

Seven Steps to Cleansing Your Mind

Get ready to embark on an amazing journey of cleansing your thought life from negative memories. The following is seven simple techniques to revolutionize your life, by changing way you think. You will soon recognize, and appreciate, that mastering your thought life is a lifelong process. It has no end, but it does have a beginning – *like right now!* How to begin? You must consciously decide to change the way you think. Once you make the change, the results will last forever.

The bible gives us many answers to life's challenges, and cleansing your mind from negative thoughts is one of them. Philippians 4:8 declares "*Finally, brethren, whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things.*" Getting rid of those negative thoughts and emotions once and for all is not only God's desire – it's God's design!

Step 1: Consciously Control Your Thoughts

ASK YOURSELF THE FOLLOWING QUESTIONS:

- How many "could-have" "would-have" or "should-have" statements have you uttered today?
- How many "if only" did you vocalized today?
- How many times have you replayed a conversation or situation in your head that pained you?
- How much time do you spend speculating what others may do or say?
- Is your mind passive?
- Are you honest with yourself?
- Do you go through the motion of the day, not really committed to a goal?
- Do you find yourself saying one thing but meaning another?
- Do you ever make comments like "nothing ever goes right for me," or "I always mess up"?

If you answered yes even to one of these, your thought life needs cleansing. You must consciously control your thoughts. It is not just the first step in this process; it is the main step. Medical research has proven that it can be done! This practice allows you to get rid of those negative toxic thoughts and emotions. The solution is within. Simply tap into your God-given, built-in, cleansing mechanism – your will! God has granted you the grace to be the caretaker of your inward person. However, first you have to control and manage your thoughts, and keep bad ones out.

Keep this in mind. A change in your thinking is essential to cleansing the brain. You simply do not let your thoughts rampage through your mind. Rather, you learn to engage interactively with each one. Your job is to analyze a thought before you decide ether to accept or reject it.

THREE PRINCIPLES TO FOLLOW:

- 1. Increase your conscious awareness of your thoughts and how you are feeling.**
Ro 12: 1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
- 2. Doing something once you have analyzed the thought.**
2 Cor. 10: 5 ... and bringing into captivity every thought to the obedience of Christ;
Rom 7: 25 I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.
- 3. Building new memories over the old.**
2 Cor 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

Step 2: Frame Your World with Your Words

Matthew 12: 35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. 36 But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. 37 For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

Research has proven that words impact our thoughts and emotions. Sticks and stones may break my bones, but words will never hurt me. Remember quoting this to a kid in the playground or at school?. It's far from the truth. They can hurt for a long time. Some words will high levels of stress. The words that you speak feed back into your mind, reinforcing the memories in your thought life. So, when you make or think negative statements, toxic chemicals are literally released into your brain, which make its way throughout your body. These may lead to memory strongholds that control your attitude and lifestyle. You may know of people who do not see the good in anything. They wreak a negative atmosphere.

Framing your world with your words is more than just positive talking. Your words have to be backed up with honesty and integrity. What you do and say on the outside must reflect what you think about the inside. A lack of integrity affects the way information is processed, and memory is built. Framing your world with your words involves replacing negative thinking and words with the right attitude shift.

YOU DO THIS BY:

- Acknowledging that an issue exists – don't ignore it.
- Reflecting on what is wrong with it – avoid shifting blame.
- Considering how can you cope with it – take responsibility.
- Asking whether you can do it alone, or if you need help.

Remember, every time you utter a negative statement, you release toxic chemicals that put your body into a stress reaction.

Step 3: Express Those Emotions

Matthew 11: 28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

Have you ever thrown a whole lot of clutter into a closet just before the guest arrived? Suddenly, someone opens the closet door, and everything falls out in full view of your guest – embarrassing? The same thing can happen in your emotional life. If you repress and hide negative emotions, which are toxic, the time will come when those buried emotions will come pouring out. Furthermore, it will happen at the most inopportune time, because buried emotions are not controlled and thoughtful emotions.

Here are some **signs** that neurologist say are the results of suppressed emotions (*besides illness in your body*):

Irritability	Anxiety	Impulse	Self-doubt
Short temper	Frustration	A desire to control	Crying
Over-reactivity	Fear	Perfectionism	Compulsion

God made you with a network of chemical pathways that run your biological clock and behavioral pattern. These chemicals are either toxic or healthy, and they are allowed to flow through your body by design. Expressing your emotion is another important step in cleansing the brain. It doesn't mean that you "*let everything hang out*". You need to express your emotion appropriately, in an environment that is healthy.

Step 4: Take Responsibility and take control

2 Corinthians 10: 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

Any study of the mind needs to include the study of the brain as well. The mind is like a flow of information that moves among the cells, organs, and systems of the body. Research shows that the meta-cognitive level is responsible for 90% of what's happening in the mind. On the contrary, the cognitive level is responsible for only 10%. In layman term, you function and operate primarily from your subconscious thoughts. You must consciously force your subconscious and conscious levels to interact. How do you do this? You start by recognizing that although there are some experiences that you have forgotten, or wanted to forget, they are stored in your brain. They are active thoughts. You may not be aware of their activities on a conscious level. I strongly urge you to trust God, and permit Him to reveal these areas in your life that caused you pain. When God shows it to you take the appropriate measure to forgive and repent. *There will be more on this subject in future writings.*

Step 5: Think Forgiveness

Mathew 6: 14 For if ye **forgive** men their trespasses, your heavenly Father will also **forgive** you: 15 But if ye **forgive** not men their trespasses, neither will your Father **forgive** your trespasses.

Forgiveness is a choice. It is an act of your free will. However, it is the most powerful decision that you will ever make. You choose to forgive. No one makes you – *you do it on your own!* The result from this choice, however, is phenomenal. Negative thinking and memory strongholds are broken, and are literally removed from your mind. Wow! Only God can design a system like this! So, anger, resentment, bitterness, shame, grief, regret, guilt and hate no longer can hold your mind captive. Once the old memories are removed, you can grow new healthy thoughts and memories.

Dr. Don Colbert (author of *Deadly Emotions*) says forgiveness is like taking an emotional shower: it cleansed and frees the entrapped soul.

FORGIVENESS IS:

- Not making excuses for someone's behavior, but it is forgiving despite behavior.
- Not ignoring pain or hurt, but it is choosing to let go of the person who hurt you.
- Not letting someone off the hook, but it is leaving that person in God's hand.
- Not a weakness, but it is a sign of great courage.

Remember, these are comments that come from Neurologists, not ministers. It is often said that forgiveness leads to the ability to love. You cannot truly love if you have not really forgiven and released those who have wronged you.

Ongoing results of the “Forgiveness Study” by researchers at the University of Wisconsin found that those who develop an ability to forgive, have greater control over their emotion and are significantly less angry, upset and hurt, and consequently, much healthier. It has been scientifically proven that love is good for your health.

Step 6: Love – Tune into Your Heart

1 Corinthians 13 :13 And now abideth faith, hope, **charity** (*love*), these three; but the greatest of these is **charity** (*love*).

Matthew 22: 37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

Studies show clear changes in the patterns of activity of the autonomic nervous system, immune system, hormonal system, brain and heart when you experience emotions such as appreciation, love, care and compassion. So, tune into the power of love, and listen to your heart. The best way to communicate with your heart is to quiet your thought life, relax, control the thoughts rampaging through your mind and become as still as you can.

YOU CAN DO THIS EFFECTIVELY BY:

- Thinking of all the blessing in your life.
- Developing an attitude of gratitude.
- Not thinking painful thoughts.

- Focusing on and spending time with people who bring you joy and happiness.
- Focusing on happy memories of good times or anticipation special happy events.
- Not allowing fear to cloud the messages from the heart.

Your heart is not just a pump. It has the ability to pull every other system of the body into its own rhythm. When your heart is at peace and filled with love, the entire body under the direction of the brain feels peace and love as well. When you experience God's love your heart speeds up its communication with the mind and body. Amazingly, electrical signals from the brain to the heart emit healthy fluids throughout the body, as designed. So, make a commitment to walk in love, that is, an intentional choice to love others no matter what. And remember the biblical teaching that love is patient and kind, not jealous, proud, boastful or rude; it is not selfish, does not keep a track of wrongs, is quick to believe the best, wants justice and never fails (1 Corinthians 13)

Step 7: Relax – Smell the Roses

Luke 22: 19 In your patience possess ye your souls.

The rose is a flower that universally symbolizes love like no other organic component in God's creation. It is also a flower that is not hastily plucked. Why, because in all of its beauty and elegance, there are thorns that can cause harm to those who are impatient.

Rush, rush, rush! Hurry, hurry, hurry! We're just busy being busy! It seems to be a global epidemic the hurry up syndrome. Time management solutions have been offered to help us to prioritize and delegate. Unfortunately, these solutions have the opposite effect, by increasing the paced of life. We are encouraged to cram and squeeze time into an hour; which only aggravate the problem, time keeps running out. Many of us are time poor, and that poverty is extending to our thought life. Your time is precious, and it belongs only to you. Every day you make choices about how you are going to spend your time.

Learning to spend time wisely is an important part of controlling your thoughts. So, the next time you think that you don't have time for exercise or relaxation, think again. The reality is simply this; you have chosen to fill your time with stuff other than exercise and relaxation. Ignoring stress related signals will ultimately affect your health, success, and happiness. After years of ignoring the signs, I finally got it. You don't need to feel guilty about taking a little "me time". "Me time" is taking opportunity to do things that generate positive emotions, such as love, respect and kindness. The result will be a more coherent heart rhythm. In other words, everything will line up just the way God made it. Take the Philippians "Think List" to heart (*Philippians 4:8*).

HERE ARE SOME THINGS YOU CAN DO:

- Learn the skill of praying
- Dream with God
- Meditate on God's promises
- Exercise
- Develop a daily quiet time
- Create a devotional
- Sleep, you need your rest



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