



## Are we making ourselves sick?

by David Franklin Farkas

Interesting how messages from Spirit show up.

I receive a wonderful daily email called A Word A Day ([www.WordSmith.org](http://www.WordSmith.org)) Each missive is not unlike a dictionary notation, with an interesting or unusual word, and it's meaning, plus a pithy quote.

Last week one of the words was 'Nocebo.' The nocebo effect is the opposite of the placebo effect. It is defined as 'a substance producing harmful effects in someone because it is believed to be harmful, but which in reality is harmless.'

You are, undoubtedly familiar with the Placebo effect in which, someone is given a pill or treatment that has no medical effect but the patient gets well anyway. The suggestion that the pill will help them activates the body's healing capabilities and they heal themselves.

The Nocebo effect is activated when a person is given an inert pill and told, for example, that it will have a certain side effect. Then the patient then gets that symptom. Whoa! The suggestion that something will harm you causes your mind to create the harm that was suggested?

Modern medicine postulates that genetics, biochemistry, viruses and bacteria are the typical 'causes' of disease. The usual intervention is chemical or surgical manipulation of biology to counter the effects of whatever is believed to be attacking the body.

The idea that the mind can change biology is hard to reconcile with that perspective. But, as Shakespeare said, 'There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.' There is more and more hard science confirming the mind / body connection. But how powerful is it? I could quote studies, but you can Google 'Nocebo Effect' and find tons of medical information. I'm more interested in the metaphysical implications.

***Essentially, if you believe something will harm you, it does.***

So every time you say something denigrating about yourself your body accepts your words as true. Every time you tell yourself 'this is terrible for me' or 'I know I shouldn't be doing this,' your body quickly or slowly makes you right!

This raises interesting questions about medicine.

***Is the data quoted in medical studies representative of the outcome of a treatment or disease or does it demonstrate how people make the expected outcome happen by accepting the doctor's prognosis?***

A friend of mine had a rare form of leukemia. Her immune system had crashed so badly that she had a test profile similar to that of an advanced Aids patient. She had been an elite athlete in several sports, including extreme running... 75 and 100 mile races up mountains.

During and after her pregnancy she 'knew' something was wrong but the doctors did not believe her... until her immune system collapsed. The doctors quickly exhausted their arsenal of interventions and had 'the talk' with her. They told her to go home to put her affairs in order and that she could expect to live just a few more weeks.

She laughed at them.

Then she threw them out of her hospital room where, she was propped up in bed within an isolation bubble. She told them, 'You're telling me you have no answers. Fine, you're fired.'

She had not given birth to a child to leave it motherless. She trusted her body and her relationship to it. She trusted her relationship to Spirit and that her clarity and will to live would attract a solution. She bet her life on it. She was referred to a nutritional scientist who ran tests, identified the imbalances in her biochemistry and treated her with mega doses of supplements.

It has been well over a dozen years since she told off those doctors and decided to live. She refused the nocebo effect. She said no to their death sentence. Most patients are more cooperative.

Every time someone plays Chicken Little and tells you the sky is falling, it's falling on you and it's going to fall on you any second, they are activating the nocebo effect. How many sources of fear are encroaching on your thoughts every day?

***As you believe, so shall it be. What you focus on expands. What you resist persists. Like attracts like. Your thoughts and beliefs create what you believe to be true. How far does this go?***

During the Holocaust Nazi scientists, as part of their horrific experiments, tried killing people just by convincing them they were dying. They confirmed that, if a person believed they had been cut and were bleeding to death, they would die, even though not a thing had happened to their physical bodies.

What are you being told to be afraid of today? Terrorists? Global Warming? Recession? Obesity? Acne? Bad breath? Cellulite? The list is endless. As astrologer Rob Brezsny says, *'The world is composed of rival bands of hypnotists.'*

What are these instilled fears doing to you? The truth is that in most cases there is no actual danger to you in the present moment. There is a story saying there is the possibility of danger somehow, somewhere, somewhen. But without any present danger, the story activates a powerful placebo effect on your thoughts, beliefs, emotions, actions (or inactions) and health.

***You get what you focus on repeatedly with emotion.***

That means you get what you fear, what you complain about, and what you worry about. You not only attract it as a projection into events in your daily life but you also create its reflection within your body as changes in your mental and physical health.

You can refuse those fear thoughts and beliefs and focus on what you want. You can refuse by avoiding TV News, scary movies and scary TV programs. Perhaps you might start a news fast. You can find out what you need to know without feeding yourself a steady diet of mental toxic waste.

Let's look at another example. How often do you sit down to eat and announce how 'bad' something is for you?

Perhaps you don't like drinking tap water at restaurants. So many things to worry about. Traces of toxic chemicals? Fluoride? You name it. While all that is 'true' you are going to drink it anyway, right? Let's see what happens.

The work of Dr. Masaru Imoto, on the effect of thoughts, words and images on the crystalline structure of water was highlighted in the movie 'What the Bleep Do We Know.' He has scientifically confirmed that thoughts, images, song lyrics, music and words literally change water.

When you say drinking the water is bad for you, the water changes, in that moment, into something that can be bad for you. In addition, you are simultaneously activating the nocebo effect which causes your body to respond as if the water is unhealthy for you. A double whammie!

If you praised, thanked and sent love to the water you would create what you really want... enjoyment and a healthier body. Some folks can actually change the taste of water by sending it healing energy.

Perhaps that is the reason for the tradition of blessing food. It is not primarily to bring forth a supernatural intervention from elsewhere. It is the application of your own belief and the power of your words which makes the food good for you. We spread love, gratitude and appreciation which will, of itself, make the food healthier for us to eat and initiate the placebo effect so that our bodies create health from it.

***Perhaps we are not WHAT we eat. More accurately we are what we BELIEVE about what we eat.***

You cannot banish darkness by fighting or arguing with it. You banish darkness by turning on a light. You cannot banish fear by resisting it. You can only banish fear by filling the situation with *love*, and its sisters' *gratitude* and *appreciation*.

***Thoughts of fear activate the nocebo effect. Love, trust and appreciation activate the placebo effect. Now you know. Now you can choose.***

I'm not saying you can do stupid things to your body and get away with it... although we all do know people who thrive on little more than the belief that 'it will all be fine.' I am saying that we each have the awesome power to be our own best friend or our own worst enemy, right down to the cellular level.

My friend, the motivational speaker and juggler Rob Peck, says, "*You don't have to believe in magic. The magic is in believing. Believe in the loving positive outcome you desire.*"

It will do your body good.

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**David Franklin Farkas**, intuitive, spiritual healer, master technician of the sacred and quantum mechanic, provides spiritual clearing for buildings, places, people and businesses. For more about these services see [www.HouseHealing.com](http://www.HouseHealing.com)

### **Who cares?**

- His clients who had buildings that would not sell before he cleared them.
- His clients whose businesses are now growing.
- His clients whose kids can now sleep well because the 'monsters' are gone.
- His clients whose mental and physical complaints are now somehow much improved, thank you.
- Oh... you get the idea.

David is also a lively and effective speaker and trainer and is available to in person or by teleseminar. His signature talk is **'Everything You Know About Ghosts is Dead Wrong.'** He also talks about *'Stigmatized Real Estate'* and the secrets behind *'The Secret.'*

His work is highlighted in the book *'Rising to the Top'* along with Jim Rohn, Les Brown and other leaders in the field of personal growth. He is presently working on two books: **'Free Will Isn't Exactly Free'** and **'The Three Sacred Gifts.'**