

# GROWING IN GOD

PODCAST



## GIG285 – Renewing Your Mind

Hi, and welcome to the podcast. This is a special edition for our *Growing In God* podcast, as it is produced from a Zoom call that we at Hargrave Ministries have occasionally with our donors. When we have these times together and feel it is important for others to be a part of what we are discussing, we create the meeting into a podcast for release. So I hope that you will enjoy this podcast; and if you like being a part of these discussions, I would encourage you to go to our website at [hargraveministries.org](http://hargraveministries.org) and join our Fellow Workers.

I want to do something different this morning, I want to talk about some of what we have been into for the last two and a half years. I have not talked a lot about it; there have been little smatterings of it here and there that come up sometimes in our Zoom calls together, but we have not gotten into it in a real explanation. But I felt after coming home from these sessions that we were into in Canada that it was time to give maybe more of a definition or an expression of what it is that has been kind of the drive for me, personally, and I know Silvana has been right there with me in this, and some of the others here have also. But as I said, we have never really talked about it or defined it to the what and where and how, and I want to try to do that this morning, because I think it is really important that everybody understand where I am coming from. Because I feel like what we are doing, what I am doing, and I know there are many doing it with me, is I am driven with a hunger to break into a fulfillment of the Word on a level that we just have not had.

I want to start by reading a Scripture this morning. It is Romans the twelfth chapter, verses 1-2. I would say this is one of the key things that really drives me personally in all of this that is happening.

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

There are a couple of keys here which really grab my heart in this pursuit. One of them is the fact that we are to present our bodies as a living sacrifice. What Christ did for us on the cross we know brought salvation; but we also know that Yeshua was not just bringing salvation to the world in a spiritual sense, but our salvation includes our physical body. So isn't it interesting that he says that we take our bodies as a living sacrifice, acceptable to God? And a lot of church teaching is, "Hey, there is nothing going on with the body. We are just waiting for the body to die, and then we are going to heaven, and then we will be in glory with God." But Paul is saying your physical body should be presented to the Lord. Once we experience salvation in Yeshua, then the journey just begins there, it does not end there. Yet too many people stop with a feeling like, "Well, now I am saved, so I just sort of go through my day as a Christian, knowing I have salvation." But Paul is saying that we actually bring our body into this. There is something which to me is speaking to the fact that this physical world that we live in is all supposed to be part of the salvation experience as we are walking through. And of course, we call the podcast *Growing In God*, because it is; we are looking to mature into the measure of the stature of the fullness

of Christ. We are not just looking to receive a spiritual experience and then go on from there sort of living our lives. We bring our whole being into this, we bring our whole life into this.

It is Shema Israel – we love the Lord with all of our heart, with all of our mind. Christ brought that part of it into it. When He quoted the Shema, He brought in the mind; the mind is supposed to love Him. So that is very much where we are going, even with this Scripture; because we are not to be conformed to this world, but we are to experience a transformation while we are in this world. And that transformation happens through a renewing of our mind, “so that we may prove what the will of God is, that which is good and acceptable and perfect.”

We know that we grow in the things of God. We grow in a maturity. We grow up in God, proving His will on greater and greater levels. But again, when you look at the context of this, it is all happening in this material plane of this world. We have not been put here by mistake. It is not like God was carrying your spirit down the halls of heaven and dropped you accidentally, and oops, you ended up landing in the earth. He put us here with an intention, with a purpose to be fulfilled. And I think we too often lose the drive that we are here with a purpose. We are here, and that purpose includes a transformation which, as the Scripture says, we are to grow up to the measure of the stature which belongs to the fullness of Christ. And that is talking about the body. We also know that the earth itself is transformed, because it is freed from its futility by coming into the liberty and the freedom of the sons of God (Romans 8:20-21).

So there is this transformation. I encourage you, get a concordance and look up this idea of transformation. It is not mentioned a lot of times, but we know that Yeshua was transformed. When He went into prayer He was changed physically. The disciples witnessed it and went, “Oh my gosh, this is something amazing! Should we build three tabernacles?” Of course, personally I think, and I cannot prove it scripturally, but I think Yeshua had that experience all the time when He went out to pray. It was just that this was the only time the disciples saw it and recorded it in the Gospels. But to me, His relationship with the Father was this constant transformation that was into the image of the Father, so that He was the fullness of the Father manifested in the earth.

So, anyway, I am taking way too long because I have not even started talking about what I want to talk about yet. But this is just an introduction for us to recognize that there is something of a transformation that I believe we are to have that is encapsulated within our salvation experience, and it grows out of that salvation experience. Philippians 2:12-13 talks about, “So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for His good pleasure.” It is this idea of *now*. Paul is saying, “Now I want you working your salvation.” I think it is something that we need to recognize, that our hunger should drive us into seeking the Lord. And in the day that we seek Him with all of our hearts, we will be found of Him, and we will behold Him. That is one of the other Scriptures about the transformation, that “whenever a person turns to the Lord, the veil is taken away.” That is Second Corinthians 3:16. Verses 17-18 continue, “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.” So here again we see this thing of transformation. The transformation comes as we move in and behold Him.

I know we pray for the Lord to come here, but He told us to go there. He said, “Where I am, there shall My servant be also.” And I think that in the age we are in, when we are giving our bodies as a living sacrifice, when we are seeking Him, when we are walking with Him, we are looking for this

transformation into His Presence, into His image. And that is what He experienced. Yeshua experienced that when He was here. He was transformed while He was here; when He went to the Father, He was seated at His right hand and given the Kingdom. So I believe there are these things that we are to be reaching for now. I know that you believe this. I know this is part of the seed of what was planted in our spirits by the apostolic ministry of John Stevens. And I know this Word that we have is working in us, and I believe it is to bring us into a transformation. It is not just to sit there in the earth of our heart until we pass away; it is to grow, it is to become, it is to blossom and have its full purpose in our lives here and now.

So that is kind of an introduction into a drive. You know, if you could open up my chest and look at my heart, this is what you would see beating every day, this drive that we have to go deeper; we have to find a walk with Him that includes the transformation into His Presence and into His image. We are not to be concerned and locked into this world and the things of the world; because honestly, we live in a matrix in this plane that we live in. That movie<sup>1</sup> is very prophetic. We live in a matrix, and that matrix blinds us to what the possibilities are. We have to break out of the limitation of these things which make so much impossible for us.

From that, we have been seeking, we have been driven. We have been getting confirmation from different people here and other places, and I just want to introduce you in a way to where we have been going and where we are going to keep going. I am not saying that where we are landing is a final thing; I am just saying that we are on the path of something that I believe is very much of the Lord. I believe that it continues because there is nothing that we are doing, that I am doing in my own heart, that I am not checking it against, number one, the Scriptures. It has to line up to the Bible. It has to line up scripturally. And it has to line up to what we have been taught apostolically by John in the living Word that we have had. Because I believe he was leading us out of many things that are limitations to us. And that is what we have to do – we must break out of limited thinking that is holding us in bondage.

So I want to start by playing a little segment, and hopefully this will work well and you will all hear it. This is just a segment of an explanation about this idea of our subconscious mind and how it works, and therefore how life around us works; how this affects us in our individual lives and is the blinders that we live by. It is the matrix that we live under. And so, this is Dr. Bruce Lipton, who is a very renowned doctor. He actually was the first doctor that did research on stem cells. And through that research on stem cells, he discovered the fact that this whole idea that our life is genetically driven was a lie. He was teaching in the medical school, I think it was Princeton or something, and he was teaching doctors the whole theory that we are our genes. And so, if your mother had this disease, you were going to end up with that disease; and if your father had that disease, then you were going to end up with that disease; and if this gene ran in your family, then, you know the rest. And that has been kind of a basis for medicine for years and years now.

So he was teaching that, but in the lab he was studying stem cells. And what he did in the stem cell research, which was all funded by the same university, is that he was finding, "Oh my gosh! You take this cell and you change its environment, and the cell changes into that environment." So he said, "It did not matter." All of the petri dishes had the same genetics, the exact same genetics. They were copies of one another. But when you change their environment, one petri dish would produce cells that were muscle cells, and one petri dish would produce cells that were liver cells, and one petri dish would produce

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<sup>1</sup> *The Matrix*, directed by the Wachowskis (Burbank, CA: Warner Bros. 1999).

cancer cells. But he goes, "My gosh, it was not their genetics, they were the same genes. It was the environment." So he was the one that busted this whole thing, and of course he finally, just for his own integrity, said, "I cannot continue teaching this." He was taken in by another university in Southern California that let him go ahead with his research and teach what he was learning. But he was just saying, "Hey, we are not what our parents' genes have given us." He says there are like one or two diseases that are actually genetically caused; but the cells changing and becoming something that is disease is the environment. And where does the greatest impact of that environment come from? It comes from our thinking, from our mind, from our attitude, that we think the thoughts over and over. And so it is the attitude that we are around when we are being raised. This led him into this whole field of studying the mind and the psychology of it, and how it then grew from the research that he did.

So this is Dr. Bruce Lipton. You can find a lot of him on YouTube, just great lectures that he brings. I am playing this because I want you to hear from somebody besides me this basic understanding that science has come to. This is all scientific, this is not religious; but we will tie in the religion later going along. The segment is not that long, but I want you to get and understand what he is talking about concerning the subconscious mind and the conscious mind, and how they work.

**Dr. Bruce Lipton:** "These programs can change a belief you had your entire life in maybe 15, 20 minutes. Many of them create a state of super learning like you were when you were an infant. Yet there is a better and faster way even. The mind has two parts. The subconscious mind is the original brain, and it can process 40 million bits of data from the environment every second. The mind is very powerful and very fast, but it is totally habitual, it is not creative. It can only play back what it learns. In evolution, the front part of the brain, the prefrontal cortex, gives rise to consciousness. It is a small piece of the brain that is consciousness. Self, or consciousness, is an add-on option, and most people do not exercise the option. But note, it can process only about 40 bits of data per second. The subconscious mind is one million times more powerful. While the subconscious mind is fast, the conscious mind is slow at processing; that is why when you are in an emergency or stress, you operate from this one [the subconscious], because it can operate fast and handle lots of data.

"But the difference between the two is this [the subconscious] is habitual; it is the conscious mind that is creative and can generate free will. The conscious mind can control anything in your entire body. They used to say there were parts of our body that were involuntarily controlled, but now we know that is not true. For example, yogis can regulate their heartbeat, their blood pressure, or body temperature with conscious mind. So while the conscious mind can only handle a few things, the subconscious mind can do many, many thousands of tasks at the same time. Now, recently, neuroscientists are talking about how your unconscious really shapes your life, your decisions. What they say, according to cognitive neuroscientists, is we are conscious of only about 5% of our cognitive activity. For most people, 1% of their day is in the conscious mind. So every day you create from your creation mind, your conscious mind, only about 1% of what is going on in your life; and therefore, 95 to 99% of your life comes from your programming in your subconscious mind.

"So what this means is maybe you were the child in the store and your parents said, "You do not deserve." 95% of the day you will sabotage your life to make sure you do not deserve. And the reason why is the subconscious's job is to create reality out of the program. And so, therefore, if you have negative programming, 95% of the day you will create that negative experience in your life.

"Now, here is the problem: The conscious mind and the subconscious mind work together. So whatever the conscious mind focuses on it can control, but what it is not focusing on the subconscious mind

controls. So most of our day we are thinking about the future or thinking about the past; that is with the conscious mind. So if the conscious mind is not paying attention to right now, then everything you are doing during the day is being run by the program that you got. But the problem is, because your mind is not, the conscious mind is not paying attention, then it does not see the program being played by the subconscious mind. So most of every day you are not playing programs that you personally want, you are playing programs that you got from other people. But you did not see those programs, so when your life does not work, you say that "The universe does not support me." And yet the truth was, it was your own invisible behavior that sabotaged you.

"So what is important is some people say, "Well, maybe I just do some positive thinking." Which mind does the positive thinking, conscious or subconscious? The conscious mind, which works at 5% a day with a 40-bit processor. And when you are doing your consciousness, are you paying attention to what is going on? Who is running the show? The experiential programs from the subconscious mind, and that is 95% of the day with a 40-million-bit processor. Does positive thinking work? Do the math. The issue is that it is very difficult to take a small processor and overpower the large processor. You have to use what is called will power, with the emphasis on power, to override.

"Now here is the second catch, or the second problem. The subconscious mind is like a recorder/tape player. It records an experience, and then when you push the button, it plays the experience back. So then we take our conscious mind and we want to talk to the subconscious mind and change the program. Now think about it this way. You have a tape player, and I give you a cassette with a program. You put the tape in and you push play, and the program is going. Then you say, "I don't like the program." So you go up to the tape player and you say, "Change the program! Change the program!" The issue is, the tape will not change by doing that. But there are ways to change the program if you know how to push the record button.

"So your life does not reflect what you want, it reflects the program you were given. One way out is consciousness – just be conscious and then you don't play the tape. A second way out is clinical hypnotherapy, because that puts you back in the same brain state that you were in in the learning period, and then you can put a new program and rewrite the tape.

"Yet there is a better and faster way even. There is a group of new psychology modalities called Energy Psychology. There are many different versions. For example, Holographic Repatterning, Body Talk, EMDR EFT. The one I am most familiar with is Psych-K. These programs are like pushing the record button on the tape player. These programs can change a belief you had your entire life in maybe 15, 20 minutes. Many of them, like Psych-K, create a state of super learning like you were when you were an infant."

**Gary:** Okay, I know he is talking very quickly. You can look this up, as I said, it is available for free on YouTube. It is called *Rewrite Your MIND (40 Million Bits/Second)*.<sup>2</sup> I think those are some pretty astounding facts, and I think that it is something that really touches on this idea of where I am trying to go. When I read Romans 12, again, it says, "I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind." I take that as he is telling me that I have to transform my mind. He is not saying He is going to do it for me; there is something that I have to do and participate in this process of transformation, which I think is very reasonable.

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<sup>2</sup> <https://www.youtube.com/watch?v=eB-vh6VWdcM&list=PLc2kdGNArqHqVfUgIVwN-honXc9-ml34L&index=1>

I mean, when you look at the transformation that Christ had on the Mount of Transfiguration, He initiated it. He went out and prayed. He got into the Presence of the Father. It is something He did, it is something we do. And I think that we lose too much in the concept of church and religion the fact that we have to do anything. We stop being doers and we are satisfied being hearers. And we have to be careful with that, because it is so easy to just say, "What a great teaching. Oh, I know that teaching." We could sit around all day and talk about "the teaching, the teaching," and, "I learned the teaching." But are we doing the teaching? So I think it is this step of getting into it; somehow I have to believe the Lord is going to show me, how do I transform my mind? How do I do the things that He is showing me, speaking to me, teaching me to do? And then I do it, and as a result of that, I am able. It is like saying, "Go ride a bicycle." Okay, well that does not teach me how to ride a bicycle; I have to go learn to ride the bicycle. And it is that process that I think we are in.

So, we have done two basic things over the last three and a half years, one of which is meditation, which has been a lot with Joe Dispenza; and there are other things that we have done. To me, one of the reasons that Dispenza is important is because it inculcates these same principles, but what he is driven to do is to take something that is, if you want to call it spiritual, and put it on a scientific footing where you are literally reaching to do something and prove how it works, and why it works, and what it does. And see, that is the difference between religion and science. Religion never has to prove anything. It is satisfied with just believing something. Science never believes something, it has to prove something. And when you go to prove something, sometimes you prove yourself wrong, you know. There are a lot of scientific experiments... look at the creation of the light bulb, right? How many times was it that he did experiments to create a light bulb? Was it a thousand or something like that? And he had a scientific thesis that he made that he was going to create light out of doing this, and he proved himself wrong, wrong, wrong, wrong.

But see, religion never does that. How many things do we do where we just are so satisfied with our spiritual way of thinking and our spiritual way of acting that we do not prove them out? And that is what Paul was saying, that we might prove what the will of God is. It is God who is at work in us both to will and to do His good pleasure. The end result of that is that we prove out the good and acceptable and perfect will of God. And so, I think we are in an age where science and religion are coming together. Others may have a problem with that, but this is why I think it is important that they do come together, because science will not be satisfied with anything less than proving what the will of God is. If science is going to get involved with something, it is going to prove it, and that is not germane to religion. So it is a major change. And what I have appreciated about Dispenza is that he keeps religion out of it, even though if you know him and you hear different things, like when he talks about the quantum, at one point he goes, "Oh well, it's the mind of God, okay? That is what it is." So you are tapping in to the mind of God, and what you are downloading is the mind of God into your body. But he is not satisfied with that just being a theory, he is proving the theory.

There are more scientific experiments that have been done by him over the last several years than any other study on meditation in the world. And he is proving things out. I mean, one of the events that we went to, I do not know how many people got out of wheelchairs, three or four? Yes. People who had not walked in years getting out of wheelchairs through this meditation session that they are in. And I am looking around going, "Aren't we supposed to be doing this in church? Isn't this what is supposed to happen in church, people getting out of wheelchairs, you know?" And here you are in this meditation session and people are getting out of wheelchairs that have not walked, I mean, one of them was a professional athlete who had not walked for years. And I forget what the thing was, but literally we

stood there and watched him, and he got up out of the wheelchair and started walking. The next day, because one of the meditations they always do is walking meditations where you are walking down the street, meditating. Because he is going, "You cannot just meditate sitting in a chair and have that be enough. You have to do this in your mind while you are living your life. That is what makes it effective." So he does walking meditations. And here is the next day, there is this guy and they have an assistant with him with the wheelchair, but the assistant is walking behind him and he is walking down the street not in his wheelchair.

And so, you are seeing things physically manifest. People are having miraculous healings, and people are doing this and that, but it is being tracked, and the data is being captured by him. So whatever you want to say about him, he is definitely breaking through this idea of taking something spiritual, which meditation, I think we all agree, has always been looked at as some kind of a spiritual exercise; whether it is by the Buddhists or whether it is by others, whether it is within Christianity, meditation is some type of a religious or a spiritual thing. But there is a reason why it works. And it is learning that reason, and it is proving out what you are doing is actually going to produce that. So if we are going to be renewing our minds and receiving a transformation, somehow there has to be a way to prove this works; because I am not looking for it to happen for one person, I am looking for it to happen to the body of Christ. I am looking for it to happen to multitudes of people. And that is what we should be believing for.

It is still too often that you go to healing sessions or whatever and you get a few people healed, but you have a lot of people still leaving on crutches. At some point there has to be this dynamic that we are willing to wrap our minds around and our hearts around and find ways to do it. And so, that is one thing that we have been following and working with, I would say now for two and a half years, just following what is going on there in that realm, working with it and believing that we are going to see changes, transformation. Why? Because we are getting to the place that we are in the Presence of the Lord where He said we should be seated with Him in heavenly places, and how do you do that? I do not want to just have it be a Scripture I quote, I want to be there; and I want to be able to know how to get there. I do not think Yeshua guessed about His prayer life. I think when He went out to pray, He was going into the Presence of the Father. And that is why He was there all night long, because He lived in that Presence with Him.

The other one that we have been studying a little bit and have been into for about a year, that we just went to Canada for, is the Psych-K that Bruce Lipton is talking about. What it is really kind of standing for is Psychological Kinesiology, because it uses kinesiology as a methodology for bringing about this reprogramming of the subconscious mind that he is talking about. And I encourage you, get in and study this thing about the subconscious mind, because it is really amazing. It is amazing to think that through our day, whenever we are in our conscious mind, finally we are conscious of things, but we are not conscious of what is running as an endless loop program in our subconscious; and it is just a recording. Your subconscious has no morality to it. It has no good or bad to it. It just records what it records, like he said, 40 million bits of information per second out of your environment. So you say, "How does that work?" Well, it works because before you are born, your brain is in theta brainwave state. Children stay in more of a theta brainwave state until they are seven years old. Your brain matures into the beta state where your consciousness is, where you can evaluate and think; and then you start applying, "This is good, this is bad," whatever. But your subconscious mind does not do that. Like he is saying, use the example where you are in the store and your mother goes, "You can't have that toy! You are not worthy of that. You have not done anything to deserve that toy." Boy, that just got recorded, because that child

is in theta brainwave, and your subconscious mind is doing nothing all day long but recording, recording, recording; and then it is just playing back what is recorded.

So if I am not worthy, then I am not worthy. And so what we find in life is that our conscious mind is saying, "Hey, I want to do this thing. I have this great entrepreneurial idea about a business I am going into, and I am going to start this business and I am going to go do this." All of a sudden you get into it and you are just crossed up at every turn. You cannot get it going and nothing is going right. Of course, the first thing we do, in a religious sense, we are over here binding the spirits: "Go to hell you spirits! We will bind you," you know. A lot of times we do not realize that the subconscious mind works to create around us the atmosphere to fulfill its thought. And because we are unaware of that thought, it wins the day, because it is moving so much faster and so much more powerfully than the conscious mind is. You are going to say, "I don't like that. I am going to start having positive thoughts." Well, he already explained that: is your forty bits per second going to keep up with forty million bits per second? You cannot do it. So what we find a lot of times is that our subconscious mind is not supporting what our conscious mind wants to do. It is not supporting where we want to go in life, and it is not supporting what we want to accomplish in life. Therefore, we find ourselves struggling.

So if you find yourself struggling, like he said, the first thing you can do is you start being aware. "What is it thinking? What are the thoughts in that subconscious mind?" You have to tune into yourself and start watching those thoughts and being aware of those thoughts so that you can trap them. And that is part of the teaching of the meditation, that is what you are doing; you are beginning to control those thoughts. You are looking at those thoughts. One way you can observe the thoughts is to observe what is going on around you, because remember, that is what your subconscious is doing. It is looking at what is going on around you and recording it. So you start taking your conscious mind and saying, "Hey, wake up fella. You are going to start looking. What am I experiencing? What is going on? What is happening around me?" And I can start being aware of that and realize what is really taking place. So now I can begin to think of how to deal with it and work with it.

So as he said, one of the methods for that is Psych-K; and again, we got into this basically through Bruce Lipton and some of his teaching. But it was an addition, in my mind, to the meditation, because I feel like it is more specific in dealing with the subconscious mind and understanding that there is a way that we can stop the recorder, and instead of just hitting the play button, press record and start recording over those tapes. And he mentioned other methodologies for doing that, but this is one thing that he has found.

You might say, "What in the world is Psych-K? It sounds really new age, weird, bad, bad name for something, you know?" So I want to read to you kind of where this is all coming from. And there is a website<sup>3</sup>, you can look it up and you will find a lot of information and stuff about it. There are things you can get from that also.

Let's see, where do I want to start? This is some things by the originator of Psych-K, which is Rob Williams. I will not go into a lot of his history, but he was a psychologist. Part of the way he got into this is he was so tired of listening to people in sessions and trying to help people psychologically get out of their problems and whatever, and he is going, "This is just playing over and over again, and it never changes, never goes away, because you are just telling the recorder to play for you, but it does not change it. When the person leaves, they still have the same thing running in their head." And so, he

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<sup>3</sup> <https://psych-k.com/>

sought the Lord and was looking for a different thing, and in his terminology, the Lord met him and downloaded the concept of this; and then he followed up with it. That is kind of the beginnings of it.

"Psych-K's primary goal is to help people to solve what I call the illusion of separation disorder. That is the belief that I am not a part of you and you are not a part of me, and we are not a part of divine intelligence that created all that is. According to many of the greatest spiritual masters who ever lived, this is the origin of all pain and suffering in every aspect of life. The ever-increasing awareness of the role of spirituality in our lives has become paramount. The fact that many people have discovered the use of Psych-K for accelerating one's spiritual evolution is fast becoming the most popular application of this amazing method for change. Hence, today, Psych-K is popularly characterized as a spiritual process with psychological benefits. I believe that in the final analysis, all problems are spiritual with physical side effects. The ability to change limiting beliefs," and limiting beliefs is a key word, "limiting beliefs that keep us from recognizing our divinity, discovering our greatness, and becoming the peace we seek is the greatest gift of Psych-K for all who are ready to make that leap."

So even in his definition of it – and this is a big part of what I wanted everybody to get the feeling of – this, for him as the originator, is a spiritual practice that is bringing people to discovering freedom from their limiting beliefs out into the ability to connect with their divinity and their divine purpose here on the earth. So to me it sounds very much like this idea that we are looking for, a renewing of this mind that will bring us into that ability to prove; and again, see, prove is a scientific word. We have to prove what the will of God is, that which is good, acceptable, and perfect. And so it is looking for the ability to reprogram whatever program is in there that is negative and working against us, and to have the opposite transpire where through our connection with the Lord, which they talk about as the super conscious mind or the spirit world of divinity, we are bringing those thoughts in to be what is now recorded into our subconscious situation, rather than everything else that programmed it.

Just stop and think at some point, go back to the last trimester of being in the womb all the way to age seven, and think about how many things your subconscious witnessed and heard. It was not coming from you. It was not coming out of your mouth. It is not something you did to program it. It is something that was in the environment. And if you have had a negative environment growing up, or limitations that have been placed upon you that you heard; I know one of the things I ran into in this session in Canada was going back to one of my teachers when I was young talking to my mother in a conference. The teacher was saying, "I would rather be a carpenter than teach Gary." And I just went, "Oh my God, that was recorded in my brain." And so I think of the struggles I have had in learning and placing that on myself of this negative thing about being able to learn, or whatever. You stop and you think, how many things have we faced? Of course, there is a lot of forgiveness you go through, because you have to forgive people, you have to let it go. And maybe they did not mean it, maybe they were mad at the moment. But it did not matter, because your subconscious mind does not look at it and go, "Oh, don't listen to Mom right now. She is just upset, she is going through something. She doesn't really mean that." Or, "Don't listen to your big brother or sister or your teacher at school, or whatever. Everybody has a bad day. They are doing the best they can in life too." That is your conscious mind that has those powers of evaluation; and during many years of your life, that conscious mind was not intact yet, was not functioning yet. Therefore, it did not think that way. It did not say, "Oh, don't record that. Turn off the recorder really quick, we are not going to get that." No, it just recorded it. It just recorded it, and now we are faced with it. And I think of how many things we have been through in religion, because this forms our beliefs and our belief system.

I will read one more thing. It says, "During the first ten years or so on this earth, Psych-K was perceived by the majority of people as a self-help tool to change limiting subconscious beliefs in order to attract what they wanted in their lives – things for better relationships, careers," whatever. But these thoughts form your belief. And I think, a lot of you people were in church probably from a young age, you know, your parents took you to church, Sunday School, you were taught the Bible, whatever. And we are seeing how limited; I mean, my gosh, we just finished this book on anti-Semitism, and you realize how much of anti-Semitism came out of the doctrines of the church. Limiting beliefs – how many things do we believe that are not true? We did not choose to believe them, they are just playing there until even our conscious mind now is convinced that this is the way things are. Again, go back to the movie *The Matrix* and you see that. You are living in this matrix that is programming something that we honestly have to get out of, because of these limiting beliefs.

We pray for health, we pray for healing, but how many beliefs, while you are sitting there in your conscious mind laying hands on somebody and praying for a miracle of healing, and your subconscious mind is going, "Ain't gonna happen. Ain't gonna happen. Ain't gonna happen. We have seen this before. We have talked about this before. Oh, that never worked before." And you just realize that this struggle is internal, and yet what is horrible about it is that it is subconscious most of the time. Unless you start becoming conscious of it, it is going and you are not even aware that it is going. You are not aware of what it is saying and doing. But it is there, and it is playing back all of this. And somehow, I think especially in our belief systems, we have to be able to get out of it. And we have to be willing, because Yeshua said, "I am the way, the truth, and the life," and, "You will know the truth, and the truth will set you free." And I will tell you, there is a lot in that subconscious recording that is not the truth. It is not the truth about you, it is not the truth about the world around you. It is not the truth about God, it is not the truth about your salvation. And that is why I love that term, limiting beliefs, because I do not believe in unbelief; I think we only believe. We believe, and what we believe in many times with a force and a power behind that subconscious mind is limiting beliefs. And so, we have to get rid of it. We cannot have this internal civil war going on.

We have messages like *The Cross-Out Principle*<sup>4</sup> that talk about things like this, so this is not new. Like I said, I have gone back into the living Word and just seen the same teaching that has come. Gosh, you go back to the early days, one of the things that John Stevens was so into was the fact that religion had built up so many doctrines that were not truths and built denominations around those doctrines so that nobody could touch them. I think that is just the perfect way to do it, then you repeat it and repeat it and repeat it. Because that is the other way – you can program your subconscious mind through your conscious mind by repetition. It takes a long time. It is like playing the piano. If somebody plays the piano, and they did not start learning the piano until they were twelve years old, when they are playing that piano, the concerto or whatever, they are not playing that out of their conscious mind; their conscious mind cannot move that fast. It cannot move your body that fast. It has now been inculcated into your subconscious mind; it has become part of the program, and therefore your fingers are moving subconsciously. There are many things in our life that we do this with. You do this with doctors. How do you train doctors? You get them so tired and worn out and have so many long hours that you wear down that subconscious mind's ability to be blocking stuff, and then they are learning. When you go into an emergency room in a hospital under a disastrous accident situation, those people are not moving by

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<sup>4</sup> <https://livingwordpublications.org/product/the-cross-out-principle-sow-what/?highlight=The+Cross-out+Principle>

virtue of their conscious mind. That subconscious mind is just literally taking charge, doing everything it knows to do. I know, being trained as a lifeguard and in CPR and different things of rescue, that when there was a problem, you were not just going, "Now, let's see, what page? 24. I think it was talking about how you do this and that," and thinking this logically through; and "Should I really do this or shouldn't I?" No, you literally fly into action and you are just moving. You finish and you sit down and realize that you could not repeat what you did or what happened. Your conscious mind can reprogram the subconscious, but it takes time and time and time, and repetition, repetition. We do not have time for that. This is the Kingdom. We need to move quickly into a reprogramming of ourselves into the Word of God where it works.

So I have taken a lot of time extra, I appreciate your patience with me. But I wanted you to know just surface level what we were doing and where we were in Canada. We went through two different programs and got certified in those programs, and we are working with this still, there is a lot to learn. But I really believe there are answers in here, there are answers for me, personally, answers for Sil, and there are answers, I think, for other people. And no, we are not going to start doing this on people necessarily here, and I cannot do it in a group session anyway. But I just want you to know and have a feeling, because a lot of what we are seeing in the Scriptures, a lot of what we are reaching for, is coming out of this drive. We are looking, searching, searching for the truth. I do not want to lose this hunger, and I do not want to lose this drive; and I want to spread that for sure into all of our hearts, that we are driven to seek the Lord with all of our hearts until we find Him and find the truth that He has for us.

So I bless you. Thank you guys for your time. Thanks for listening. I hope this is a blessing to you and it is not a block of stumbling in any way, but you will see the truth in it.