

“Happy Body, Healthy Body!?”

by Linda Gooley

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Good Morning everybody, I'm so glad you could join us this morning. I hope you all had a good time finding a rock this week that spoke to you. If you don't know what I'm talking about you can go back to last week's Facebook Live service and find out.

Today we are going to start by talking about Luke 13:10.

This scripture talks about Jesus healing a woman who was crippled by a spirit. Today we would probably not say that someone was sick because of a spirit or the devil. But what is sickness, really?

I think I quoted Abraham once before saying that “the reason Jesus could heal was because his knowledge of their wellness was so dominate, that their illness could not exist in his vibration.” Jesus refused to see the illness. So, can we do that? Can we refuse to see illness? Why do some people get sick and others don't? I really wish I had the answer to those questions.

There have been studies of groups of people who are sick where one group was given a placebo and another group the prescribed medication with some interesting results. On August 9 of 2019 Harvard Medical School updated and republished an article which stated and I quote, “Your mind can be a powerful healing tool when given the chance. The idea that your brain can convince your body a fake treatment is the real thing — the so-called placebo effect — and thus stimulate healing has been around for millennia. Now science has found that under the right circumstances, a placebo can be just as effective as traditional treatments. The placebo effect is more than just believing a treatment or procedure will work. It's about creating a stronger connection between the brain and body and how they work together.” End quote

So, if your mind can heal your body then it stands to reason that it can also make you ill. Any of you that have listened to me before know that I'm a firm believer that negativity can cause all kinds of unwanted things in both your body, in your mind and in your life. In theory, if we are feeling happy there isn't any room for negativity and therefore no room for sickness. Do you think that maybe this could be the reason that some people get very sick with Covid19 and some show no symptoms at all?

Because this virus has infected so many people it seems to me that this is a good time for a study to see if the those who are happy, joyful and have a positive and grateful outlook on life are less likely to show symptoms than those who are full of sadness and negativity. And, if it turns out that you can stay healthy just by being joyful then O happy day. Let's do that! Ok we've got it solved. We will be like Jesus and refuse to see illness by staying happy.

But there is a problem, no one can stay happy and upbeat all the time. Someone may be a very positive person and still get sick. Maybe for whatever reason something in their life was causing some underlying feelings of worry or stress that they may not even have realized was there. Maybe It could be that they couldn't for one red hot minute be in their happy place and maybe their body let down its defenses. I don't know. I certainly don't have all the answers, but most of you know I like to question things and maybe this will give you something to at least think about.

So, this isn't the total answer. I don't think there is some magic that will keep you from getting sick but I do think there are ways to at least lessen the chance or the severity.

In the words of the anthem O Happy Day that Chuck played for you today it talks about things that Jesus taught us and one of them is to “live rejoicing every day”. So, let’s rejoice and be happy and not give sickness of any kind physical or mental a chance to get into our body. The more we say things like I’m tired of all this quarantine and get to feeling down and ungrateful the more there is a chance that you let in the bad stuff. For me the best way to try and stay healthy is to really work at trying to be happy, grateful, joyous, lighthearted, silly, cheerful, content and glad. In other words, be Pollyanna! It can’t hurt and it might do an awful lot of good.

Remember that Jesus resides in all of us. His beautiful light is within us giving us joy, happiness and gratitude. I hope you feel the happiness and joy that Jesus meant you to feel and I hope it keeps you happy, grounded, grateful and possibly even healthy. Amen