

Christ Consciousness & Divine Health

English Transcript – Emerson Ferrell

God is a God of faith. He's not looking at your actions. He's responding to your faith.

Remember, Jesus said, **I'm not the one that does the works.**

Let's look at that scripture. Look in **John 14:10-11, 20**

Do you not believe that I am in the The Father and the Father in Me. The words that I speak to you, I do not speak on My own authority, but the Father who dwells in Me does the works.

Believe Me that I am in the Father and the Father in Me, or else believe Me for the sake of the works themselves.

Verse 20.

At that day, you will know that I am in My Father, and you in Me, and I in you.

That “day” is the day you recognize that what is going on *through you* is not anything connected to the image you have *of you*.

I'm going to say that again.

All of us wake up every day with an image of who we think we are. It is that *image* that prevents you from experiencing “*that day*” that Jesus is speaking about. Any image we have that does not connect us with the Father through Christ prevents us from being *led by His Spirit*. Are you with me? See, I'm talking spiritually here, but your physical condition and your mental condition has nothing to do with your *spiritual condition*.

Christ Consciousness & Divine Health

English Transcript – Emerson Ferrell

Because as spirits, we all come from the Father. He's the Father of all spirits. (see Hebrews 12:9)

Say, “*My spirit is from the Father.*” So, what you've done with your body and your mind has been your doing.

So, the “day” that Jesus is speaking about to His disciples, is when they recognize the image that has kept them from being in Him and Him in the Father is that *separation of who they think they are.*

The angels are enjoying this. I don't know if you guys are getting it.

The reality of our *physical condition* is not the reality that God sees.

It's like defining the difference between *world* and *earth*. The world is different than the earth.

The *earth* is the ground, the dust, the dirt. That belongs to God.

The *world* is what you create from what you believe.

So, if you think of the world as all of these little bubbles with you inside of it, then you have a better picture of *the world* that you live in that you think you're communicating to other people.

Your world is your belief system. Your belief system and your thoughts have created the world that you operate in.

Now in that world, you've identified things inside of you that create pain, discomfort, require a physician, all of that.

In God's Kingdom, that type of mentality does not operate.

Christ Consciousness & Divine Health

English Transcript – Emerson Ferrell

His Kingdom operates *above* all of these little bubbles that we've created as human beings on the earth. And all of these bubbles coagulate or become like a *collective bubble* according to cultures, regions of the earth, and all of this. Even our churches form this *collective bubble* through the *language* that they use.

But today, what the Holy Spirit is trying to get you to understand is that it's time to *pop that bubble*, and get connected to the Kingdom of God, where the only mentality that operates is the *consciousness of Christ*.

So, I just wanted to lay that foundation before we go into some of the slides and presentations that we want to do today. Because the most important thing for us to get acquainted with is our *spiritual nature and our origin*.

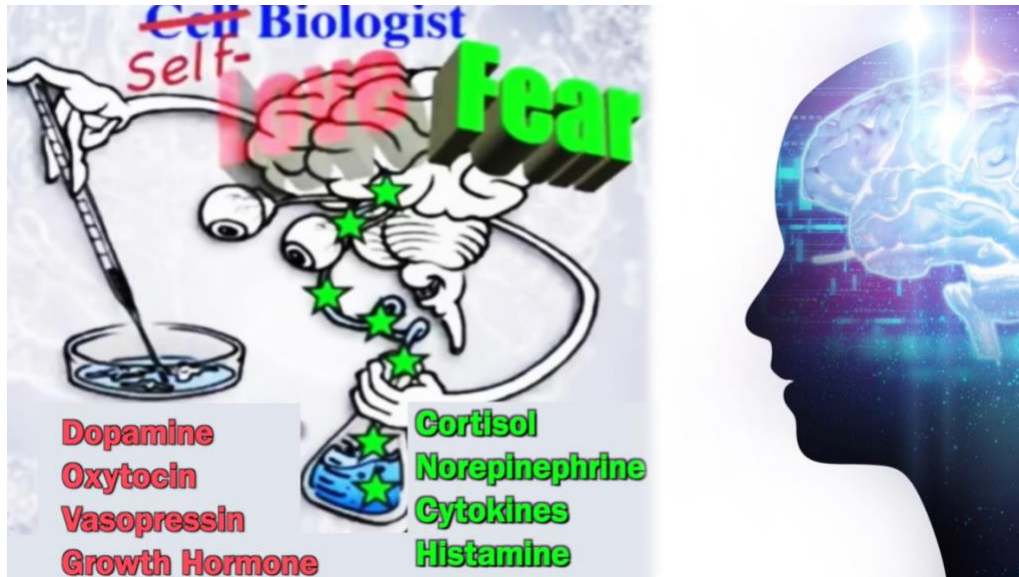
We've all heard for a long time that we're *spirit, soul, and body*. And it's the soul where your thoughts, your ideas, your imaginations, your emotions all exist.



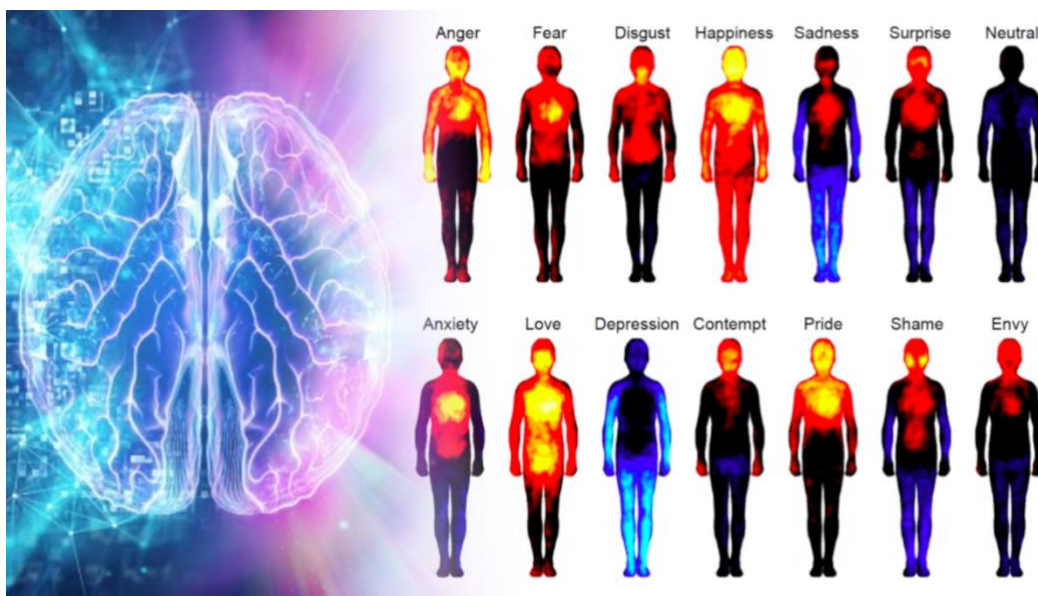
Christ Consciousness & Divine Health

English Transcript – Emerson Ferrell

The mind is part of the soul, but it's not the brain. The brain is the CPU (computer) of your physical body. You'll understand after today that it produces all of the chemicals that your body draws on for emotions.



If your image is, “I’m a victim, or I’m depressed, or I have problems”, and da da da da. All of those emotional states draw on the **hypothalamus** of the body, of the brain, to produce a chemical to supply that image.



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English Transcript – Emerson Ferrell

And all of those chemicals produce an *addiction in your body*. So actually, what pharmaceuticals do is synthetically emulate what the chemistry in your brain produces. So, when the chemistry in your brain has exhausted the supply for the chemistry of such a person that is depressed all the time, the doctor will prescribe you medication that has the same synthetic drug in it that your brain automatically produces.

But the problem is the *synthetic drug* affects the organs in your body that are organic. So, that the imbalance inside of your body begins the minute you start taking synthetic drugs.

And over time, that imbalance creates all kinds of **abnormalities**.

That's true. So, then you have to keep going back to that physician to give you other drugs to combat what the first drug created. So, the image that you started out with starts becoming deformed. And pretty soon, we become addicted to the feeling in our body, and *our body becomes the controlling factor for what we think and how we respond*.

How many of you have seen a dog chasing his tail?

That's pretty much the condition we end up in. Always looking for a normality in this abnormal state that we've created.

So, what happens is we start becoming a *function of chemistry* inside of our bodies instead of *spiritual, which is our origin*.

And try as you may, faith is very difficult to be produced in a body that's *out of balance* so bad.

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Because we become so addicted to the way we feel that we don't understand faith has got nothing to do with feelings.

Faith is the *conscious awareness* of what Christ has completed in you. And you're going to hear the term *consciousness* a couple of times today. Science tells us that we're only conscious of what we are doing 10 seconds of every minute of the day. So, what are we doing with the other 50 seconds?

We're not living in the present; I can guarantee you. We're thinking about something in the future or something in the past. And faith is what? Now!

So, when you are conscious, you're actually releasing faith. Because you cannot be conscious and not experience the presence of God. He's not a feeling. Okay, that's just extra.

Let's begin with some definitions I think will help us. We put some slides together. There's a difference between health and healing.

DEFINITIONS

DIVINE:

- TO DISCOVER OR UNDERSTAND (SOMETHING) WITHOUT HAVING DIRECT EVIDENCE OR RELATING TO, OR PROCEEDING DIRECTLY FROM GOD

HEALTH:

- THE CONDITION OF BEING WELL OR FREE FROM DISEASE OR THE CONDITION OF BEING SOUND IN BODY, MIND, OR SPIRIT; ESPECIALLY: FREEDOM FROM PHYSICAL DISEASE OR PAIN

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Health is a *state of well-being* that you maintain during your normal existence. Healing happens in people's bodies quite frequently. A lot of times we're not aware of the healing the Holy Spirit does in us.

How many have had people pray for them and they receive their healing for some part of their bodies? That's a lot of people.

You see, that's the desire of God for all of us, to live in that *Divine state*, But we already understand it's going to take some responsibility on our part. Because if someone gives you a very beautiful plant, you do everything in your power to make sure that plant gets watered and the soil is done correctly, right? Well, you're a plant in God's garden. You require the same attention. But you see, He threw Adam out of the garden, so it's now your responsibility to take care of it.

So, all children, babies that are born, they receive their mother's care, her milk, and all of the nutrition that's necessary. But pretty soon that child grows up and they start to see what mommy and daddy are eating, and pretty soon the child starts to say, "*I don't like the food you're giving me, I want what you're eating.*"

So, we start to see that the cultures and society that we're raised in starts to reproduce the same generation after generation. And the voices start to sound the same, the thoughts start to become the same. And you can trace it back to this whole upbringing that children receive from what they receive from their parents.

So, we need to understand that we are what we have been becoming physically.

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This next slide talks about how God created the heavens and the earth, and we talked about how that belongs to Him.

SPIRITUAL BEFORE THE PHYSICAL

- GOD CREATED THE HEAVENS AND THE EARTH
- GOD FORMED PHYSICAL LIFE FROM INSIDE HIMSELF
- HE MANIFESTED WHAT HE BELIEVED
- HE GAVE THAT POWER TO MAN
- Genesis 3:22 "And the Lord God said, Now the man has become like one of Us, having knowledge of good and evil; and now if he puts out his hand and takes of the fruit of the tree of life, he will go on living forever."
- OUR IMAGINATIONS OR THOUGHTS

When He breathed inside of the nostrils of Adam, He released His consciousness of what He believed in man.

But we see that in **Genesis 3:22**, after Adam and the Woman (Eve) was taken out of the garden, that the sin produced the imaginations and the thoughts that had started the cultures throughout the earth in a wrong direction.

In fact, in **Genesis 6:3**

And the Lord said, "My spirit shall not strive with man forever, for he is indeed flesh, yet his days shall be 120 years."

Verse 5.

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Genesis 6:5

The Lord saw that the wickedness of man was great in the earth, and that every intention (or thought) of his heart was only evil continually.

Even though that generation was flooded by God in the Great Flood, the bloodline of the first Adam was still transmitted through Noah and into every generation afterwards. For those of you who read the book “Iniquity” (by Ana Mendez Ferrell), you probably start to understand how the blood is the most important medium for transferring that mentality.

So, this is the medium that every human being is born into this earth with, that *blood* of the first Adam. And we see even Paul talks about *casting down every imagination and thought that comes to your mind*.
(See 2 Corinthians 10:5)

So, the responsibility is ours. But with the help of the Spirit of God, and you being conscious of that, it becomes easier to control what you think and how you respond. You just have to be in a *position* where you're willing to receive what God is giving you to do at that precise second. Because that is the difference between being *led by the Spirit* and following some doctrines or theologies or what you believe.

Now, let's watch this video. These videos you're going to see, most of these men are not Christians, but they're not anti-Christian. They have good information, but those that are led by the Spirit can use the information to use as a tool to start to change the way you think and believe.

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So, let's watch this first video.

VIDEO: Mankind Connected by Heart

In the last years of the 20th and now the first year of the early 21st century, science is now giving us that reason for our logical mind to make the connection, to see how we're related and how we influence the world, and how by honoring that connection through our hearts, we literally have the power to influence the very fields of this planet to sustain life in the world, sustain the health and the healing and the well-being of our bodies. It's all about the magnetic fields of the Earth. Where this really came into focus was around the events of September 11th, 2001. It was during that time that the United States has two satellites. They're called the GOES, G-O-E-S, Geosynchronous Environmental Satellites, I believe is what they're called. One positioned in the northern hemisphere, one positioned in the southern hemisphere. The role of these satellites is to measure the magnetic fields of the Earth and send back readings every 30 minutes. Those readings normally fall within a certain range of data that scientists are relatively used to seeing. It was in September of 2001, that scientists began to see some readings that were off the map, just off the scale compared to what they had seen in the past.

They said, *“What's happening? What is it that could be influencing the magnetic fields of the entire planet to such a degree that we're seeing these big spikes that our satellites are sending back? We've never seen these before.”* They overlaid the data from the satellites onto a calendar of months and days. Lo and behold, what they found is that the spike was occurring precisely during the time of September 11th, 2001. Even more precisely, that the first spike occurred 15 minutes after the first plane hit the first tower in the World Trade Center. Now, the reason this is so important

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to a scientist is because for 300 years, our science has been based on two false assumptions. The first false assumption is that everything is separate from everything else, that what happens in one place, it has no effect on what happens anywhere else. If it looks like it does, it's only a coincidence. The second false assumption is that our inner experiences of thought, feeling, emotion, and belief have no effect on the world beyond our bodies. Based on those two false assumptions that have been accepted for 300 years by scientists, I can see why there would be a disconnect when they're looking at magnetic fields of the Earth spiking precisely the moment the human emotion of the planet is focused on a disaster.

This led to a series of studies, and the bottom line to the studies is this. What they found is that it is human emotion, specifically the magnetic fields produced by the human heart during certain kinds of emotion that now our document is extending far beyond our bodies into the physical world, and now to such a degree that our satellites, hundreds of miles above the surface, are able to pick these up. This has led to a number of studies now showing that when a certain number of people come together and they choose in a moment of time to create a precise emotion in their hearts, that that emotion literally can intentionally influence the very fields that sustain the life. These fields are now implicated in everything from the immune response of humans, climate, weather patterns, cycles of war in peace. All of these, as different as they sound from one another, are all linked to our relationship to the magnetic fields of the Earth.

---End of Video---

Now, what he's saying is very important to understand. As a spirit we are all connected, You have to see this!

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The spiritual realm is not confined by space, time, or matter, physical matter. It's connected by thought. What's faster than the speed of light? Thought.

So, when you are connected to the mind of Christ, the body functions as a whole unit. That's why Jesus was so emphatic about, **“Seek first the Kingdom of God.”** He wasn't talking about a physical place.

He was talking about your spiritual condition, before you were physical.

This is what consciousness will lead you to understand individually and connect you corporately with His body.

Most of us have an idea or menu given actions and responses. The way we need to act as a Christian.

Most of that is so far away from what God is trying to get us connected to. All of the images that we've produced, all of the titles that we've all gone under, separate us from that connection.

When Jesus could tell His disciples that **“I don't do the works,”** that had to blow their minds. Because we always live in a cause-and-effect lifestyle.

You know what cause and effect is? You do this and you get a bruise. Okay. Cause and effect. The spiritual realm doesn't operate that way. The word of God is the reality, and it is the *cause and effect*.

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So, when we are conscious of our responsibility as His child, and begin to take our responsibility in what we eat, how we think, what we do; we believe or *we begin to develop this understanding that is without learning.*

Knowledge without learning.

That's what it is. It's knowledge without learning, which is a spiritual recognition of the Spirit of God operating in your life. You're not concerned about making everything else the way you think it ought to be.

You're conscious of your responsibility. And that conscious responsibility starts to affect every place you go. There are people receiving healing right now, just as I'm speaking, because your spirit is opened up to the Spirit of God, and He's fixing things inside of you. ***I see the waves that are coming off, and it's just penetrating people.***

You carry the same magnetic field. And it operates at a frequency and a vibration according to your well-being, and your conscious awareness of what Christ has done. We have the greatest opportunity as physical beings on this planet to change future generations, one person at a time.

Jesus didn't need the multitudes. He fed them the bread and the fish.

All He needed was to affect 12, and their consciousness of the Master started affecting the people they came into contact with.

That's how healing happened. The shadow of Peter just healed people.

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Okay, so I put a definition of consciousness there.

CONSCIOUSNESS

DEFINED AS: "the knowledge, which provides sufficient security to make choices. Humans navigate through life from a "perceived" sense of safety, determined by our beliefs. The right to choose is God's gift to all mankind, but making the right choices requires a "knowing" beyond our "perceptions".

- GOD BREATHED INTO MAN TO MAKE HIM CONSCIOUS
- JESUS BREATHE ON HIS DISCIPLES THE SAME WAY
- John 20:22 - Then He breathed on them and said, "Receive the Holy Spirit."
- John 20:23 - "If you forgive people's sins, they are forgiven; if you do not forgive them, they are not forgiven."

It says the knowledge provides sufficient security to make choices. And that knowledge of consciousness, as we just described, is something that is from the Spirit of God. And the right to choose is God's gift to all mankind, but making the *right choices* requires a knowing beyond our perceptions or senses. And that's a *knowing without learning*.

And you remember after Jesus returned from death, He breathed into His Disciples. So, as the Last Adam coming back from the dead, Jesus **re-blew** into man, *the consciousness of overcoming death and the fear of death*.

If you haven't had that blown into you by the Holy Spirit, then it's going to be more difficult to be led by the Spirit, that's what's called *being filled by the Spirit*.

When you understand what the writer in Hebrews wrote:

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Hebrews 2:14-15

In as much then as the children have partaken a flesh and blood, He Himself (Jesus) likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil. And release those who, through fear of death, were all their lifetime subject to bondage.

It's not death so much, but ***it's the fear of death that holds humanity in bondage. That's what Jesus was releasing into His disciples through that breath.***

Most people make a conscious decision that disease, poverty, or disaster will affect their lives, and the only choice they are left with is what or whom they will trust to solve the crisis.

How many people know someone who's come back from a physician who had a bad report from a doctor? And those people are convinced that the diagnosis is their condition. And it's that belief that drives their body to respond to what they believe. And some people are very angry if you tell them, “*No, that's not what you have.*” They would rather believe something even to their detriment than disagree with the diagnosis.

So, we have to start breaking that chain of events that has happened in society for years and years and years: *That the minute we get a symptom, we start immediately remembering what that symptom led to. Instead of understanding that everything your body is trying to get rid of is to make you healthier.*

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And if you look at it from that direction, you start embracing what you're not comfortable with, expecting a greater result. It is through that *embracing* that you take away the fear. And you start recognizing that the control of what the outcome is resides within you and your trust in the Holy Spirit.

And we don't arrive at that ability right off the back, because we've been conditioned differently for so long. That's why there's many opportunities in our life where we get an opportunity to overcome situations with our faith.

So, instead of drawing lines between *that's bad and that's good*, recognize that if you're in the Kingdom of God, all things are for your benefit. You can rest in that knowledge. Your faith will exponentially start to grow, because there's *only fear or there's faith*. **And the more you operate in faith, the less fear has a door into your emotions.**

That's why Jesus always separated Himself from so many of the people around Him. He didn't need that religious stuff and all of the fear that went along with those cultures.

We know the condition of the first Adam. We know that every time there's some disease in your body, that it is the spirit of death. But you see, if you are resurrected with Him, it has no place to reside in you.

That's why it's so important for your spirit, *who you are*, to take that position of authority, and not be moved by symptoms, and to live present. Not connecting symptoms with past conditions. The minute you do that, you give that symptom life. The minute the doctor gives that symptom a name, he's already given it life. **You're responsible for life.**

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You remember what Jesus said in John 6:63?

We've got to read that. This is very critical to understand.

John 6:63

It is the Spirit who gives life, the flesh profits nothing, the words I speak to you are Spirit and they are life.

Say, "*the flesh profits nothing.*"

How many of us like profits? Not prophets with a P-H, but prophets with an F. It says that God is a rewarder, so He likes profit. So, if you want the profit, that means you need to understand every word Jesus spoke.

So, if you're reading Paul more than you're reading Jesus, you're not getting life. You might get doctrine and theology, but *the life comes from the words that Jesus spoke.*

So, sickness begins in the soul. Let's look at **1 Corinthians 6:18**

Avoid immorality. Any other sin a man commits does not affect his body. But the man who is guilty of sexual immorality sins against his own body.

So, the body is not the source of the sickness, it begins in your thoughts, and in your mind. It begins with you giving life to whatever it is that is uncomfortable in your world.

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Because everybody who creates their own world with their beliefs and thoughts, they do so, so they can be in control. It all goes back to what? PRIDE!!!!

Pride creates this world that you operate from, but from pride also comes disease, sickness, all of this stuff. So, when you *pop your bubble*, or else *lose your head*, so you can connect to His head, then you can enter into the Kingdom of God. Then you can relinquish your control.

DUALITY

I define man's current condition of sickness, disease, and fear are the result of choosing to believe a lie.

DUALITY

- Man's current conditions of sickness, disease and fear are the result of choosing to believe a lie.
- Duality is the fruit of that choice and is responsible for religion. Those who are separated from God live in duality, which is thinking linearly such as, start and finish, right and wrong, good and evil or true and false.
- The nature of sin is the spiritual fruit of iniquity and is passed to every generation.

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We've already talked about how sin is passed along through iniquity. We've already defined how God needed a prophetic bloodline to manifest the second Adam (The Last Adam).

DUALITY

- God needed a prophetic bloodline to manifest the second Adam. Unfortunately, man made it a religious model and sustained the system Jesus came to destroy.
- The consciousness of Adam operates most effectively adhering to religion.
- The choices from religion reproduce the sin consciousness in each generation.

Excerpts from the book, "Immersed in Him" by L. Emerson Ferrell.

And most of these quotes are from my book, [Immersed in Him](#).

FEAR OR FAITH

- The act of believing a symptom requires our imaginations and pride.
- Most people faced with physical discomfort or symptoms will make a self-diagnoses based on "worse case scenarios."
- The majority of people would rather be self-fulfilling prophets at their own expense.
- Those with a bad medical diagnosis, such as cancer, are presented with a choice and more often than not, those with such a diagnosis believe the physicians.

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The fear or faith, the act of believing a symptom requires our imagination and pride. We talked about that.

FEAR OR FAITH

- Once a transition is made from thinking and talking about the disease to actually picturing it in the body, the next step is inevitable. The symptoms will appear worse and depending on the level of fear the outcome will not be good.
- I believe more faith is released from people at the solutions offered by physicians than the words of Christ.
- It is necessary to understand the reality of Adam, which is the preoccupation with self.
- Science has proven man is conscious of his environment ten seconds out of every minute. We lose concentration 6 to 10 times every minute.

We've talked about how we give life to the symptom. I believe that most people recognize that there's more faith released in a physician's office than there is in churches. Those doctors tell you something, "yes, sir." It's not their fault, folks.

Okay, we talked about how long man is conscious. Matthew 6:25. I think it's good to read that.

Matthew 6:25

Take no thought for your life about food or drink or about clothing for your body is not life more than food and the body more than its clothing.

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Matthew 6:26

The birds of heaven, they do not put seeds in the earth, they do not get in grain or put in storehouses, and your Father in heaven gives them food, are you not much more value than they?

So, we have to really start evaluating where our trust is. And we have to reevaluate how we have prioritized that trust. Because if we live in this *duality state*, and not with the revelation and understanding of the spiritual realm of our origin, then we start using our senses to make the determination of reality. And that was never their purpose.

Matthew 6:22-23 “The Message Version” *(this talks about the soul)*

Your eyes are your soul into your body. If you open your eyes wide in wonder and belief, your body fills up with light. If you live squinty eyed in greed and distrust, your body is a dank cellar. If you pull the blinds on your windows (or your soul), what a dark life you will have! But if your eye is malignant, all your body is in darkness.

So, until your soul is reconnected back to your spirit, the light that you operate in will not be the Light of the Spirit.

There is light in the wisdom of this world system. There's been a lot of philosophers that have walked this planet with very wise words and very good information. They have a portion of light. But that light died at the grave where these philosophers died.

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The wisdom of Christ came up from the grave. Our life must begin at the grave, not in it. So, our resurrected life, the same as Christ's resurrected life, must be reconnected to our soul so that we can operate physically and mentally connected with the Spirit of God.

And when you don't do that, this becomes your condition.

So, we'll look at this video and then we'll have a little time of interaction.

VIDEO: Thoughts Produce Habits

The Video Forum with Dr. Joe Dispenza

The next question, which is a common question that I get on my website quite a bit, is *why is it so hard to change?* We start off with good intentions, and then I fall back into the same person. I don't believe in myself. Is this really possible? Well, let's talk about that because we have to begin to understand that there's a certain physiology that takes place between the brain and the body. Every time we have a thought, we make a chemical. If we have great thoughts or unlimited thoughts, we make chemicals that signal the body for us to begin to feel exactly the way we were just thinking, which would be great or unlimited. So this *atheoretical* thing called thought is running around in the brain, fires a set of circuits, the circuits then release chemicals, and the chemicals travel to the body as messengers to signal the body for us to feel exactly the way we were thinking. So if you were thinking unhappy thoughts or negative thoughts in a matter of seconds, you would begin to feel unhappy or negative. Now the body then gets the signal from the brain and we begin to have mind and body working together.

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English Transcript – Emerson Ferrell

We begin to have our thoughts stimulating our body and we begin to think negatively, we begin to feel negatively. Now, once we begin to feel negative, and we're noticing that we're feeling that way, it's very appropriate for us to think equal to how we feel, which then makes more chemicals for us to feel the way we think and think the way we feel. This chemical cycle, this chemical continuity, creates what's the *state of being*. A person says, I'm an unhappy person because they've memorized that chemical state of being. Now, if you think about this, the repetitive cycle, the redundancy of making those same chemicals, 20 years of hatred, 10 years of anger, 15 years of judgment, the chemicals that are being created are conditioning the body over time to become the mind. So, think about this. When the body becomes the mind, we're in a habit. A habit is when the body is the mind. So, the person has fired the same thoughts which made the same chemicals of, say, suffering or insecurity. They think in secure thoughts, or they think a suffering thought. It then signals the body for them to begin to feel insecure or to suffer.

Once they begin to say suffer, then they begin to think equal to how they're feeling. They begin to think thoughts of self-pity. They begin to complain, they begin to blame, they begin to make excuses, which then makes them feel more suffering, which then allows them to continue this cycle. When we begin to think and feel, and feel and think, and think and feel over and over again, feelings become the means of thinking. When we can't think greater than how we feel, we will never change. **To change actually is to think greater than how we feel.** Let's just think about this now. A person has memorized a certain state. We'll say *suffering* because we're using that as an example. They've practiced it enough times, they've thought about it enough times, they felt it enough times. It's become their personality, an aspect of their personality. By repeating the thoughts over and over again and repeating the feelings, I said, if we do that enough times, we condition

Christ Consciousness & Divine Health

English Transcript – Emerson Ferrell

the body to become the mind. Here's an example. You say, *Well, how does the body become the mind?* Well, if you're feeling in the state of mind called suffering, and you've mastered that feeling, the body knows better than the brain.

When we can repeat something that amount of times, we file it into a different memory system in which the body literally knows better than the brain. If you think about it when you don't remember a phone number in your mind, but you pick up the receiver on your phone and your hands is able to dial the number. I mean, how is that possible? It means that you've practiced that so many times that the body knows better than the brain. So most emotional reactions, most states of mind, most skills, and most habits, most conditionings take place where the body knows better than the brain. The person then who has suffered for, say, 20 years, they say, I want to consciously declare that I want to be happy. But because the body has been conditioned for 20 years to be unhappy or to suffer, the mind and the body are not working together. The body is the servant to the master. The brain and the mind is the master. If we condition the body to know better than the brain, the servant literally becomes the master, and then the master goes to sleep. Now, when we say we want to consciously willfully declare happiness, the body which has been conditioned to be unhappy, mind and body are working in opposition.

If the body knows the state of mind of unhappiness better than the conscious brain knows happiness, because it hasn't really had the experience, then the body just takes one stray thought or one stimuli from the environment and the next stimulus from the environment. The next thing you know, the person begins to act in repeatable ways. To “change” then is to lift the mind out of the body and to put it back in the brain. That takes an *act of will*. That takes effort. Nobody tells us that change is going

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English Transcript – Emerson Ferrell

to be difficult. Nobody says, *Hey, in the midst of change, you're going to be uncomfortable.* Well, it's true because when you begin to break the same chemistry, you interrupt the chemical continuity of thinking and feeling. If you say, *Today, I'm no longer going to suffer. Today, I'm no longer going to feel sorry for myself. Today, I'm no longer going to be making excuses or blaming anybody,* and you begin to stop the same thoughts and same actions, you're no longer making the same chemistry to the body. And the body begins to go in chaos. It begins to revolt because it's been conditioned for 10 or 20 years.

And it begins to send signals back to the brain. And it sends signals both through the central nervous system and through the circulatory system. If we no longer think the same thoughts, make the same chemistry, the body now all of a sudden notices that it's no longer getting its habitual conditioning, the cells of the body get together and they begin to send a signal back up to the brain through the central nervous system. I call that the *fast track*. When the amount of chemistry is no longer being produced by the brain, a part of the brain called the hypothalamus turns on, and it's like the brain's thermostat. It notices that the chemistry for suffering is going down, and all of a sudden the thermostat begins to want to make more chemistry to bring everything back up to status quo again. I call that the *slow track*. Through the circulatory system and through the central nervous system, if the body has become the mind, it begins to send signals back to the brain, and those signals come in the form of what I call sub-vocalizations or chatter or voices that begin to tell us, *You can start tomorrow. You're unworthy. This is a good reason to suffer. This doesn't feel right.* The moment we begin to respond to those voices and we begin to accept those voices as true, we create the same chemistry that allows us to begin to act and think in predictable ways again.

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So most people don't change because when they start to make their changes and they notice that they're going from the "mind" being in one state and the "body" being in another state. In other words, they've lived for the same way for 20 years being unhappy, and now they're going to try to willfully become happy, but the body has been conditioned to another agenda. In the process of change, there's got to be a way to begin to teach the body *a new state* or recondition it with a new mind. That takes a certain amount of practice. Most people never change because first they know it's uncomfortable, and when they start to feel uncomfortable, even though the familiar may not serve them, in other words, *they're happy being unhappy*, as long as they continue to feel the same feelings or the feelings become interrupted, it's easier for them to go back to the familiar even if it doesn't serve them.

They've memorized the state and they move back to that same state of mind. What's the result of that? They make the same choices, they choose the same relationships, they have the same circumstances in their life, and they move back to that same chemical state again. ***So to change then, we have to understand that we have to begin to think and act in different ways, and we have to unlearn those old states and make ourselves aware of them, and then relearn a new state, and that takes a certain amount of practice.***

---End of Video---

See, they can identify the problems, but psychiatrists do not have the answers.

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It's really easy to see that you are *stuck in a rut*. But when these guys talk about will, they don't understand spirit. In order to take your mind out of your body, you have to reconnect it to the spirit. Because if you use a corrupted soul to give yourself a solution, it's no solution.

It's just a different set of circumstances that over time will become an opportunity for more drugs. Because in reality, they start using drugs as your willpower. And all that does is create an imbalance more severe in your body that requires more physical interruptions.

So, it requires a spiritual intervention from the Holy Spirit. So, when those voices start interrupting your change, you don't listen to them.

Jesus says, ***“My sheep hear My voice...”*** (read John 10:27)

So, when you recognize the voice of the Spirit, you won't pay attention to the voice of chaos that are in any change in people, because you will hear voices. You're physically out of balance when you start to make changes. And that's why it takes the Spirit of God to lead you. And you be comfortable with the trust that you have that He's leading you to those green pastures (see *Psalm 23*).

That's where real faith is released. It's when you can't see the outcome, but you're comfortable with the One that's taking you there.