

# Your Beliefs Create Your Body

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**E**nergy creates your body. Though true, it's a fact that materialists—those who believe in material explanations for every phenomenon—vigorously dispute.

Materialists dismiss faith, energy healing, belief, and spirituality as “feel-good” practices that have no bearing on the “real world” of matter. They believe that material reality can be explained by the action of atoms, molecules, and the forces of mathematics, physics, and chemistry— independent of mind and consciousness.

One of the most famous of these was Sir Frances Crick. Along with James Watson (with whom Crick won the Nobel prize) and Rosalind Franklin (who received no credit for her part in the discovery—but that's another story), Crick co-discovered the double helix structure of the DNA molecule.

Crick believed in genetic determinism, the theory that “it's all in your genes.” He espoused the idea that all your characteristics from emotions to aspirations to mystical experiences are due to the action of your genes and nervous system. In his final book, Crick wrote: “‘You,’ your joys and your sorrows, your memories and your ambitions, your sense of identity and free will, are in fact no more than the behaviour of a vast assembly of nerve cells and their associated molecules” (Crick, 1994). In the materialist view, consciousness is no more than the result of a complex brain, an “epi-phenomenon” of matter.

Yet science shows that the materialist view is exactly backward. I summarize over 400 studies in my book *Mind to Matter: The Astonishing Science Behind How Your Brain Creates Material Reality*, and they show clearly that your beliefs, faith, and energy have a direct and measurable effect on your cells (Church, 2018). Your mind literally creates the matter of your body, from stem cells (which repair injured tissue) to telomeres (which influence how fast you age).

A large study illuminated that our beliefs influence our objective material health. A team led by Dr. Robert Gramling of the University

of Rochester surveyed the beliefs and psychological profiles of 2,816 adults aged 35 to 75. It then tracked them over the course of 15 years and measured the incidence of heart disease in the group. They found that people who *believed* they were at low risk of cardiac problems had a third the incidence of strokes and heart attacks (Gramling & Epstein, 2011).

Just one third! That's a dramatic difference. The effect persisted after the team controlled for variables such as cholesterol level, smoking, high blood pressure, and a family history of heart disease. The Rochester study showed that rather than your molecules determining your consciousness, as Crick believed, your consciousness determines your molecules.

When I hook people up to a machine that measures energy, such as an EEG, MRI, or heart rate variability monitor, we get a baseline reading of their energy field. When they think a positive thought, their brains and bodies respond immediately. When they're told to think a negative thought, an entire cascade of adverse physical events occurs. Consciousness affects energy and matter immediately.

A dramatic example of this comes from a recent study of the relationship between the quality of people's thoughts and the presence of beta and tau plaques in the brain, a signature of Alzheimer's disease. Using sophisticated scanners that can measure the buildup of plaques noninvasively, researchers compared participants with a family risk of Alzheimer's with people who had no family risk.

Over a four-year period, they found a link between repetitive negative thinking (RNT), cognitive decline, and plaques. Lead author Natalie Marchant wrote, “We found that higher levels of RNT were associated with more rapid decline in global cognition, immediate and delayed memory over a 48-month period. Further, RNT was associated with higher levels of tau in the entorhinal cortex (a region of early aggregation), and with global brain amyloid in two independent cohorts.”

Even more striking, the relationship scaled: the greater the degree of negative thinking, the greater the amount of Alzheimer's plaque deposited in the brains of participants (Marchant et al., 2020).

There are many other studies that link the types of negative rumination found in depression and anxiety to diseases ranging from heart disease to alcoholism (Trick et al., 2016).

We live in a material world. Our lives are rarely perfect. People are people and circumstances are circumstances. Yet belief provides a frame through which we see this material world, and this in turn changes the energy flow in our bodies. We can choose our beliefs. We can select positive frames and optimistic perspectives. We can elect to see material reality through rose-colored glasses.

As we shift our beliefs, the material world, starting with the bodies in which we live, changes measurably. Research shows that, with this shift, different genes turn on, while healthy hormones and neurotransmitters are synthesized by our cells. Unique groups of neurons fire. We produce all this biological activity with belief, thought, and mind.

It is worth examining every thought you think and every word you say—before you say it. Pick thoughts and words that frame reality in a positive

light. Infuse your material reality with your spiritual beliefs. When you do this, you deploy the immense power of your consciousness to change material reality, starting with the molecules of which your body is composed.

## References

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