom at the University of Washington and Seattle Central Community College. Currently, I overcome this reading deficiency because of the required daily reading at the Army Corps of Engineers, including reading emails and thousands of pages of reports (such as the Howard Hanson Dam report).

I discussed this incident of my tires catching on fire and it being a sign from God with Pastor Erik R. Wilson Weiberg at Ballard First Lutheran when I was 64 years old, and he said there are other forces in the Universe. So, I told him that, in the Bible, there is nothing about the devil doing something like that. He is known as the father of lies and he tempted Jesus. The Pastor said, you are right, the devil created an illusion to Jesus, but not miracles. The astonishing thing I did, without thinking about it, is that I drove the car after the incident and never checked my tires professionally: I trusted God.



**I am including this picture because it is the only time I had a beard**

**Me on the left when I was 28 with a beard, mom and dad Yvonne and Alexandre on the right and my sister in law Carol in the middle, my sister Rosette and her two children on the bottom, my wife was taking the picture.**

### **ON THE SECOND COMMANDMENT**

**“You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.” Exodus 20:4-6**

Some people have difficulty with discerning, since they have some kind of brain, emotional, or spiritual deficiency, and they cannot tell the difference between good and evil. Consider, for example, the fact

that some people think it is forbidden to visualize Jesus, God or the Holy Spirit, because of the second commandment in the Bible. They do not realize that it is a human dimension, and it is natural to visualize and day dream. It is not the same as conducting a séance. God will not judge people that visualize Him; he will only be angry if they visualize Him in vain. Jesus' encounter with the law (Moses) and the profits (Elijah) show us that talking to them allows us to call upon the truth (Matthew 17:3).

Some people take the Bible so literally that they carry the same mentality as ISIS<sup>4</sup>. They risk becoming extremists, and that is destructive to the human system. The argument against these people, if they persist in saying that the faithful are breaking the law by visualizing Jesus, God or the Holy Spirit, is that they are no different than the Pharisees. The Pharisees were in a hurry to tell the paralytic man: you are breaking the law by carrying his mat (John 5:1-15). Who told the paralytic man to carry his mat? It was Jesus. Who told me to write the book "Visualize Jesus: Ten Ways to Christian Meditation"? It was God the Holy Spirit. Another way that extremist believers are no different than the Pharisees is how they complained about how Jesus heals on the Sabbath (Mark 3:1-6), and therefore Jesus was breaking the Law. Jesus does, however, defend his actions on the Sabbath in a manner similar to his earlier argument: the Sabbath exists for humanity, not vice-versa, and so when human needs become critical, it is acceptable to violate traditional Sabbath laws. In much the same way, the second commandment is made for people to go to Church or the Synagogue or a Mosque to worship. The question is, did God break His second commandment when He asked Moses to build the **Ark of the Covenant**? This is also known as the Ark of the Testimony, a wooden chest clad with gold containing the two stone tablets of the Ten Commandments as well as, according to various texts within the Hebrew Bible, Aaron's rod and a pot of manna with a golden lid, the *kapporet* (traditionally "mercy seat" in Christian translations), which is covered with two golden *cherubim* is to be placed above the Ark. Wasn't this chest for the Israelite to worship. So, why does God think the Ten Commandments need a container, other than to use for worship? Solomon worshiped before the Ark after his dream in which God promised him wisdom (1 Kings 3:15).

For Christian churches, the altar is where the priest presides and consecrates communion. Some churches have a chest with the outside walls depicting icons that are similar to the Ark of the Covenant for the new covenant. The church is more than the people, it is a chest where the new covenant on the altar is located. If we read John 2:13-22, we find that Jesus compares the similarity of His body to the temple of Jerusalem, and again, communion is where the body and blood of Jesus is located in the church. His body is cloaked with a Holy Robe; it is similar to decorating the temple, as in putting icons or sculptures in the church. A church with no altar has not the richness of Christ. For the Christians, God appeared physically at the baptism of Christ as the voice of the Father and as a dove of the Holy Spirit

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<sup>4</sup> Islamic State of Iraq and Syria or simply Islamic State is an [Islamic extremist terrorist](#) group controlling territory in [Iraq](#) and [Syria](#), with limited territorial control in [Libya](#) and [Nigeria](#). The group also operates or has affiliates in many other parts of the world, including [Southeast Asia](#).

and Christ Himself. Therefore, there is no problem portraying each one of them in the church and also showing them as one God, following the epiphany.

Why do some people read the second commandment without reading the rest of the Bible, whether the Old Testament or the New Testament?

Scientifically, any person that thinks about, meditates on, or prays to Jesus or God has some sacred being developed in the right hemisphere of the brain. We cannot help that, it is part of being human, just like day dreaming. God does not consider that a sin. I talk about the jealousy of God and how that image will change over time as God reveals himself. Jesus healed on the Sabbath for the good of and to glorify God. I believe my book has the same quality of glorifying God. It is less clear, however, if the use of certain depictions of Jesus as a man violates this commandment. Some images are clearly not intended to draw our hearts and minds to worship idols (e.g., picture Bible images of Jesus). These images may not necessarily violate the second commandment.

For Martin Luther, the veneration of images was a matter of indifference and so Luther and the Lutherans follow Roman Catholic tradition and Eastern Orthodox tradition by removing the prohibition against graven images from the Ten Commandments. See link:

<http://reasonablechristian.blogspot.com/2009/11/why-luther-deletes-second-commandment.html>

In the vision<sup>5</sup> I had in 1973 when I was 22 years old, where Jesus appeared to me dressed as a priest and transfigured in the Greek Catholic Melkite Church of my school,<sup>6</sup> there were all kinds of iconic images in this church: wooden and medal crosses, candles, priests, bishops, deacons, the patriarch, the Pope, the Bible and more. Thus, Jesus must approve of these images, including visualizations<sup>7</sup>, vestments of clergy, incense, chanting, candles, pews in the church, statues, priests, pastors, bishops, deacons, the patriarch, the Pope and the Bible. Other churches can interpret the vision to be the green light to have images, visualizations, statues, vestments, incense, candles, chanting, and pews in the church, clergy and the Bible.

“Thy will be done on earth as it is in heaven”. In December 1988, while driving my car, angels appeared to me playing instruments and singing a Christmas song that I had never heard before. Therefore, I believe that God approves of having musical instruments while we sing in the church.

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<sup>5</sup> I went along for many years thinking this vision was only for me. Then, when I started writing my book, I realized that this vision is for every Christian Church. Father Samir Abu Lail reminded me in 2010 that Christ does visions for the Christian Church and for good reasons.

<sup>6</sup> The Church was small, and full of people. If they were all apostles, then there were women apostles. One should not take the vision literally.

<sup>7</sup> In the vision, I was about 30 years old, not 22, and that is when I started to write the book on visualizing Jesus. In the vision, Jesus said to me “Farid keep up the good work”, so I interpreted this to mean that Jesus approved of my book before it was written.

This miracle or vision speaks to all Christians, it is not a message only for me. In short, I care about the second commandment, but it cannot come at the expense of healing or worshipping the true God.

Also, Jesus gave us the new covenant that abolishes the old covenant that has the Second Commandment John 13:31-35.

**31** When he was gone, Jesus said, "Now is the Son of Man glorified and God is glorified in him.

**32** If God is glorified in him, God will glorify the Son in himself, and will glorify him at once.

**33** "My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come.

**34** "A new command I give you: Love one another. As I have loved you, so you must love one another.

**35** By this all men will know that you are my disciples, if you love one another."

[https://en.wikipedia.org/wiki/New\\_Covenant\\_theology](https://en.wikipedia.org/wiki/New_Covenant_theology)

“**New Covenant Theology** (or NCT) is a [Christian theological](#) position which teaches that the [Old Testament Laws](#) have been [abrogated](#) or cancelled with [Jesus' crucifixion](#), and replaced with the [Law of Christ](#) of the [New Covenant](#). It shares similarities with, and yet is distinct from, [Dispensationalism](#) and [Covenant Theology](#) and attempts to eliminate the perceived weak points of the two. Some New Covenant theologians, however, understand some of the [Old Covenant](#) laws as reinstated under the New Covenant. It is clear Jesus is against ladders used to go to heaven or be saved. For example, other than Leviticus rules and the Ten Commandments, having a specific hair style or a certain cloth to wear will not get you to heaven, for all you need is to believe in Jesus; we are all sinners.”

"For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life." -- John 3:16

Acts 16:31 and after he brought them out, he said, "Sirs, what must I do to be saved?" **31**They said, "Believe in the Lord Jesus, and you will be saved, you and your household."

Romans 10:9 that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved.

**We cannot use good works as a ladder to get to heaven, this process cannot be earned. However, it is not enough to say, “I believe in God” and then lead a life of bad or dishonorable works, because God will look at your whole life and see if the blood of Jesus can be used to wipe away your sins. See [Mark 3:22-30](#) and [Matthew 12:31-32](#) for more on unpardonable sin. Believing in God without communicating with Him is like not believing in God. In short, who are you trying to fool?**



### James 2:14-17 (ESV)

What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, “Go in peace, be warmed and filled,” without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead.

### James 2:26 (ESV)

For as the body apart from the spirit is dead, so also faith apart from works is dead.

### Matthew 7:21-23 (ESV)

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?’ And then will I declare to them, ‘I never knew you; depart from me, you workers of lawlessness.’”

These verses show us that communicating with God is to find out His will, and then do it.

For that reason, the Roman Catholic Church deviated from the scriptures because the apostles did the best they could, and they saw it was important for the early Church at the time. Here are Catholic quotes by William Webster that show this concept:

“Roman Catholic theology does not embrace the interpretation of salvation and justification as that presented by Scripture and the Protestant Reformers. The Roman Church does teach that we are justified by grace through faith on account of Christ. What is missing, however, is the word *alone*. By omitting this word the Roman Church redefines grace, faith and justification in a way that undermines and invalidates the teaching of Scripture. This will become clear as we examine the specific definitions given these terms by the official Magisterium of the Church of Rome.” ...

“How does the Church communicate the merits of Christ’s mercy to sinners? The Church communicates the merits of Christ’s mercy to sinners through the Mass and the sacraments and all the prayers and good works of the faithful.”

Thus, communicating with God comes in a variety of means, such as attending Mass, participating in the sacraments, good prayers and meditations and good work of the faithful (see Matthew 25:31-46). Therefore, when we do good works, we are in communication with God and He will strengthen our faith and journey to do His will.

Also, Jesus said that, with God, all things are possible. The verse comes from Mathew 19:16-26 (NIV).

<sup>16</sup> Just then a man came up to Jesus and asked, “Teacher, what good thing must I do to get eternal life?”

<sup>17</sup> “Why do you ask me about what is good?” Jesus replied. “There is only One who is good. If you want to enter life, keep the commandments.”

<sup>18</sup> “Which ones?” he inquired.

Jesus replied, ““You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, <sup>19</sup> honor your father and mother,’<sup>[c]</sup> and ‘love your neighbor as yourself.’<sup>[d]</sup>”

<sup>20</sup> “All these I have kept,” the young man said. “What do I still lack?”

<sup>21</sup> Jesus answered, “If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me.”

<sup>22</sup> When the young man heard this, he went away sad, because he had great wealth.

<sup>23</sup> Then Jesus said to his disciples, “Truly I tell you, it is hard for someone who is rich to enter the kingdom of heaven. <sup>24</sup> Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.”

<sup>25</sup> When the disciples heard this, they were greatly astonished and asked, “Who then can be saved?”

<sup>26</sup> Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

So, Jesus made it clear that people from other religions can be saved, it is not impossible for God. However, as I described in Appendix C, to occupy the universe and the new earth indefinitely, you must believe in God to communicate with Him, otherwise you are taking a chance. You also must be sure to then follow Acts 16:31, Romans 10:9 and John 3:16.

In every religion that believes in God, they need to seek this higher power to heal, solve problems, invent things, and have medical breakthroughs. It is no longer difficult to believe in God from a scientific point of view as there is now evidence of a unique universe due to a Creator giving constant feedback to His creation. Logically, that is the only explanation. That becomes important in science in order to visualize God to allow breakthrough and miracles.

To reflect on God’s choice on visualizations:

God has chosen me to do His will and write a book on meditations. He picked me during my childhood, with all my faults, from a neutral denomination between the Catholics and the Orthodox, the Greek Catholic Church. Then, I fell in love with my wife. She is a Lutheran ALCA and I have been attending the Lutheran Church since 1978, where I became more neutral for the sake of all denominations. Because of this neutrality, God’s choice was excellent. There are many church denominations that exemplify the richness of Christ. There might be differences between them, but when we look at them



from the perspective of the richness of Christ, we find there are no differences. Ever since the early Apostles, there were differences developing. For example, St. James and St. Paul had some differences, but again these divisions disappear when we define them through the richness of Christ and the church that, at that time, was one under Christ. Division in Christ's church is Satan's work and an attempt to destroy Christ's church; therefore, it is time to forgive these past mistakes. The early church cleared their differences in 325 AD, resulting in the Nicene creed. We would do well to do the same and become united under Christ. See John 17:21 "That they may all be one". Paul was a protestant; he protested to Peter that Christianity should also be for the gentile. James was orthodox; he protested to keep having a circumcision. But there was no division.

The following is a current reference of this progression:

### **'Unity' call on Reformation anniversary**

By Martin Bashir Religious Affairs Correspondent

- 17 January 2017
- From the section **UK** BBC NEWS

<http://www.bbc.com/news/uk-38654259>



Image caption A statue of

Martin Luther in Wittenberg, where the Protestant Reformation began

**The Church of England has said Protestants should "repent of their part in perpetuating divisions" - 500 years after the Reformation began the split from the Catholic Church in Europe.**

## Chapter 26 - LABORATORY TESTING MUSIC THERAPY<sup>8</sup>

In this chapter before giving the recommendation for music therapy meditation, music therapy definition will be given followed by source references:

### “What is Music Therapy?”

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.” See links below

<http://www.musictherapy.org/about/musictherapy/>

<http://www.musictherapy.org/>

[http://en.wikipedia.org/wiki/Music\\_therapy](http://en.wikipedia.org/wiki/Music_therapy)

### Quotes from The Shawshank Redemption (1994) Movie

Andy Dufresne: That's the beauty of music. They can't get that from you... Haven't you ever felt that way about music?

Red: I played a mean harmonica as a younger man. Lost interest in it though. Didn't make much sense in here.

Andy Dufresne: Here's where it makes the most sense. You need it so you don't forget.

Red: Forget?

Andy Dufresne: Forget that... there are places in this world that aren't made out of stone. That there's something inside... that they can't get to, that they can't touch. That's yours.

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<sup>8</sup> Funding for the research is in progress through Living Water 3T 2M, LLC

Red: What're you talking about?

Andy Dufresne: Hope.

<http://www.imdb.com/title/tt0111161/quotes>

**What is new in music therapy is using music to give a person the ability to listen to and converse with God. Most likely, you are going to use the same music repeatedly since Jesus talked to you through this music. In my case, Jesus kissed me on the cheek after I published an electronic version of my book on the Smashwords website. Music has to be carefully selected based on a Holy environment or Holy ground. Remember, God's communication will be compounded when listening to the same music that triggered past events with God. Music therapy most likely affects the frontal lobe, but it will also affect the whole brain. Music therapy is considered an internal feedback. In the event that a person has a severe headache, body fatigue, or the brain is exhausted from thinking, music therapy may worsen the situation. It is important to know what to prioritize within the hierarchy of needs: first, we must address physical needs, the body and mind; second, we deal with emotional needs; and third, we focus on spiritual needs. Therefore, in order to use music therapy for spiritual needs, the physical and emotional needs must be dealt with first. For me, in June 2017, I worked ten hours a day for eleven day straight, completing a periodic assessment and finding risks of failure for the Chief Joseph Dam in eastern Washington. I was thinking constantly, and did not do my music therapy meditation. When I got back to Seattle, in the days after this intensive work schedule, any attempt to do this meditation would worsen my exhausted brain. My therapist told me about the hierarchy of needs. Mindful meditation and exercise would be better suited for me once I had rested. Thus, I resumed music therapy four weeks after I got back to Seattle.**

**Martin Luther wrote:**

*"I, Dr. Martin Luther, wish all lovers of the unshackled art of music, grace and peace from God the Father and from our Lord, Jesus Christ! I truly desire that all Christians would love and regard as worthy the lovely gift of music, which is a precious, worthy and costly given humankind by God. Next to the Word of God, the noble art of music is the greatest treasure in the world."*

## **MUSIC THERAPY is a work of art**

**In music therapy, it is suggested that you have seven pieces of music and proceed as follows (it is required that you breathe deeply and exhale slowly while listening to the music piece).**

**First piece: visualize a setting with Jesus: watching a sunset, sitting at a fire pit on the beach, sitting on a log with Jesus, and discuss your day with him – perhaps you may visualize eating fish or marshmallows, as well.**

**Second piece:** go on a boat with Jesus, where Jesus rows the boat. He might have His disciples with him, or it might be just Him alone. It is a period for teaching by Jesus where you can have a deep discussion with Him, and keep your ears open wide.



galilee-Jesus-boat

**Third piece:** visualize sitting with Jesus at night by the river, with the moon high, and experience peace beyond imagination. Alternately, you could visualize being on a different planet or on a moon.

As we become more aware of God’s ever-presence, realizing that “God is our refuge and strength, a very present help in trouble” ([Psalms 46:1](#)), we find a deeper sense of refuge and rest.

**Fourth piece:** visualize a reconciliation with Jesus, such as possibly having communion on the beach or at church. One good example is visualizing yourself standing in front of Jesus and paying attention to the difference between you and Jesus.

**Fifth piece:** this is the affirmation piece where you say: “tomorrow is going to be a great day, everything will happen beautifully, and God’s will shall be done. I am not going to sin anymore.”

**Sixth piece:** visualize dancing with angels or your loved ones, past or present. I ask my angel to inspire me with good music.

**Seventh piece:** visualize dancing alone or playing hopscotch, and saying “there is nothing to worry about, God will take care of everything”. I visualize God’s voice and, when I hear it, I cannot tell if it is the voice of a man or a woman.

*Note: the music piece can have lyrics or words, but one must be very careful with words; because it is like hypnosis, the wrong words can confuse the subconscious.*

After eight years of doing the same music therapy, which affects the frontal lobe where problem solving, concentrating and thinking, and mood occur, a person can start to have results in the brain response to therapy that can have a direct relation to healing depression. After using the same music

for five years, it now knocks me off balance and I have trouble walking in the first few minutes after the meditation. Also, some people may experience a slight headache afterwards because of the lack of oxygen in the brain due to the brain working hard. I recommend deep breathing and mindfulness for one hour after the music therapy. The effect of this meditation can last up to three to four hours.

I was doing my meditation on Wednesday, September 27, 2017, and in the music of reconciliation, I told Jesus “I am sorry because I am not resting and have no Sabbath”. He said, “when you do your meditation, it is a Sabbath”. So, now I do it even more.

The following reference about depression related to solving problems:

**Depression may be our brain's way of telling us to stop and solve a problem**



- [Kevin Loria](#)
- Feb. 15, 2017, 4:31 PM

<http://www.businessinsider.com/depression-brain-deal-with-a-problem-2017-2>

I strongly recommend that meditation music composing receive the same budget funds as motion picture sound tracks. It is crucial to our mental health, especially when that meditation session will be repeated for many years. Also, when doing music therapy for many years, the communication with God becomes an open channel and His presence to the person becomes evident, reaping happiness. The visualization becomes easier as time goes on. For instance, I no longer have to visualize the boat or the fire pit – it is already there. It should be noted that music and songs have deteriorated in the last 70 years in the whole world due to money and drugs. One must listen to the Holy Spirit when composing a song or music and realize the long-term effect that it can have on people.

Dr. Martin Johnson, M.D., told me that music and smells often bring back old memories. The aim of Christian music therapy is to develop memories of God, Jesus, and angels by listening to music and visualizing and conversing with Jesus. The result, after doing it for weeks, is that the brain produces living water, which is felt in the heart and brain. Finally, after an extended period of time doing music therapy, when listening to the music without visualizations, the brain will produce living water simply from listening to the music. In my situation, after doing these

meditations and visualizations for eight years, my anxiety disappeared, and my illness lessened. Now, every time I do my music therapy, I feel living water in my brain afterwards.

**Negative effects:** Negative effects of music therapy with mental illness can happen, but it is rare. For example, after my vision of Christ in the 1970s, I wrote a song called “Jesus Christ I love you so” and sang it to people. In the 1970s, I had a lot of suffering because I was taking the wrong medications, and therefore some people associated these issues with the song. The song was put to formal notes in 1999. On July 3, 2016, a soprano debuted the song at Ballard First Lutheran Church and it was a great success, as the song received many claps and compliments. I went to bed that night, singing the song subconsciously. However, it triggered past sufferings, and I became ill. I took three Serequel that night, slept for twelve hours, and then I was fine the second day. I was also able to sing the song later with no problems. I told Dr. Johnson what had happened, and he said that, because there was suffering back when I originally wrote and performed the song, and music is very powerful and can trigger memories, the public performance of my song caused a negative reaction in me. It is expected that, if the music therapy is set up correctly, positive memories will be triggered. The selection of the music pieces is very critical and is dependent on the person. A music piece can be peaceful for one person and not so peaceful to another person.

Another example from history is the criminal Charles Manson and his family

[https://en.wikipedia.org/wiki/Charles\\_Manson](https://en.wikipedia.org/wiki/Charles_Manson)

“Manson believed in what he called "[Helter Skelter](#)", a term he took from [the Beatles' song of the same name](#). Manson believed Helter Skelter to be an impending [apocalyptic race war](#), which he described in his own version of the lyrics to the Beatles' song.” So, as you can see, the choice of music can trigger a darker side. Therefore, I will select a few options for people receiving music therapy so that they can chose the ones that work best for them when the research gets started.

In his book “Memory Rescue Level 1”, Dr. Amen recommends new music to improve memory. However, he is not quite right about music. New music is not enough to affect memory and emotions, it is old music, that has history in someone’s life, that will have an impact. I recommend working with both old and new music, but more research is needed.

### **Suggested Questions to Participant in my Research**

**When did you hear that song or music?**

**Did somebody die?**

**Did you lose a boyfriend or a girlfriend or get a divorce?**

**Did you have an episode (losing reality) this is for the mentally ill?**

**Were you depressed?**

**Did you lose your appetite?**

**Were you stressed out?**

**Did you have sex while listening to this music?**

**Did it make you happy?**

**Did it make you sad?**

**Did you get drunk while listening to the music?**

**Were you on drugs while listening to the music?**

**Were you smoking weed?**

**Did you dance to it?**

**Did you cry?**

**Were you in a good mood?**

**How old were you?**

**Did you have a baby?**

**Did it take you to new places?**

**Were you pregnant?**

**The following are more references on music:**

## **Neuroscience Says Listening to This 1 Song Reduces Anxiety by up to 65 Percent**

Sure to both stir your soul and calm your nervous system.



BY MELANIE CURTIN

<http://www.inc.com/melanie-curtin/neuroscience-says-listening-to-this-one-song-reduces-anxiety-by-up-to-65-percent.html>





Melanie Curtin holds a Master's in Communication from Stanford University. Her work has been featured around the world, including on Huffington Post, in the New York Observer and on The Today Show in Australia.

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“Everyone knows they need to manage their [stress](#). When things get difficult at work, school, or in your personal life, you can use as many tips, tricks, and [techniques](#) as you can get to calm your nerves.

So here's a science-backed one: make a playlist of the 10 songs found to be the most relaxing on earth.

Sound therapies have long been popular as a way of relaxing and restoring one's health. For centuries, indigenous cultures have used music to help enhance well-being and improve health conditions.

Now, neuroscientists out of the UK have specified which tunes give you the most bang for your musical buck.

The study was conducted on participants who attempted to solve difficult puzzles as quickly as possible while connected to sensors. The puzzles induced a certain level of stress, and participants listened to different songs while researchers measured brain activity as well as physiological states that included heart rate, blood pressure, and rate of breathing.

According to Dr. David Lewis-Hodgson of [Mindlab International](#), which conducted the research, the top song produced a greater state of relaxation than any other music tested to date.

In fact, listening to that one song -- *Weightless* -- resulted in a striking 65 percent reduction in participants' overall anxiety, and a 35 percent reduction in their usual physiological resting rates.

That is remarkable.

Equally remarkable is the fact that the song was actually constructed to do so. The group that created *Weightless*, Marconi Union, did so in collaboration with sound therapists. Its carefully arranged harmonies, rhythms and bass lines help slow a listener's heart rate, reduce blood pressure and lower levels of the stress hormone cortisol.

When it comes to lowering anxiety, the stakes couldn't be higher. Stress either exacerbates or increases the risk of health issues like heart disease, obesity, depression, gastrointestinal problems, asthma, and more. More troubling still, a [recent paper](#) out of Harvard and Stanford found that health issues from job stress alone cause more deaths than diabetes, Alzheimer's, or influenza.

In this age of constant bombardment, the science is clear: if you want your mind and body to last, you've got to prioritize giving them a rest. Music is an easy way to take some of the pressure off of all the pings, dings, apps, tags, texts, emails, appointments, meetings, and deadlines that can easily spike your stress level and leave you feeling drained and anxious.

Of the top track, Dr. David Lewis-Hodgson said, "*Weightless* was so effective, many women became drowsy and I would advise against driving while listening to the song because it could be dangerous."

So don't drive while listening to these, but do take advantage of them:

10. [We Can Fly](#), by Rue du Soleil (Café Del Mar)
9. [Canzonetta Sull'aria](#), by Mozart
8. [Someone Like You](#), by Adele
7. [Pure Shores](#), by All Saints
6. [Please Don't Go](#), by Barcelona
5. [Strawberry Swing](#), by Coldplay
4. [Watermark](#), by Enya
3. [Mellomaniac \(Chill Out Mix\)](#), by DJ Shah
2. [Electra](#), by Airstream
1. [Weightless](#), by Marconi Union

I made a [public playlist](#) of all of them on Spotify that runs about 50 minutes (it's also downloadable)."

There's also a [free 10-hour version](#) of *Weightless* available if you want a longer listening experience.

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"Where words fail, music speaks."

- Hans Christian Andersen

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PUBLISHED ON: OCT 26, 2016

**We are not meant to be in isolation, and this relates to music therapy: people tend to be uncomfortable in a very quiet room. People need sound noise to feel they exist see the reference below**

Technology

**I spent five minutes inside the quietest room in the world and almost lost my mind**

Matt Weinberger, Business Insider 14 hours ago 8/11/2016

<https://www.yahoo.com/finance/news/spent-five-minutes-inside-quietest-234256889.html>

Inside a Musician's Aging Brain

A singer-songwriter dives into brain research to see what's going on in his head

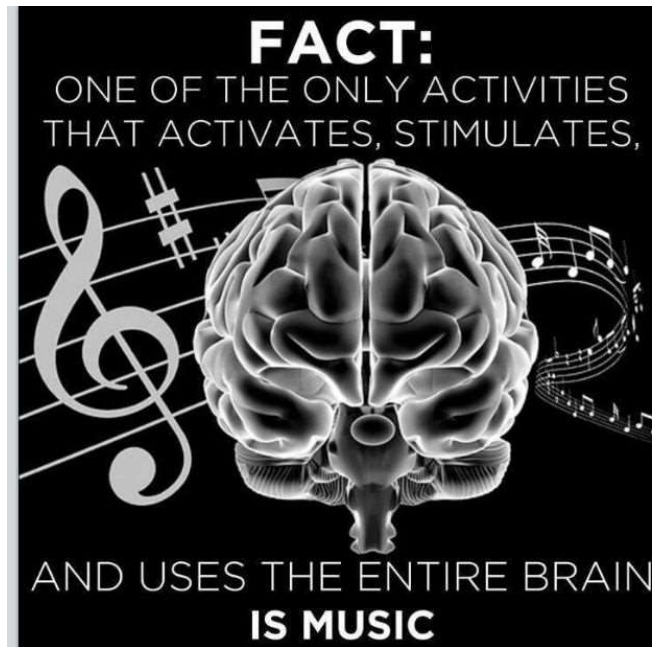
November 4, 2016

<http://www.nextavenue.org/inside-a-musicians-aging-brain/>

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By [Jim Walsh](#)

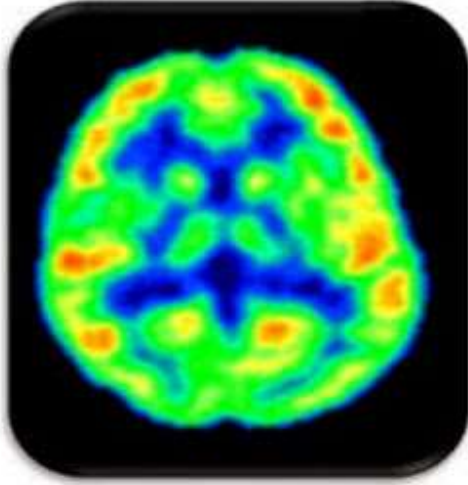


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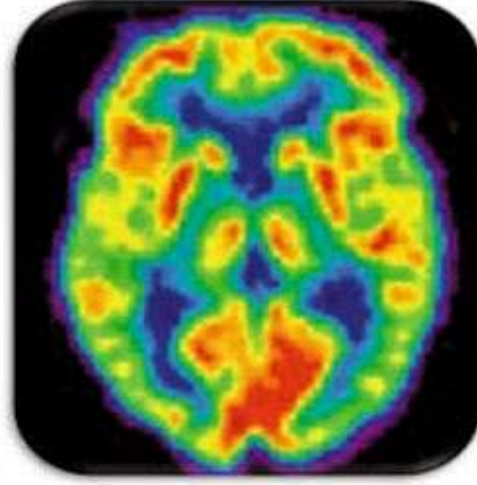


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The brain at rest



The brain's reaction to music



<http://www.bing.com/images/search?q=music+and+the+brain&view=detailv2&&id=749E98A116E092BCA3B4B8D3B3B5BD0A8103C14B&selectedIndex=59&ccid=pnDi%2fBA4&simid=608052445109421107&thid=OIP.Ma670e2fc103839b796d8d7c149d43429o0&ajaxhist=0>

A 2007 study found that listening to music triggers the human brain's ability to recall data.

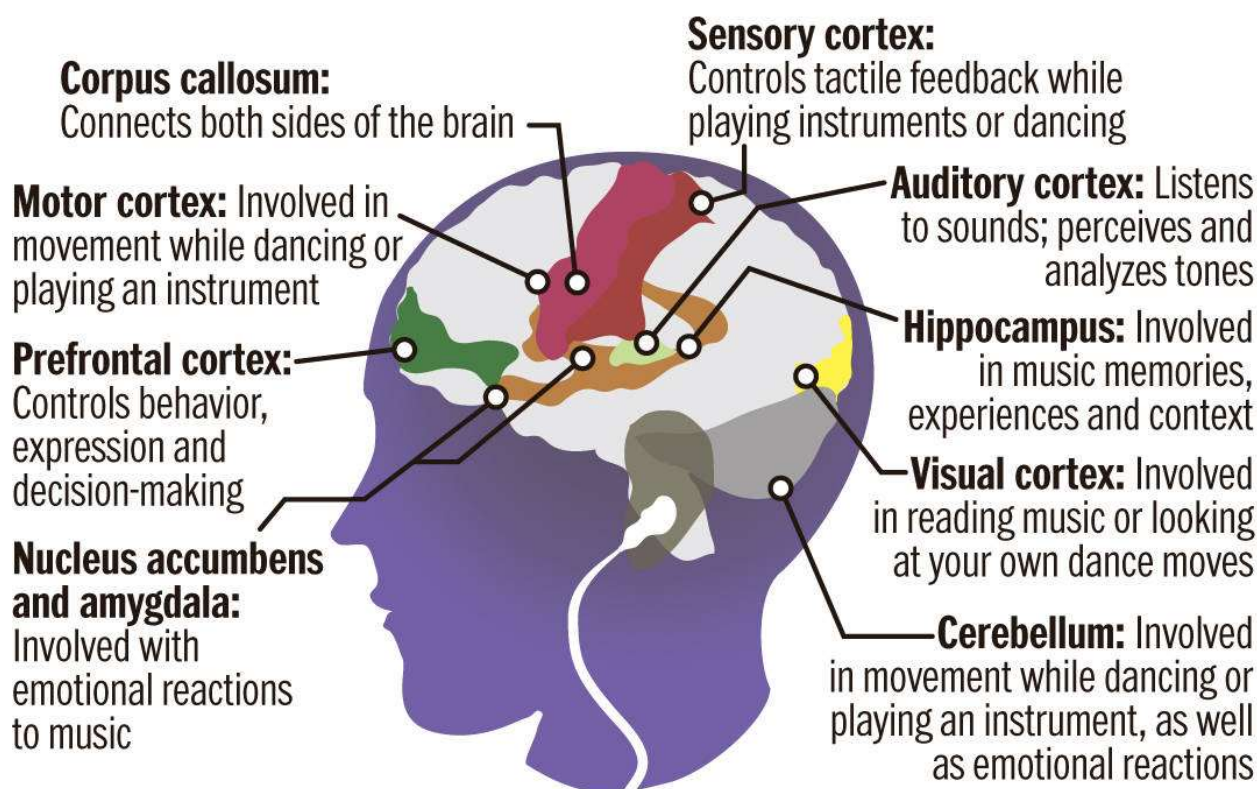


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# Music and the brain

*Playing and listening to music works several areas of the brain*



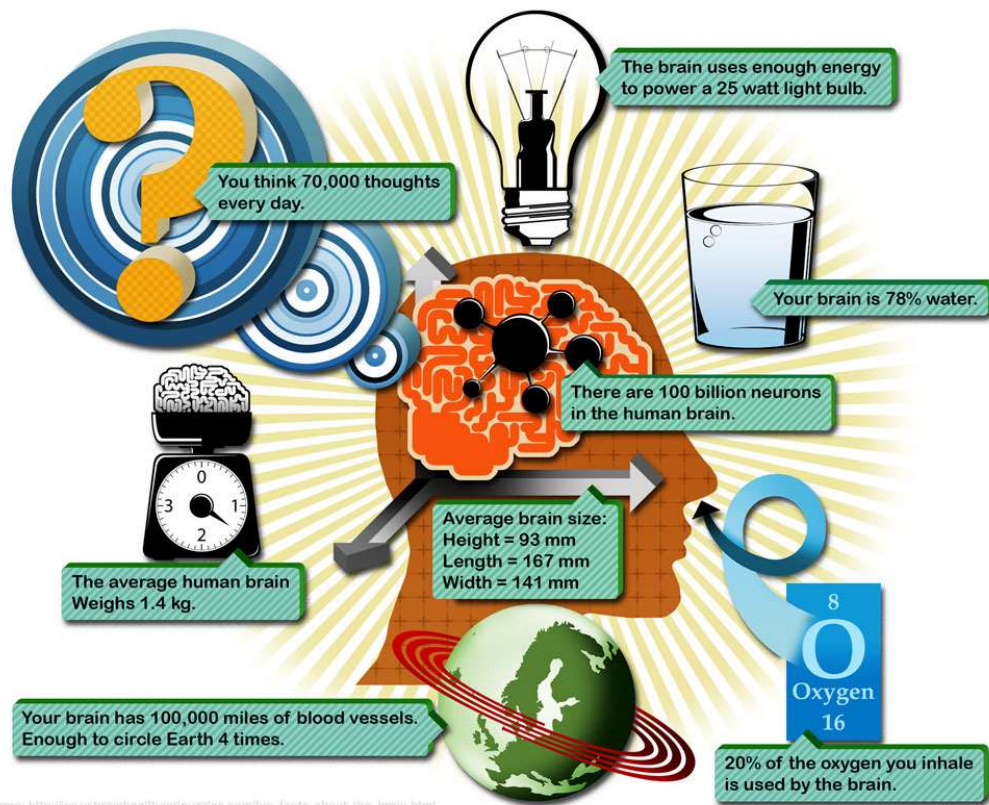
SOURCE: Music for Young Children

DESERET NEWS GRAPHIC

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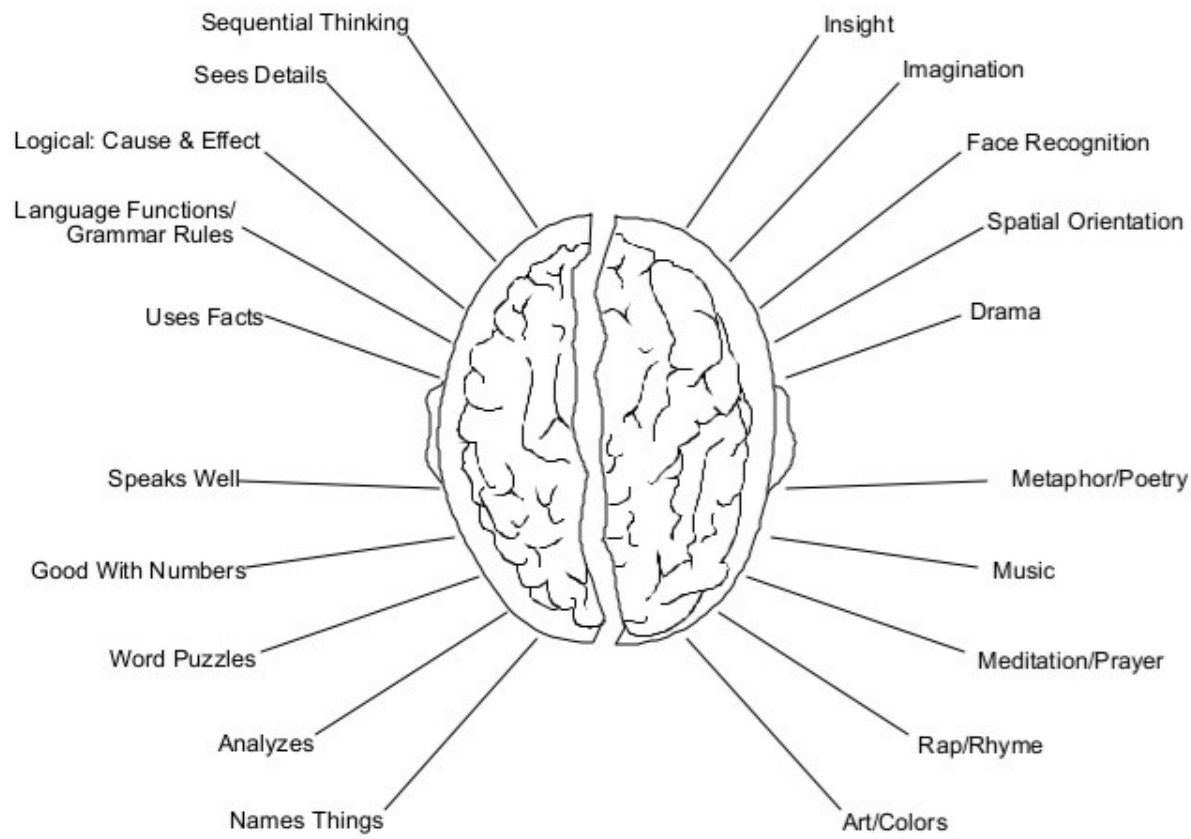


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<http://www.bing.com/images/search?q=The+Brain+and+Music+Facts&view=detailv2&id=1A75A359EA36872E7D6B6D153E8676C07066F023&selectedIndex=73&ccid=dNUD8dPl&simid=608030523597848758&thid=OIP.M74d503f1d3e51261dab323b9a36edfa7o0&mode=overlay&first=1>





<http://www.bing.com/images/search?q=The+Brain+and+Music+Facts&view=detailv2&id=DB12F64FFEB1F198E6600CC0C87C2DA3F897FEE2&selectedIndex=77&ccid=p1Zmax1h&simid=607990318404536812&thid=OIP.Ma756666b1d612c618c199fa748175a3ao0&mode=overlay&first=1>

### Human Brain Parts and Functions

**Hearing good, relaxing music while visualizing Jesus and talking to Him can affect the brain in such a way that, when listening to the music again without the visualization, the music can bring back the memory of Jesus as well as the sensation of living water. This experience has been found to have an effect on the neurons in the brain, also known as the Pavlov Response. It has been found that music therapy, such as listening to music from the past, also helps people with dementia and Alzheimer, because it brings back memories.**

<http://www.wired.com/2011/01/the-neuroscience-of-music/>

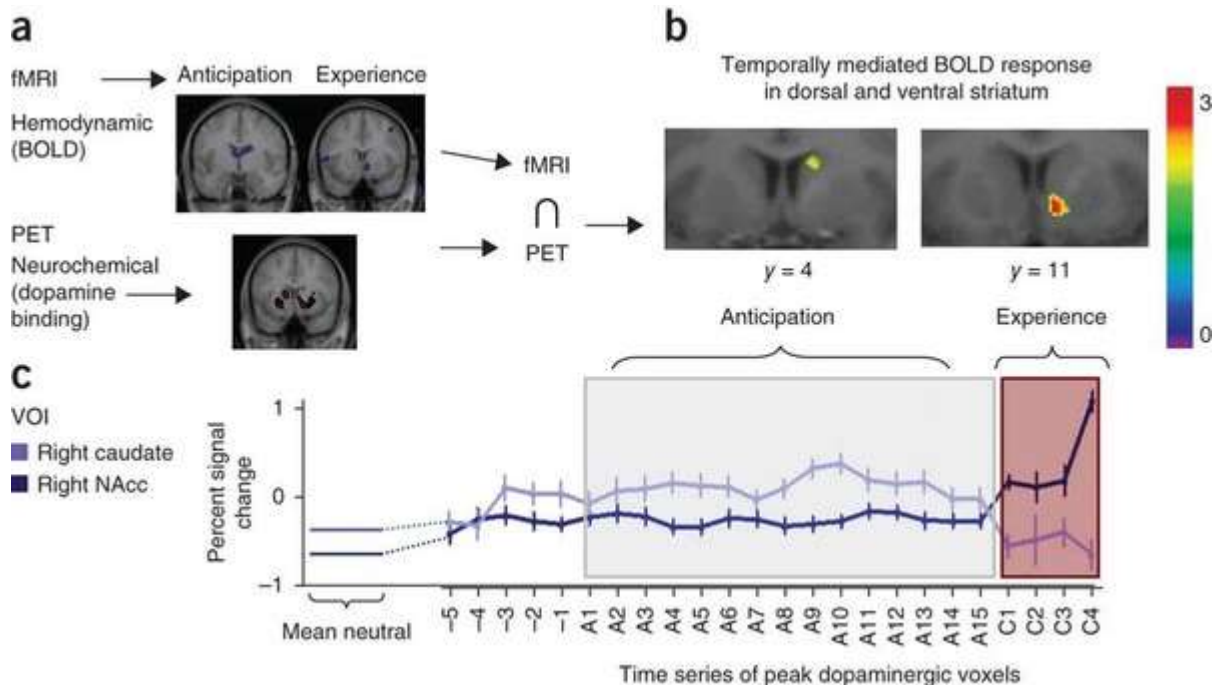
## The Neuroscience Of Music

“Why does music make us feel? On the one hand, music is a purely abstract art form, devoid of language or explicit ideas. The stories it tells are all subtlety and subtext. And yet, even though music says little, it still manages to touch us deep, to tickle some universal nerves. When listening to our favorite songs, our body betrays all the symptoms of emotional arousal. The pupils in our eyes dilate, our pulse and blood pressure rise, the electrical conductance of our skin is lowered, and the cerebellum, a brain region associated with bodily movement, becomes strangely active. Blood is even re-directed to the muscles in our legs. (Some speculate that this is why we begin tapping our feet.) In other words, sound stirs us at our biological roots. As Schopenhauer wrote, “It is we ourselves who are tortured by the strings.”

We can now begin to understand where these feelings come from, why a mass of vibrating air hurtling through space can trigger such intense states of excitement. A brand new [paper](#) in *Nature Neuroscience* by a team of Montreal researchers marks an important step in revealing the precise underpinnings of “the potent pleasurable stimulus” that is music. Although the study involves plenty of fancy technology, including fMRI and ligand-based positron emission tomography (PET) scanning, the experiment itself was rather straightforward. After screening 217 individuals who responded to advertisements requesting people that experience “chills to instrumental music,” the scientists narrowed down the subject pool to ten. (These were the lucky few who most reliably got chills.) The scientists then asked the subjects to bring in their playlist of favorite songs – virtually every genre was represented, from techno to tango – and played them the music while their brain activity was monitored.

Because the scientists were combining methodologies (PET and fMRI) they were able to obtain an impressively precise portrait of music in the brain. The first thing they discovered (using ligand-based PET) is that music triggers the release of dopamine in both the dorsal and ventral striatum. This isn’t particularly surprising: these regions have long been associated with the response to pleasurable stimuli. It doesn’t matter if we’re having sex or snorting cocaine or listening to Kanye: These things fill us with bliss because they tickle these cells. Happiness begins here.

The more interesting finding emerged from a close study of the timing of this response, as the scientists looked to see what was happening in the seconds *before* the subjects got the chills. I won’t go into the precise neural correlates – let’s just say that you should thank your right NAcc the next time you listen to your favorite song – but want to instead focus on an interesting distinction observed in the experiment:



In essence, the scientists found that our favorite moments in the music were preceded by a prolonged increase of activity in the caudate. They call this the “anticipatory phase” and argue that the purpose of this activity is to help us predict the arrival of our favorite part:

Immediately before the climax of emotional responses there was evidence for relatively greater dopamine activity in the caudate. This subregion of the striatum is interconnected with sensory, motor and associative regions of the brain and has been typically implicated in learning of stimulus-response associations and in mediating the reinforcing qualities of rewarding stimuli such as food.

In other words, the abstract pitches have become a primal reward cue, the cultural equivalent of a bell that makes us drool. Here is their summary:

The anticipatory phase, set off by temporal cues signaling that a potentially pleasurable auditory sequence is coming, can trigger expectations of euphoric emotional states and create a sense of wanting and reward prediction. **This reward is entirely abstract and may involve such factors as suspended expectations and a sense of resolution. Indeed, composers and performers frequently take advantage of such phenomena, and manipulate emotional arousal by violating expectations in certain ways or by delaying the predicted outcome (for example, by inserting unexpected notes or slowing tempo) before the resolution to heighten the motivation for completion.** The peak emotional response evoked by hearing the desired sequence would represent the consummatory or liking phase, representing fulfilled expectations and accurate reward prediction. We propose that each of these phases may involve dopamine release, but in different subcircuits of the striatum, which have different connectivity and functional roles.

The question, of course, is what all these dopamine neurons are up to. What aspects of music are they responding to? And why are they so active fifteen seconds *before* the acoustic climax? After all, we typically associate surges of dopamine with pleasure, with the processing of actual rewards. And yet,

this cluster of cells in the caudate is most active when the chills have yet to arrive, when the melodic pattern is still unresolved.

One way to answer these questions is to zoom out, to look at the music and not the neuron. While music can often seem (at least to the outsider) like a labyrinth of intricate patterns – it’s art at its most mathematical – it turns out that the most important part of every song or symphony is when the patterns break down, when the sound becomes unpredictable. If the music is too obvious, it is annoyingly boring, like an alarm clock. (Numerous studies, after all, have demonstrated that dopamine neurons quickly adapt to predictable rewards. If we know what’s going to happen next, then we don’t get excited.) This is why composers introduce the tonic note in the beginning of the song and then studiously avoid it until the end. The longer we are denied the pattern we expect, the greater the emotional release when the pattern returns, safe and sound. That is when we get the chills.

To demonstrate this psychological principle, the musicologist Leonard Meyer, in his classic book *Emotion and Meaning in Music* (1956), analyzed the 5<sup>th</sup> movement of Beethoven’s *String Quartet in C-sharp minor, Op. 131*. Meyer wanted to show how music is defined by its flirtation *with* – but not submission *to* – our expectations of order. To prove his point, Meyer dissected fifty measures of Beethoven’s masterpiece, showing how Beethoven begins with the clear statement of a rhythmic and harmonic pattern and then, in an intricate tonal dance, carefully avoids repeating it. What Beethoven does instead is suggest variations of the pattern. He is its evasive shadow. If E major is the tonic, Beethoven will play incomplete versions of the E major chord, always careful to avoid its straight expression. He wants to preserve an element of uncertainty in his music, making our brains beg for the one chord he refuses to give us. Beethoven saves that chord for the end.

According to Meyer, it is the suspenseful tension of music (arising out of our unfulfilled expectations) that is the source of the music’s feeling. While earlier theories of music focused on the way a noise can refer to the real world of images and experiences (its “connotative” meaning), Meyer argued that the emotions we find in music come from the unfolding events of the music itself. This “embodied meaning” arises from the patterns the symphony invokes and then ignores, from the ambiguity it creates inside its own form. “For the human mind,” Meyer writes, “such states of doubt and confusion are abhorrent. When confronted with them, the mind attempts to resolve them into clarity and certainty.” And so we wait, expectantly, for the resolution of E major, for Beethoven’s established pattern to be completed. This nervous anticipation, says Meyer, “is the whole *raison d’etre* of the passage, for its purpose is precisely to delay the cadence in the tonic.” The uncertainty makes the feeling – it is what triggers that surge of dopamine in the caudate, as we struggle to figure out what will happen next. And so our neurons search for the undulating order, trying to make sense of this flurry of pitches. We can predict some of the notes, but we can’t predict them all, and that is what keeps us listening, waiting expectantly for our reward, for the errant pattern to be completed. Music is a form whose meaning depends upon its violation.”

Homepage image: [Kashirin Nickolai](#), Flickr. In the following interesting article connect us with brain and music:

8 surprising way music affects and benefits the brain

Thoughts on sharing, creating, analyzing and converting with social media.

Save time on social media with Buffer. [Schedule your first post now!](#)



By Belle Beth Cooper NOVEMBER 20, 2013 62 Comments

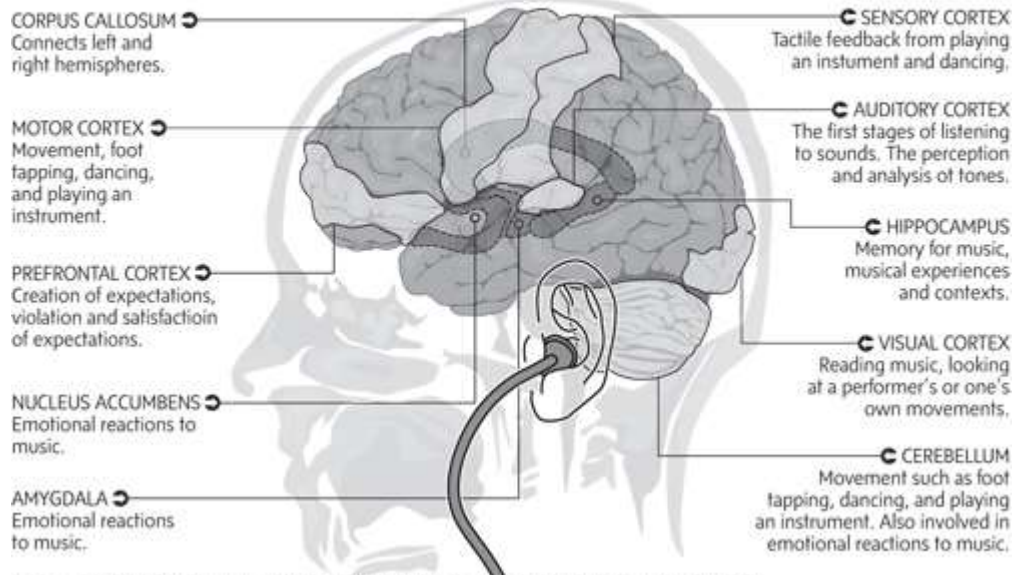
I'm a big fan of music, and use it a lot when working, but I had no idea about how it really [affects our brains and bodies](#). Since music is such a big part of our lives, I thought it would be interesting and useful to have a look at some of the ways we react to it without even realizing.

*“Without music, life would be a mistake” – Friedrich Nietzsche*

Of course, music affects many [different areas of the brain](#), as you can see in the image below, so we're only scratching the surface with this post, but let's jump in.

### Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:



MIKE FAILLE/THE GLOBE AND MAIL SOURCE: THIS IS YOUR BRAIN ON MUSIC: THE SCIENCE OF A HUMAN OBSESSION

## 1. Happy/sad music affects how we see neutral faces:

We can usually pick if a piece of music is particularly happy or sad, but this isn't just a subjective idea that comes from how it makes us feel. In fact, our brains actually respond differently to happy and sad music.

Even short pieces of happy or sad music can affect us. **One study** showed that **after hearing a short piece of music, participants were more likely to interpret a neutral expression as happy or sad, to match the tone of the music they heard.** This also happened with other facial expressions, but was most notable for those that were close to neutral.

Something else that's really interesting about **how our emotions are affected by music** is that **there are two kind of emotions related to music: *perceived* emotions and *felt* emotions.**

This means that sometimes we can understand the emotions of a piece of music **without actually feeling them**, which explains why some of us find listening to sad music enjoyable, rather than depressing.

Unlike in real life situations, we don't feel any real threat or danger when listening to music, so we can *perceive* the related emotions without truly feeling them—almost like **vicarious emotions**.

## **2. Ambient noise can improve creativity**

We all like to pump up the tunes when we're powering through our to-do lists, right? But when it comes to creative work, loud music may not be the best option.

It turns out that a **moderate noise level is the sweet spot for creativity.** Even more than low noise levels, ambient noise apparently gets our creative juices flowing, and doesn't put us off the way high levels of noise do.

The way this works is that **moderate noise levels increase processing difficulty which promotes abstract processing, leading to higher creativity.** In other words, when we struggle (just enough) to process things as we normally would, we resort to more creative approaches.

In high noise levels, however, our creative thinking is impaired because we're overwhelmed and struggle to process information efficiently.

This is very similar to **how temperature and lighting can affect our productivity**, where paradoxically a slightly more crowded place can be beneficial.

## **3. Our music choices can predict our personality**



Take this one with a grain of salt, because it's only been tested on young adults (that I know of), but it's still really interesting.

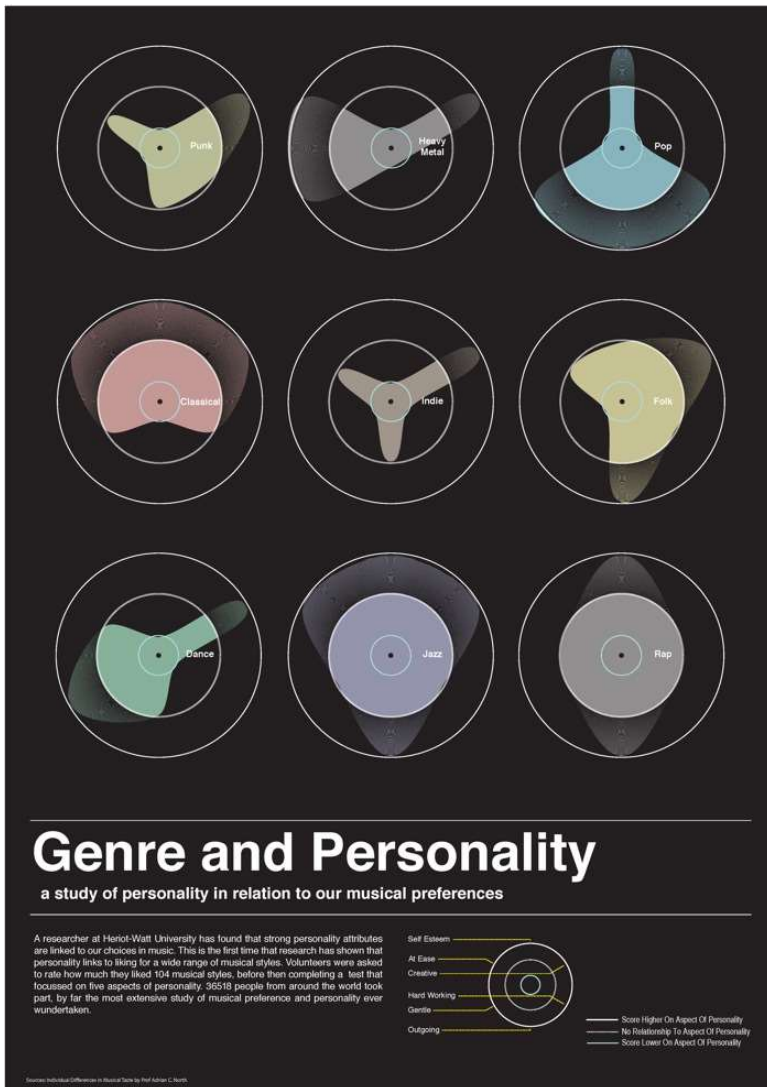
In a [study](#) of couples who spent time getting to know each other, **looking at each other's top ten favorite songs actually provided fairly reliable predictions as to the listener's personality traits.**

The study used five personality traits for the test: openness to experience, **extraversion**, agreeableness, conscientiousness and emotional stability.

Interestingly, some traits were more accurately predicted based on the person's listening habits than others. For instance, **openness to experience, extraversion and emotional stability were the easiest to guess correctly.** Conscientiousness, on the other hand, wasn't obvious based on musical taste.

Here is also a break down of how the different genres correspond to our personality, according to a study conducted at Heriot-Watt University:





To break it down, here is the connection they have found:

- **Blues fans** have high self-esteem, are creative, outgoing, gentle and at ease
- **Jazz fans** have high self-esteem, are creative, outgoing and at ease
- **Classical music fans** have high self-esteem, are creative, introvert and at ease
- **Rap fans** have high self-esteem and are outgoing
- **Opera fans** have high self-esteem, are creative and gentle
- **Country and western fans** are hardworking and outgoing

- **Reggae fans** have high self-esteem, are creative, not hardworking, outgoing, gentle and at ease
- **Dance fans** are creative and outgoing but not gentle
- **Indie fans** have low self-esteem, are creative, not hard working, and not gentle
- **Bollywood fans** are creative and outgoing
- **Rock/heavy metal fans** have low self-esteem, are creative, not hard working, not outgoing, gentle, and at ease
- **Chart pop fans** have high self-esteem, are hardworking, outgoing and gentle, but are not creative and not at ease
- **Soul fans** have high self-esteem, are creative, outgoing, gentle, and at ease

Of course, generalizing based on this study is very hard. However looking at [the science of introverts and extroverts](#), there is some clear overlap.

#### **4. Music can significantly distract us while driving (contrary to common belief)**

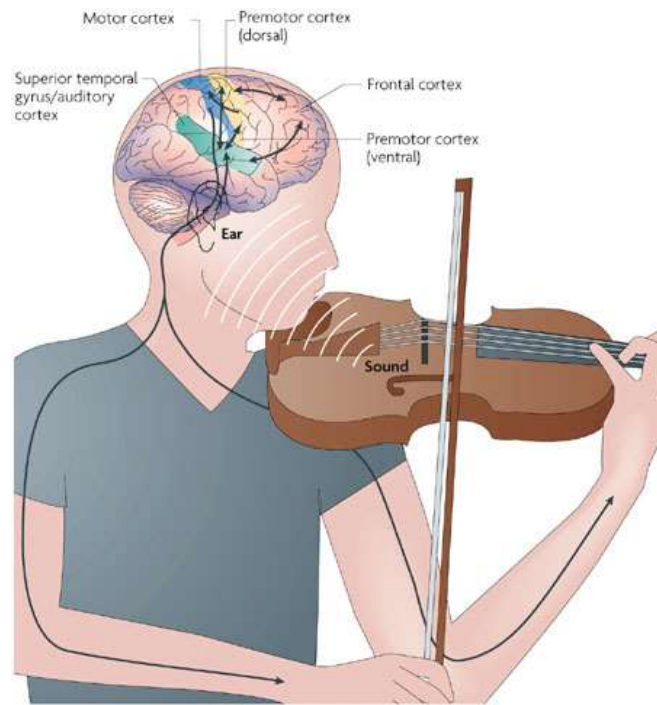
[Another study](#) done on teenagers and young adults focused on how their driving is affected by music.

Drivers were tested while listening to their own choice of music, silence or “safe” music choices provided by the researchers. Of course, their own music was preferred, but it also proved to be more distracting: **drivers made more mistakes and drove more aggressively when listening to their own choice of music.**

Even more surprising: music provided by the researchers proved to be more beneficial than no music at all. It seems that unfamiliar, or uninteresting, music is best for safe driving.

#### **5. Music training can significantly improve our motor and reasoning skills**

We generally assume that learning a musical instrument can be beneficial for kids, but it’s actually useful in more ways than we might expect. [One study](#) showed that **children who had three years or more musical instrument training performed better than those who didn’t learn an instrument in auditory discrimination abilities and fine motor skills.**



Nature Reviews | Neuroscience

They also tested better on vocabulary and nonverbal reasoning skills, which involve understanding and analyzing visual information, such as identifying relationships, similarities and differences between shapes and patterns.

These two areas in particular are quite removed from musical training as we imagine it, so it's fascinating to see [how learning to play an instrument can help kids develop such a wide variety of important skills](#).

Similar research shows [this correlation for exercise and motor skills in the same way](#), which is also fascinating.

## 6. Classical music can improve visual attention

It's not just kids that can benefit from musical training or exposure. **Stroke patients in one small study showed improved visual attention while listening to classical music.**

The study also tried white noise and silence to compare the results, and found that, like the driving study mentioned earlier, **silence resulted in the worst scores.**

Because this study was so small, the conclusions need to be explored further for validation, but I find it really interesting how music and noise can affect our other senses and abilities—in this case, vision.

## 7. One-sided phone calls are more distracting than normal conversations

Another study focused on noise, rather than music, showed that **when it comes to being distracted by the conversations of others, phone calls where we can only hear one side of the conversation are the worst offenders.**

After a survey showed that **up to 82% of people find overhearing cellphone conversations annoying**, Veronica Galván, a cognitive psychologist at the University of San Diego, decided to study why these are such a pain.

In the study, participants completed word puzzles while one half of them overheard one side of a mundane phone conversation in the background. The other half of the volunteers heard the entire conversation as it took place between two people in the room.

**Those who heard the one-sided phone conversation found it more distracting than those who heard both people speaking.** They also remembered more of the conversation, showing that it had grabbed their attention more than those who heard both sides and didn't remember as much of the discussion.

The unpredictability of a one-sided conversation seems to be **the cause** of it grabbing our attention more. Hearing both sides of a conversation, on the other hand, gives us more context which makes it easier to tune out the distraction.

Then again, as we've explored before, **getting distracted** is often not such a bad thing **for various reasons.**

## 8. Music helps us exercise

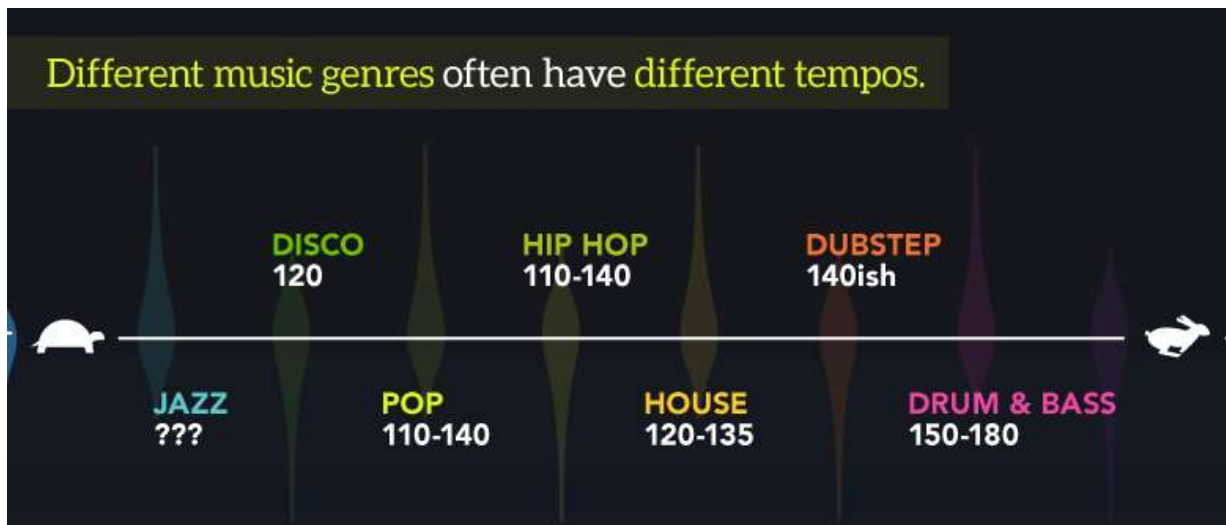
Back to music again, and we can see that just like silence doesn't help us to be more creative or better drivers, **it's not much use when we're exercising**, either.

Research on the effects of music during exercise has been done for years. In 1911, an American researcher, Leonard Ayres, found that cyclists pedaled faster **while listening to music** than they did in silence.

This happens because listening to music can drown out our brain's cries of fatigue. As our body realizes we're tired and wants to stop exercising, it sends signals to the brain to stop for a break. **Listening to music competes for our brain's attention and can help us to override those signals of fatigue**, though this is mostly beneficial for low- and moderate-intensity exercise. During high-intensity exercise, music isn't as powerful at pulling our brain's attention away from the pain of the workout.

Not only can we push through the pain to exercise longer and harder when we listen to music, but it can actually help us to use our energy more efficiently. A [2012 study](#) showed that **cyclists who listened to music required 7% less oxygen to do the same work as those who cycled in silence.**

Some [recent research](#) has shown that there's a ceiling effect on music at around 145 bpm, where anything higher doesn't seem to add much motivation, so keep that in mind when choosing your workout playlist. Here is how this breaks down for different genres:



Now if we team up these different “tempos” with the actual workout we’re doing, we can be in much better sync and find the right beat for our exercise. If you match up the above with the graphic below it should be super easy to get into a good groove:

# COMMON WORKOUT TEMPOS

Match your **workout type** to your **intensity** to find a pace range.



Running



Walking

Slower	<b>140-150 BPM</b>	<b>100-110 BPM</b>
Moderate	<b>150-160 BPM</b>	<b>110-125 BPM</b>
Faster	<b>160-175 BPM</b>	<b>125-135 BPM</b>

But hey - everybody is different. **Listen to your body!**

So in the same way [that exercising makes us happier](#), it's not surprising that music adds significantly to our work-out success.

## Happiness:

<https://www.yahoo.com/finance/news/simplest-way-stay-happy-according-154556400.html>

Eventually that boost in happiness you get from a job promotion or marriage proposal will abate, and you'll be back to the same baseline level of happiness you were before the exciting change.

## A Harvard psychologist says too many people think about happiness all wrong

Business Insider 2 hours 38 minutes ago

8/23/2016

<https://www.yahoo.com/beauty/harvard-psychologist-says-too-many-140716563.html>

## Proposed Research in Music Therapy:



Because every person chooses their own pieces of music to use in their visualization, the music therapist must help the person select the best suited music for their mental health, as it is unique to each person. Pinning down what music to use reduces the variables in the research. All music can be divided into five categories that follow the five different personality types in the world. The following reference explains what psychologists think of the different personalities in the world:

## Psychologists Say There Are Only 5 Kinds of People in the World. Which One Are You?

<http://www.inc.com/amy-morin/psychologists-say-there-are-5-personality-types-heres-how-to-tell-which-one-you-.html>

“Once you understand your personality type, it's easy to identify other people's too.

BY AMY MORIN



Amy Morin is a psychotherapist, a keynote speaker, and the author of *13 Things Mentally Strong People Don't Do*, a best-selling book that is being translated into more than 20 languages.

@AmyMorinLCSW

Author, "13 Things Mentally Strong People Don't Do"@AmyMorinLCSW

WRITE A COMMENT

IMAGE: Getty Images

ADVERTISEMENT

Your **personality** influences everything from the friends you choose to the **candidates** you vote for in a political election. Yet many people never really spend much time thinking about their personality traits.

Understanding your personality can give you insight into your **strengths and weaknesses**. It can also help you gain insight into how others see you.

Most modern-day psychologists agree there are five major personality types. Referred to as the "five factor model," everyone possesses some degree of each.

### 1. Conscientiousness.

People who rank highest in conscientiousness are efficient, well-organized, dependable, and self-sufficient. They prefer to plan things in advance and aim for high achievement. People



who rank lower in conscientiousness may view those with this personality trait as stubborn and obsessive.

Fun fact: [Studies](#) show marrying someone high in conscientiousness increases your chances of workplace success. A conscientious spouse can boost your productivity and help you achieve the most.

## **2. Extroversion.**

People who rank high in extroversion gain energy from social activity. They're talkative and outgoing and they're comfortable in the spotlight. Others may view them as domineering and attention-seeking.

Fun fact: Be on the lookout for a strong handshake. [Studies](#) show men with the strongest handgrips are most likely to rank high in extroversion and least likely to be neurotic. That doesn't hold true for women, however.

## **3. Agreeableness.**

Those who rank high in agreeableness are trustworthy, kind, and affectionate toward others. They're known for their pro-social behavior and they're often committed to volunteer work and altruistic activities. Other people may view them as naïve and overly passive.

Fun fact: Seek a financial investor who is high in agreeableness. [Studies](#) show agreeable investors are least likely to lose money from risky trading. Avoid an investor high in openness--that personality is associated with overconfidence that can lead an investor to take excessive risks.

## **4. Openness to Experience.**

People who rate high in openness are known for their broad range of interests and vivid imaginations. They're curious and creative and they usually prefer variety over rigid routines. They're known for their pursuits of self-actualization through intense, euphoric experiences like meditative retreats or living abroad. Others may view them as unpredictable and unfocused.

Fun fact: Openness is the only personality trait that consistently predicts political orientation. [Studies](#) show people high in openness are more likely to endorse liberalism and they're also more likely to express their political beliefs.

## **5. Neuroticism.**

Neurotic people experience a high degree of emotional instability. They're more likely to be reactive and excitable and they report higher degrees of unpleasant emotions like anxiety and irritability. Other people may view them as unstable and insecure.

Fun fact: Neurotic people seek acceptance by publishing a lot of pictures on Facebook.

[Studies](#) find they're less likely to post comments or updates that could be seen as controversial, and much more likely to post lots of pictures (they also have the most photos per album).

### **Understanding the basics of personality.**

Personality remains relatively stable over time. The personality traits you exhibited at age 7 are likely to predict much of your behavior as an adult.

Of course, you can change some of your personality traits. It takes hard work and effort to make big changes, but most scientists agree that it is possible.”

### **Human Behavior Study Identifies Four Basic Personality Types**

[Neuroscience News](#) October 7, 2016  
[Featured Psychology](#) 9 min read

<http://neurosciencenews.com/behavior-personality-types-5238/>

*Summary: 90 percent of the population can be classified into one of four main personality types, and of those, 30 percent fall under the envious personality type, a new study reports.*

*Source: Carlos III University of Madrid.*

“A study on human behavior has revealed that 90 percent of the population can be classified into four basic personality types: optimistic, pessimistic, trusting and envious. However, the latter of the four types, envious, is the most common, with 30 percent compared to 20 percent for each of the other groups.”

### **Examples of music that fits the categories: Under research**

From Dr. Amen “Change your Brain Change your Life” pp265-267

#### **B-Listen to Healing Music**

“Listen to lot of great music, from country to jazz, from rock to classical, is one of the true joys of life. Music has healing properties. Listening to it can activate and stimulate the temporal lobes and bring peace or excitement to your mind.

Music therapy has been a part of psychiatric treatment for decades. Fast-tempo, upbeat music can stimulate depressed patients in a positive way, while certain music has a calming effect on patients. For example, music by composer Barry Goldstein is used for therapeutic purposes in hospitals, hospices, and other healing centers because it helps to facilitate relaxation and improve sleep, reduce stress and anxiety, and provide other supportive benefits for the brain. You can find some of Barry's healing music on our online community [www.mybrainfitlife.com](http://www.mybrainfitlife.com) .

In highly publicized work, researchers at the University of California, Irvine, demonstrated that listening to Mozart's Sonata for Two Pianos (K448) enhanced visual-spatial learning skills (174). Frances H. Rauscher, PhD, and her colleagues conducted a study with thirty-six undergraduates from the department of psychology who scored eight to nine points higher on spatial IQ test (part of the Stanford-Binet Intelligence Scale) after listening to ten minutes of Mozart. Gordon Shaw, one of the researchers, suggested that Mozart's music may "warm up" the brain: "We suspect that complex music facilitates certain complex neuronal patterns involved in high brain activities like math and chess. By contrast, simple and repetitive music could have the opposite effect." In a follow-up study, the researchers tested spatial skills by projecting sixteen abstract figures similar to folded pieces of paper on an overhead screen for one minute each. The test looked at the ability of participants to tell how the items would look unfolded. Over a five-day period, one group listened to Mozart's Sonata for Two Pianos, another to silence, and a third listen to a mix sounds, including music by Philip Glass, an audiotaped story, and dance piece. The researchers reported that all three groups improved their learning skills from day one to day two, but the group that listened to Mozart improved their pattern recognition scores 62 percent, compared with 14 percent for silence and 11 percent for mixed group. On subsequent days the Mozart group achieved yet higher scores, but the other group did not show continued improvement. The researchers proposed that Mozart's music strengthened the creative right-brain processing center associated with spatial reasoning. "Listening to music" they concluded, "acts as an exercise for facilitating symmetry operations associated with higher brain function." Don Campbell, founder of Institute of Music, Health and Education, gives a nice summary of this work in the Mozart Effect (175). He writes that in his experience, Mozart's violin concertos, especially nos. 3 and 4, produce even stronger positive effects on learning.

In the context of the temporal lobes, this research makes perfect sense, since the temporal lobes are involved in processing music and memory. Certain types of music may activate the temporal lobes and help them learn, process, and remember information more efficiently. It is likely that certain types of music open new pathways into the mind.

Certain music may also be very destructive. I believe it is no coincidence that the majority of teenagers who end up being sent to residential treatment facilities or group homes listen to more rap and heavy metal music than do other teens. Music that is filled with lyrics of hate and despair may encourage those same mind states in developing teens. What your children listen to may hurt them. Teach them to love classical music when they are young.

Music is influential from a very early age. Dr. Thomas Verny in his book *The Secret Life of the Unborn Child* (1976), cites scientific experiments showing that the fetuses preferred Mozart and Vivaldi to other composers in early as well as later stages of pregnancy. He reported that fetal heart rates steadied and kicking decreased, while other music, especially rock, “drove most fetuses to distraction,” and they “kicked violently” when it was played to mothers.”

Classical and other beautiful, soothing music can positively stimulate your brain. Here are several sources that discuss the idea of how to make a change for the better:

**It is a reference for being happy:**

## **How to make a change for the better**

“There are lots of science-backed ways we can improve our overall well-being and grow happier in the long-run. Here are just a few:

1. Meditate: [Multiple studies suggest](#) that meditating — focusing intently and quietly on the present for set periods of time — can help lessen feelings of depression and anxiety.  
  
<http://www.ncbi.nlm.nih.gov/books/NBK180102/>
2. Go outside: [One study](#) found that a group of students sent into the trees for two nights had lower levels of cortisol — a hormone often used as a marker for stress — than those who spent the same two nights in a city.
3. Get involved in cultural activities: A [study](#) that examined the anxiety, depression, and life satisfaction of over 50,000 adults in Norway offered an interesting link: People who participated in more cultural activities, like attending a play or joining a club, reported lower levels of anxiety and depression as well as a higher satisfaction with their overall quality of life.
4. Spend money on others: [A 2008 study](#) gave 46 volunteers an envelope with money in it wherein half were instructed to spend the money on themselves and the other half put the money towards a charitable donation or gift for someone they knew. The volunteers recorded their happiness level before receiving the envelope and after spending the money by the end of that same day. Sure enough, the researchers discovered that those who spent their money on others had a higher level of happiness than those who spent the money on themselves.
5. Volunteer: In a [recent review](#) of 40 studies done over the last 20 years, [researchers found](#) that one activity was far more important than the rest for boosting psychological health: volunteering. This activity, the researchers reported, had been found in many volunteers to be linked with a reduced risk of depression, a higher amount of overall satisfaction, and even a reduced risk of death from of a [physical illness as a consequence of mental distress](#).

Conclusion: If you're looking to get a mood boost that'll last you in the long-term, focus on your state of mind in the present, be grateful for what you have, and stop to enjoy it! You'll thank yourself a few minutes — or a few years — down the road.”

## **Other References on Meditations:**

**A 69-year-old monk who scientists call the 'world's happiest man' says the secret to being happy takes just 15 minutes per day**

<http://www.businessinsider.com/how-to-be-happier-according-to-matthieu-ricard-the-worlds-happiest-man-2016-1>

**There's a surprisingly simple way meditation appears to change the brain**

<http://www.businessinsider.com/how-meditation-changes-your-brain-2016-2>

**NEXT UP:** [Psychologists discover the simplest way to boost your mood](#)

**LEARN MORE:** [Scientists tested therapy against antidepressants — here's what they found](#)

**NOW WATCH:** [The simplest way to get — and stay — happy, according to psychologists](#)

## **5 Types of Meditation You Can Do at Home**

<http://www.cheatsheet.com/health-fitness/5-types-of-meditation-you-can-do-at-home.html/>

Mindfulness meditation requires cultivating compassion for others, where we visualize their suffering and wish it away. The three components are mindfulness, kindness, and common humanity. Building compassion through an adaptation of loving-kindness meditation is to foster compassion (Wang et al., 2012). Christian meditation also has this principal in common: we visualize Jesus' arm around the suffering people or ourselves to end suffering, and this becomes a meaningful prayer in light, medium or deep meditation. It can also be done through visualizing living water from the Holy Spirit going through their body or ourselves until it is felt naturally without the visualization.

Reference on PET/CT scanning the brain while meditating

## **Positron emission tomography (PET)**

From Wikipedia, the free encyclopedia

[https://en.wikipedia.org/wiki/Positron\\_emission\\_tomography](https://en.wikipedia.org/wiki/Positron_emission_tomography)

## Chapter 27 – Laboratory Testing for Alzheimer’s<sup>9</sup>

The following sources are to set and define the disease followed by the research proposal.

### The Differences Between Alzheimer’s And Dementia

**IBT** Bruce Wright, International Business Times 16 hours ago

<https://www.yahoo.com/news/differences-between-alzheimer-dementia-030001153.html>

**Alzheimer’s disease** and vascular dementia are the two most common causes of dementia, affecting over 85% of cases. Remarkably, they share common modifiable risk factors and prevention strategies. In normal population, the risk of developing Alzheimer’s disease before death for those over the age 85 is one in every 2, where after age 65 is one in 5. From “Advances in Preventing Cognitive Decline” 2015 IBP “Institute for Brain Potential” [CEU@4brain.org](mailto:CEU@4brain.org) by Craig E. L. Stark, Ph.D.

### Dr. Daniel G. Amen, Notes from TV show on Dec 5, 2015

Brain Health: What if Mental Health is Brain Health? The brain does heal contrary to past believes. Dr. Amen used SPECT Scan to verify the brain does heal. You are not stuck with the brain you have you can make it better. With a better brain comes a better life. Alzheimer’s disease is the back of the brain deteriorate. Links to Alzheimer’s disease: Obesity, Blood sugar, creative protein, Vitamin D Deficiency etc. Inflammation, omega 3, Ginkgo, Pro-biotic, smoking, drug and alcohol, stop toxins, sleep apnea, insomnia, sleep 7-8 hours are best, stress disturbs your sleep, medical hypnosis, ADD, exercise more than twice a week, reduce your gadgets addiction, cross word puzzles, learn a music instrument, no crabs.

### From Dr. Amen book “Change your Brain Change your Life” pp160-161

**The other study, published in the Journal of Alzheimer’s disease, used brain SPECT imaging to evaluate the effects of meditation in fifteen people with memory problems due to normal aging or Alzheimer’s disease. The results showed that after meditating every day for eight weeks, the group’s cerebral blood flow had increased in areas involved in retrieving memory. They also performed better on standardized tests that evaluate memory, cognition, and attention (130).**

From Dr. Amen Book “Change your Brain Change your Life” pp258

“Alzheimer’s disease, a devastating progressive form of senile dementia, is the cause of one of the most common memory problems in the elderly. Unfortunately, it robs many people of their retirement years and can leave families physically, emotionally, and financially exhausted. SPECT is an important tool in diagnosing this disorder. Before functional studies were available, the only way to diagnose Alzheimer’s

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<sup>9</sup> Funding for the research is in progress through Living Water 3T 2M, LLC

was through autopsy. SPECT studies show a typical Alzheimer's pattern of decreased activity in both temporal lobes, the parietal lobes, and often in the posterior cingulate. This pattern is seen on SPECT years before the onset of symptoms, when interventions are more likely to work.

Intellectual activities such as playing [chess](#) or regular social interaction have been linked to a reduced risk of AD in epidemiological studies, although no causal relationship has been found.”

**It is shown that Christian meditations presented in this dissertation as brain training has direct impact on the brain and reduce risk of AD more it prevents further progression of AD.**

“At present, there is no definitive evidence to support that any particular measure is effective in preventing AD<sup>[128]</sup> until this Study. Global other studies of measures to prevent or delay the onset of AD have often produced inconsistent results. Epidemiological studies have proposed relationships between certain modifiable factors, such as diet, cardiovascular risk, pharmaceutical products, or intellectual activities among others, and a population's likelihood of developing AD.”

**Only further research on Christian meditations, including clinical trials, will reveal whether these factors can help to prevent AD.** Here are several sources that discuss current research study:

### **Alzheimer's 'lost' memories may be recoverable: study**

<https://www.yahoo.com/news/alzheimers-lost-memories-may-recoverable-study-183635824.html>

*By Kyoko Hasegawa March 17, 2016 4:40 AM*

Tokyo (AFP) - Sufferers of Alzheimer's disease may not have "lost" their memories, but could simply have difficulty accessing them, say researchers, who Wednesday unveiled a possible treatment that could one day offer a cure to the ravages of dementia.

Nobel Prize winner Susumu Tonegawa said studies on mice showed that by stimulating specific areas of the brain with blue light, scientists could make the creatures recall thoughts that were otherwise unavailable to them.

The results offer some of the first evidence that Alzheimer's disease does not destroy specific memories, but rather makes them inaccessible.

"As humans and mice tend to have a common principle in terms of memory, our findings suggest that Alzheimer's disease patients, at least in their early stages, may also keep memories in their brains, which means there may be a possibility of a cure," Tonegawa told AFP.

Tonegawa's team used mice that had been genetically modified to exhibit symptoms similar to those of humans suffering from Alzheimer's disease -- a degenerative brain condition that affects millions of adults around the world.

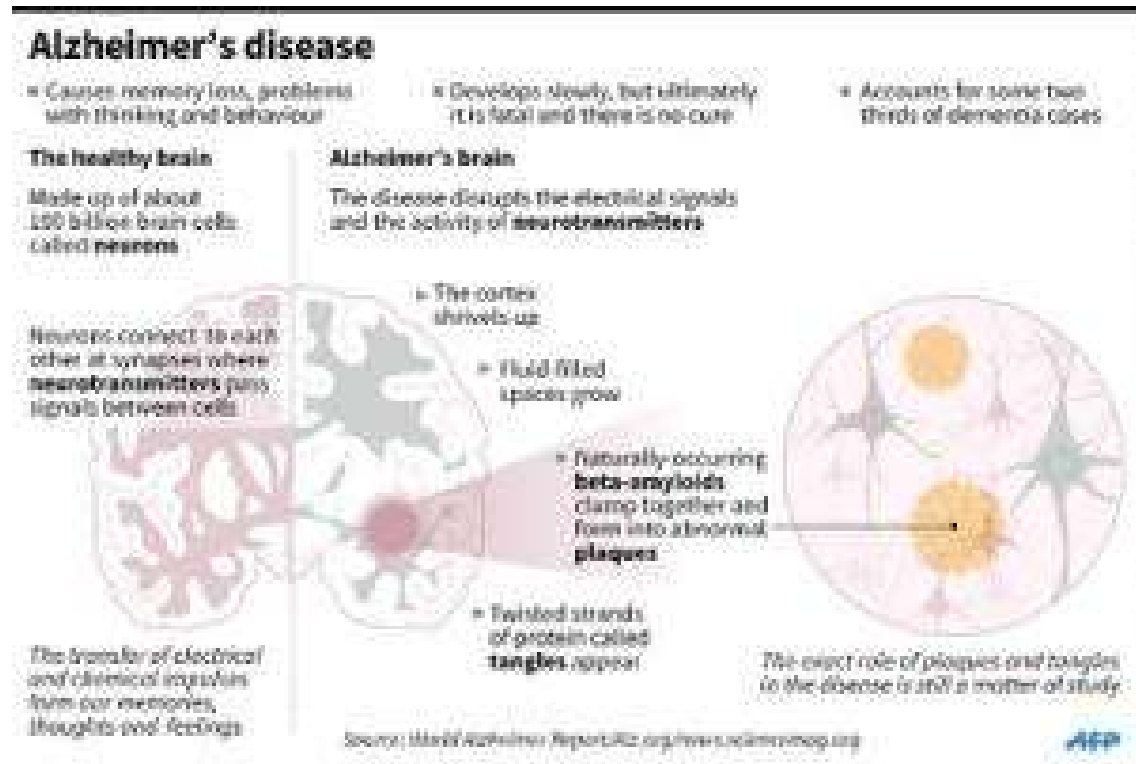
The animals were put in a box which had a low level electrical current passing through the floor -- giving an unpleasant, but not dangerous, shock to their feet.



An unaffected mouse that is returned to the same box 24 hours later freezes in fear, anticipating the same nasty sensation.

Mice with Alzheimer's do not, suggesting they have no recollection of the experience.

[View gallery](#)



But when researchers stimulated targeted areas of the animal's brains -- the "engram cells" associated with memory -- using a blue light, they appeared to recall the shock.

The same result was noted even when placing the creatures in a different box during stimulation, suggesting the memory had been retained and was being reactivated.

- Synaptic connections -

By examining the physical structure of the mice's brains, researchers noted that those affected with Alzheimer's-like conditions had fewer "spines" -- conduits through which synaptic connections are formed.

Via repeated light stimulation they were able to increase the number of spines to levels indistinguishable from those in normal mice, resulting in their exhibiting the freezing behavior seen in the original box.

"The mice's memories were retrieved through a natural cue," Tonegawa said, referring to the box that initially triggered the freezing behaviour.

"This means that symptoms of Alzheimer's disease in mice were cured, at least in their early stages."

The research, carried out by the RIKEN-MIT Center for Neural Circuit Genetics, is among the first to prove that recall -- rather than memory -- is the problem, Japan-based RIKEN said.

"It's good news for Alzheimer's disease patients," centre director Tonegawa, who won the 1987 Nobel Prize for Physiology and Medicine, told AFP by telephone from his office in Massachusetts.

The optical stimulation of brain cells -- a technique called "optogenetics" -- involves inserting a special gene into neurons to make them sensitive to blue light, and then stimulating specific parts of the brain.

Optogenetics has previously been used in psychotherapeutic treatments for mental illnesses such as depression and post-traumatic stress disorder (PTSD).

Tonegawa said the research on mice offered hope for a future treatment for Alzheimer's disease, a condition that accounts for about 70 percent of the 47.5 million people around the world suffering from dementia, figures that are expected to increase as developed countries such as Japan grow older.

But he cautioned more work was yet to be done.

"Early-stage Alzheimer's may be cured in the future should a new technology that meets ethical and safety conditions for treating humans be developed," he said.

The research is published in the Britain-based science journal Nature."

### **Treatment option for Alzheimer's disease possible**

August 11, 2016

<http://medicalxpress.com/news/2016-08-treatment-option-alzheimer-disease.html>

### **Antimicrobial Mechanism Gone Rogue May Play Role in Alzheimer's Disease**

A new study finds that a key protein implicated in Alzheimer's may normally protect the brain from infection

By [Jordana Cepelewicz](#) on May 26, 2016

<http://www.scientificamerican.com/article/antimicrobial-mechanism-gone-rogue-may-play-role-in-alzheimer-s-disease/>

### **Harvard researchers unveil new Alzheimer's theory**

Karen Weintraub, Special for USA TODAY 7:28 a.m. EDT May 27, 2016

<http://www.usatoday.com/story/news/2016/05/26/harvard-researchers-unveil-new-alzheimers-theory/85004894/>

Quote from the article:

“This view also adds weight to the idea that adequate exercise, high quality sleep, healthy diet and other lifestyle factors like treating gum disease can help prevent Alzheimer’s, said Tanzi, who co-wrote a book, *Super Genes*, with Deepak Chopra, laying out the ways that healthy living can help people avoid Alzheimer’s.”

**My research adds weight to the idea of adding Christian Mediations to the treatment of people with Alzheimer’s disease; similarly, to the factors in the above quote, patients could potentially have the living water sensation in their brain and thus avoid Alzheimer’s.**

**“Pre and post testing show reversal of memory loss from Alzheimer's disease in 10 patients”**

June 16, 2016

<http://medicalxpress.com/news/2016-06-pre-reversal-memory-loss-alzheimer.html>

**The Most Hopeful News About Alzheimer’s in a Long While**

**New research on Alzheimer's brings doctors closer to catching the disease before it starts**

<http://observer.com/2016/07/early-detection-of-alzheimers-disease-is-within-reach/>

**Alzheimer’s Vaccine? Researchers Say it’s Possible Within 5 Years**

By [Dana Dovey](#) On 7/17/16 at 8:00 AM

<http://www.newsweek.com/alzheimers-disease-vaccine-5-years-480742>

**Reference on Alzheimer’ disease.**

[https://en.wikipedia.org/wiki/Alzheimer's\\_disease](https://en.wikipedia.org/wiki/Alzheimer's_disease)

**Alzheimer's research based on amounts of sleep**

[http://www.ted.com/talks/jeff\\_iliff\\_one\\_more\\_reason\\_to\\_get\\_a\\_good\\_night\\_s\\_sleep/transcript?language=en](http://www.ted.com/talks/jeff_iliff_one_more_reason_to_get_a_good_night_s_sleep/transcript?language=en)

**Subtitles and Transcript**



[11:41](#)

**Jeff Iliff**

### **One more reason to get a good night's sleep**

**Related to this article, many old people have trouble sleeping. Therefore, it seems that there should be a meditation that can be a substitute for sleep and help reduce or stop Alzheimer's. Research is needed on how to get rid of waste in the brain through meditation.**

#### **“The Incredible Things Your Brain Does While You're Sleeping**

When your body is at rest, your brain is hard at work.

01/21/2016 04:04 pm ET

Carolyn Gregoire Senior Health & Science Writer, The Huffington Post

Until recently, sleep was something of a mystery to us. Scientists didn't know why we slept -- and they thought that when the body was at rest, the brain was, too.

Now, we know better. The brain performs a number of important activities while we're unconscious, according to new neuroscience research.

At the World Economic Forum in Davos, Switzerland, Duke University professor Dr. Murali Doraiswamy, a world-renowned psychiatrist and brain health expert, told HuffPost Rise about the key functions your brain performs while you're not awake.

"Sleep is probably the glue that ties all our health together," Doraiswamy said. "The brain actually works harder when we sleep than when we're awake."

For one, the brain undergoes a drainage process to flush out harmful toxins. It also reviews information acquired during the day and consolidates memories, according to Doraiswamy.”

More on Sleep see reference:

#### **Your Brain Has A Delete Button—Here's How To Use It**

[http://www.fastcompany.com/3059634/your-most-productive-self/your-brain-has-a-delete-button-heres-how-to-use-it?utm\\_content=buffer58788&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer](http://www.fastcompany.com/3059634/your-most-productive-self/your-brain-has-a-delete-button-heres-how-to-use-it?utm_content=buffer58788&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer)

10 surprising Alzheimer's predictors

<http://www.msn.com/en-us/health/medical/10-surprising-alzheimer%e2%80%99s-predictors/ss-AA2gayj#image=13>

Other reference in research:

### **Reviving Memory With An Electrical Current**

May 14, 2016 7:00 AM ET

<http://www.npr.org/sections/health-shots/2016/05/14/477934952/can-electricity-be-used-to-treat-alzheimer-s-disease>

## **Laboratory meditation strategy**

**I do not think music therapy is suited for Alzheimer’s patients because they will not remember the process from session to session, and you will need to tell them what to do, similar to the process in neuro-therapy.**

**Here is how I propose to select the participants: Give them my book “Visualize Jesus. Ten Ways to Christian Meditation.” After they have read it, ask them if they would like to be part of the experiment.**

### **Reference on Meditations:**

--“Medical Meditation: How to Reduce Pain, Decrease Complications and Recover Faster From Surgery, Disease and Illness” By Richard K. Nogard, PhD Forward by Ziad Sawl, M.D., Copyright 2010, Publisher PeachTree Professional Education, Inc. Tulsa, OK [www.SubliminalScience.com](http://www.SubliminalScience.com)

--“Mindfulness-& Acceptance-Based Behavioral Therapies in Practice” By Lizabeth Roemer and Susan M. Orsillo, Copyright 2009 The Guilford Press New York, NY, [www.guilford.com](http://www.guilford.com)

--Two-year 144 hours course on Spiritual Direction, St Placid Priory, Lacey, WA

--78-hour class on Christian Meditations, “Tending the Fire”, From St Placid Priory, Lacey, WA

## **A. Deep Meditations: Right Hemisphere of the Brain**

- 1- Select music that the patient enjoys and is comfortable with using as music therapy.
- 2- Give the patient the CD “Visualize Jesus – 50 minutes of Neuro-Therapy” to be used once a week, possibly every Sunday.
- 3- Use the selected seven pieces of music for music therapy with guided meditation initially. Use four pieces to visualize Jesus: talk to him, go on a boat ride with Jesus and talk to him about your worries, fears, and your day. Follow whatever is your experience with Jesus as you get to know Him. Use the apostles with Jesus on a boat ride to attempt to experience peace and tranquility, and obtain answers to life for the patient. Use the living water exercise when you can. The fifth piece is to do affirmations. For example:

- “tomorrow is going to be a great day”, “I am going to be healed by God”. The sixth piece is to dance with your guardian angel or angels, celebrate talking with God, and review your experience. The seventh piece is to play hopscotch and tapering the meditation down. Music therapy should be done for a minimum of 20 minutes a day.
- 4- After two weeks of the patient doing music therapy on a daily basis, it is time to do it without the guided meditation, using a second CD. The patient will learn to involve Jesus with the music and do music therapy. Ask the patient if they experience living water in their brain and body, in either meditation exercise. Continue using music therapy every day and Neuro-Therapy once a week.
  - 5- After three months, attempt to listen to music without visualizations and see if the patient experiences living water. Continue to use Neuro-Therapy once a week.
  - 6- Do SPECT with music therapy meditation, one with visualization and one without, after six months.
  - 7- After a year, do medical imaging to see improvements to people with signs of future Alzheimer’s disease.

## **B. Light Meditations: Right and Left Hemispheres of the Brain**

While doing normal activities, visualize Jesus transfigured for a few seconds and say a prayer; do this at least ten times a day.

Suggested prayer: repeat “Lord have mercy on me” or “thank you, Jesus”.

Go to church every Sunday for more left hemisphere prayers.



<http://www.bing.com/images/search?q=Christ+God&view=detailv2&&id=C051012F2469ADC5E7DDFBA19DA8C9EF0544601A&selectedIndex=22&ccid=gkbT%2fJ7j&simid=608010659366899065&thid=JN.IWcFF1C5iGyQXAfgGulWOw&ajaxhist=0>

**Lord Jesus Christ**





<http://www.bing.com/images/search?q=Guardian+Angels&view=detailv2&&id=2EE010CC57E F9DF6561978E84AAD1E7498558642&selectedIndex=6&ccid=k6QwwUoh&simid=608007124624935897&thid=OIP.M93a430c14a21a8d00ca3c3aba5f60076H0&ajaxhist=0>

### Guardian Angel Quotes

**Jesus preached in pictures, he told stories, so you can visualize them.**

Meditation features a talk on imagination by British poet [David Whyte](#). Imagination, he says, isn't just the ability to think up something new. It's the power to focus the mind and make sense of the world around us.

**Daydream is part of meditating. The following source is about daydreaming:**

From Wikipedia, the free encyclopedia

<https://en.wikipedia.org/wiki/Daydream>

This article is about the mental activity. For other uses, see [Daydream \(disambiguation\)](#) and [Daydreaming \(disambiguation\)](#).

Not to be confused with [Waking dream](#).

“**Daydreaming** is a short-term detachment from one's immediate surroundings, during which a person's contact with reality is blurred and partially substituted by a visionary [fantasy](#), especially one of happy, pleasant thoughts, hopes or ambitions, imagined as coming to pass, and experienced while awake.



Daydreaming gentleman in 1912

There are many types of daydreams, and there is no consistent definition among [psychologists](#), however the characteristic that is common to all forms of daydreaming meets the criteria for mild [dissociation](#).<sup>[1]</sup>

## **Chapter 28 - In Conclusion of the Research**

**God exists: the twenty clarifications I presented here point to His existence, as do the past philosophical proofs. In reality, however, just one clarification is sufficient. Through these clarifications, I have demonstrated that God is a matter of science and psychology, not just faith.**

**I can use Jesus to heal one person by laying hands, or I can use Christian meditation and use Jesus to make a medical discovery and heal many, as I outline in this dissertation. I hope that people will come to realize how important it is to practice Christian meditation (Reference: Chapter 12 on growth from my book “Visualize Jesus”).**

**We are not going to be able to build a robot that can visualize Jesus, and have Jesus talk back to the robot. This will always be a major distinction between humans and machines. Computers can currently make poetry and music, but unfortunately there is no spirit in it. It is clear after this research that God works in the universe in two ways: through a gradual evolutionary realm and also through an abrupt change’s realm. God instructing me to do this research is evidence of the abrupt changes done by God. I am only one person, but so Jesus was also only one person, and all miracles like these are abrupt changes. When Darwin classifies man only as part of the animal kingdom, it does not make sense: animals cannot visualize, specifically visualizing God and getting feedback from Him. This provides a clear distinction between man and animals, as we can talk to God and receive feedback from Him. In the evolutionary realm, God gave man the ability to visualize or day dream at some point in time, as an abrupt change, and that is likely when Adam and Eve were created. Visualization, praying, and day dreaming are functions of thinking and creating, and that would have required a new brain. This change was done by God’s command. My reason it is recorded that God talked to Adam and Eve, and they talked back to Him. For some people, if they cannot visualize, they can still feel the presence of God and talk to Him. In either case, there is two-way communication happening between God and man. There is no place in the Bible that says God talked to animals, plants or rocks, and they talked back to God. Animals, plants and rocks do not pray – or at least it is not apparent as it is in humans. In some cases, God instructed a tree to wither by His command. In other places, He instructed demons to enter pigs by His command. The pigs did not have a choice, and they killed themselves. In addition, He instructed the weather to calm down by His command. These incidents are not considered two-way communications.**

**Some people may argue that aliens put us on Earth. If there is an alien that put us here or created us on this Earth, they would have to be God to come that far a distance, and they would be required to take care of the universe or have the authority to create and install a soul and a spirit in their creation.**

**After clinical trials with music meditation and therapy with visualizing Jesus, just hearing the same piece of music over and over leads to the brain neuron react. The same neurons fire, and you get the same benefit from meditating without visualization, as if the brain is salivating for food**

from God just from hearing the same music. This reaction can give an effective type of meditation because the memory reacts based on its past experience with visualizing Jesus. This is called the Pavlov Response. It was originally found through research with dogs. The dogs would salivate when their owner came to the door, ringing a bell and giving the dog meat powder. After several incidents of this process, the dog would salivate when hearing only the bell ringing, without the meat powder. In the human brain, the neurons fire when the brain expects God to be present after hearing the same music over and over again during visualizations with Jesus. This phenomenon is called classical conditioning. The process appears to have different timing for different people.

The myth that you have to be a certain denomination of Christian to talk to Jesus is disproven and any Christian – or possibly anybody – can talk to Jesus because He died for everyone.

Thus, Christian meditations have a place in science and psychology. The laws of physics that I have developed, and Christian meditations and other meditations, should be taught in public schools, universities, churches, and types of all establishments. Note: abstract thinking is needed for meditations. However, children under 8 who have not developed abstract thinking yet can always listen to music.

If evolution is taught in public schools, it should be revised to include abrupt changes in our lives and the Universe, and also teach the existence of God. Otherwise, it should be taken out completely so that public schools are neutral. Finally, prayers in schools must return: we need to teach morals, love, and fear of God at an early age. If this is not done, something else such as the devil gets into the minds and hearts of children. The Ten Commandments must return to schools. History supports this suggestion: after banning prayer in schools in the 1960s, a mental health crisis has appeared 60 years later, where 50% of the population has mental illness and there is a heroin and drug epidemic. In addition, gun violence has peaked in recent years with unimaginable terror. I conclude, therefore, that not allowing prayers in schools has a definite effect in breaking the feedback loop installed by God, as discussed in the first clarification. It is intriguing that a voluntarily attended [Congress](#) may open their [sessions](#) with a prayer, but schools full of public pupils may not? God and religion matters, because we would be in a mess without them, as discussed in the second law of physics in the first clarification.

“Intelligent Design (ID) is the theory that life or the universe cannot have arisen by chance and was designed and created by some intelligent entity. Intelligent design is the [pseudoscientific](#) view that "certain features of the universe and of living things are best explained by an intelligent cause, not an undirected process such as [natural selection](#). So, ID is not defined as science and people claim that it has no place in science.” From [https://en.wikipedia.org/wiki/Intelligent\\_design](https://en.wikipedia.org/wiki/Intelligent_design)

However, the two laws of physics from the first clarification are science and have a place in science. In Clarification Eleven, the postulation of natural selection that evolution happens gradually is not a definite fact because there are also abrupt changes in the universe, so what is happening is both gradual and abrupt.

“From the mid-1990s, the [intelligent design movement](#) (IDM), supported by the Discovery Institute, advocated inclusion of intelligent design in public school biology curricula. This led to the 2005 [Kitzmiller v. Dover Area School District](#) trial in which [U.S. District Judge John E. Jones III](#) ruled that intelligent design is not science, that it "cannot uncouple itself from its creationist, and thus religious, antecedents," and that the school district's promotion of it therefore violated the [Establishment Clause](#) of the [First Amendment to the United States Constitution](#),<sup>[18]</sup> often described as the "[wall of separation between church and state](#)".”

However, when it comes to choosing between the first amendment and mental health and suicide, mental health should trump the first amendment, especially when there are currently 350 million people worldwide that have depression<sup>10</sup>. The amendment was provided by humans, not God, not knowing of the mental health effect. Therefore, I hope the court will reconsider and allow the teaching of Christian meditations in schools, along with other religious meditations when it applies. Examples of other meditations are Jewish, Muslim, Hindu and Buddhist. **We are not going to teach Buddhist meditations or Hindu meditations in any school without teaching Christian meditations.**

**In Dr. Amen’s book “Change your Brain Change your Life,” he discusses what happens to children if the feedback of talking to them or touching them is removed, and they therefore have no brain stimulus. Here is my discussion building on Dr. Amen’s belief in the importance of connection.**

**Social Limbic Prescription:**

**“Protect Your Children with Limbic Bonding: it has been reported that teenagers who felt loved and connected to their parents had significant lower incidences of teenage pregnancy, drug use, violence, and suicide (pp124).”**

**I would like to add that connecting to God through meditation is yet to be discovered and is needed at all ages. Preferably, it would be taught at a young age.**

**“Recognize the Important of Physical Contact: The limbic system is not involved in emotional bonding, it is also involved in physical bonding. Touch is critical to life itself. The German emperor Fredrick II wanted to know what language and words children would speak if they were raised without hearing any words at all. He took a number of infants from their home and put them with people who fed them but had strict instructions not to touch, cuddle, or talk to them.**

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<sup>10</sup> Depression is a common and crippling disease affecting over 350 million people worldwide. Around 20 percent of the U.K. population will suffer from depression at some point in their lives, with symptoms varying from feelings of sadness and hopelessness through to suicidal thoughts. The disease may be a response to bereavement or other life events or emerge without any obvious cause. All too often it persists, sometimes for life. <http://www.newsweek.com/can-anti-inflammatory-drugs-treat-depression-494720?rx=us>

The babies never spoke a word. They all died before they could speak. In addition, in the early 1990s, thousands of Romanian infants were orphaned and warehoused without touch, sometimes for years at a time. PET studies (similar to SPECT studies) of a number of these deprived infants have shown overall decreased activities across the whole brain (99) (pp 128). I would like to add that learning about God is similar to learn how to speak and be touched, in order to learn about God's love. It is a necessary stimulus. It needs to be taught in schools as well by the parents."

How can miracles happen if you do not teach children about God? If they are not taught about love and meditations, then it is clear what is going to happen per Dr. Amen.

I would like to conclude that Jesus, to me, is more than the Bible and the Christian Church, because He appeared to me and talked to me. To summarize this dissertation in one sentence:

*God exists and functions in His creation through (positive) negative feedback loop internally and externally to keep His creation stable with love. Therefore, God is a matter of science and psychology and not just faith.*

A good friend of mine once told me that technology helps people but does not change their heart. My Christian counselor: Rosemary Raynaud M.Div., LMHC said to me, your meditation will change the hearts of people. She was pointing to neuro-therapy and music therapy.



Rosemary Raynaud M.Div., LMHC

Several times during the day, on separate occasions, I heard God say "you are mine" as if there are not many people doing His work.

There are only two mistakes one can make along the road to truth: not going all the way, and not starting. - Buddha