

# SCIENTIFIC CONFIRMATION

Following is an excerpt from an article I came across recently:

*"We are discovering that our brain is cybernetic in nature, which means that it is literally like a computer, waiting for a program to be installed.*

*Here's the kicker - the subconscious is completely neutral and impartial - it will carry out any instructions you give it.*

*Unfortunately, many of us are still running negative programs we picked up from others as children when our non-conscious minds were totally open and impressionable, or which we developed over the years as a result of repetition of our own negative thinking.*

*As it turns out, our own thoughts, repeated daily, are one of the primary ways that our "mental computer" is programmed on a sub-conscious level, which is the level of beliefs, habits and automatic behavior.*

*To change your results, you must overwrite old negative programming and install positive new programming into your subconscious.*

*This can be achieved through such techniques as written goal setting, positive self-talk (affirmations), and mental imagery (visualization "You see, there's a lot of talk these days in the personal improvement world about law of attraction, manifesting, intention, visualization and of course, positive thinking." The article goes on to say:*

*"Without understanding that there is an orderly, scientific basis underneath all of this, many people will simply remain skeptics, while on the opposite extreme, others may get the idea that you can sit around meditating and visualizing, then expect a mystical "law of attraction" to kick in and then "poof!" a great body materializes*

*out of thin air... along with the perfect relationship, a nice bank account and career success.*

*What really happens is "Positive thinking" and related methods quite literally re-program your brain, which in turn creates new behaviors that move you physically toward whatever you have been thinking about and focusing on.*

*So success is achieved through positive thinking + positive doing... attraction + action. There are two sides to the coin. Without paying attention to both, you may continue to struggle... often against nothing but yourself.*

*If you want to transform your body or any other aspect of your life, then you have to change on the inside (the mind) first and then everything else will follow."*

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What scientists and other "experts" are now discovering is what the Apostle Paul says to us in Ephesians 4:23(Amplified) *"And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude],* The CEV puts it this way: *"Let the Spirit change your way of thinking"*.

Centuries before, the book of Proverbs Chapter 6 Verse 2 states *"You are snared with the words of your lips; you are caught by the speech of your mouth.* (Amplified)

When we check the reason God destroyed the earth by the flood of Noah's day is because of the evil thoughts in man's heart. Genesis 6:5 (Amplified) says *"The Lord saw that the wickedness of man was great in the earth, and that every imagination and intention of all human thinking was only evil continually. "*

Man was meditating on what satan had put in their hearts - live lives of self-indulgence, do the works of darkness. In order to preserve a line of righteous seed in the earth and get rid of the demonic influences at that time God had to destroy all that was on the earth.

One might say "But we cannot forget what has happened" With God all things are possible because the Bible also says in Philippians 3:13 (Amplified) "...*forgetting what lies behind and straining forward to what lies ahead,*

*<sup>14</sup>I press on toward the goal to win the [supreme and heavenly] prize to which God in Christ Jesus is calling us upward.*" If it was not possible, the Bible would not have said so. It is possible to forget the past and move on to a glorious future in God.

You may also say "I cannot control my thoughts". Not so! The Bible tells us in Joshua 1:8 (CEV) "*Never stop reading The Book of the Law he gave you. Day and night you must think about what it says. If you obey it completely, you and Israel will be able to take this land.*"

God is telling us that we can control our thoughts by thinking about something else! When we meditate on the Word of God, the Word of God will produce the fruit of God. It will produce results of God's proportions!

When those old emotional hurts start to rise up, meditate on the Word of God. Meditate on the fact that you are now who God says you are! You are no longer an alcoholic, drug addict, homosexual, prostitute, murderer, liar or thief! God says you are the righteousness of God in Christ Jesus! You are not rejected, or less than anyone else. God says you are accepted in the Beloved!

So I challenge you to do what God (and science) says and transform your world, present and future, by changing on the inside first and then everything else will follow.

This will entail a realigning of your spirit with the Spirit of God. If you are born-again you are already aligned it is just a matter of activating it.

If you have not accepted Jesus as Lord and Saviour you must do so in order to attain that re-alignment. Visit our Salvation Page to see how."