

JOSEPH MURPHY

*Change Your  
Thoughts,  
Change Your  
Life*

We hope you enjoy this sample of *Change Your Thoughts, Change Your Life* by Joseph Murphy.

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There was a man who was blaming heredity and diet for his colitis (a chronic digestive disease). I told him about the late Dr. Flanders Dunbar, a medical doctor, psychiatrist and a great authority in psychosomatic medicine. Dr. Dunbar also held degrees in religion which she completed because she had discovered that many people became sick due to false religious beliefs.

I pointed out to this man that Dr. Dunbar said that a number of colitis cases in New York hospitals were due to the fact that the men were tied to their mothers. They had never been away from their mothers for more than thirty days in their whole lives. None of these men was married and the onset of their colitis was associated with a

conflict between the mother tie and the desire for marriage.

This man had a similar conflict, plus a deep seated resentment towards his mother. She seemed to criticize and find fault with every girl he brought to their house as a prospective bride. His colitis had nothing to do with heredity and nothing to do with diet. I found that he was deeply in love with a spiritually minded young woman but hesitated to marry her lest he offend and disturb his mother.

His eventual solution was simple, he came to a decision to marry. He bought a home for his bride. He broke the umbilical cord once and for all. He radiated love and goodwill to his mother and wished for her all the blessings of heaven. He informed her that his wife now came first in his life.

His ulcerated colitis cleared up miraculously in a few weeks. He had been deceiving himself for several years, failing to see that the cause of his sickness was purely emotional and was due to the poison pocket of resentment in the crevices of his soul. This man did not deliberately give himself colitis. His struggle came from the accumulation of his negative and destructive thinking.

The subconscious mind is the law. It arranges all the deposited thoughts into a complex pattern. These constantly fed subconscious patterns are not only the cause of all our ills but also the cause of all our successes and triumphant achievements.

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