



“Cancel/Be Thankful”

It's important to get control of your head first, so you can eventually get control over your body and therefore your health.

Science tells us that thoughts stimulate the release of chemicals, enzymes and hormones in the body as well as chemicals called “neurotransmitters” in the brain. All of these chemicals cause tissues and organs to function more or less.

For example, think of picking a ripe yellow lemon from a lemon tree. Now cut it open and slowly bite into the pulp of the juicy lemon and suck the juice that comes from all the bursting pulp sacks. (Are your saliva glands working now?)

Next, let's think about somebody who annoys you. Someone who you think is a “bad person” or even “makes you angry”. In order for you to think of them this way, you first had to make a judgment that they were either *good or bad* based on what you *believe* to be good or bad. The negative feeling really comes from you and how you perceive the experience “should” be.

Your conscious mind makes the judgment, then your non-conscious mind causes your body to respond with chemicals. These chemicals stimulate the “Emergency – protection” response which ultimately, if stimulated for extended periods of time, can run your body parts out, lower your resistance to sickness and make it very difficult to heal tissue.

Many times Dr. Noble gives this page as a handout to his patients because through the mind-body reaction analysis, he has discovered a particular negative thought habit, negative judgment or negative thought pattern the patient has repeatedly thought about that is causing their body to shift from tissue healing mode into “Emergency/Survival” mode. In other words, this thought is making them SICK!

Here's how this 2 step process works...

- 1. When you catch yourself in the moment of thinking this habitual negative thought, immediately say or think; “CANCEL” (*speaking it recruits more of your midbrain which is more effective*). The “Cancel” command is picked up by your non-conscious mind and *temporarily* stops the “tapes” that were programmed long ago. You now have a small window of time to put new (positive) information into that “tape”.**
- 2. Immediately say or think a thankful or loving thought with intensity. For example, start by saying; “Thank you for reminding me I was interfering! I am so thankful that my arm is healing perfectly!” “I am thankful my body was designed beautifully” (Be careful not to use words that you don't want your non-conscious mind to focus on like, “pain”.) Done often enough, you begin to replace the negative information with the positive, thus neutralizing the damaging effect of that judgment or thought.**