

CHOOSE TO
BELIEVE
A PRACTICAL GUIDE TO
LIVING YOUR DREAMS

Alan Tutt

This ebook sample has been brought to you by:

Michael Lee of
www.20DayPersuasion.com

**This is a small sample of the full
ebook, “*Choose To Believe*”.**

**To purchase the full ebook, go to:
www.choosetobelieve.net**

Choose To Believe

A Practical Guide To
Living Your Dreams

Alan Tutt

Author of:

Harmonic Prayer: How to Instantly Increase Your Prayer Power
Awaken the Avatar Within
28 Days to Effortless Success
Prosperity From the Inside Out
Treasure Map to Online Riches
Keys To Power Persuasion

Creator of:

EmBRACES Belief Entrainment System



PowerKeys Publishing
Grand Rapids, MI
www.PowerKeysPub.com

LEGAL DISCLAIMER

Neither the publisher nor the author are engaged in dispensing medical advice or prescribing the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and publisher assume no responsibility for your actions. If you do not agree to be bound by these terms, please return the book for a refund.

Choose To Believe

A Practical Guide To
Living Your Dreams

Alan Tutt



PowerKeys Publishing
Grand Rapids, MI
www.PowerKeysPub.com

Publisher's Cataloging-in-Publication

(Provided by Quality Books, Inc.)

Tutt, Alan.

Choose to believe : a practical guide to living your dreams / Alan Tutt. -- 1st ed.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-0-9796726-4-4

ISBN-10: 0-9796726-4-3

ISBN-13: 978-0-9796726-3-7

ISBN-10: 0-9796726-3-5

1. Faith and reason. 2. Belief and doubt.
 3. Reasoning. 4. Decision making. 5. Conduct of life.
- I. Title.

BT50.T88 2008

211

QBI08-700036

Choose To Believe: A Practical Guide to Living Your Dreams
Copyright © 2008 by Alan Tutt
First Edition

All rights reserved. No part of this book may be reproduced or transmitted, in whole or in part, by any means, electronic or mechanical, without the written permission of the publisher, except by a reviewer who may quote brief passages in a review.

Produced using OpenOffice Software from OpenOffice.org
Cover design by Archer-Ellison Design / BookCovers.com
Copy editing by Toni Edson & Lauree White
Printed in the United States of America

PowerKeys Publishing
1805 Walker Ave NW
Grand Rapids, MI 49504
www.PowerKeysPub.com
info@powerkeyspub.com

Special Quantity Discounts

PowerKeys Publishing offers special quantity discounts, making our books ideal for sales premiums and incentives, corporate gifts, fund raising, and more. Special customized versions are also available for specific needs. Contact our Special Sales Department at the addresses above for details.

- Order 4 or more copies, get a 40% discount.**
- Order 20 or more copies, get a 50% discount.**
- Order 100 or more copies, get a 60% discount.**
- Order 500 or more copies, get a 70% discount.**

What People are Saying About “Choose To Believe”

This may be the best in terms of new, useful information I have heard in years. And I've read and heard plenty.

— Robert Blake from Philly

You so clearly and simply explained Quantum Physics, that I FINALLY GOT IT!!! I was very, very, tired and exhausted yesterday when I came to work. I could barely wait until lunchtime to take a quick power nap. Instead of napping, I began to read your manuscript. I read your quantum explanation once, and it had such an impact on my brain that I had to read it again. During the second read-through, I, that is, my brain either dozed off or went to a completely different consciousness for just a split second or two. In that split-second, like a mini-dream, the theory and logic of Quantum Physics was literally shown to me. (I wonder if this is the vision-type of revelation that Daniel, of the Bible, experienced.)

It was like the Star Trek special effects of going “warp speed.” I can only explain it as a brief picture or scene that, not so much visually, but more the essence of the theory that was “warped” into my brain. I don't think I've ever had an experience like that before, but I can only say the particles in my brain must have liked what I was reading and opened up a secret section of brain never used before, so that my brain could absorb it.

WOW!!! Thank you so much. If the rest of your manuscript is like the first few pages, OHMYGOSH!!

Thank you for awakening the dormant parts of my brain.

— Katie Shephard

Alan,

With your book, "*Choose to Believe*," you have provided an enormous amount of information. To the point that I found my Self taking notes so that I may appropriately use them for myself and also in guiding others.

From your own personal experiences, you are bringing forth and expressing what you kNow to BE true, which comes from the inner Wisdom that we all have, and in doing so this will have a positive and magnificent ripple effect that will BE for the benefit of many.

I congratulate you for all of the above and in what I "believe" is a great book that you have written, and especially with the processes you presented to enhance the lives of others.

"Choose to Believe" is for the best and highest good of all.

It is time and well deserved.

Ilumine 2 Ao,

— Al Diaz

<http://www.TheMiracleOfLove.com>

Beliefs are the blueprints of a person's life and the single most important aspect to understand if you wish to take control of your life. This is why Alan Tutt's new book, "*Choose to Believe*," **will probably be the most important book you read this year.**

At 220+ pages, it isn't a quick read, however it is educational, inspiring, thought provoking and potentially life changing.

My favorite section is where Alan takes you by the hand to uncover your current beliefs and then helps you create new empowering beliefs. He then goes on to show you many ways how to enforce these new beliefs into your life.

I've read hundreds of personal development books but still learned a wealth of new information. This is a book I will be referring back to many times and I'd recommend it to anyone who is serious about taking control of their future.

— Iain Legg

<http://www.RealMindPowerSecrets.com>

Alan writes so clearly, so smoothly, that even the most “difficult” subjects (the role of quantum physics in forming your reality, for example) become utterly simple. He’ll have you wondering why these things ever seemed hard before. But while good explanations are crucial, they’re not enough, and Alan knows this. So he also teaches you practical, proven methods and techniques for choosing more useful beliefs, and then making them a permanent part of your life. **With this book, Alan delivers what other teachers only promise.**

— Charles Burke
BullsEye-Living.com

Of the hundreds of books I’ve read, this has got to be in the Top 3! I’ve read about miracles before, but never have I found any material that clearly explains how they happened.

“*Choose to Believe*” not only reveals the deepest secrets of how beliefs can produce miracles in real life, but also provides undeniable proof and case studies to confirm the reality of its power.

Anyone who reads this book will experience a miraculous transformation!

— Michael Lee, Persuasion Expert
<http://www.20DayPersuasion.com>

I haven’t come across a gem like this for a long time. I would like to avoid using phrases like “pure gold,” or “a treasure trove of information,” but I can’t because the book is exactly this. **If you really care to change your life for the better, this book is for you.**

Within its pages, you will find answers to not only questions we all have about our world, but also solutions to many problems and practical advice on how to perform miracles in your own life, including setting your financial thermostat. Get your copy soon.

— Irena Whitfield
<http://www.TheCassiopeia.com>

Dear Alan,

Your books and MP3's were outstanding and very helpful. The "*Choose To Believe*" book I have read 3 times; the whole 220+ pages of it. **This is the book that hit home with me and inspired me to turn my life around.**

Alan, I don't know how to say thank you enough for your help and wisdom that came through your books. It has changed my thinking around in all aspects of life, love, trust, and especially BELIEF, which I had so many problems with.

You see, I had a very challenging life from the moment I was born. I was born 3 months earlier than I should have, I experienced: abandonment; rejection; sexual, verbal, emotional and mental abuses since I was a tiny little girl; I witnessed slaughter of people in front of me during the war in my country, including the horror of a baby's head being blown out with a machine gun, splattering its brain all over its mother and me. My family and I escaped death with the count-down to 4 — by assassination for attempting to escape the country, but were stopped. Two days after that, my family and I did manage to escape from our war-torn country, in the middle of winter I might add, risking the possibility of freezing to death. We walked for 2 nights and 3 days getting lost, realizing that we walked around a huge mountain three times, however, we finally found our way to a neighboring country safely and without any major problems; I was only 9 years old at the time.

Some time later, I married a Greek man whose mother, friends and the neighborhood Greek community did not approve nor accept me as I wasn't a Greek myself, and after 3 beautiful children, I felt I had enough of their prejudices, I applied for a divorce. I won't go on anymore as my story would take several chapters to tell, and 100's of pages to read, however, the above experiences are just a short synopsis of my story. The fears, insecurities, self-doubts, distrust, anger, inability to believe and formulate meaningful relationships with some people was a burden that I carried with me all my life.

Your book, “*Choose To Believe*,” forced me to question and analyze my thinking, values, attitudes and my inner core beliefs. It revealed to me how my interpretations of things were very self-defeating; I came to realize that it was I who attracted all those pains upon myself through my thinking and believing. How wrong was I? I now accept and believe that I am a spiritual being; a daughter of God, connected to the Universe and to all things of life with a more definite purpose in life for me. The affirmations helped me greatly.

I turned everything around and began to formulate new beliefs; new ideas and slowly letting go of old conditioned beliefs. I trained myself to rely on my instincts and prayers, and I seek for inner guidance to bring out the truth and reality about the issues before me, before I place any value and acceptance of it as the truth or belief.

The outcome of all this exercise is that now I am more at peace within myself; every day I tell my self that “My self-worth does not depend on other’s acceptance or approval of me; I have to approve of me.” Therefore, I now see things in a different perspective, I have a new level of thinking, my relationships with challenging people have wonderfully changed, I turned to God, and currently I’m reading the Bible (New Testament). I can now see that everything is “mind over matter” as to how one perceives the world, things, especially oneself; as James Alan said: “As A Man Thinketh, So Is He” (I think that’s in the Bible as well).

Alan, I have put all your theories and education into practice and tested them out — with the help of all the affirmations throughout your book. So far, all is working for me as I wished, prayed and hoped for, for so long. I just needed some guidance and new perspective to put me on the right track. Every now and then, I slip back one step, but I also take 2 or 3 in replace of that one step.

I THANK YOU SO VERY MUCH WITH ALL MY HEART AND SOUL.

— Sincerely, Agnes (from Australia)

Alan's inspiring book is a 'mind-opener' as he delves deeply into ALL the aspects of our belief systems — which vary widely among individuals, cultures and backgrounds. He touches on the depth and breadth of our innate ideals and the functions of our beliefs, as well as offering proof to back up what he presents to you. This is not a casual read, so plan to spend some time, and **expect to be challenged, inspired, empowered and educated** by this book. Alan also bravely shared his painful past so that the reader could truly grasp the massive power of belief and experience the immense power of our thoughts much more vividly. It's not JUST a book of facts and information like so many we read these days, because Alan also shows you HOW to put everything to work in your own life, and that is priceless. I highly recommend this book for those seeking real guidance for life changes and improvements.

— Donna Maher, RN

<http://DonnaMaher.com>

This unique book is unlike any other I've ever read before! I found myself learning a lot and gaining inspiration from it! Now I realize that even though the intention-manifestation process works, one needs to BELIEVE in it to successfully use it. This principle explains the times when I got less than expected results because I was slightly doubting the intention-manifestation process. All spiritual powers operate by FAITH. This book has given me greater insight about reality creation and taken my understanding of consciousness to the next level!

— Enoch Tan, Enoch Mind Reality

<http://www.MindReality.com>

Dedication

This book is dedicated to those who have sought *a reason to believe*, and do not want another line of fluff, or airy-fairy tales of magic genies and wishful thinking.

It is for these readers that I have spent my life researching, experimenting, separating fact from fiction, and organizing those facts into this book.

Enjoy!

Acknowledgments

“If I have seen further than others, it is because I stood on the shoulders of giants.” I’m not exactly sure where this quote originally came from, but it comes up in my thoughts often. Anything included in this book is here only because I have had brilliant people to follow.

At the top of this very long list is Dr. Joseph Murphy, who wrote numerous books about belief, including the one that opened my eyes to the possibility of miracles occurring within my own life, *“The Miracle of Mind Dynamics.”*

I also owe a huge debt of gratitude to Max Freedom Long for his book, *“The Secret Science Behind Miracles.”* It was his book that led me to search for the scientific basis behind what we commonly call miracles.

José Silva and his Silva Mind Control Method showed me an easy to use system that can alter what we believe and thus alter our life experiences. Following the basic principles he set forth, I was able to discover several other techniques not commonly used for this purpose.

Ernest Holmes and Charles Fillmore both wrote many great books providing ample examples of faith in action. The religious organizations that sprang forth from their leadership (Religious Science and Unity, respectively) are both wonderful sources of inspiration and comfort.

Although lesser known, Phineas Parkhurst Quimby also discovered the immense Power residing within us all, and taught many others how to tap into this Power, including Mary Baker Eddy, who later founded the Christian Science movement.

Milton Erickson, known as the father of modern hypnosis, deserves special recognition for giving the world a means to help others alter their belief systems in ways that are subtle, yet powerful. John Grinder and Richard Bandler are also to be commended for codifying Erickson’s techniques into the science of Neuro-Linguistic Programming (NLP).

Of course, those who provided information are not the only ones I wish to acknowledge. Those who provided inspiration and motivation were also vital to this book's production.

At the top of this list are my parents, Judy and John Tutt, for instilling within me the belief that I could accomplish anything I set out to do.

Leta Goff, of Kansas City, was also a tremendous inspiration during my life's darkest days. Acting as a "surrogate grandmother," she saw more potential within me than I did myself.

My wife, Linda Missad, demonstrated by example how to live by faith, and the miracles that can happen when you trust that all will be well despite appearances. Paying close attention to the relationship between her spoken thoughts and the events that followed led to many insightful revelations. That and her continuing faith in me have motivated me more than she could have ever foreseen. She has also been a tremendous help in preparing the manuscript for this book.

There are so many more who deserve recognition in one way or another. Al Diaz, Guy Finley, David Barron, Charles Burke, Andreas Ohrt, Jeff Staniforth, Iain Legg, Ray Dodd, Dan Poynter, Fred Gleeck, Jim Edwards, and a host of others who helped me over the past few years with the business side of writing and building a following online. It is only with their help that I have been able to attract several thousand loyal subscribers to my mailing list.

I also want to fully acknowledge Lauree White and Toni Edson, who helped me edit the manuscript, and Kimberly Leonard and Allen D'Angelo of BookCovers.com who have created a beautiful cover design.

About the Author

Alan Tutt started out in life as an 'A' student, but soon fell into failure due to an overabundance of limiting beliefs. After years of struggle and hardship, Alan came upon a message of faith, and pursued a line of scientific research until it paid off in a long series of personal successes.

Now with over 25 years of experience, Alan spends his time presenting workshops and coaching individuals and businesses to help them find the underlying beliefs responsible for hardships and limitations, and helping them change those beliefs to manifest greater success and empowerment.

Alan continues to refine his techniques and maintains a blog at www.PowerKeysPub.com, where you will find many inspirational articles that have already touched thousands of lives all over the world.

Other Books by Alan Tutt

Harmonic Prayer

Awaken the Avatar Within

28 Days to Effortless Success

Prosperity From the Inside Out

Treasure Map to Online Riches

Keys To Power Persuasion

Audio Programs

EmBRACES Belief Entrainment System

A variety of guided meditations

All of the above may be found on the PowerKeys Publishing website, at www.PowerKeysPub.com.

Table of Contents

What This Book Will Do For You.....	xxii
Chapter 1: Why Beliefs Matter.....	1
Practical Examples.....	1
Support From Science.....	4
Quantum Physics.....	5
Molecular Biology.....	9
The Placebo Effect.....	11
Faith Healing.....	14
Mind Over Matter.....	16
Religion.....	19
Popular Literature.....	21
Conclusions.....	23
Chapter 2: Examples of Belief in Action.....	25
Growing Up.....	26
College Life.....	28
Entering Adult Life.....	29
Life as a Gypsy.....	30
Working With New Beliefs.....	32
Experiments in Belief.....	33
Relationship Success.....	35
Prosperity Success.....	37
Personal Observations.....	39
The Placebo Effect Revisited.....	40
“It only works if you believe in it.”.....	41
Superstitions.....	42
Religious Beliefs.....	44
Ritual Magick.....	46
Hypnosis.....	46

Chapter 3: Why Isn't It Obvious?.....	49
Contradictory Evidence.....	50
Belief Hierarchy.....	52
The Final Obstacle.....	56
The Universe Always Supports You.....	57
Summary.....	58
Chapter 4: Discover What You Really Believe.....	61
Discovery Process.....	62
Calibration Questions.....	64
Questions To Reveal Surface Beliefs.....	65
Money Beliefs.....	65
Relationship Beliefs.....	73
Health Beliefs.....	78
Self-Image Beliefs.....	84
World Beliefs.....	88
Universal Beliefs.....	89
Self-Analysis.....	90
Belief Archeology.....	91
Chapter 5: Choosing New Beliefs.....	95
What Beliefs Are.....	95
Learning New Beliefs.....	96
Tangible Evidence for New Beliefs.....	99
Creative Daydreaming.....	100
Creative Pretending.....	103
Prayer.....	106
Affirmations & Affirmative Prayer.....	106
Hammering Iron in a Magnetic Field.....	109
Hypnosis.....	110
Conversational Hypnosis.....	113
Pacing and Leading Affirmations.....	115

Faith Anchoring.....	118
Using Contrast.....	122
Associative Linking.....	123
Submodality Modification.....	124
Belief Leverage.....	127
Keys To Power Principles.....	129
Chapter 6: Living in a New Reality.....	131
Work from General to Specific.....	131
Use the Leverage Principle.....	132
Create a Set of Master Beliefs.....	133
Focus on Success and Happiness.....	135
See Alternate Perspectives.....	135
Believe in Magic.....	137
Manage Your Beliefs.....	138
Cultivate Positive Beliefs.....	139
Prepare for the Possibility of Failure.....	139
Build Momentum.....	140
Create an Immersion Experience.....	142
Use Additional Sessions.....	143
Watch For Results.....	144
Follow Your Impulses / Intuition.....	145
Seek Inner Guidance.....	148
If Results Are Too Slow.....	149
Chapter 7: Bringing It All Together.....	151
Example #1: Increasing Prosperity.....	151
Example #2: Improving A Relationship.....	158
Example #3: Increased Health and Vitality.....	166
Example #4: Healing of Psoriasis.....	168
Example #5: True Love.....	170
Example #6: General Prosperity.....	172

Example #7: Home Ownership.....	174
Example #8: Business Success.....	175
Example #9: Dream Car.....	177
Example #10: Stepping out in Faith.....	179
Example #11: Inner Strength.....	182
Example #12: Peace of Mind.....	184
Example #13: Increased Prosperity.....	187
Example #14: Windfall of Money.....	190
Example #15: The Perfect Vehicle.....	192
Example #16: Healing of A Relationship.....	199
Chapter 8: Helping Others.....	203
“Choose To Believe” MasterMind Groups.....	204
Reaching Out.....	205
Pink Elephant Principle.....	207
Pacing and Leading Statements.....	208
Embedded Commands.....	209
Faith Anchoring.....	212
Using Other Techniques.....	213
Now What?.....	215
Bibliography.....	216
Other References.....	221
Index.....	222
Also Available From PowerKeys Publishing.....	226

What This Book Will Do For You

Within this book, you will find the answers to many of the world's biggest problems. Poverty, sickness, discord, loneliness, depression, frustration, and 'bad luck' can all become distant memories.

This isn't a book offering mystical mumbo-jumbo, nor should you think of it as a father patting you on the back and saying "Don't worry, it'll all be okay" without a definite plan for *making* it okay.

Yes, it **CAN** be "made all better," and you can see your life transformed as if by magic, but you won't have to "step out in faith" without a good, solid reason why.

Our society has recently seen a resurgence of an ancient concept called "The Law of Attraction," which basically says that your consciousness has the power to create change in the world around you without direct physical involvement. To many, this smacks of pseudo-science and fairy tales that fool the innocent and gullible.

"Any sufficiently advanced technology is indistinguishable from magic."
— Arthur C. Clarke, "Profiles of The Future"
English science fiction author (1917–2008)

Nicola Tesla demonstrated many electrical devices that seemed magical at the time. The communication of sound across miles without wires was thought impossible before he demonstrated the principle of electromagnetic transmission. Modern radios, TV's, and cell phones are based on this one scientific principle. We use the same principle to communicate with satellites in outer space.

Imagine the surprise a primitive caveman might feel upon seeing something as simple as a tape recorder, or a cigarette

lighter. These things just don't exist in his world. They aren't possible as far as he knows. You would be just as surprised to see some common item from the 24th century.

Just because we do not now understand the scientific principles behind something does not invalidate the phenomenon. In order to learn, we must be open to the possibility that we do not yet know everything, and that something we think we know may not be true at all.

“The great tragedy of Science — the slaying of a beautiful hypothesis by an ugly fact.”

— Thomas H. Huxley,

English biologist (1825—1895)

Many strange things exist in our world. Things that do not fit neatly into the accepted theories of science. If we are to call ourselves intelligent beings, it's imperative to accept the reality of what actually happens and not be swayed into thinking “it's only superstitious nonsense,” as many scientists would try to convince you.

At one time, all intelligent people KNEW the world was flat and that the Sun revolved around the Earth. We now believe something different because new information has come to our awareness. Our current scientific understanding of how the universe works could also be proven wrong as more information comes into our awareness.

With so many people throughout history telling us that our beliefs affect the world around us, it's high time we take a good look at what might be supporting these claims and investigate the possibility of developing a technology to put these principles into action.

This book does exactly that.

Within these pages, you will find scientific evidence supporting the claims that our beliefs affect the world around us. This evidence comes from several fields, such as quantum

physics, molecular biology, medical science, and scientific research into the phenomena of faith healing, ESP, and mind over matter.

Although this book has a lot of scientific information, I've taken the time to write in a relaxed style so that anyone who remembers their high-school education can understand it.

The concept of faith is central to most religions. Many books have already been written about what each religion teaches regarding the power of faith, and so this book spends very little time repeating what may be found in other resources.

You will find references to other resources, allowing you to extend your study if you feel the desire to do so. In fact, I have included a special resource section in the back of this book specifically for that purpose.

All this, however, is merely to provide a starting point. After all, what good is knowing about the power of belief if you can't do anything with it?

The majority of this book is devoted to helping you use the power of belief in your own life. You will find an easy way to discover what you believe on multiple levels, and how you can change those beliefs to support a more empowered life.

I have included many different techniques for you to use. Included here are not only the classic methods of belief change such as affirmations, visualization, hypnosis, and prayer, but also techniques from the relatively new fields of Neuro-Linguistic Programming (NLP) and conversational hypnosis. With these, you can literally change what you believe within minutes.

You will also find in this book useful guidelines to help you get the most from your efforts. These guidelines come from my own experience using the power of belief, as well as the experiences of many others. This way, you'll benefit from the many mistakes I and others have made and thereby have a more enjoyable time yourself.

In Chapter 7, you'll read about several people who have used the power of belief to make changes in their lives, so you can see how to bring this together into real-life situations. As you read

about how they used the power of belief, I invite you to imagine using the same power in your own life.

Helping others is a natural desire we all have. That's why Chapter 8 is focused on showing you how to help other people change their beliefs. Even if you're happy with your life the way it is now, you may want to read this book to learn how you may help those around you improve their lives.

There are two pathways to helping other people with their beliefs — directly and indirectly. Helping them directly may be accomplished by sharing this book and the techniques it contains with them. This pathway is familiar to most of us.

Helping someone indirectly can be realized through the way you phrase things when you speak to them. We normally do this unconsciously and with unpredictable results. By learning some techniques from conversational hypnosis, you'll be able to take conscious control over the way you speak to others and by extension, the way you affect their beliefs.

Through all this, you will find out why so much 'common wisdom' is just plain wrong, what the real truth is, and how to put it to practical use. You'll find out why it seems that the harder you work, the less successful you become. And how you can reverse the process, become immensely successful in everything you do, and have oodles of fun doing it.

You'll find the real secret to miracles, and why there will never be "One True Religion." In addition, you'll find out why so many people believe the silly superstitious things they do, and why horseshoes and rabbits' feet work for some people, but not for others.

I'm excited about the possibilities awaiting us as we begin to work together through this book. How about you?

Let's go ahead and get started, okay?

Chapter 1: Why Beliefs Matter

We all have many different beliefs about many different things. We have beliefs about ourselves, about what we are capable of doing and what we *deserve*. We have beliefs about other people and whether we can trust them or not. We have beliefs about the world in general and what we can expect to happen in various situations. We have beliefs about specific situations, such as the Tuesday morning meeting with an important client, our next vacation, and the first time we fell in love. We also have beliefs about the ultimate nature of the universe and where we fit in.

All of these beliefs influence the way we live our lives and the decisions we make. There is also substantial evidence suggesting that our beliefs are so powerful, they shape the events that happen in the world around us.

Let's take a look at a few examples which demonstrate the true power of beliefs in our world. I think you may be surprised to discover the amount of influence beliefs have over everything you experience.

Practical Examples

The most obvious example of the effect our beliefs have in our lives can be found in the decisions we make.

Let's say that two different companies would like to hire you. The first job is with a local company and offers a salary that is 50% more than you currently earn. The second job is with a company in another state and offers to double your current salary.

When making this kind of decision, we usually weigh the pros and cons of each choice, considering factors we *believe* are important.

For instance, do we really believe that the outfit we happen to be wearing when we get the news makes any difference in our

decision? Probably not. But factors such as the company's location, the salary offered, and our chances for promotion are usually believed to be important, so we take those into consideration.

If we believe that important factors include the personalities of our potential co-workers, or the alignment of the stars on the proposed starting day, then we would consider such information before making a final decision.

If you're like most people, you believe you're worth more than you're currently being paid, yet may have trouble believing you're worth twice as much. This incongruity may cause you to back away from such an offer, thinking that "it's too good to be true."

Also involved in this example are your beliefs about your ability to succeed and thrive in new experiences. If you believe it's likely for you to fail when away from your friends and family, you'll be less likely to take the job in the other state, and will probably stick with the local company. However, if you feel confident in your ability to rise to the challenge (i.e.- if you believe you could be successful after moving away), then that's another matter entirely.

Whether we feel good or bad about moving to a new state and leaving friends and family behind comes from our beliefs about those specific relationships and the beliefs we have regarding relationships in general.

If you have difficult people in your life, do you believe it would be good to leave them behind, or do you believe it's important to resolve those differences before moving on? These "universal beliefs" affect almost every decision we make.

When considering the possibility of joining a new community, do you believe that the people there will accept you, or do you believe they may reject you instead? Do you believe it's easy to make new friends, or do you believe that true friends are hard to find? Most of us aren't consciously aware of these beliefs, yet we respond to the overall *feeling* they produce within us on a subconscious level.

Many of these same beliefs influence our decisions in other areas of life as well. Our beliefs about how easy it is to make new friends usually influence our decisions in romantic relationships too. If you believe it's easy to make new connections with other people, you'll approach your love relationships differently than someone who believes new connections take months to form.

Someone who believes intense relationships never last may back away from an intensely enjoyable relationship simply because they believe it will end quickly and don't want to be hurt in the process. Rather than responding to the situation as it is, they respond to what they believe will be true in the future.

Most of us have beliefs about what is 'normal' in any given situation. This tends to make us suspicious when something is "too good to be true." Even though we may be getting everything we ever dreamed of and more, we start looking for the problems we believe **MUST** be there, subconsciously sabotaging the situation because we don't believe it can be that good.

These beliefs about what is 'normal' will also motivate us to improve a situation we feel is lacking. This is one reason why those who focus on a lack of success in their lives will often be motivated to work harder to produce a better result. As long as they believe that success is possible, they tend to experience the success they believe is 'normal'. This is one example of how a person can get a positive result from negative thinking.

Already, we have practical evidence of how our beliefs affect all areas of our life through the influence they have over our decisions. If we've been happy with the decisions we've made over the course of our life, then we can be satisfied with the beliefs supporting them. But if our decisions have left a trail of casualties in our wake, with bridges burned and opportunities lost, then choosing a new set of beliefs seems to be a worthwhile endeavor.

Let's see what else we can find.

Support From Science

In today's global society, we've almost made a religion of science. We're tired of the BS claims from all the 'snake oil' salesmen coming to our door and promising fame and riches if we only trust them and use their product. Before we accept any new theory nowadays, we check to see what science has to say about it.

And those with a *critical eye* even look upon science itself with suspicion. After all, how far can you trust a group of people who claim to know how the universe began 14 billion years ago after only 200 years of quality observation from a single viewpoint (Earth)? That's like watching an arrow fly for 2 seconds then claiming to know where it was 4 years ago! It may have been moving in a straight line the whole 2 seconds, but you really don't know what happened yesterday.

Not so long ago, all respectable scientists KNEW the Earth was flat and the sun revolved around it. Today, we consider such theories nonsense, and forgive the old scientists because they lacked sufficient information. However, we must always remember that there may still be huge volumes of information modern science does not yet know.

Despite this, science generally produces reliable results. On a fundamental level, the scientific process is one of observation, logic, hypothesis, and experimentation. If you start with verifiable evidence and proceed with logic, you can create a hypothesis (an educated guess) about what caused the things you observed.

With a working hypothesis, you can construct an experiment to verify whether your hypothesis is correct or not. However, if there is something fundamentally wrong with your experiment, such as important variables not being considered, the results you get may suggest an inaccurate conclusion.

Only when all involved variables are taken into consideration will scientific experimentation produce a reliable conclusion. However, every failed experiment is an opportunity to learn more about the phenomenon being studied. As you will later discover,

until science considers the variable of belief, any experiment performed **MUST** become suspect and any conclusions reached from such an experiment may be inaccurate.

The principle of leverage came from this scientific process. We all learned in school that with a lever, you can lift a ten pound object using only one pound of force, but in exchange, you have to move the lever ten times as far. Depending on the lever's size, you can get more or less amplification of force, but the principle is the same regardless of the type of lever. Furthermore, the principle works for everyone, and it works all the time. Otherwise, it would not be a scientific principle.

This leverage principle was used to build Stonehenge, the pyramids around the world, and to erect the stone statues on Easter Island. It continues to be used today in all modern construction. And all of this from one simple little principle!

Quantum Physics

Science continues to study all aspects of the universe, from the very big (astrophysics) to the very small (quantum physics). At both extremes, science stretches beyond the limits of technology and its ability to measure things into the realm of theories and pure logic. This means they can't actually **PROVE** that what they say is true, but it certainly sounds good. Over time, some theories are proven to be valid while others are shown to be inaccurate.

Early scientists proposed the idea that if you were to divide something into smaller and smaller particles, you would eventually get something that could not be subdivided any further, which they called the "atom." Each type of material, such as iron, calcium, or oxygen, had its own unique atom, which was supposedly stable and unchangeable.

Over time, that belief changed, and scientists eventually found a way to subdivide the atom into electrons, protons, and

neutrons. Today, scientists are discussing so many new subatomic particles, it's like there's another whole universe in there!

Without getting into too much detail, we need to be aware of the unpredictable, almost mystical, nature of these new quantum particles. It seems scientists have proven that these particles can do things once believed impossible, such as being in two places at the same time, going backwards in time, and displaying a kind of 'synchronicity', suggesting that two particles are connected even when separated by vast distances. For more information on the experiments which led to these findings, I recommend you read Michael Talbot's "*The Holographic Universe*."

Quantum physics research has given rise to the concept that subatomic particles are not really particles at all. A true particle would be something solid, fixed, and always the same. Sometimes these subatomic things *appear* to be particles, and other times they *appear* to be some sort of wave, like sound, or a wave on an ocean. One way to visualize this dual nature would be to think of a single stone moving in many directions at once. Because of this, things on the subatomic level are called "quanta" (plural for "quantum") instead of particles.

What is astounding scientists is that these quanta only appear to be particles when they are being observed. Otherwise, they seem to be a type of wave. This has happened so often, it even has a name — the "Observer Effect." The only sensible explanation is to say that on a fundamental level, matter responds to consciousness!

Science loves mathematical formulae, since they help to predict what will happen in various situations. In the case of quantum physics, those formulae may be familiar to a professional gambler because they are based on *probabilities*. Scientists have no way to predict exactly where a quantum particle will be at any given time, and according to the Heisenberg Uncertainty Principle, it's *impossible*.

What this means to us is that the old belief about the universe being a stable, predictable system is no longer a valid assumption. If everything you see is made up of these tiny particles, and the

particles themselves can go anywhere at any time, then what's to stop your chair from jumping to the ceiling, or a fancy new watch showing up on your wrist?

Are these quantum irregularities responsible for the various miracles and paranormal events that have been reported throughout history? And what directs the course of these subatomic particles, their unpredictable motions, and consequently the world we see around us?

The current theory believed by most scientists is that all the unpredictable events on the quantum (subatomic) level balance each other out to form the (more or less) predictable universe we see around us. Only time and experimentation will prove whether this theory is true or not.

In the meantime, many scientists are proposing theories that echo those of ancient mysticism. Concepts such as “we are all connected on a fundamental level” and “the universe responds to thought” have been around for thousands of years, and now science is starting to give serious consideration to the validity of these ideas. Maybe the ancient mystics and spiritual seekers, who were more intuitively inclined, simply knew things that science is only now beginning to confirm.

One such scientific theory centers around something called “The Zero-Point Field,” which is described as a vast energy field filling the entire universe. According to the scientists, if you used Einstein's Mass=Energy formula ($E=MC^2$) to convert all the matter in the entire known universe into energy (much more than 1000 atomic bombs), the Zero-Point Field would match that in every single cubic inch of space. Many ancient mystical texts refer to the universe as “a vibrating sea of energy.”

Now, try to imagine that much energy in every inch of your body! The scientists say that the only reason we don't notice this is because it's always there and we have nothing less powerful to compare it to. This is easy to understand when you think about trying to determine how high up an object is, like a shelf on the wall. Unless you know how high up the floor is, you cannot know how high the shelf *really* is.

One of the most respected scientists in the field of quantum physics, David Bohm, describes the universe as a continuum, with everything connected like your hand is connected to your arm. One example he uses is a whirlpool in a river. It may appear to be a separate thing, but it's still the same water, just moving in a different way.

Bohm also claims that consciousness and matter are simply two forms of the same thing. He says there is no fundamental difference between your mind and the world around you because they are interconnected and form a unified whole. Virtually every mystical and religious text to date has said in one way or another that "we are all one with God."

Despite our many technological advances, we still do not have any equipment capable of taking an atom's picture. When scientists talk about measuring something "down to a single atom," they are depending on the validity of mathematical assumptions rather than direct perception. Until we can see atoms directly and verify exactly what is being measured by scientific equipment, we cannot KNOW whether those assumptions are accurate or not. For now, scientists are merely "acting on faith" in these areas.

Quantum physicists themselves agree that their theories are only conceptual models of reality, and not a true description of reality itself. What makes the theories useful is the fact that they have been able to explain certain phenomena, and have helped in the production of extremely small computer circuits and other technological advances.

The implications suggested by quantum research are truly staggering! Maybe there is something to the old mystical teachings, and maybe our minds really do have an influence on the world around us. If it is actually possible for us to direct the course of our lives using our minds alone, then the only question left is "*How?*"

Molecular Biology

What happens inside an atom will never be as fascinating as what happens within our own bodies. The field of molecular biology (the biology *inside* a living cell) bridges the gap between the two sciences.

Molecular biologists study the way living cells sustain life. To do that, they study proteins and other molecules, which are organized collections of atoms. The relatively new science of quantum physics has opened up a whole new way of thinking about the life inside a cell, which in turn has opened up a new way of thinking about life itself.

One of the leading scientists in the field of molecular biology is Bruce Lipton, author of “*The Biology of Belief*.” In his book, Dr. Lipton provides a very clear and easy to understand description of what happens within living cells and how it translates to life as we know it.

Quantum physics tells us that the atoms within our cells are tiny, interconnected energy systems which form a continuous whole rather than discrete particles interacting with each other. When molecular biologists consider this, they realize how the processes responsible for producing life are not a series of individual activities that can be manipulated separately with drugs, but are a beautifully choreographed symphony, where everything responds to everything else.

As an example, when the body is dealing with an infection, it releases specific chemicals within a limited area to trigger a healing response. A single chemical may have different functions in different areas of the body, yet it is only released where it is needed. The same is true with many other bodily chemicals.

When prescription drugs are taken, they are dispersed throughout the body. Although these drugs usually produce the desired result, they also produce side effects because of the indiscriminate release in unrelated areas. In most cases, the side effects are minimal, but not always.

In 2000, the “*Journal of the American Medical Association*” published the results of a study conservatively estimating that prescription drugs accounted for more than 120,000 deaths in the United States annually and was the third leading cause of death. In 2003, another study found prescription drugs to be responsible for more deaths in the USA than anything else, including cancer and AIDS, causing more than 300,000 deaths per year.

With statistics like these, you have to wonder how the medical profession is able to help as many people as they do.

Dr. Lipton further explains why our DNA does not control our lives the way many scientists would have you believe. Research experiments have proven that DNA is only a collection of potentials, and the environment in which we grow and live determines which of those potentials are actually realized and which potentials are not.

The Human Genome Project discovered that we have far too few genes to account for the many complexities within us. In fact, we have about the same number of genes as the average rodent, and not many more than a microscopic worm. Reports of such things as a “math gene,” or a “psychotic gene,” or an “ADHD gene” must be false, unless the microscopic worm has them too.

This realization led to the conclusion that there are many different factors which determine exactly how our bodies grow and behave. Heredity is only one factor among many helping to shape our bodies during our lifetimes, and even how long those lifetimes will be.

At least one author has taken these concepts and surmised that it may be possible to stop the aging process altogether and extend life indefinitely. Anet Paulina, in her book “*Transcend the Aging Process*,” combines the concepts taught by Dr. Lipton and others with theories from quantum physics in a very intriguing presentation.

This has profound implications, especially if some quantum physicists are right in saying that our thoughts are intimately connected to the rest of the universe.

The Placebo Effect

While all this information about the foundations of life and the universe is nice to know, the question we are intensely interested in answering is how these microscopic events translate to real world experiences? Does the unpredictable nature of things on the quantum level lead to any unpredictability on the conscious level in which we live? And more specifically, can we choose to activate specific changes?

In medical research, it is common to test the effectiveness of a new treatment by comparing it to an inert, functionally worthless placebo. A placebo may be a sugar pill, a bread capsule, an injection of sterile water, a physical manipulation, or anything that resembles the new treatment being tested. Even surgery has been used as a placebo, where surgeons simply open up the area being ‘treated’ and sew the patient back up again without doing anything else.

In any given research study, the people participating as test patients (the subjects) are given either the real treatment or a placebo by the medical staff. The subjects are never told whether they are receiving the real treatment or the placebo. In a ‘double blind’ study, the medical staff themselves do not know which they are administering to the patients. In ALL cases, the researchers who set up the studies *always* know which is which, and tally the results afterwards. Even if no-one else has a belief about the drug being tested, these researchers cannot be eliminated from the experiment, and their beliefs must be taken into consideration.

In some cases, a research study is set up to find out how often the condition being treated goes into a natural spontaneous remission, by including a test group that receives absolutely no treatment whatever. This also provides us with information on how effective the placebo itself is in treating the condition.

Over the years, it has been found that placebos are very effective in treating many types of conditions, especially pain. Other conditions where placebos have been proven to be effective

include allergies, arthritis, asthma, cancer, the common cold, depression, diabetes, motion sickness, multiple sclerosis, Parkinsonism, ulcers, and warts. An average of 35% of all patients receiving placebos have reported feeling as much relief from their conditions as patients receiving traditional treatment. This healing response to placebos is called “the placebo effect.”

The effectiveness of any placebo depends upon the beliefs of both the medical personnel giving the placebo and the patient receiving it. If the doctor giving the placebo believes it will be effective, the patient is more likely to believe in it as well. When the patient believes the placebo will produce dramatic changes, it does, and when the patient is uncertain about the promised cure, the results are equally dismal.

In general, the form in which a placebo is given has a great deal to do with its effectiveness. Injections are generally perceived to be more effective than capsules, which in turn are perceived to be more effective than pills. Surgery is perceived to be the most effective form of treatment, and produces the strongest placebo effect.

There have been many cases reported where a doctor prescribed what he or she thought was a miracle drug to a patient in need, only to find out *after* the patient was healed that the new drug was deemed ineffective for treating the condition for which it was administered.

One such case, as published in the “*Journal of Prospective Techniques*” in 1957, makes it very clear how quick and dramatic the placebo effect can be.

The patient, Wright, had an advanced cancer of the lymph nodes. Tumors the size of oranges filled his neck, armpits, chest, abdomen, and groin. Two quarts of milky fluid were being drained out of his chest daily. All the standard treatments had been used, yet Wright was not expected to live much longer.

Obviously, Wright didn’t want to die, and when he heard about a new experimental drug called Krebiozen, he begged his doctor to try it. Even though the drug was being limited to patients with at least 3 months to live, Dr. Klopfer eventually

relented and gave Wright an injection of the experimental drug. This was on a Friday, and Klopfer honestly did not expect Wright to live out the weekend.

By the following Monday, Wright was out of bed and on his feet. Upon examination, Dr. Klopfer found the tumors to be half their original size. Ten days later, Wright left the hospital apparently free of the cancer.

Several months later, research reports were being published that revealed Krebiozen had absolutely no effect on cancer of the lymph nodes. When Wright read the reports, he immediately had a relapse and was readmitted to the hospital.

At this point, Dr. Klopfer decided to try an experiment. He explained to Wright that the reports were in error and some of the earlier supplies of the experimental drug had lost their potency in transit. He went on to say that he had a newer batch which was highly concentrated and so strong they had to take precautions before administering it. In actual fact, Klopfer was bluffing and intended to inject Wright with sterile water — a placebo.

Despite the bluff, the healing response was real. Once again the tumors in Wright's body vanished in record time.

Wright remained cancer-free for another two months, until the American Medical Association announced that Krebiozen was completely ineffective in the treatment of cancer. At that point, Wright's tumors came back with renewed vigor and he died two days later.

Suggestion has a powerful influence on the effect of any treatment. Several studies have found that a person receiving a stimulant introduced as a sedative would become drowsy and fall asleep. Just as surely, a person receiving a sedative introduced as a stimulant would perk up as if the drug were a real stimulant. This clearly shows that our belief in a drug has a greater effect than the drug itself.

Faith Healing

Since we have found that the effectiveness of placebos depends on the faith a patient has in them, and a patient's faith in a drug has more of an impact than the drug itself, then what does science have to say about faith healing in general?

When scientists set up a new research study, they attempt to eliminate all variables from the process except the ones for which they are testing. This is intended to produce a clear picture of the impact those variables have on the treatment being tested.

For instance, when science tests the effect placebos have on healing, they eliminate all variables they cannot control, such as the personalities or reputations of different healers, and the environment in which healing takes place. They do this by making sure these variables are the same in all cases.

As a result, science only tests healing performed in a hospital-type setting, using medical personnel with no outstanding reputations and very little charisma. Dull, bland, and boring. Nothing to get excited about.

There's nothing wrong with this, but it does limit the information science can collect. Some studies have shown dramatic evidence for the effect of faith on healing, and yet other studies have shown no correlation between the two. The only conclusion science can make with the current information is that there's a good chance faith healing is real, and there are other variables involved which have not yet been accounted for.

Medical science has come under attack for not adequately studying the effects of faith healing, with many claims of self-interest and too much attention to the financial bottom-line. This may be true, but the honest truth is that science doesn't have the resources to study everything, and faith healing just hasn't risen to the top of the list.

In the same way as some people believe that taking time to warm up before exercise is a waste of time, science in general doesn't consider faith healing to be an important subject to study.

Luckily for us, this isn't true of all scientists. There have been a few brave scientists who have spent significant time sifting through the charlatans and false healers, collecting information on authentic faith healers that can be used for future research.

Scientists like Jeanne Achterberg, author of *"Imagery in Healing,"* who has devoted herself to the study of shamanic healers in more primitive cultures. And scientists like Alfred Stelter, author of *"Psi-Healing,"* who has collected substantial evidence on genuine faith healers across the globe. Other scientists who have studied faith healing and miracle workers include Max Freedom Long, author of *"The Secret Science Behind Miracles,"* and Erlendur Haraldsson, Ph.D., author of *"Modern Miracles."* All of these provide solid, scientific proof that faith healing and 'mind over matter' are real.

Some of the most dramatic evidence for the power of belief can be found in cases of 'instant healing', where diseased or damaged tissues are transformed into healthy tissues within seconds. One such case was reported in Max Freedom Long's book, *"The Secret Science Behind Miracles."*

In this case, a man attending a small beach party fell and broke his left leg just above the ankle. In the group was a man who had seen similar breaks before and recognized the seriousness of the injury. Also in the group was a healer who gracefully took over the situation.

She gently pressed her hands on the place where the break occurred and chanted softly for a few moments, after which she became quiet. Minutes later she got up and announced that the healing was complete.

To the amazement of everyone there, the injured man rose to his feet and was able to walk normally. There was no indication that the leg had ever been broken.

Many of us have seen programs on television exposing certain psychic surgeons as frauds, but until I read Alfred Stelter's *"Psi-Healing"* I didn't realize just how prejudiced the scientific community can be in this area.

As an example, during an investigation of Antonio Agpaoa, a psychic surgeon in the Philippines, a Dr. Seymour Wanderman was given an offer to place his hands inside the opening of a patient's body to verify its reality, and later was offered the removed tissues for analysis. Both offers were refused, yet Dr. Wanderman later announced that the surgery was a hoax.

Unfortunately, this is not a rare case, and many scientists refuse to acknowledge the reality of evidence right in front of them, preferring to believe in a universe of perfect order and simple rules. Because we trust the intelligence of such scientists, many of us have been misled to believe these things can't possibly happen.

And yet, as we've already seen, the discoveries of quantum physics, molecular biology, and medical research have already proven that the universe is not quite so simple, and many things *do* happen that defy the old, and now outdated, laws of science. What we need to do is acknowledge the reality of such phenomena and find out what causes them.

Mind Over Matter

Closely related to faith healing is the phenomenon known as psychokinesis (PK), telekinesis, or more commonly, 'mind over matter'. This is where a person is able to move physical objects using mental powers alone.

Some of the most famous experiments in this area were conducted by a scientist named J.B. Rhine at Duke University. Besides psychokinesis, Rhine also studied many other areas of what is generally called the paranormal, including ESP, telepathy, clairvoyance, and precognition. His work conclusively proved that everyone has some degree of psychic ability, although various factors alter the degree of success in any given situation.

In the many experiments conducted by Rhine, a positive result was recorded as a 'hit', and a negative result was recorded as a 'miss'. Talled together, the percentage of hits to misses

became each subject's 'score'. After many thousands of trials, the data was analyzed for statistical significance and the real truth became clear.

Rhine found that his subject's motivation affected the scores they achieved, as did their interest level in the experiments. Thus, the more *connected* the subject was with the experiment, the better they performed.

Whether a subject believed in the reality of psychic abilities or not was the most telling factor. Rhine called this the "sheep-goat" effect. Those who believed psychic abilities to be a natural occurrence performed much better than those who thought the subject was a waste of time.

Some of the strongest criticisms of Rhine's work revolve around the concept of chance. After all, even a broken clock is right twice a day. Statistically, a random series of guesses would be correct a certain percentage of times. For example, in experiments where a subject tries to sense which one of five cards his or her partner is holding, a random guess would be right about 20% of the time.

Over the course of Rhine's research, the average scores achieved by his subjects were only a small degree better than chance. Despite the fact that the results were statistically significant (in other words, they couldn't have happened by chance), critics tend to suggest that the small results *prove* psychic abilities are weak or cannot be trusted. However, this may be easily explained when you realize that Rhine himself believed the results would not show anything dramatic.

The main thing to notice about these experiments is that they prove scientifically that our consciousness extends outside our bodies and can affect the world around us, according to the belief we have in the process. They also demonstrate that we are all connected on a level beyond the physical.

In situations where belief is stronger, the results of such activity are proportionally more sensational. Take, for instance, the case of Sri Sathya Sai Baba, an Indian mystic, famous for the unending flow of materializations he produces "out of thin air."

A scientific investigation of Sai Baba, as reported in "*Modern Miracles*" by Erlendur Haraldsson, Ph.D., reveals that practically everyone who has come into contact with Sai Baba has observed materializations of some kind. Most have a locket or ring given to them by the miracle-worker himself.

There are several factors that tend to prove the validity of the materializations produced by Sai Baba. One is the continuous flow of gifts given since the 1940's, many of which are composed of precious metals. Another is the fact that no one has yet detected any fraud in his presence. It stands to reason that of the many scientists who sought to disprove the claims of miracles, at least one of them would have found some evidence of fraud if it existed. Since no one has, we can confidently conclude that the miracles are real.

The third point is the fact that he performs his miracles openly for all to see, with no restriction of any kind regarding photography of the events. In all cases, the cameras have recorded exactly what observers saw, proving that no type of 'mass hypnosis' was involved.

A fourth factor tending to prove the reality of Sai Baba's materializations is his apparent ability to produce objects upon request, including fruits that are out of season and difficult to obtain in India. Of the foods Sai Baba is reported to produce, many are baked sweets that are very hot to the touch when given, as if they had just come out of an oven.

When asked how he produces these miracles, his answer is that he merely thinks of what he wants, imagines it, and then it appears. In this process, he does not need to imagine all the minor details, just the overall form of the object.

One example of this is when he pulled a statue of Krishna out of the sand for some visitors. While out for a drive along the seashore, the group stopped at a beach and began to discuss their visit to a local temple, where they had hoped to see a famous statue of Krishna. Sai Baba offered to show it to them, whereupon he drew a figure in the sand, reached in with both hands, and pulled out a magnificent golden statue. One of the visitors asked

how it was done, to which Sai Baba replied, “I said to myself, let that image of Krishna, which is traditionally present in the minds of all these people, appear in the form of a golden statue.”

Sai Baba performs many other types of miracles besides materializations. Reports of instant healing abound, as do reports of bilocation (appearing in two places at the same time), teleportation (the instantaneous movement from one location to another, usually separated by great distances), ESP, and telepathy. These reports have been followed up by responsible scientists and the claims hold up even under intense scrutiny.

There have been legends of others with similar abilities, not the least of which was Jesus Christ. With modern proof that such miracles do indeed happen, perhaps we have good reason to believe once more in the miracles of the Bible. If the miracles of Christ were accurately recorded, and not the product of exaggeration over time, then there’s a good chance that his message was recorded accurately as well.

If this is true, then we may want to take a fresh look at the quotes where Christ tells us that “whatever you ask for in prayer, believe that you have received it, and it will be yours.”

Religion

Science hasn’t always been considered the most reliable source of information. For thousands of years, religious leaders were regarded as the ones with the ‘inside scoop’ on the nature of the universe. Perhaps this is why science is only now starting to propose theories that support spiritual teachings which have been around longer than recorded history.

Some of the most widely available spiritual texts of ancient times are currently available in the Christian Bible. While there is much debate about how much the material has been edited over time, and whether translations have given us the ‘true meaning’ of the original languages, we can still see some very important messages in the text we have today.

One message clearly evident in today's New Testament is demonstrated by Christ repeatedly saying that "according to your faith is it done unto you." This quote appears in several cases of healing miracles, and is an ever-present theme in his teachings.

There are many other quotes mentioning the value of faith, especially as it relates to prayer. For instance, when the disciples were afraid of the stormy sea, Christ rebuked them for having weak faith and then commanded the wind and waves to be still, confident that the desired result would be forthcoming. And in several passages, Christ is quoted to have said (slightly paraphrased) "If you commanded this mountain (or tree) to cast itself into the sea, and did not doubt it would happen, it would be done for you."

Overall, the two most repeated messages attributed to the founder of today's Christian religion are about Faith and Love. This coincides very neatly with the discoveries of modern science as the core principles leading to a full and satisfying life. Other religions also teach that faith is a prerequisite to receive abundant blessings from God.

The development of religion is a vast and interesting topic. At its foundation, religion developed as a way for humanity to relate to the world around them. In some cases it sought to provide meaning and guidance for living, although in many cases it was a call for help from invisible sources.

Before organized religion, everyone had their own idea of how to gain this assistance. Some believed there was one great God responsible for everything. Others believed there were many gods and goddesses, as well as innumerable nature spirits who shared the responsibility of keeping the universe running smoothly. Some people believed that God required a great sacrifice before assistance would be granted, and others believed that God required the petitioner to meet some mysterious standard of purity. Still others believed that assistance could be obtained through the studious use of substances, such as oils, incense, and 'magic potions'.

When we step back and analyze the various processes used throughout history for gaining spiritual assistance, we find a single thread running through all of them — dependence on faith. Faith that a prayer will be answered, or faith in a process of working with spiritual forces.

Popular Literature

In 1926, an intellectual by the name of Ernest Holmes wrote a textbook that formed a bridge between science and religion. That textbook was rewritten in 1938 and has been in continuous publication ever since. Countless other books refer to it and the philosophy it teaches. In fact, it became so popular, a movement called Religious Science formed around it. This textbook is “*The Science of Mind*.”

If a book’s value can be measured by the number of lives it changes for the better, then “*The Science of Mind*” can legitimately be called one of the most valuable books of the 20th century. Within it, Holmes presents a semi-scientific description of faith and the means by which it works. He also presents a very simple technique for altering faith in order to change circumstances for the better.

The core technique used by practitioners of “*The Science of Mind*” is one called “treatment.” This is a process of altering your belief about a situation by affirming what you would like to experience, as if it were your current reality. Many people describe this as using “affirmations,” or “affirmative prayer.”

In 1948, a newspaper reporter named Claude Bristol wrote a much smaller book about the power of belief called “*The Magic of Believing*,” which has also been in continuous publication since its release.

As a newspaper reporter, Bristol never took anything at face value and sought to find proof of any claim before giving it any credence whatsoever. During his career, Bristol investigated

many religious and spiritual events, as well as people in all walks of life.

He noticed that two people could do exactly the same thing and get two completely different results. After seeing this many times, he eventually concluded that it was a difference in belief which produced the different results. One person believed in success and the other believed in failure.

Bristol offers several techniques for changing beliefs in order to change outcomes. One of these techniques involves writing down your desired outcome on an index card and then every morning and evening visualizing yourself experiencing that outcome. Through continued exposure to the idea, your mind naturally adapts and begins to imagine your desired outcome as the most likely event to occur. Once you believe it, you'll see it manifest in your life.

Visualization has been written about in much of the popular literature of the last 50 years. A famous book, which focused almost exclusively on this topic, was "*Creative Visualization*" by Shakti Gawain. Visualization works on the same basic principle of conditioning your mind to believe your desired reality is likely to manifest.

In the last several decades, there has been a resurgence of new material based on very old ideas. Most of the material focuses on using unseen forces to create or alter circumstances, and reminds us of the old myths and legends about magic and wizards. And yet with the new discoveries of quantum physics and the fundamental nature of our physical universe, the idea of magic seems plausible again.

Recently, many authors have been writing about something called the "Law of Attraction." In essence, the "Law of Attraction" is a way of presenting the same concepts we've discussed in this chapter, and will continue to discuss throughout this book.

The "Law of Attraction" states that people experience physical and mental manifestations which correspond to their predominant thoughts, feelings, and beliefs, and that people

therefore have direct control over reality and their lives through thought alone. Some authors claim that the concepts have been kept secret from the masses, yet as we've seen here, that hasn't been the case.

Conclusions

Everywhere we look, we find evidence supporting the idea that our beliefs affect the world around us, and that they may even change physical reality itself. Whether science can verify this to be the case or not remains to be seen, but it certainly presents an interesting hypothesis to test.

While some of the possibilities presented in this chapter may appear extreme, it is clear that we can radically change our lives by choosing what to believe. Even if the only effect of changing a few beliefs is that we begin to make different choices, this alone will enhance our lives in countless ways.

But what if it really is possible to produce changes in the world around us merely by thinking about them and believing that the changes will happen? And what if the process of choosing a new set of beliefs can be quick and easy?

*Jesus turned and saw her. “Take heart, daughter,” he said, “**your faith has healed you.**”*
— Matthew 9:22

According to your faith will it be done to you.
— Matthew 9:29

*I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, “Move from here to there” and it will move. **Nothing will be impossible for you.***
— Matthew 17:20,21

*I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, “Go, throw yourself into the sea,” and it will be done. **If you believe, you will receive whatever you ask for in prayer.***
— Matthew 21:21,22

Everything is possible for him who believes.
— Mark 9:23

**This is just a small sample of what
you'll find in the full ebook,
“Choose To Believe”.**

To get the full ebook,
go to www.ChooseToBelieve.net.