

# Program Overview

## Walking Into The Light

*The night is far spent, the day is at hand. Therefore, let us cast off the works of darkness, and let us put on the armor of light.*

*Romans 13:12*

*God is light and in Him is no darkness at all.*

*1 John 1:5*

In Romans 14:20 we read a startling warning: "Do not, for the sake of food, destroy the work of God."

These are, of course, simply words. Yet, throughout the history of humankind, as told in millions of personal stories, the deep intention of God's wish for friendship with His creation comes down to the shores of our common life. Nothing is so common as eating and no action in the history of medicine has caused so much darkness of spirit as eating.

Consider this. We are sitting with you in the audience before the beginning of the play. The door to the stage opens and a single performer steps into the light. The performer is in the light. We wait in the semidarkness. He beckons, inviting us to the stage.

Don't underestimate the pivotal quality of this moment.

When by God's grace you become aware of a new disposition, your heart, which has been saying "I can't," will immediately say "I will," and it will be so.

It is the embodiment of an instance of new birth, of passage across a threshold that ensures control of a primal urge – eating – that separates us from the possibilities and risks of journeying far abroad into the world and beyond, with Jesus – the One who beckons.

Jesus beckons not with threats nor with visions, offering us the key to a life examined, for better and for worse, our learner's permit into knowing all about the hunger, the thirst, the cravings, the tears, the laughter, the love, the sex, the kicks, the punches, the flow of images we call thoughts, the feelings, the words, the stories, the beliefs, the music, the happiness, the ecstasy. First, you must be born again. Then, you must receive the Holy Spirit. These are the doors that open inward to let the light in.

At its most basic level the Holy Spirit develops within us the right questions, to get at the difference between reality and illusion – a necessary move to bring out our true self and give it new life. At a deeper level, the Holy Spirit helps us

develop a concern for other selves and thereby improves the art of living. It's all about knowing and knowing that we know.

An integral step onto the path out of darkness into light, so simple that even the most distracted of us can see the way is, again, words.

Words have the power to move us out of darkness into the light when we simply receive them. Consider the vocabulary of the disposition of God in relation to us: "Father," "hallowed," "heaven," "kingdom," "will."

"I have chosen you." Keep that note of greatness in your heart. It is put there for one purpose only – that He may be able to say, "This is My woman, My man."

Or, take the words: "bread," "forgiveness," "debts," "temptations," "deliverance." Here the primary emotional states of our personal lives are spelled out for the Father.

Or, lastly, look at the words: "power," "glory," "forever," "amen" – and catch the transcendent sound of triumphant truth that all is well, that God reigns, and rules, and rejoices. And, His joy is our strength.

### **"Come unto me . . ."**

God intends that we love food and that we live a balanced life that leads to good health for carrying out His work. When food and eating are disturbing your friendship with Him, they must be straightened out and the only way to do this is by coming to Jesus and surrendering to Him the habit patterns that are disintegrating the three boundaries that are crucial for an abundant life: 1. the God and you boundary, 2. the self-concept boundary, 3. and the body boundary.

Ignoring the problem, refusing to subject it to true inquiry, only divides your life, saps your strength, creates mental confusion, and slows your spiritual growth. Be aware that, as we have seen from the scripture of Romans 14:20, food has the power to split your oneness with Jesus, causing you to see yourself as separate from Him. No food is as important as staying right spiritually. And the only solution is a very simple one – "Come unto me . . ."

### **". . . And I Will Give You Rest" (Matthew 11:28)**

You may have an action pattern of coming home stressed out and hungry and you know that half a gallon of ice cream and a spoon will restore your sanity. That's a natural reaction and in fact the carbohydrate in the ice cream will

increase the level of certain neurotransmitters in your brain and make you feel better – temporarily. In fact, however, the internal organs of the body operate within a narrow range of response in order to preserve life and in this instance the carbohydrate will also cause your blood sugar to rise and your body to increase its production of insulin and if you're used to couch sitting to finish off the ice cream, your hips are storing the excess calories as fat. That's the way it works. That's the reality.

It's not to say you have to give up ice cream entirely. That's not even the right question. Ask yourself: Is my habit of eating half a gallon of ice cream causing disintegration of my life with Jesus Christ? And of the handiwork of God? Am I replacing my trust in God with the instant satisfaction of food?

True inquiry is the work of the Holy Spirit and if you answer the questions honestly and in depth, you can think of every detail of your life with food as having the potential for disintegration. And, if you find positive evidence, you must be willing to ask the Lord to give you Christ-awareness in your eating patterns and He will calm your stress until your friendship with Him is reestablished. This is His promise. This is the beginning of restoring the boundaries.

### **"I have called you friends . . ." (John 15:15)**

This offer of friendship with Jesus is both unique in content and rare. It calls

In everything you do believe that God is there with you. Nothing happens in any particular unless God's will is in it. Thus you can rest with assurance that God is there when you want it to be so.

for oneness in thought, heart, and spirit. This is so crucial to your turnaround if you are 20 pounds or more overweight – which thrusts you into the overweight state, a state of being where your desire for change is met with unbelievable resistance: from the body, from the mind, from your senses, from your own personal culture, and from the world at large.

You have undoubtedly felt the call before, when listening to a moving sermon or misting up from hearing an inspiring song, or while reading comforting words of wisdom in a spiritual book.

Then there are glorious times in our lives when we truly experience the peace we are seeking – when we surrender our burdens to God, put our faith in God's love, and feel the sweet communion of sitting at the table with Jesus.

It is in the realm of the spirit – the interrelatedness of the human spirit – also known as consciousness – and the Spirit of God, that your true journey into the

eating mind begins. Beneath your understanding of food, your eating habits, your food obsessions, beneath your uncertainties and embarrassments about the body, beneath your doubts about the basic goodness of existence, there dwells within each of us a knowledge of wholeness born from the spirit and it is to this knowledge of wholeness that we wish to return.

Undoubtedly you've had moments of joy when you declared, "I've got it. I have the key." At that moment you believed you had the answer, that you had tapped into the source of Inner Strength, that absolute answer for which you've long searched and which is vital to weight loss.

Then, after a few weeks or months or sometimes just hours, circumstances of your life began their inexorable pressuring and demanding and you lost the feeling.

Focusing inward through prayer or meditation or through your own particular form of spiritual communion are moves that help us feel centered and calm and at peace. That's **God's part** – to respond to our heartfelt and sincere need and grant us an inner serenity.

This state, however, is not pristine perfection and eternal comfort where all problems disappear. To believe that is to wallow in meditative mush. In reality, maintaining that state of equanimity – where we feel fully human, completely alive, and in love with life – no matter what happens – is never easy. But it is always there, waiting, and that's **our part** – to make the potential a reality.

The great need is not to do things. It is to believe. Through redemption God has built upon Christ a foundation. There we must build faith. God's part/Our part.

The state of wholeness is like a dormant seed that lies buried within us as potential. We instinctively sense its existence. This state of wholeness is also rooted in our innate, self-healing, stress-reducing biological and biochemical package, which inspired Hippocrates, the great Greek physician, to praise as the natural restorative abilities of the body, calling these powers vis medicatrix naturae – the "healing power of nature."

Eating, being the most basic human function, suffers from differing points of view that color our thinking process as we make an estimated 200 decisions daily about food, a number affirmed by leading food researchers.

For example:

- Read a book on scientific nutrition. Eating is presented as a simple biologic process. Food in, digested, absorbed, assimilated by cells, put out as energy. We are like machines.

- Read on dieting. Food is a war. It's you against calories. You against body fat. You against your desires. You against stress . . . on and on.
- Read on "natural" or spiritual eating. Eating is a divinely ordained system. Break the rules and wrathful gods will punish you with bad health or consign you to hell for your sins.
- Read popular magazines. Food is a sensual pleasure.
- Read on eating disorders. Eating is a matter of life and death.

Question.

If there was one true way to eat would you adopt it? If you knew without a shadow of a doubt that you could make sense of the conflicting impulses that exist side by side in your mind – the desire to eat "healthy" foods versus the desire to eat forbidden ones, the tendency to overeat versus the desire to slim down, the desire to live at a higher level spiritually versus the desire to self-destruct – would you let your mind turnaround your eating patterns and solve your eating dilemma forever?

Most dieters have had that hope and purchased both diets and self-help tapes, books, and programs that promised the moon, but then didn't deliver: "didn't help at all," "worked for awhile but I got tired of it," "I couldn't get my mind off my troubles," "I didn't have the time." So, for years millions of dieters have put billions of dollars into the big search for the one perfect diet that would be salvation for everyone.

Didn't work. Why?

Each dieter is moving through life like in a movie, frame by frame, buying

In all these haphazard and upside down times, we must download our ways and our burdens on Jesus and wait until He tells us the next step.

a house for your children, living in a house with your spouse, buying a car to get to work, working in a place to get money to pay for the house and the car, hoping not to get sick because there's no money for a doctor or no insurance, thinking of your father, your mother, your grandmother, thinking of what's going on in Iraq or in Mogadishu or Korea. You know the drill.

Your dog has a doghouse. Your car has a garage. Your body is housed in a house and in the midst of this movie being filmed, you have to make 200 eating decisions a day – everybody must be fed. With eating, however, your mind has lost its anchor. Your thinking is blunted.

Each food decision is a frame in your movie. The milk is one frame. The bread is a frame. The mayo is another frame. The meat, the vegetables, the dessert,

each a frame, each erecting your story on a basic foundation of your core consciousness, your spirit.

And that's the challenge – to change your story – from a false story to the true one.

## **The War of Dieting and Exercise**

Each of us has two stories, the one already told and the one yet to be told. Between the two stands Resistance.

Ask yourself. Have you ever brought home a treadmill and let it gather dust in the attic? Have you ever quit a diet? Late at night do you have visions of the person you might become, the work you could accomplish, the realized being you were meant to be? You could be a writer who never writes, a painter who doesn't paint, an entrepreneur who never starts a venture. If so, you know what Resistance is.

Have you ever wanted to be a doctor, a nurse, an advocate for the weak and helpless, to run for office, to crusade for the planet, to campaign for world peace, or to preserve the environment? If so, you know what Resistance is.

Now, expand your mind to consider the millions of persons in the world held back by the overweight state and the Resistance it engenders.

Resistance is the most toxic force on the planet. It is the cause of unhappiness, grief, doubt, despair, violence, anger, blame, poverty, apathy. To yield to Resistance warps the spirit. It makes us sell ourselves short and to be less than we are and were born to be.

If you believe in God and in what the Bible teaches, you must declare Resistance evil, for it prevents us from achieving the life God intended when He endowed each of us with His own unique genius, which then converges with our own. Genius is a Latin word that denotes an inner spirit, holy and inviolable, who watches over us, guiding us to our calling. We call this the Holy Spirit, the source of power we get by being Born Again, the point of convergence between our spirit and the Spirit of God.

## **The Born Again State**

To get into the Born Again State you must go through a specific inner portal through which millions of people have experienced a turnaround of transcendent proportions. The biblical roots of the terms Rebirth and Born Again can be found in the third chapter of John's Gospel. There Jesus tells Nicodemus

that to see the kingdom of God he will need to be born of the Spirit, a move that will converge his spirit with the divine spirit that is the agent of personal turnaround and the source of power to change his life.

Jesus came to redeem us from Resistance – that state where we are alienated from God through the disposition of sin that keeps us enmeshed in a seemingly never-ending conflict that involves searching for the meaning of life, a characterization of the Overweight State.

The only way out of this struggle is through the work of God, through His “Grace,” which provides for us a release from the Resistance as we begin displaying in our lives the “fruits of the spirit,” Love, Joy, Inner Peace, etc.

Now, once we reach this Higher Ground, to keep it alive within us, we must reach out to those still in darkness, through Healing Prayers.

Next, let’s cover eating as sin.

### **What About Eating As Sin?**

Eating is a God-given disposition that when kept in balance keeps bright the vital spark we call health. Eat often we must, to keep going and being, midst circumstances and troubles – calling the times stressful. Thus, when time presses and duty calls we get careless and take of food and drink far more than we need, despite the threat of diabetes, heart disease, hypertension, and worn out knees and hips – declaring ourselves helpless in the throes of cravings. Cravings follow bad eating habits that have persisted long enough to form neural pathways in the brain.

To be terrified of feeling hungry or of being half-empty, and going to any lengths to keep a full stomach, sounds diagnostically like gluttony, emotional eating in response to the difficulties of life.

Simply put, gluttony in all its forms is sinful if it destroys the work of God – the temple of the Holy Spirit – the body, from which flows love – love of our fellow human beings, and, intercession – involvement in and relief of their sufferings.

Thus, when we take more food and drink than we need, especially if the

God and love are synonymous. Love is not an attribute of God. Love is God. Whatever God is love is.
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amounts represent a degree of self-love that is self-destructive, and are an escapist effort to avoid the voice of true love from the true God – through seeking a god in food – that sounds like gluttony.

## In The Beginning . . .

According to the Bible, this all started when an angel, Satan, tried to take over Heaven and earth and was thwarted by God, who, instead of banishing him to hell, let him take control of the world, granting him supernatural power just a little below His own, a position that emboldens Satan to act as though he and God are equals and that the war still rages.

So, whenever we are in the act of exercising our God-given dispositions – especially those that give sensuous pleasure – eating and drinking, having sex, making and spending money – Satan tempts us to shift our attention long enough to deflect our minds off honorable intentions, thereby making possible errors of judgment severe enough to render us irrelevant to the work of God, focused on the pleasure of the moment.

Consider what happened in the Garden of Eden. Sensing that Eve could be tempted to doubt God's intention, Satan beguiled her to eat of the apple through making her curious.

Thus, Eve, through her eating disposition, allowed her soul to be stained.

Then, when she saw that the food was good and that it didn't kill her, she fetched her husband and he ate.

Thus, Adam let his soul be snared through intimacy. He sought Eve's

The Spirit of God turns around Satan's dominating desires through changing our hearts. Suddenly the desires that matter appear on the horizon.

approval. Thereby was laid down a truth we often see repeated today. Careless eating is easier with friends and family, those we love, those with whom we let our guard down.

To follow. Adam's job was to eat well, to love God, to grow, to manage the Garden, to multiply, and to conquer the planet. Instead, he is remembered for staining the genome forever with the disposition to disobey God – to sin. Thus was disease introduced into our bloodline.

It's all in The Book – The Bible.

The word "soul" in the Bible nearly always refers to our human nature, the only outlet of power to express the human spirit. Now imagine this. Satan's success with food in the case of Adam and Eve emboldened him to try the same thing on a global scale as a grand experiment.

Did it work?

Look around you. Read the statistics. About 60 million Americans everyday are looking for a diet that works. Many work for the short run. Not one is sustainable over time.

Make of this what you will, but remember . . .

Adam and Eve's error of judgment introduced into the human spirit the

Sin is that factor in human nature that has a supernatural originator who stands next to God in power.

disposition of sin. Thus, legitimate dispositions – the eating disposition most particularly – can be turned away from being an energy source that ennobles the human spirit – to seek the Higher Ground – into an energy source that serves the self only, the Ego Self – that part of the self that is looking for shortcuts to happiness.

Thus is the work of God destroyed by food. First the mind doubts that God has the wherewithal to intervene in the circumstances of life that are causing all the stress or believes that God is too busy elsewhere to care about personal piddlings. Next, in search of comfort, the natural appetite gets careless with food. Finally, the boundaries within which the vital spark creates energy give way. Disintegration follows easily and inevitably.

Even so, there is that promise in the Bible that we will not accumulate more trouble than we can bear. This implies that there is a systematic turnaround method that we can tap into to begin offloading old trouble before new descends or that there's a doorway that opens into the storerooms containing the power and the glory where we can requisition all the ingredients required for cooking up the Abundant Life.

Jesus said, "Ask," "Knock," "Introduce yourself," "Take what you need."

## **The Power and The Glory**

The coming of Jesus into the world is the most stupendous event in human history. We still live in the era which began with the birth of Jesus and everywhere there is abundant evidence of human beings who overcame Resistance and went on to achieve results that tower sublimely above those who yielded and stayed put.

In fact, whatever is truly admirable in art and literature, in music and architecture, in the quest for knowledge, and in the pursuit of justice and

brotherliness in human relations, derives from the event of Jesus' birth and through His inspiration of the Spirit that followed.

Over and above these achievements, the revelation that Jesus provided through His teachings and in the drama of His life, death, and Resurrection have unique value and everlasting validity in showing us the true purpose and destination of our own earthly existence.

Who could have foretold, for example, that the scribblings of the Dead Sea Scrolls bore testimony that one day would be carried by intrepid adventurers to every corner of the earth. And, wherever they have told the Good News, the hearts and minds of countless men and women have dealt Resistance a deadly blow, moving their creativity toward fantastic achievements, carrying their intentions in the spirit upward to the very throne of God.

Thus did each find the abundant life when and wherever men and women surrendered themselves to the call of Jesus. Not only that, each demonstrated the power of faith through living in the spirit which, in the Bible, is the state of mind Jesus left with us when He returned to Heaven – The State of Joy.

In our world of now, recent surveys reveal a startling statistic: over 65% of the men and women attending Sunday morning worship at Christian churches throughout our land are overweight.

Why, among the people who extol the Bible as The Book among all books, the Book worthy of study for wisdom and instruction – and the only Book that views the body as a temple of the Holy Spirit – why have we been so careless with food? Why have we ignored the warnings?

Consider this. The factor that looms large as a cause of this epidemic is this. We have created and live in a culture that forever is seeking shortcuts to happiness. The abundance of food is one of the major temptations. Others are television, drugs, shopping, loveless sex, spectator sports, and chocolate – each in super abundance. And, we have repeatedly stuffed ourselves, in the hope of finding the Good Life.

Actually, when a survey was conducted among our clergy, an astonishing 75% were found to be overweight. When it comes to issues of health, our leaders have lost their focus.

Thus, much of life is made up of easy pleasures that are not balanced by a sense of restraint for those temptations that carry the potential to break down the boundaries of body/soul/spirit. Thus, we are soon operating with skills that are watered down and strengths that are weakened and a faith that has failed the test. Such a life is a setup for depression. And this is the case of the

overweight state. Strengths and virtue and faith wither during a lifetime of shortcuts spent in search of the bluebird of happiness.

One of the major symptoms of depression during the Overweight State is self-absorption. The depressed person thinks about how she feels much of the time. Her low mood is prominent most of the time. And when her heart is heavy she turns her circumstances over and over in her mind, projecting her thoughts into the future and across the spectrum of her life. Thus, her sadness deepens. As her sadness deepens, her sense of the wonder of life gradually fades.

As the number of these in the Overweight State has risen during the past 40 years, so has depression shown a startling increase in every wealthy country on the globe. Depression is now ten times more commonplace than it was in 1960 and it strikes at a much earlier age, an average at 14.5 years instead of 29.5 years.

All this, of course, has brought glee to the hearts of merchants who peddle worthless weight-loss notions, salves, devices and pills and who, believing that the stressed out human being worried about her weight has taken leave of her senses, prove the fact by carting huge loads of cash to the bank.

You might think that the food manufacturers would play fair and square with you and your family, but, it's not so. A recent survey of 206 health studies on juice, milk, and soda products from the Children's Hospital of Boston revealed that food industry giants only sponsor studies that will not reflect negatively on their products. So, negative reports that might help you make better choices never see the light of day. The bottom line – you're on your own and you need to think skeptically about health related claims made for processed foods from large corporations.

It's obvious. You, in the eyes of the big, the powerful, the wealthy – the corporate entities – are nothing more than an ignorant pawn with an appetite and money. They care nothing about preserving the integrity of the body/soul/spirit boundaries within you. After all, when the boundaries disintegrate Big Pharma is there with a pill for every ill. Large food and pharmaceutical giants have prostituted science for their own benefit.

## **The Overweight State and the Concept of Self**

The ultimate convergence of disintegration of boundaries occurs between the realities of the Overweight State and the concept of self.

As we have seen, eating is a disposition given by God to provide both survival and energy, to carry out the work of God, thereby making the most of your time

as a pilgrim here. Eating temptations on many levels are set up to test you – to see how you measure up. When we give in – consistently – through carelessness – and eat more than we should, weight begins edging up, unnoticed. The body's physical, mental, and spiritual boundaries for accommodating to the metabolic effects of excess food and drink are narrow and begin disintegrating, unnoticed.

An early sign of disintegration shows when inevitable minor and major crises begin rearing their countless heads:

- In relationships
- In family management
- In money matters
- In creativity
- In personal development
- In the marketplace
- In advancing spiritually to Higher Ground

Each crisis requires time, energy, new thinking. How you deal with these times reflects on both your general mental conditioning and your attitude. But, the most prevalent symptom that something is a little off is reflected in your energy level.

Fatigue, tiredness, lack of energy. These are the early warning signs that disintegration has set in.

This is the point where personal analysis and correction should start. Usually, it does not begin as it should – Resistance. Instead, we opt for another cup of coffee, another donut, piece of chocolate, sweets. So, the disintegration continues.

Then, a few months pass and a few more pounds add on, unacknowledged, triggering a set point boundary that activates a gene that was dormant, and symptoms of a different nature appear.

The worst of these announce the onset of diabetes, which, truth be told, is every bit as fearful to deal with as cancer. To stay ahead of diabetes vicious cycles will rob you of about three good hours time every day, which you don't have to spare, thereby adding further to your lack of energy, and loss of control of ordinary life. Things slide. And you drift. Disheartened. In fear.

Each insult to your boundaries is like a chisel that chips away at the core of your being – your self-concept.

Your self-concept is your bundle of belief that you carry around in your mental notebooks and from these you create your reality. The reality that you perceive unconsciously is the driving force behind your attitudes, your activities, your expectations, and your accomplishments.

Thus, your outer world reflects your inner world, the world of your thoughts and the words with which you choose to express those thoughts. Thus, it has been repeatedly said of each of us, we become what we think about.

The self-concept is like three interlocking circles:

Circle #1. Your self-ideal – the vision of who you would like to be.

Circle #2. Your self-image – your inner mirror – the way you see yourself.

Circle #3. Your self-esteem – how you feel about yourself.

In the Overweight State we often find a change in the self-concept that seems analogous to the level of being addressed by Jesus in the Sermon on the Mount – dispirited. The organ in the body that holds the overweight person hostage is the brain. The part of the brain that dictates eating habits are neural pathways.

Science, in the past, has believed that the brain was a rigid organ. This is no longer believed. Now, due to recent research, the brain has been found to be more plastic, changeable, to have the ability to form new neural pathways, to be able to erase old pathways, and to create new synapses – new connections.

Each of us is living out our story in bodies fearfully and wonderfully made by God, with dispositions for both survival and abundance.

Eating is easily the most complex disposition, because, about 200 times daily we have to decide – “What’s for supper?” or “What’s for lunch?” This 200 mark for eating decisions was a surprise finding for food researchers. Until it was figured out, no one had a specific clue as to why so much eating was impulsive. Now, we have a far better handle on what’s happening and what to do about it.

Consider. When was the last time you had a great meal with marvelous conversation among people you love and nobody had to rush off.

Usually we’re in a great hurry. Our lives are unbelievably fast-paced. Thus, our eating decisions are mindless, impulsive, careless. And, our choices are often for foods that are fast and that are chockfull of stuff that satisfies our taste buds and super sizes our bodies.

When foods are chosen without thinking day after day our brains begin developing patterns of response – neural pathways – that force your hands to turn the steering wheel so that your car glides into a well-recognized parking space at a fast-food site where your buddies sit waiting for you. In time weight

sneaks up on us and we are thrust into the overweight state – it only takes about ten pounds – and the boundaries of the body, which operate within narrow limits, begin disintegrating.

- These boundaries are physical – we are tired all the time.
- And, mental – we feel depressed.
- And, our spirits are at a low level of joy and wonder and peace.

## **There Is Good News**

We're giving you this background beginning to tell you of how recent brain research shows that these neural pathways that dictate your patterns of response when you get hungry can be erased through prayers. Yes, prayers. Healing prayers.

As physicians we have spent years determining how the Overweight State exerts such powerful negative effect upon the lives of millions of persons world wide and have concluded that there are basically two reasons:

1. Loss of Inner Peace - the highest good
2. Loss of Joy - the premier emotion

Inner Peace is the greatest good and to restore it we looked at the various life areas where Inner Peace works. There are seven:

1. Peace with God
2. Peace with your body
3. Peace with your mind
4. Peace within the family
5. Peace within the culture
6. Peace with the world
7. Peace with nature

As well, we concluded that there are seven predominate emotional states that lead to loss of joy when the Overweight State rules your life. These are:

1. Blame
2. Apathy
3. Depression
4. Fear
5. Grief
6. Anger
7. Anxiety

So, each week for the next 14 weeks we will guide you through a series of Healing Prayers that are designed to restore Inner Peace and to give freedom from negative emotions – covering a different topic each week, so that at the end of fourteen weeks you will have covered peace within each of the life areas as well as each of the negative emotions, restoring both a sense of joy and peace.

First, however, let's go through the rest of the background and introductory material, which is crucial to your successful completion of the prayer cycles, because it covers the attributes of your faith that give power to all your life efforts.

In our thinking about this, since both of us are diagnostic teaching physicians, we concluded these facts:

1. There is no pill to help you
2. There is no diet to recommend that will have lasting effects
3. The lies of the world are designed to have you believe that a drug, a supplement, a diet plan, or certain foods will change your state and make you healthy and happy and well off financially – will make you self sufficient.
4. The answer, we believe is here. The power to heal is within you, within your belief system, within your knowledge of and application of your faith.

Thus, we searched the Bible and hundreds of books written by people of faith who spent years thinking about how their search for God played out in everyday life.

Overall this led to research into four topics basic to the Christian religion:

1. The process of conversion from one state of being into another – known as being Born Again.
2. The work of the Holy Spirit in everyday life.
3. The role of the heart.
4. The importance of love as an over-abiding emotional state.

From our research we identified certain attributes which can be made stronger in your daily life. Thus, when you put these into play, your success is easily within reach.

So, to begin creating a meaningful background from which to proceed, consider this question.

If food, as the Bible says in Romans 14:20, has the power to destroy the work of God, what does that mean? First, in answer, consider the work of God.

## The Work of God

Simply put, the work of God is love. God's love is so unique, so mighty, so absorbing, so intense, that our minds are at peace, our hearts are transfigured, and all the soul in its living, working, waking, and sleeping moments is infused and surrounded by this marvelous joy. The depth of the Love of God is revealed by that wonderful word "whosoever." The one characteristic of love is that it thinks of nothing for itself, it is absorbed in God.

Both naturally and spiritually, however, love requires careful developing. Thus, God is in the gift business. The nature of love is to give, not to receive. Thereby we are offered:

- #1. The gift of Jesus
- #2. The gift of Salvation
- #3. The gift of Grace
- #4. The gift of the Holy Spirit
- #5. The gift of Forgiveness
- #6. The gift of Eternal Life
- #7. The gift of Love

All these are ours on the basis that Jesus died on the cross for us, because God's diagnosis of our state was that we are dangling at the end of our wits and needed to be saved. The gifts are offered to us to develop within us an inborn capacity to see God behind everything – the wonder that keeps us an eternal child. Thus, when we believe steadfastly on Him, all that we come up against in life will strengthen our faith and will move us from the ranks of the Amateur Believer to that of the Professional.

At times one of our dispositions – like the eating disposition – for example, will be tweaked by God, setting up circumstances – to see if we've grown through our gifts into the Professional ranks.

The emotions that come from circumstances cause us to fall back into self-awareness, which continually produces a sense of struggling and turmoil, and suffering.

Thus, we suffer and search for remedies to our emotional pain. We turn to doctors, pastors, gurus and talk-show hosts, searching for a remedy that will restore us to peace and blot out our emotional distress. We take Prozac to mute it, read inspirational books to overcome it, join recovery programs and self-help groups to cope with it, spend millions of dollars to escape it, use alcohol, drugs, food, work, possessions, sex, entertainment and all the techno-toys we can get to distract us from it.

And, when food is our source of comfort, we're soon in the Overweight State, the state where our self-concept, our being, our personalities change.

In our medical practices we see it all the time: the conscience at work, the spirit in chaos and confusion, the worries expressed – no time for children or health or work. No time for relationships or love. And money and other worries. Then, at church we hear – “find your purpose” – and “Go ye into the uttermost parts of the planet and tell of my goodness and greatness and love.”

So, the emotions deepen – blame, apathy, depression, fear, grief, anger, and anxiety. And, peace, the greatest good, is fractured – with God, with the body, with the mind, with the family, with the culture, with the world, with the earth.

Diagnostically, the Overweight State shows the root symptoms of Resistance. Resistance has both characteristics and causes symptoms. And it hits targeted areas of your being. It's like an incurable virus.

## **Eleven Characteristics of Resistance in the Overweight State**

- #1. Resistance is invisible.
- #2. Resistance is internal, attached to our thoughts, working through our minds.
- #3. Resistance is the Big Lie at work, degrading us.
- #4. Resistance is slippery – it can't be reasoned with.
- #5. Resistance is universal – everyone with a body is vulnerable.
- #6. Resistance goes to work every day as we wake up.
- #7. Resistance aims to destroy our genius, our soul, the priceless gifts from God we were put on earth to pass along.
- #8. Resistance gets its power through our fear.
- #9. Resistance blocks movement only when we seek to move upward – to Higher Ground – to the status of the Professional Believer.
- #10. Resistance puts everything its got into a knockout punch as we near the finish line.
- #11. Resistance recruits allies among our families and friends to sabotage us.

## **Eleven Symptoms of Resistance in the Overweight State**

- #1. Procrastination. “I'll start tomorrow.”
- #2. Overindulgence in the sensuous earthy stuff – sex, drugs, shopping, TV, malicious gossip, alcohol, and eating sugary, salty, or chocolaty non-essentials that disintegrate the boundaries.
- #3. Compulsive messing up – accident proneness, neurotic behavior, jealousy, chronic lateness, and so on. Simply put – stepping into senseless trouble that

requires time, money, energy and peace of mind to turn around or back away from.

#4. Creating soap operas in our lives through self-dramatization.

#5. Overmedication for anxiety and depression.

#6. Medicating diseases made up by advertising copywriters for drug companies to fashion a drug to treat: Attention Deficit Disorder, seasonal affect disorder, society anxiety disorder, etc. Consuming a product rather than applying self-knowledge, self-discipline, delayed gratification, focus, and hard work.

#7. Victimhood. The acquisition of a diagnosis that lends significance to one's existence, becoming a cross to bear – rather than a challenge to be met and turned around.

#8. Hitchhiking on the coattails of a group or of a loved one, rather than pursuing the road to our own unlived life.

#9. Criticism of others.

#10. Rationalization – using plausible, rational justifications for why we can't get at the work yet.

#11. Fear of isolation – of being on the journey alone.

So, if in the disposition of eating with all its complexities we see so much resistance to eating right – what's the root cause – the Etiology of Resistance?

Resistance is that part of our being that we think of as "Me." Our conscious intelligence. Our everyday brain that thinks, plans, and runs the show of our day-to-day life – the Ego. The Ego likes to be in control and it exerts that control through ordinary fears – which are also a form of Resistance.

## **Ordinary Fears**

The walls of fear are like a tunnel. The walls are Resistance.

So, what are we afraid of?

- Fear of following our heart
- Fear to too little money
- Fear of not making it when we strike out on our own
- Fear of being selfish, of not measuring up to the demands of marriage, of failing to keep the family needs supplied.
- Fear of betraying our beliefs
- Fear of throwing away our skills, our education, our training
- Fear of making a big mistake, too big to back up from
- Fear that we're crazy
- Fear of death

## **The Mother of All Fears For the Believer In the Overweight State**

The Master Fear of the True Believer caught in the Overweight State is a fear so close to all of us that even when we verbalize it, we can't believe it.

Fear That We Will Succeed.

- Fear that we can actually access the powers we have been taught are ours through the Holy Spirit, through our faith, our belief system.
- Fear that we can become the person we sense in our hearts we truly are.

You might think that to make the step from Amateur to Professional Believer would inspire us to just do it – to go ahead and discover that we truly are more than we think we are, more than our parents and teachers and children think we are.

Not so!

Fear!

We fear that we actually possess the brains and skill and creativity that our still, small voice tells us. That we actually have the guts, the perseverance, the capacity.

We fear that we won't set the sail on our ship just right or the steerage will be off. We fear that when we reach the Promised Land we won't be able to plant the flag.

We fear this, because, if it's true, then we become a stranger to all that has been providing for us the comfort zone we exist in. Thus, in all honesty, to find our authentic self, we must allow ourselves to get out, climb out, be blasted out, have someone pull us out of the tunnel created by the walls of Resistance.

We know that if we embrace the Gifts of Jesus, we must prove worthy of them. That's enough to scare the hell out of us. What will become of us? Will our friends and family become as strangers. Will we end up in outer space, cold and hungry and with no one to hold on to when the walls of the tunnel are breached?

Maybe so.

Although, another probability looms larger.

You may end up in space, but not alone. Instead we are tapped into an unquenchable and inexhaustible source of wisdom, consciousness, and companionship. New friends will appear in places we never thought to look before, friends who are truer and better than friends we've had before, friends who will help us discover our Authentic Self.

## **Working The Gifts of God To Discover The Authentic Self**

When it is your time to receive a vision from God, it is as if He puts you in “the shadow of His hand.” Your job is to pay attention and listen. For far too long you have been asking others for advice, looking for yet another diet book or relying on your own common sense, pretending to be filled with joy and confidence. Now it is time to say, “Speak Lord.”

We don't consciously and deliberately ignore the voice of God, but consider: Are we constantly offending God by ignoring Him, while He lovingly continues to treat us as His children? Or, on a deeper level, do we have selective hearing impairment – knowing when God speaks to us we must either obey or refuse to obey.

Remember, Jesus says to us today, “I will never leave you.”

So, we can say, “I will not fear. The Lord is with me.”

When the Gifts of God are working at maximum effectiveness in your life you will be continually unlocking your creative powers from within by listening to God and by opening your eyes and “seeing” your life exactly, as if it were perfect in every aspect, as you walk and talk with Jesus. When that is so, there are seven new symptoms that replace the eleven symptoms of Resistance. These are the evidence that the turnaround from the Overweight State into the Born Again State has been accomplished.

### **#1. You Will Have Peace of Mind**

Without peace of mind nothing else has much value. It is your internal gyroscope. It tells you that the boundaries are being restored, that harmony is beginning to work and that you are achieving balance.

Your sense of inner peace gives you harmony within yourself as you are in the world but not of the world. It is essential for solid relationships with family and friends, and with your fellow workers. It gives you a way of seeing yourself in the world, as a bringer of both peace and love to others – in the name of Jesus, who now lives within you.

### **#2. You Will Have Health and Energy**

Your body/mind/spirit has a natural yearning to be healthy. Your mitochondria are aching to be set free – to be exploding energy bonds all over your being – setting free the light held in darkness – the salt that has yet to be sprinkled abroad as a preservative for others.

### **#3. You Will Have Freedom From Money Worries**

Money worries in the Overweight State cause much worry, stress, anxiety, and depression. Jesus gave us three clues to freedom in His money parables:

1. Get a little seed money and grow it
2. Be shrewd about money
3. Adventure your money under the direction of the Holy Spirit

### **#4. You Will Know Your Purpose In Life**

Our deepest subconscious drive is the need for meaning and purpose – to be committed to a calling bigger and more important than a church supper.

### **#5. You Will Have Loving Relationships**

Through loving other people – those within your blood family as well as those without – you will discover the embodiment of Jesus' command – "Love your neighbor."

### **#6. You Will Sense Life With New Vividness**

You will see people and things in a fresh way – as a new thought pattern evolves. And the nose – you will experience baked bread with all the pleasant memories stored in your memory bank. Food will taste fresh as you turn around negative patterns of eating. Colors and nature and music and your words will take on a vividness you thought you had lost forever.

### **#7. You Will Love God**

When you love God, you think about God as seen through the life of Jesus. That the Resurrection happened, and that as a consequence of it we who are followers of His are free to resolve to use life to go about His work, not destroy it through a sensuous disposition like eating. Thus, we believe Jesus' claim to be the Light of the World and His related promise that we can be reborn into a new state, liberated from servitude to the ego and our appetites into the glorious liberty of the children of God. Thus, we believe His promise that "Where two or three are gathered together in my name, there I am in the midst of them" still holds. So, as He is in us and we in Him, our stories become the story of Our Savior, who lives.

So, as you begin "Not By Bread Alone", remember, the Sermon On The Mount has more to do with prayer than with anything else. It means an end to self-indulgence with food: in the body, in the mind, in the spirit. It means that you will be determined to get to understand God's point of view in the matter of eating. And, to do that, you and God have to have a conversational relationship that takes on two different approaches:

1. Healing Prayers for others each morning (family, work, your community, the country, the world).
2. Healing Prayers for yourself each evening.