

Letter 122  
**The Return of "It"**  
2012-05-31

Dear Dan,

**Tuesday 2012-05-22, 9:30 PM.**

This morning I was at an office of a Psychologist (Ph.D.) who specializes in pain treatment. This was my third appointment in as many weeks.

It was four weeks ago that the Osteopath that I am seeing to treat my chronic pain problems referred me to the pain psychologist. At that appointment I had asked the Osteopath what he thought about my getting a shot of Demerol (or something) at a clinic periodically so that I could have a "pain free oasis" every so often. He thought for a moment and said that that was a "bad idea", then he thought for another moment and said; "but I have something better".

As we were walking to the front desk he asked the receptionist at the same time to give me a print out from Amazon.com about a book he was recommending I read, along with the business card of a Psychologist that specialized in pain. The Osteopath recommended that I read a book called Full Catastrophe Living by Jon Kabat-Zinn, Ph.D. I purchased both the audio and Kindle version of the book and begin to review it before my first appointment with the Pain Psychologist, which was on 12 May 2012.

As I begin to review the first few pages, it became immediately clear to me that this was a treatment plan based on (new-age) age-old mystic Zen-Buddhism.

In evaluating whether I should go ahead with the appointment, I was reminded of what I had previously written about the Lord working through earthly means, so I went ahead with the appointment.

In that first session with the Psychologist, I mentioned the book by Kabat-Zinn. He acknowledged his familiarity with it, after which I said to the Doctor; "Doctor, I need to tell you that I am a Basic Bible Believing Christian, and I disagree with about 98% of that book. I really do not agree with any sort of "New Age" treatment."

He responded by saying that he was Catholic and went to mass every week, and that he was from Texas, so he wasn't "New Age".

During this third session the Psychologist demonstrated to me how to perform muscle relaxation techniques. But as I observed and copied what he was doing, he used his voice to produce a rather slow, methodical chant, with words like;

"FLEX IT, HOLD IT, WATCH IT, ALL THE TENSIONS DRIFT AWAY...".

What was really telling was the unearthly emphasis he put on the word "IT". And the

contortions he made with his hands reminded me of the female dancers I have seen on TV that dance in Thailand in worship of (I guess) Buddha.

He would repeat this for each hand and foot. I was following along, in full Skeptic/Berean mode.

This process had the desired hypnotic effect, but not on me. He slipped into an altered state briefly, and began to “channel” an evil spirit. He did not seem to know this, but I could tell by the change in his voice, and the apparent command authority that the “mantra” phrase had produced while he was speaking.

When we were through, he asked me what I thought of that, and I replied that I thought it was weird. He then said that if he started to do anything I was uncomfortable with, to raise my hand, and he would try a different technique.

All this was after I had already explained to him in the first session that I disagreed with 98% of what I had read in the book (which I later told him I had revised upward to 100%).

At the end of the session, in just the last minute, the Lord spoke His Word through me, and I said:

“Everything I believe rests on this foundation; “In the beginning, God created the heavens and the earth... and God formed man out of the dust of the earth, and breathed into his nostrils the breathe of life, and man BECAME A LIVING SOUL, BECAME A LIVING SOUL.”

And then I said; “Soul, Psyche, it means the same. The Apostle Paul said that this (as I touched my arm, meaning the human body) is a tent, and that those in Christ will get a new tent at the resurrection”; “the Soul, or Personality, is the work product of the relationship that the spirit man has with its immediate surroundings. And the closest surrounding he has is with this tent, the body.”\*

“So”, I continued, “when developing a treatment program for me, you will need to take this into consideration”.

“It will take some time for me to wrap my head around that” he responded. Then for some reason I brought up that I knew the Scripture pretty well. The doctor replied by saying (again): “I’m Catholic, I go to mass every week”. “And I respect that”, I responded.

Afterward, when we were driving home, I looked at Gabe and said, “one of Ramtha’s”? “Yup”, he replied.

Why am I not surprised?

I have one more appointment scheduled. It will be my last.

**\*2012-05-27**

This concept I had already been thinking about for some time, even many years. As I review now what I have just written, I realize that the closest relationship the spirit man has is with himself, then his surroundings.

In the Kingdom of Life however, those who are born again do not worry about “self”, but are concerned with Loving our Father in Heaven, and then our Heavenly Family. “Behold, I stand at the door and knock. If any man open the door I will come in, and sup with him, and he with me”. Jesus of Nazareth

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**Jon Kabat-Zinn, Ph.D.  
versus  
The Holy Spirit  
By Romanus Theophilus**

Dr. KABAT-ZINN

“For this reason alone, its applicability to the human condition and to the rich potential of our minds and bodies for facing stress, pain, and illness with the deep wisdom that we are capable of as human beings is not likely to diminish with the passage of time.”  
*Kabat-Zinn, Jon (2009-07-20). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness (Kindle Locations 317-319). Random House, Inc.. Kindle Edition.*

SCRIPTURE

“Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are. Let no one deceive himself. If anyone among you seems to be wise in this age, let him become a fool that he may become wise. For the wisdom of this world is foolishness with God. For it is written, “He catches the wise in their own craftiness”; and again, “The Lord knows the thoughts of the wise, that they are futile.” “  
1st Corinthians 3:16-20

“The fear of the Lord is the beginning of wisdom; A good understanding have all those who do His commandments. His praise endures forever.”  
Psalm 111:10

SPEAKING OF Dr. KABAT-ZINN

“Jon is really a teacher of wholeness— a spiritual concept whose wisdom has recently been harvested in medical and psychological studies that speak persuasively to the healing power of connectedness that Jon discusses in Part Two of this book.”  
Kabat-Zinn, Jon (2009-07-20). Full Catastrophe Living: Using the Wisdom of Your Body and

Mind to Face Stress, Pain, and Illness (Kindle Locations 209-211). Random House, Inc..  
Kindle Edition.

SCRIPTURE

“Therefore let no one boast in men.”

The Apostle Paul

1st Corinthians 3:21

Dr. KABAT-ZINN

“More and more, mindfulness meditation has made its way into the mainstream of society during the past fifteen plus years. More and more people are adopting this simple route toward greater sanity and well-being for themselves. Mindfulness meditation is becoming increasingly a natural part of the American landscape, and it is in that atmosphere and spirit that I welcome you to this edition of Full Catastrophe Living.”

Kabat-Zinn, Jon (2009-07-20). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness (Kindle Locations 414-416). Random House, Inc..  
Kindle Edition.

“The SR& RP is based on rigorous and systematic training in mindfulness, a form of meditation originally developed in the Buddhist traditions of Asia.”

Kabat-Zinn, Jon (2009-07-20). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness (Kindle Locations 444-445). Random House, Inc..  
Kindle Edition.

SCRIPTURE

“For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect. See, I have told you beforehand.”

Jesus, The Son of God

Matthew 24:24-25

Blessings...

R.C. Theophilus