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“Believing is Seeing” (Part 1)

You have heard the saying “Seeing is Believing!” However, things work in just the opposite way - **“Believing is Seeing!”** The entire universe works according to the laws Physics, which means that everything that you can see is caused by something you cannot see. Everything is energy. Look at the objects that surround you and what seems to be *empty* space where there appears to be nothing. There is actually no such thing as nothing. There are numerous things in that space, but you cannot see them. You may be aware that there is oxygen, nitrogen, water, and various waves [radio, Bluetooth, infrared, ultraviolet, microwaves, etc.] present in a room, but we can’t see them. There is also unidentified energy that scientists call *dark energy*.

There are all sorts of things that we cannot see, like thoughts or feelings. However, if the universe is a manifestation of thought, and thoughts become things, then in some way thoughts have to be able to manifest into form and become visible. How does that happen? Consider the objects that surround you [furniture, devices, clothing, vehicles, houses, etc.] and ask how they came to be; they all began as *ideas*. Since the word *idea* is just another word for *thought*, a simple word substitution can make it easier to understand how a thought becomes a thing.

Think about your body - it’s a thing. How could your body arise from thought? Using the word *idea* as it relates to your body doesn’t really make sense. However, it is necessary to pick yet another word that also means thought to use instead. How about the words feelings and beliefs? These are other examples of thoughts. Your body is a representation of your feelings and beliefs that have manifested into physical form. But how does that work? Your body is like your computer and your phone. The parts of your computer and phone that you can see are called hardware. However, the hardware is controlled by the software that you cannot see. Everything you see in the body, including the brain, is hardware. Your hardware body, however is all controlled by your mind, which you cannot see. Many people, including doctors, still think that the mind and the brain are the same thing; but if they are, why do we have both *Psychiatrists* and *Neurologists*? Psychiatrists treat conditions of the mind and Neurologists treat conditions of the brain.

Your mind is invisible energy and it controls your body through your genes. The thoughts, feelings and beliefs in your mind are constantly talking to your genes. Your genes, in turn, make your cells *express* the thoughts, feeling and beliefs that your thoughts ask for through the release of all sorts of hormones and chemicals. So, if you feel frightened in your mind, your mind tells your genes to express fright. The genes then cause your cells to release adrenaline. The adrenaline in your body causes your

heart to race and your blood pressure to increase along with a variety of other reactions. Mind over matter is really the way things work. The energy of mind is invisible, but this is how what you can't see causes what you can see. As most people believe so much in what they see and refer to the visible as **reality**, there is little room for acknowledgement of that which they cannot see.

True reality is that which we cannot see. People are engaged in constant conversation about this subject, but the words themselves add to the confusion because of the use of different words that mean the same thing. We were all taught in early life about this invisible everlasting thing that created the universe. In our families and in religious institutions we called this **God**. However, when we went to school, the word for the invisible everlasting thing that created the universe was called **energy**. The people in our lives never explained how the universe was made or how it works. There is widespread use of both words and widespread misunderstanding that they are referring to the same invisible everlasting creator. When you speak the same language as another, there is the assumption that you are speaking about different things when you use different words.

When you think of yourself it is typical to think of your body. However, the **real you**, is not your body. The **real you**, is invisible. There is widespread use of different words that refer to the real you – your soul, spirit, subconscious mind, etc., and at that level we are all connected as one. The invisible spirit part of you says, "Your wish is my command" and grants you whatever you believe. Belief and faith are just different words for the same magic wand, that causes manifestation from the invisible into the visible. Your spirit causes you to make a body in the first place and your mind is controlling what is happening in it on an ongoing basis. The hardware/software analogy is just a simple way to think about how your body works. You know that there is more to you than can be seen.

When you have a belief about something that you don't want to be judged for, you simply keep that thought to yourself. My hope is that together we overcome our fears of judgment and share our collective energy to create a more beautiful, healthy and empowering YOU.

*In Good Health,
Maxine*

About Dr. Maxine J. Thomas, M.D.

Dr. Thomas has a private Wellness Medicine Practice in Greenville, Texas. Maxine began a revolutionary wellness practice in January 2018 which focuses on Wellness Education for her patients and community. Maxine is passionate about holistically understanding, managing, and educating people on how to best care for themselves. To learn more about Maxine, please visit www.drmaxinethomas.com or call (903) 450-9120 to schedule a consultation.

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