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Meditation and Prayer ***Different Words, Same Results***

Why do either? It does not matter whether your traditions taught you to do one or the other. It is important to understand that the purpose of both is to achieve *stillness*. Only in *stillness* can you block out the world and listen to your inner GPS.

The world is a noisy place, and everyone wants to control your thoughts. I mean **everyone!** You must understand that everyone has a unique life journey and their experiences, perceptions and beliefs are similarly unique. Therefore, their ideas about how one should be in the world will be dictated by their journey and what they have interpreted from those teachings. In stillness you can block everyone out and listen to the inner voice intended just for you. You can ask your own questions and receive answers just for you.

Many people never discover this inner voice and consequently they are perpetually asking “outer voices” for help about what to do and what to think. I discovered this inner voice accidentally in childhood. Realizing that no one knew what I was thinking was the most liberating idea of my life from the age of 5. It freed me from everyone - my parents, siblings, teachers, Sunday school teachers, and preachers. *“They don’t know what I’m thinking”! “It’s only me and GOD in here.”* I would chant internally.

As a child, most of the adults in my life seemed to feel entitled to boss me around. Yet, when you would ask them questions, they didn’t have answers. I knew that they, actually, didn’t know as much as they wanted me to believe that they knew. However, my *inner voice* provided me answers and it subsequently became a reliable resource in my life. Which is why it doesn’t really matter what others think, say or believe now. I know that other people’s lives are a manifestation of their beliefs, just as mine are. Even if others are listening to their own inner GPS, they are receiving answers unique to them and their questions. Answers will come in ways (e.g. words or images) that you can understand. For example, my image of a “fiber optic lamp” may mean nothing to

someone else. The image answered a specific question of mine. I had been thinking about meditation as a tool for *stress management* after discovering that stress is the “*cause*” of all disease. However, meditation was just a perfunctory act until my “AHA” that its real purpose is to block the physical world and to access this other realm.

A major source of conflict in the world is that people are using different words that mean the same thing. Substituting one word for another can drastically alter your understanding. People who didn't grow up using the work "*meditation*" often recoiled at the suggestion that they try it.

I now understand how *words* can trip us up. Both prayer and meditation are vehicles to block the outside world and to communicate with the *invisible* world. Whatever word you use, you are referring to the invisible realm. Most people know there is something that they cannot see causing things that they do see. GOD, energy, universe, etc., are some of the words I have heard in my life. However, if you call your spouse by a nickname and their parent calls them by what they named them, you are still trying to communicate with the same person using different names.

Substituting the word “belief” for “faith” is another example of how using one word for another can lead to confusion. Consider what you think that you can do, what you can be or what you can have, when you substitute the word faith for belief.

*In Good Health,
Maxine*

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

Dr. Thomas has a private Wellness Medicine Practice in Greenville, Texas. She became Certified in Functional Medicine because she understands we bring into the world, what we believe in. She is passionate about helping her patients understand how their bodies work. Her holistic approach to care modalities incorporates body, mind and spirit.

To learn more about Maxine, please visit www.drmaxinethomas.com or call (903) 450-9120 to schedule a consultation.

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