

# IT IS A GOOD THING TO LOSE YOUR MIND

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## Introduction

Researchers in science (i.e., neuropsychology) delineated from studies that from infancy to adolescence, a child will model behavior through social interactions with people in his environment. These experts has pointed out that 50 percent of a child developmental personality is based on genetic programs, and the other percent of personality that is learned from the environment is most influenced by the people from whom you inherited those programs.<sup>1</sup>



Lise Eliot advocates that parents, educators, and society as a whole shapes a child's universe inside their head, and, with it, the kind of person he or she will turn out to be.<sup>2</sup> In agreement with LaHaye and Noebel, "The mind is to emotions what food is to the body. So what the mind feeds upon becomes the most influential force in your life".<sup>3</sup> Consequently, constituting ones worldview, or how you will live out your reality.

We can be negatively programmed by circumstances, others, and family. It affects the very essence of who you are, the soul. The affect is far reaching to the components of the soul: the mind, where the impact can create a distorted view of God, self, and others; then we have the "will" that chooses to depend on self (that is in conflict and frustration, self-pity, escapism, performing for acceptance, control, anger, withdrawal); and the last affected area is the emotions with the negative affect of feeling incompetent, insignificant, "a failure", hopeless, helpless, unloved, used, anxious, and worthless.

The process therefore imprints a certain character on the personality - the soul. Consequently affecting our spirit man (the essence of who you are-your identity, and through which you relate to God). Thus, affecting the outer reality or your environment (world) in such away to determine how it will respond to you.

Therefore be careful what you believe, the things you read and hear, i.e., the media to name one example with such philosophical authority to exert power over individual minds and attitudes by conjectures or presumptions over cultural movements and political decisions.<sup>4</sup> You must have critical eyes and ears to be in position to do critical thinking in making independent judgment concerning the issues of today, in your personal matters, and belief. The point is this, your environment, people, experiences can influence the way you think. As you grow into an adult you come to ponder what is life all about which will lead you to acknowledge certain nagging desirous needs.

There are three Godly needs that are innately instill in every human being, the need for meaning, the need for purpose, and the need for significance. These needs open us to voids that only God can fulfill with long lasting satisfaction. However, we set out on our personal guest to satisfy

them, but ended up "looking for love in all the wrong places." The job careers, educational accomplishment, and even prosperity did not satisfy these elusive needs. If one is willing to admit, all our endeavors starts out as a honeymoon, but eventually became humdrum over a period of time.

Dr. Dispenza states that negative thinking and bad programming from our past can effect your brain. However, the most exciting lessons he have learned is that people can literally change their brains and change their lives by engaging in regular brain-healthy habits, such as correcting negative beliefs and using meditative processes that he discussed in his book.

The fact of the matter is that distorted information gives us distorted revelation that results in distorted transformation (no change in attitude, thinking, and living). Therefore, somewhere along the line of life, you may desire to change physical self, emotional self, or spiritual self to be the ideal person you think you should be in this world. This process of change begins in the mind, that is, your belief system (worldview) that determine how you live your life in reality, and your understanding of self and the world.

## Changing Your Worldview: A Lose of Mind

There are a smorgasbords of opinions, speculations, and people of all types creating their own truth. All at times is very persuasive, but not prevailing in offering hope in the times of peril and crisis. Also, people has a particular perspective on the following disciplines in our cultural society: philosophy, theology, ethics, biology, psychology, sociology, law, politics, economics, and history. All are interpretive in how we view reality. The way people view or interpret all of reality is base on their worldview. Any worldview without the wisdom of God is detrimental. How you reason what your purpose in life is depends on your worldview. In other words, it is your belief assumptions and perception in perceiving your reality (i.e., God, knowledge, human nature) that constitutes how you live your life. Consequently, if your worldview is distorted,



erroneous, or erratic in some ways, you can have long-term consequences in your thinking and acting. Here is a more practical illustration. Before you purchase a pair of eyeglasses you must have your eyes examine for the correct lens to adjust your vision. The correction can be for farsightedness or nearsightedness. However, what if you somehow obtain the wrong pair of eyeglasses, that is, a farsighted pair of prescription lens rather than a nearsighted pair? As a result your vision would be distorted, you may not see too well. This is the same that

happens when a person has the wrong **worldview**. He or she see life or understand its reality in a distorted way. In summary, a worldview is a belief assumption of an individuals' understanding of his or her reality. It is any ideology, philosophy, theology, movement, or religion that provides

an overarching approach to understanding God, the world, and man's relations to God and the world.<sup>5</sup> Your worldview can be colored by ones up bringing, class, ideology, and experience.

Worldview is a spiritual process, and the path to consistent worldview thinking is not intellectual but spiritual.<sup>6</sup> The battle is for the mind, a war to shape it pervasively by the wisdom of men or by the wisdom of God. So it is imperative that you lose your old mind of old belief and discover new knowledge rooted in truth, and new experience that builds up or strengthen the inner person.

***We must deliver ourselves with the help of our minds . . . for one who has conquered the mind, the mind is the best of friends; but for the one who has failed to do so, the mind will remain the greatest enemy. —BHAGAVAD-GITA<sup>7</sup>***

Therefore, whose report you will believe? Will it be the media, novel philosophies, fads of modern opinion, political correctness, religious entities, scientific theories, or God? The answer is depended on your worldview.

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