

(Ask Dr. Goss...)
Change Your Mind, Change Your Life
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I want to change the way I eat to live a healthier, vegetarian life, but it is so difficult to change old habits.

Love is the highest point that can be achieved on this earth or anyplace else. It has been said that when you feel love, you feel it all over. Love is a finished product that can't be changed, altered, diluted, tampered with, shaped, or distorted. It is far beyond the highest point of man's imagination.

The beginning of understanding love is you. If you understand what I have been saying up to this point, and want to experience the depth of your own soul, then the following words will be of interest to you.

The greatest achievement that you can gain is that of loving yourself. Walk to the mirror and take a good look at yourself - a real good look - and say to that image in the mirror, "You need a change!"

Then ask yourself, "Is there anything about my body that I want to change for any reason?" If you see a need for change, then you are moving towards the first step to joy happiness, life and love.

Joy is found in the world of the living. This is the place in your mind that taps the fountain of youth inside you. Joy is the force that gives you that magnetic ability to cause people to come looking for the very thing that makes you tick. Joy in the heart of one person can make joy in the hearts of a multitude. Joy begins and ends with you.

Jealousy, however, is the most dangerous illusion upon the face of the earth. It concentrates all of its power in one spot - the center of the brain. If this illusion is held long enough, it will cause you to do some harm to someone else, or it could cause you to kill yourself. No one can beat you if you are doing what you do best, so be what you are. Be the best!

I have looked at the people of the world and watched their successes and their failures. I have seen their likes and dislikes, their hopes, fears, hate, love, anger, joy, jealousy, sickness, health, pain, smiles, frowns, doubts, bravery and compassion. But of all that I have seen, there is still that great mystery of the personal afflictions each individual puts upon his body. Almost everyone looks into a mirror, and right away begins to imagine what he wants to look like.

And this is done over and over and over...until one day, you give in to the ugliness you created. If it is hate, you take on the characteristics of hate, only to destroy yourself with the power of your own feelings.

To dislike something in you gives you the power to change it to what is likeable, This is positive and life is restored to the body. To dislike something in someone else has nothing to do with you, and is negative; it will drain the energy from your body. To hope for something is to get up and do something about it. For those who wait, they grow old and die.

Fear is the negative aspect of your learning program and can be alleviated by reprogramming your mind. I hate you because..., I hate you when..., I hate you if..., I hate you for..., I hate you until..., I hate you, I hate you, I hate you. This can become sickening, even to you.

It takes so much out of the human body to hate. Hate can cause the body to age more than anything the mind can conceive of. He who lives in anger will soon be the victim of his own mind. When you are angry because of what you see, it is because you are looking at yourself in what you see.

The next time you are in the presence of a large number of people, watch their movements and characteristics. Some are nervous, some are calm, some are joyous, and some are mean. Whatever the case may be, all the meat-eaters have something. They all have a strong animalistic instinct (to fight or kill).

Everything that proves itself to be Life is positive. Everything that receives or takes part, feeds or goes in the way of death is negative. Every illusion does not exist, but it is real to you if you created it. Your fantasies can be joy, and if you believe in yourself, they will become real. If you can feed the power of failure in yourself, that same power can be reversed and fed in the opposite way...and the result is success!

For those of you who insist on eating the things that make your body reject the health it could be enjoying because of what you think you read in the Bible, I would like to point out some overlooked facts that may cause you to end the torment in you body, restore your health, and live:

Genesis 1: 11, 12 -

“And God said, Let the earth bring forth grass, the Herb yielding seed, and the fruit tree yielding fruit after its kind, whose seed is in itself, upon the earth, and it was so. And the earth brought forth grass, and herb yielding seed after its kind, and the tree yielding fruit, whose seed was in itself, and God saw that it was good.”

Why was it necessary to create Herbs, Nuts, Seeds, and Fruits? Could it be because it was the life-giving food? The answer is...YES!

Genesis 1: 29,30 -

“And God said, Behold I have given you every Herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given green herb for meat.”

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