

WHO REALLY AM I?

ROMANS 12:1

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

EPHESIANS 4:23

23 And be renewed in the spirit of your mind;

SPIRITUAL. ADOPTION_ JEFF. IN SUNDAY_ 56-0923

E-26 In order to stay with God, stay gentle. God is gentle. In order to stay with God, stay with love. God is love. Stay meek; stay self. . . Don't never be self-sufficient. Always rely upon Him. Never use your own mind. Take His thoughts.

Let His thoughts be your thoughts. And take them into your carnal mind and repeat them over, say, "O God, take all my doubt away and let my thoughts be Your thoughts. "And you sick people do that as we're speaking. Just take away, cast away the thought of sickness.

Take God's healing thought. Let them become your thoughts. Think upon these things, the Bible said, if there be any praise, if there be any virtue.

WHY_ BEAUMONT. TX WEDNESDAY_ 61-0125

E-94 I accept Thee as my Saviour, my only salvation. I need Your strength for my health. I cannot go forward without You. I now accept You as my Healer. I renounce the devil and all of his works. From this time henceforth, I will think positive.

I will believe every promise. The Scripture that says, "By His stripes I was healed," I now accept it. I believe it. It is mine.

I thank You, Lord. I will continue testifying of my healing until I'm perfectly well. " Now, now, hold still; keep your hands on one another now.

A. ABSOLUTE_ HOUSTON. TX MONDAY_ 63-0304

32 we must stop now looking at the--the negative side, and go to looking at the positive side.

WHY. CRY. SPEAK_ JEFF. IN V-2 N-26 SUNDAY_ 63-0714M

329 Knowing that we, by the grace of God, possess that within our bosom; with a consecration to Him this morning, that our lives shall change, from this day on, that we'll be more positive in our thinking.

We will try to live in such sweetness and humility, that, believing that what we ask God, God will give it to each other. And we will not speak evil against each other, or no man. We shall pray for our enemies and love them, do good to them that do bad to us.

God is the Judge of who is right and wrong. With the.

SELF TALK

Positive thinking: Reduce stress by eliminating negative self-talk Most people don't realize it, but as we go about our daily lives we are constantly thinking about and interpreting the situations we find ourselves in.

It's as though we have an internal voice inside our head that determines how we perceive every situation. Psychologists call this inner voice 'self-talk', and it includes our conscious thoughts as well as our unconscious assumptions or beliefs.

From our early childhood, we begin to develop self-talk or inner dialogue, which influences our behavior, and our responses to the behavior of others. It affects our beliefs about ourselves and consequently our capabilities.

It should not, therefore, be surprising that some self-talk can induce a stress response, while more constructive self-talk can help to overcome it.

About Self-Talk

Self-talk, or inner dialogue, refers to the internal conversations we have. These may be very neutral – for example “Remember to get milk on the way home” – or can be quite judgemental – “You idiot! You’ll never be able to give a presentation without making a fool of yourself!”

Because our self-talk has been with us a long time, we may be barely aware of it, but, aware or not, it can have a huge impact on our behavior.

Much of our self-talk comes from parents or other significant authority figures from our childhood. It may also come from other influential figures as we have developed – teachers for example. Prolonged exposure to a dominant person –

a manager or work colleague, or a partner, may again contribute to our self-talk. Or sometimes, it may be that a statement made in a situation where we were highly susceptible due to deep concentration or high levels of emotion becomes lodged in our subconscious and becomes part of our inner dialogue.

Our self-talk may originate from some previous experience which has had a significant impact on us – a difficult relationship, an unsuccessful work experience, an acute embarrassment. One function of our self-talk may be to help us avoid the same pain or embarrassment again.

Thus, we may tell ourselves not to get involved in a relationship – we’ll only be let down. Or not to apply for promotion – we’ll be out of our depth. Or not to be outgoing socially – we’ll make a fool of ourselves.

These instructions may run counter to what we consciously want for ourselves, and the conflict which can result from our acting against them may in itself lead to increased stress.

FAITH. WITHOUT. WORKS. IS. DEAD_ CLEVELAND. OH TUESDAY_ 50-0822
E-58 this lady setting here with this blue dress on, setting right here. . . Isn't there something wrong with you, right here on the end of this seat? Isn't that. . . Now, I can't make this part exactly, but I. . .

Isn't there something wrong in the bowel system, colon trouble? Is that right, sister? If it is, raise your hand up. All right. Do you believe me now? All right. Don't never think about that no more. Go on home. Eat what you want to, and be blessed.

I believe the lady lost. . . Somebody lost a goiter, just then. I believe it's that third lady setting there. Did you have a goiter, sister? Is that right? Well, it left you.

THE. UNCONDITIONAL. COVENANT. THAT. GOD. MADE. WITH. HIS. PEOPLE_
PHOENIX. AZ SATURDAY_ 54-0306

E-73 Someone say, "Well, I--I'm just not worthy. I guess maybe I've done this. " Get that out of your mind. Sure you're not, and you'll never be; but Jesus is, and He's the One Who give it to you.

He's the One Who paid the price. He. . . "Whosoever will, let him come and drink freely from the fountains of the water of Life. " Life. God bless you.

YE. MUST. BE. BORN. AGAIN_ GREENVILLE. SC THURSDAY_ 58-0619B
E-38 Because that we keep our mind on the church and on this organization, on this group, and this woman, and that man. Take your mind off of them; they'll fail. Put your mind on Christ, on His Word, then it can't fail.

Let Him be your Example, not no man.

YE. MUST. BE. BORN. AGAIN_ GREENVILLE. SC THURSDAY_ 58-0619B

E-39 Lot of times these people passing through the country, called Divine healers, people get--take them for an example. You better get your mind off of them. That's right. You keep your mind on Christ; He's the one to keep your mind on, not on your pastor.

Love your pastor and respect him; he's a honorable man, a man of God, truly. But keep your mind on Christ and your affection set on Christ. Just respect him as what he is, as a reverend, because he represents God to you.

TESTED. FAITH. PRODUCES. GOODS_ BANGOR. ME SUNDAY_ 58-0518
E-10 God doesn't heal you upon the merits of your salvation; He heals you upon the merits of your faith. You must believe Him. Because the Christian sometimes thinks that God owes it to them, that "I'm a good person; I've done so and so. "

When you get that in your mind, you'll never get anything from God till you get it out of your mind. You owe God, not God owing you.

JESUS. AT. THE. DOOR_ NEW. HAVEN. CT THURSDAY_ 58-0529
E-39 Now, you say, "I go to church, Lord. I've accepted You as my Saviour. But I believe that the days of miracles is past. " How can God work in a heart like that? You got your mind made up. You're going to do what you want to do. God can't tell you nothing.

Then if He can't do that, how can He give you faith? Why don't you just let Him stand in the door? And every word that He says in the Scripture, you say "Amen" to it, and accept it. That's what takes place when Jesus stands in the door of faith.

COME. FOLLOW. ME_ TUCSON. AZ SATURDAY_ 63-0601
45 You make yourself when you're young. You set your ambitions to what you want to do, and what you're trying to achieve in life. You think of it. And as you think, of course,

your mind, it's presented into your mind by an unknown something that--that dominates your mind.

And then when it becomes in your mind, then you speak it, that you're going to do it. And then your ambitions drive you to it.

THE. INSIDE. MAN_ CHICAGO. IL SATURDAY_ 53-1212

E-19 Would you. Do you ever think that inside of our body is another man? Did you know that, that there's another man inside of our body?

It works from an intelligent here that the mind subconsciously. . . Just maybe if I'd happen to think to reach over here; I don't have to think about it. It just look like. Now, there's where faith lays.

THE. INSIDE. MAN_ CHICAGO. IL SATURDAY_ 53-1212

E-20 There is a--a conscious and a subconscious. It's just like a--a. . . If we start overseas and by ship. . . And there's a man setting up here; he's the one who gives the--the orders. The man goes down in the ship to run the ship down here, well,

he don't see where he's going, but he just takes orders from up above. Well now, he--he says, "Steer to the left or to the right or give this engine more and that," or whatever it is. He just works by orders.

But way down in the midst of us, here in our heart, is the subconscious, and it takes orders from up here.

THE. INSIDE. MAN_ CHICAGO. IL SATURDAY_ 53-1212

E-21 Now, up here, this conscious comes up to the platform, "Brother Branham, praise the Lord, I have faith. " But right down there in that other little conscious said, "Now, you know you haven't. " See?

Well now, if you can get this one and that one in harmony with that one, that--that, you see, it. . . This one's saying, "Yes. " all the time. This one's saying, "Yes. " But way down in there

there's something that little fellow just. See? It just. . . You want to make it.

You want to say, yes, but it just down there that little shadow that makes you. . . And to help. . . Don't deal with this little fellow down here very much. Well, you'll find out he just kindly does the ruling. You see? So, if this fellow. . . After all, he's the one who drives the ship.

See? He's the one who does the steering. This one might say a lot, but this is the guy that does the work down here. See, see? So this one right here say, "Oh, yes. I believe that. Oh, sure I do. "

Well, if that--if--if that's right, this is the going to. . . this and this agrees with that then we've got it. See? And then it'll--it'll have to work.

THE. INSIDE. MAN_ CHICAGO. IL SATURDAY_ 53-1212

E-22 But until that does it, well, it just won't work. That's all, because you got orders going this way, and this one going this way, and they're just pulling your ship one way and you don't get out of harbor. You see? You're still out here.

And so, we just got to get those fellows to agreeing and saying, "God is right. " This says, "God is right. " This says, "God is right. " Then we move forward. You see? We got orders, everything. There's nothing in your way. There's nothing to make you doubt it, all the symptoms you could have.

You might go back to the hospital in the morning. They'd say, "Well, your arm is still stiff. Your cancer's still there. It's. . . " That wouldn't have one speck of. . . That wouldn't faze you a bit. See? If that, this, and this is agreed. See? That's right. Faith does anything.

THE. INSIDE. MAN_ CHICAGO. IL SATURDAY_ 53-1212

E-29 Why, Jesus said, "Have faith in God. " Is that right? "For verily, verily I say unto you, if you (not if I), if you shall say unto this mountain, 'Be moved' and don't doubt it, it'll obey you. " It'd have to. It'd have to do just what you say, if you didn't doubt it.

Now, you believe it up here. Now, let's get this subconscious believing it too. And when the subconscious and this conscious in harmony with God, then it'll happen. . . .

Dr. Joseph Murphy 1898-1981 states in *The Power of Your Subconscious Mind*, "The conscious mind is like the captain at the bridge of a ship. He directs the ship and signals orders to men in the engine room.

The men in the engine room do not know where they are going; they follow orders. They would go on the rocks if the man on the bridge issued faulty or wrong instructions. "

If you are constantly telling your Self (subconscious mind) that you're fat, no matter how many diets your have tried, they won't work. You have programmed your subconscious mind to tell your body you are fat and your body will obey.

The words "the power of positive thinking" is not just a catchy phrase. It has a significant truth to it. Thoughts are energy and energy can be changed into matter. So what you think has the power to materialize. The more you think about a thing, the more power you are giving to it.

The good news is you have the power to willfully reprogram your thoughts, beliefs and habits. It takes effort and persistence. Pay attention to the thoughts that run through your mind. Are they mostly negative or positive? When you look at situations, what do you see? Do you see impossible odds or a positive outcome?

Mind has the power to shape what has been programmed from the conscious mind to the subconscious. The subconscious mind shapes our thoughts into reality.

JAIRUS. AND. DIVINE. HEALING_ WOOD. RIVER. IL TUESDAY_ 54-0216
E-7 Well now, many people has hope and calls it faith. But now, when God says a certain thing, and you say a certain, the same thing, and down here it says the same thing, something going to happen (You see?), when it gets all together.

But then, the ship will move. The load will move. But you've got to be in perfectly and harmony with the Will of God, the Word of God. Your subconscious, your real--your first conscious with the Spirit of God, all that moving together, and everything just clears the way, and you move out. You've got to do that.

EXPECTATION_ PHOENIX. AZ SUNDAY_ 54-0228A
E-42. Now, you say, "I've got faith. " The first thing, you have to have a base for faith. That's God's Word. Well then, the man goes to school and he learns theology. He reads It, said, "God said so. " "Yes, I believe that. " He believes it here in his mind. See?

But he's got a subconscious also. And that subconscious disagrees with this. Because when he starts to do it, he's a little bit scared it won't happen, and it won't. That's right.

EXPECTATION_ PHOENIX. AZ SUNDAY_ 54-0228A
E-43 Like the man crossing the--the sea. The man goes across the sea. The real man that drives the ship, he never sees where he's going. He's down in the bowels of the ship. He's the engineer.

The man setting up here on deck, he takes. . . gives him orders from the man up in the crow nest. He says now. He will send down word, "Two knots to the left. " Now, the man down here, he don't see where he's going; it's just the engine.

Well, what if he would give it two knots to the right? Or what if he just wouldn't give it at all? The man up here says, "Go forward," and he puts it in reverse. It goes backward. They'll never get out of the harbor.

EXPECTATION_ PHOENIX. AZ SUNDAY_ 54-0228A

E-44 when the man up in the crow nest says, "Straight ahead. " The man on the deck says, "Straight ahead. " This man down here in the bottom says, "Straight ahead. " She's going to move.

When God says, "By His stripes you were healed. " The man receives in his heart, says, "By His stripes we are healed. " The subconscious acts back, "By His stripes we were healed. " Look out. Something's going to take place. You're going forward. Nothing can stop it then. You're in full harmony.

And not a wave, I don't care what kind of waves would come, it'd never be contrary to your faith. You'd just move right on through. That's right.

See, but you've got to make everything in agreement with God's Word. Then we move on, when we got it all lined up and in agreement.

Then if he'd say, "Well, that case is too hard, this or that. " I know you try to believe up here, but this down here, you got a little fra--you're a little scared about it.

EXPECTATION_ PHOENIX. AZ SUNDAY_ 54-0228A

E-45 Like I was telling a lady this morning, when you go to fry your meat for breakfast, and a big bunch of grease pops up on your hand, the first thing you. . . just scares you to death. You grab your hand and "Where is the Unguentine?" just as quick as you can.

That's the reason it burns you. That's what makes. . . The scare is what. . . I can prove that. It's the scare that burns you. You got the Holy Ghost, it's operating in your body. Well, when that old snake grabbed a hold of Paul's hand, there was not a bit of scare.

He looked at it like that, shook it off in the fire, and went on, and got some more sticks. It didn't scare him. See, if you're not

scared. Jesus said, "Why did you fear?" Peter come walking on the water, doing fine until he seen the waves were contrary, then he got scared and begin to sink.

Jesus come, picked him up, said, "Why did you fear, oh ye of little faith?" Fear, you're scared it won't happen. Don't have one bit of fear; move forward. God said so; that settles it.

An iceberg can serve as a useful metaphor to understand the unconscious mind, its relationship to the conscious mind and how the two parts of our mind can better work together. As an iceberg floats in the water, the huge mass of it remains below the surface.

Only a small percentage of the whole iceberg is visible above the surface. In this way, the iceberg is like the mind. The conscious mind is what we notice above the surface while the unconscious mind, the largest and most powerful part, remains unseen below the surface.

The unconscious mind holds all awareness that is not presently in the conscious mind. All memories, feelings and thoughts that are out of conscious awareness are by definition 'unconscious. '

Your unconscious mind is running your life!

A new perspective of why we are the way we are has been introduced by some cutting edge molecular biologists. Foremost among them is former professor of medicine at Stanford University, Dr. Bruce Lipton.

He says the new science of epigenetics has shown that our genes are in fact controlled and manipulated by how our minds perceive and interpret our environment. It was formerly believed by science that it is our genes themselves which dictate our traits – that our genes form who and how we are.

The new findings are great news because it means that we can change many things about the way we are, including our health, by changing how we interpret events and situations which happen to us.

For example Dr Lipton shows that if we interpret things in a positive way,

we start living healthier and better quality lives, regardless of the genetic makeup we started with. A new attitude, positive or negative, sends new messages to the cells in our body and can actually reprogram their health and behavior. It can even change cellular structure, turning diseased cells into healthy cells.

This new science does away with the old scientific tradition, based on Newtonian physics, that the body is just a mechanical device, and actually acknowledges that mind and spirit also play a role in who we are. Dr. Lipton explains that there are two separate minds that create what he calls the body's controlling voice.

There is a conscious mind that can think freely and create new ideas 'out of the box'. Then there is the subconscious mind, which is basically a super computer loaded with a database of programmed behaviors, most of which we acquired before we reached the age of six.

The subconscious mind cannot move outside its fixed programs – it automatically reacts to situations with its previously stored behavior responses. And it works without the knowledge or control of the conscious mind. This is why we are generally unaware of our behavior,

in fact most of the time we are not even aware that we are acting unconsciously. Studies from as far back as the seventies show that our brains begin to prepare for action just over a third of a second before we consciously decide to act.

In other words, even when we 'think' we are conscious, it is our unconscious mind which is actually making our decisions for us.

And it seems the unconscious mind is running us on its automatic pilot mode, 95% of the time!

Neuroscientists have shown that the conscious mind provides 5% or less of our cognitive (conscious) activity during the day – and 5% they say is for the more aware people, many people operate at just 1% consciousness. Dr. Lipton also says that the unconscious mind operates at 40 million bits of data per second,

whereas the conscious mind processes at only 40 bits per second. So the unconscious mind is MUCH more powerful than the conscious mind, and it is the unconscious mind which shapes how we live our life.

The scientists show that most of our decisions, actions, emotions and behavior depend on the 95% of brain activity that is beyond our conscious awareness, which means that 95 – 99% of our life comes from the programming in our subconscious mind. So, our life reflects our unconscious programming.

This is because the job of the subconscious is to create reality out of its program. So if you have negative programming in your unconscious, Dr Lipton says 95% of the time you will recreate those negative experiences in your life.

And as those of us who have ever taken the time to check out our unconscious thoughts know, most of the programs our unconscious mind runs are based in negativity – for example fear of what other people are thinking about us, fear of not being loved and respected as we are, etc.

So. how to get out of this endless cycle of old programs and start to be more in the conscious mind? Because of the power of the unconscious mind (one million times more powerful than the conscious mind),

and the amount of time it is running us (95 – 99%), Lipton says it takes a lot more than positive thinking to get out of it.

Because as soon as you forget to be conscious, the unconscious is back in charge again.

Your conscious mind is the part of your mind that deals with reason and logic. It is the director of your subconscious mind, which is the part of your mind that deals with energy and creation. Your conscious mind is the logical mind that functions with logic.

You think with the conscious mind and it is the programmer of the subconscious mind, which is the creative mind that carries out the program. Convince your logical mind so that it will send the right instructions to your creative mind.