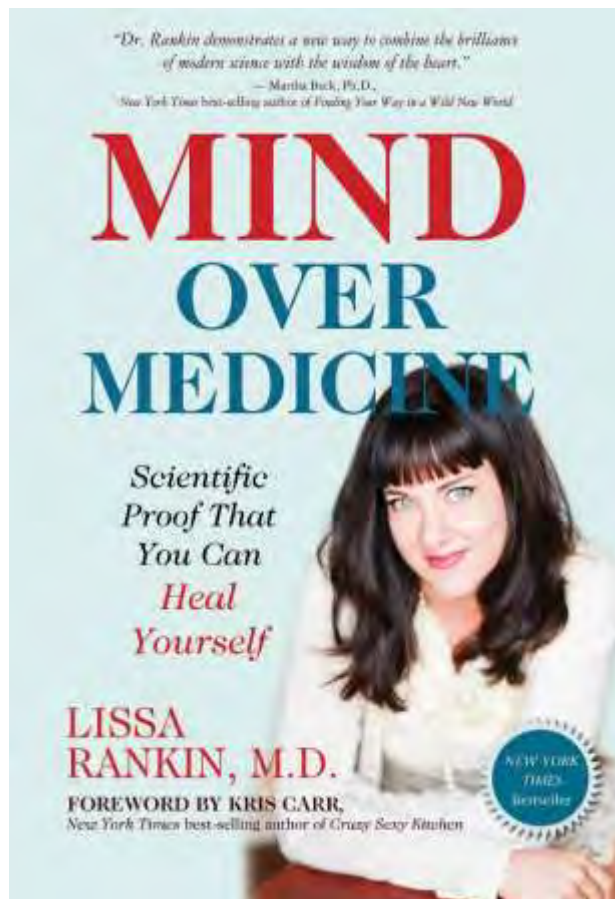


Think Yourself Well

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July 17, 2025



In 1987 Rev. Moon had a meeting with health professionals before opening a hospital. He saw the real impact in curing disease is from the spiritual factor. In other words, the mind. If a man becomes sick and choose to lives in nature, like in the mountains, and has a strong will and spirituality, he can live well there and overcome his sickness.

If you go to church then your mind is so happy that you forget you have an illness, that can be one of the best cures. Spirituality makes your spirit strong which gives vitality elements to your body!

In her book *Mind Over Medicine*, Lissa Rankin said:

Change your thoughts

Change your behaviors

Change your biochemistry.

Our mind can make us sick, and it can make us well. Our feelings and beliefs impact our every cell. See yourself happy, whole, and at ease.

Our thoughts hold more medicine than many of the

astonishing medical breakthroughs of our time.

Hope heals.

Happiness is preventative medicine. Whether or not we feel and express love affects our well-being.

Infants' material needs can be met, like being well fed, having appropriate clothing, etc., but if they are left alone in their crib, ignored, and not loved, they can die very quickly. That's why the school of love is the family.

My grandma Marie was dropped off at the orphanage in Lyon, I believe by her birth mother. Because I also believe her birth father could not, or decided not to, take responsibility for love.

My grandma found adoptive parents who loved her as their own daughter amidst many other children of their own. They restored hope and happiness in her, gave her a dowry when she married, and she became my beloved grandma.

The family is the school of love. The clan and tribe continue a loving community, and at church you find larger social networks.

Healthy relationships are medicine for the mind. Think yourself well!