



# DYNAMIC THOUGHT ---“Dynamic Care for Man As a Whole”

A publication designed to encourage and motivate your mind and spirit  
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## MY HEART IS GLAD AND MY TONGUE REJOICES

Last month we looked at the meaning of Vital Force and the significant interaction of Body-Mind-Spirit in the makeup of Man. Unless, we resolve the spiritual, the restoration of the body and mind would be limited. When we have physical problems, most of us think we can resolve it with over-the-counter medications or get help from the healthcare provider. But in many cases, problems come and go and even after multiple treatments show its ugly head as a skin psoriasis or sinus infection with no resolution. This unrest in the body creates distress in the mind and emotion.

It says in the book of Psalms 16:9 “My heart is glad and my tongue rejoices; and my body also will rest secure”. This song shared by King David is an important beginning point to enhancing our immune system. It says in Proverbs 17:22 “A cheerful heart is good medicine.” Countless scientific studies have shown that a glad or merry heart reduces the time spent in a hospital after a catastrophic event. Even cancers and chronic infections have shown to have less effect on the people’s health, when he or she has a glad heart.

Another important aspect about having a merry heart is that our tongue rejoices. How you communicate your thoughts and the tone used to state it, is an important part of having good health. It says in James 3:9-10 “With the tongue we praise our Lord and Father, and with it we curse men. Out of the same mouth comes praise and cursing.” So, having praise and positive words come out of our mouth are very important factors to experience renewal and recovery of body, mind and spirit. It is said, “A soothing tongue is a tree of life; and a gentle answer turns away wrath but a harsh word stirs up anger”. (Proverbs 15:1)

We see many individuals who come in with various problems that end up with harsh words that stir up anger and resentment leading to heart and gastric symptoms. Many of the cardiovascular illnesses and gastrointestinal diseases are caused by resentment, jealousy, anger, and frustrations with relationships, abandonment and compromises in dealing with missed opportunities. Some individuals feel undermined by their parents or abused by their brothers and sisters. What results is that our physiological pathways that regulate our vascular beds, including proteins, receptors, and 2<sup>nd</sup> messengers that are working with the endocrine and neuronal pathways, experience what I call a “frozen cell syndrome”, resulting in cellular sluggishness. This creates the environment for disease and external forces to attack the body, resulting in disease or unrest in the body and corruption of the spirit. Hahnemann, M.D., was one of first individuals to point out that more than disease, the root cause of illness was the heart. If we don’t experience inner joy and gladness in our heart and expressing it through our tongue, the body’s illness will continue to circulate in our system, eventually leading to degenerative disease.

In the final analysis, for the human body to experience rest and restoration, one must seek out a merry heart, intertwined with joy and gladness. Our knowledge of physiology helps us to understand the links between various symptoms we see in a person and to come to a more effective way of dealing with that person’s illness; and better understanding what happens to that person under treatment. The use of gentle pharmacology exemplified through homeopathic remedies offer the best opportunity to untie the negative emotion of anger, jealousy, and resentment toward reconnection of the positive emotion threaded in love, joy, and peace resulting in a better health for man as a whole.

Any information given in this document is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified practitioner or therapist.

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