



THE POWER OF LIFE AND DEATH

Is in Our Beliefs, Thoughts and Words

By Dr. Donna F. Smith

*What we believe determines what we think
What we think becomes what we believe.
What we believe determines what we speak.
Our beliefs then determine our decisions in life.
Our decisions determine our actions.*

Our actions create life or death in our lives, in others we effect and our universe.

DISCERNING WHICH BELIEFS TO KEEP OR LET GO

Discernment is the ability to evaluate each belief, thought and spoken word a person has to determine if it is true, whether true for just that person or true for human beings in general. If true just for the individual, that truth (belief, thought or word) must be evaluated as to whether it is useful, working against or does not apply to the person at this time or ever. Before speaking or taking action on our truths, we also have a responsibility to others to evaluate whether our individual truth will have any consequences (do harm) on another person or group of people. For example:

1. What we believe can be true because it applies to governing laws, such as spiritual, mental, emotional and physical laws. Thus, these truths apply to all humans.
2. Some beliefs may be true but are not personal to us, either in the moment or ever.
3. Some beliefs may not be true for the person, but accepted or learned from others.
4. Some beliefs may be true, but are just not true now. For example, a person can have a belief that they will be rich, though right now have only enough in their bank account to keep the account from closing.

Responsibility to Self and Others - Every person has a responsibility to oneself and others to not just believe, but to understand and adhere to all fixed laws (#1 above). By doing so each person can create a healthy, peaceful and fulfilling life for themselves and their actions will not harm or prevent others from doing the same.

Today, people create their own spiritual, mental, emotional and physical diseases by not understanding and developing a lifestyle that is in harmony with the governing laws and what they believe, think, speak and act upon can do harm to themselves and others. Spiritual, Mental, Emotional and Physical trauma, stress, false assumptions and erroneous beliefs in time adversely affect the physical health of the body and mind. Our beliefs, thoughts, words and actions can adversely affect the spiritual, mental, emotional and physical health of others, too.

Beliefs, that do not relate to the laws affecting all human beings, are individual to the person and as long as they “first do no harm” to the person or others, a person has a right to believe and act on any belief they have.



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Discernment ⇒ Making The Right Decision ⇒ Taking Right Action: After discernment (evaluation) and then making decisions about what “you” want to believe, think, and speak, comes taking action on the discerned decisions.

This article has been written to provide the steps (practical application) for this process from discernment to right decisions to right action. In respect to beliefs and desires (wants and needs) that a person does not currently possess, this article also provides the steps for the Law of Attraction to attract and attain them, whether they are spiritual, mental, emotional or physical.

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The power of life and death then lies in what we believe (think), speak and take action on. Our thoughts and what we speak to ourselves and others has the power to create and attract our heart's desires and the opposite. Our thoughts and the words we speak have the power of death – spiritual, mental, emotional and physical death. For example:

1. What we think about others can create a spiritual straight-jacket around the mind of others and be a road block to their ability to think clearly.
2. The words we speak to others or about others can create love and self-esteem in ourselves and others or it can kill the love and the self-esteem others have for themselves, such as destroy a child's self-esteem by the way he or she is repeatedly spoken to during their early year development.

Our thoughts and spoken words can also cause the death (or lack) of attracting what we desire. Our beliefs come from repetition thoughts and spoken words, accepting what we hear repeatedly as true, even if it is not true.

1. Some truths may be true for one generation and not true for future generations. For example, today the most effective way to advertise products and services is on the internet. This is called internet marketing. Whereas up to 10 years ago, it was paper advertisements, such as newspaper ads and the yellow pages in phone books, etc. Business owners, who are unable to integrate internet marketing because they are “stuck” in the old beliefs of paper advertisement only, will suffer financially.
2. There are truths that do not change and these are related to the laws that govern them, such as The Spiritual Law Of Grace, The Mental/Emotional Law regarding “What Emotions Are Communicating To Us”, and The Laws Of Biochemistry or Biology, etc.
 - a. In the advertisement example above, “Word of Mouth” is the most effective or destructive advertisement and it is unchanging as it relates to a Spiritual Law - Spoken Words are Creative – they can recreate good or bad. When one person tells another person of satisfactory or unsatisfactory results, this information gets repeated many times over.
3. There are truths that are individual, affecting only the person who has this belief.



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Our beliefs do have the power to create life and death in our individual life and others. In relationship to death, physically, it is often a slow death that subtracts from longevity and results in premature death; spiritually, mentally, and emotionally, unless each individual examines (evaluates) each belief, you will never understand, much less, be able to change current beliefs to create healthier, happier, peaceful and more prosperous life. Additionally, one may never know the harm or what we are still doing to others in our immediate circle of influence, and the adverse impact our words and actions are having on our community, nation, world and universe as a whole. Just like a small ripple of water can continue in motion until it has affected the entire ocean. We have no idea the ultimate effect we have by our words and actions on ourselves, others and what we create, attract or manifest into reality..

The Bible states that the power of life and death is in our words. This is because words are creative, they hold a creative energy force. God said, "Let there be light." Because He had no doubt that His words would create light, he spoke it once and light was created. Because humans are not often as confident as God, we often have to speak something into existence many times, until we have finally our faith and the words we speak have become one. In other spoken without any doubt.

Therefore, the practical action steps in this article will demonstrate how to use the Power of your Words to create what you want to be, do and have in your life.

EVALUATING AND CHANGING BELIEFS

When evaluating our beliefs, thoughts and spoken words or when in the process of making the right decision for yourself, you begin by asking yourself questions. Questions access brain memory cells when you need information from your past and attract inspiration, new ideas, creativity when you need something now that you do not already possess. To help you accomplish either of these tasks, keep in mind "Who-What-When-Where-Why and How."

Use the steps for three purposes:

1. **To discern and evaluate** what you say, think and believe to determine their fundamental unchanging truth (laws) so you know which truths you must accept and adhere to whether you want to or not, because if you are resistant or rebellious, in time, you will create chaos, disharmony, illness and premature death for yourself.
2. **To determine** if what you say, think and believe (not related to laws) are truths that are useful and supportive to you now and no longer of use and destructive to yourself and others. Destruction to others is also destruction to oneself.
3. **To make the right decision for you.** This may or may not be right for others according to someone else's evaluation. However, when you are making decisions according to the Spiritual Development chart, doing what is right for yourself is also doing right for and by others.



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EVALUATION (OR DISCERNMENT) PROCESS

Discernment or the Evaluation Process is to become clear about and evaluate beliefs, thoughts, spoken words, phrases and sentences and/to make right decisions posing questions about them using who, what, when, where, why and how. For each belief, thought or spoken word/phrase, ask yourself each of these questions.

1. What Made Me Say (Think, Believe) that?
2. Do I think what I said, think or believe is that good, bad, right or wrong?
3. According to who is that true, good, right, bad or wrong? Me or Someone Else (Parent, Teacher, Religious Leader, Friend, Sibling, Employer, etc.)
4. What or who made me believe that? (What – an isolated or repetitive event, verbal or physically abusive or attack whether singular or repetitive)
5. When did I begin to believe, think or say that?
6. Where did I begin to believe, think or say that?
7. How do I know to believe, think or say that specifically?
8. Why DO I believe, think or say THAT?
9. How does this belief, thought or spoken word help or hinder me? or help or hinder others?
10. What consequences will I suffer or cause suffering for others if I continue to believe, think or say that?
11. Is there value in changing what I think, say or believe? In other words, what benefits for myself and others will I have if I stop believing, thinking and/or saying that?

As each question above is explored in regard to each thought, word, and belief you have, you are able to reveal the source of erroneous beliefs and thus change your beliefs. The source may be the media (newspapers, magazines, books, television, radio, internet, theatre, actors) or someone within your proximity that has influenced what you think – parents, teachers, preachers, club leaders, employer, co-workers, academic or business seminars, etc.)

The Domino-Effect or Like Begets Like:

- When you change your thoughts, you change your beliefs and vice versa.
- When you change your thoughts/beliefs, you change the words you speak.
- When you change beliefs-thoughts-words, you change your actions.
- Right actions create life and health. It means living a lifestyle in harmony with Spiritual, Mental, Emotional and Physical Laws (S/M/E/P).
- This must be done in all seven areas of your life – Spiritual, Mental, Emotional, Physical, Social, Family, Financial, and Career.
- This process also takes you to the next upper level of the Spiritual Development of the Human Being.
- Once you have accomplished the above in respect to every belief/thought you have, you continue to move up to the next level.
- When you have mastered consistent right beliefs, thoughts, words and actions on all previous levels, you arrive at the top, 7th Spiritual level. By “right” I mean done in the right way according to the dictates of S/M/E/P laws. This is when we have what is termed as the “Mind of Christ.” It



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is here that you have no doubts and you are able to use the steps in this article once and have instant manifestation.

The Bible states we are all created in the image of God, that what Jesus did we can do, that with the faith of a mustard seed, we can move mountains (which means we can control physical laws). Jesus did this in the boat with his disciples when he calmed the storm. We too can do all these things and more when we have attained the mind of Christ – when our mind thinks, believes and functions as Jesus did on earth.

The **Evaluation Process** is the first of the tools or exercises in this article that will assist you in accomplishing this divine goal of having the mind of Christ. When you are believing, thinking and speaking, i.e., congruently living 24/7 in the top 7th Spiritual Level of Development, you have the mind of Christ and you are able to do all things that Jesus did the first time and every time. You are also able to go beyond what Jesus showed us, by speaking once and manifesting into existence what has inspired you. Jesus was the way not the end. He was here to demonstrate, to give us confidence and show us how, so we could do above and beyond what he had time to show us during his brief stay on earth.

That being the ultimate goal of all humans, we evaluate our beliefs, thoughts, words, decisions and actions in each of the eight areas of our life and bring each area up to the next higher level, working one's way to the top level. Balance in all eight areas. Otherwise, a person may give all their attention to their work, and neglect their spiritual or physical lives. Others give all their time, energy and money to develop their family or spiritual life and neglect to develop their financial or career. Some areas overlap, such a family and career may overlap for the stay-at-home parent. Our goal is to become balanced and give proper attention to all of these areas to develop each of them according to the M/S/E/P laws and in the process develop the mind of Christ so you will know how to move forward with this creative power and energy for the good of all.

ATTRACTING THE RIGHT ANSWER

When bringing to light each belief, thought and spoken word, phrase and sentence through the **Evaluation Process**, i.e., going through the process of asking each of the 11 Questions above, if the answer does not come to mind immediately, continue to ask the question. The answer will come in due time as you repeat the question several times each day.

Do not give up on yourself, keep asking the question until the answer arrives. You must have faith and maintain an open mind with an anticipating heart that you will receive the answer. Think of a child anticipating, being open-minded and with an eager, receptive heart at Christmas Time. Doubts will block your ability to receive the answer. These are the principles of the **Law of Attraction**, whether you are attracting an answer, object (like a car), event or opportunity.



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MAKING DECISIONS

No matter what the decision to be made, whether it is to change one's beliefs or making a choice to do or not do something, follow these guidelines to make the right decisions.

1. Draw a line down the middle of a piece of paper.
2. At the top of Column #1, write "Pros" and at the top of Column #2, write "Cons."
3. List the "Pros" – the positive, favorable and useful reasons for taking action and list the "Cons" – the negative, less favorable or useful reasons for taking action.
4. To accurately evaluate the Pros and Cons, you must have the **same number of Pros and Cons**. Some people believe that the Pros should outweigh the Cons. However, this is not true. The Law of Cause and Effect states that for every action there is a reaction, every up has a down, every right has a left, so every Pro has a Con. You need balance to make the right decision.
5. Once you have equal numbers of Pros and Cons, review them for the quality and benefit of each.
 - a. If the Pros have more benefit, usefulness, etc., make that decision and take appropriate action.
 - b. If the Cons have more consequences, suffering, is not useful or helpful to you or others don't take action, do not make a decision to do what you were evaluating.
6. Then use the principles of the Law of Attraction (see steps below) to create anything related to your decisions that you do not currently possess. In other words, to help you attain or manifest what you want to be, do, or have in life.

All Decisions you make must be first Right for you and once you know what is right for you, then evaluate if it is also right for others before making any final decision about taking action (in word or deed). **In other words, by being right for you, your decision will do no harm to yourself or others. This means no spiritual harm, mental or emotional harm, not just no physical harm.**

If your decision is right for you, and it will not harm you or others, then it is truly the right decision to act upon, even if others think it is not right for you or them. **Others may have a hidden agenda, such as wanting you do something that benefits them, not you.** Because only God knows what is in the mind and hearts (motivations and intentions) of others, each of us has a responsibility to do only what is right for ourselves, making sure that our decisions do not harm ourselves and others in the process. By others, this means not harming another human being or any living thing. For examples:

1. **Animals and Insects** - Though we have a right to defend ourselves from man, beast and insects when we are being "directly" harmed, it is not right for us to seek out harming lower forms of living things or set up an environment that causes them to want to attack us.
 - a. We are here to protect lower forms, from animals to insects. Every living thing has its own unique and important purpose to be here on Earth, just as you do.
 - b. The toxic way people handle killing insects is also killing themselves and others. Chemicals in bug sprays are breathed in through their nose and absorbed through the skin of those using them, as well as travel through the air and affect others along the way. Today there are many toxic substances being used in homes, offices, factories and other work places. This is a slow premature death of self-poisoning.



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2. **Our Environment** - Our environment and all the living organisms and things in it and upon which all life is dependent – air, water, trees, plants, i.e, everything in the sky and on the earth.

The degree of environment toxicity in which each of us live in today is huge evidence that either our ancestors since the 1700's, which continues today, think of only themselves and do not evaluate their actions in relationship to "first do not harm to oneself and others" or there is a flaw in the evaluation system they have been using to make decisions that have long-term effects.

To stop this ongoing perpetuating cycle of premature self-, other- and planet-destruction, each of us must first stop harming ourselves and others whom are our responsibility. Then the collective actions of all individuals doing the same will in time change our current destructive course. Otherwise, nature will rebel and force this upon us. Actually, it is already doing this with melting icebergs, seasons shifting, depletion of ozone layers, etc.

Many people make decisions without giving thought to who, what, when, where, why or how they came to say, be, do or have what is currently in their minds, thoughts, beliefs, or have manifested in their lives, then suffer the consequences of cause and effect, wondering "How did this happen to me?"

A healthier approach is to:

1. Use the **Evaluation Process** steps to discern which beliefs, thoughts and spoken words require change,
2. Then follow the steps to **Making the Right Decisions** which will determine your actions.
3. Then use the **Law of Attraction** (steps below) to:
 - a. **Create permanent and lasting changes** in the belief, thought, words, decision and action.
 - b. **Create what you do not currently possess** - whether it is something you would love to be, do or have.

LAW OF ATTRACTION

To manifest, create, attain what you would love to be, do and have, follow these six steps.

1. **WRITE** your decision in an affirmative statement. For example:
 - a. **Be** – I evaluate my thoughts before I speak. Or I speak only words that encourage, uplift, instruct and advise. (By instruct, this means to provide instruction in how to do something or advice as to what I would do if in the same situation . **(Avoid giving unsolicited instruction and advice.)**)
 - b. **Do** – I eat only those foods that are right for my biochemistry (Eating Guidelines with your name.)
 - c. **Have** – I have all the money I want for myself and three family generations.
2. **SPEAK** - Take time each day when you are alone and in a quiet setting to **speak outloud your affirmative statement..**
 - a. Ideally, do this three times per day. More often speeds the process. For example:
 - i. upon rising



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- ii. before lunch
 - iii. before going to sleep at night,
 - b. When unable to do the ideal three times per day. Do this at least once or twice, for example upon rising and before sleep.
 - c. At each setting, repeat your affirmative statement no less than three times and up to 11 times. Those who have studied the Bible, knows that numbers have specific purposes. If unable to affirm the full eleven times, choose 3 or 7 times.
 - i. The number three is the number for completion.
 - ii. The number seven is the number for spiritual perfection, fulfilling a debt or completing a cycle.
 - iii. The number 11 represents spiritual attainment. .
3. **IMAGINE - When speaking, imagine what it will be like when you have manifested what you love (desire, want or need), i.e.,** to always think before you speak (Be), have all the money you would ever want or need (Have), see yourself eating only the foods on your Eating Guidelines (Do). **Imagine with lots of details – for example,**
 - a. **Be** – if having a challenge communicating with someone,
 - i. imagine yourself talking with that person (mother, father, sibling, friend, employer, etc.) – imagine just what you want to say and hear from the other person – imagine the outcome is understanding, acceptance and mutual respect. Or
 - ii. Imagine what you will say to either be honest that you do not want to hear gossip from a friend or imagine how you will divert the conversation or change the subject next time
 - b. **Do** – Regarding your Eating Guidelines (EG), imagine yourself going shopping and purchasing the foods on your EG list, bringing them home, putting them away, dicing and slicing the raw vegetables, and once your salad or meal is prepared, imagine its smell and taste, etc. The more details the faster you will manifest what you love.
 - c. **Have** – Imagine yourself with several savings accounts with the amount of money in each that would support you and your family for three generations in the standard of living you desire.
4. **ENERGY IN MOTION – E-MOTION.** As you speak and imagine, put creative energy into your thoughts and words - **feel strongly, with passion, the emotions** of what it will be like when this statement has manifested.
5. **ACTION** - By this time, you have learned in Dr. Smith's PEP Educational Series how each part of the brain works – the Conscious Mind, Sub-Conscious and Super-Conscious. **You can speed up the manifestation by adding action** when you are speaking, feeling the emotions and imagining each detail.

You can attract what you want to be, do and have by following steps #1-4 above. However, when you take actions steps, too, you are sending a stronger physical message to your sub-conscious and super-conscious minds that you are serious about what you are asking for, so serious that **by faith** you are taking action before you receive your request. Taking Action is putting your Imagination To Work. **The energy of the Spoken Word, the energy of Emotion, the energy of**



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Imagination and Energy of Action are very powerful when put together to manifest your affirmation statement for the decision or request you have made to be, do or have something.

- a. Using the Law of Attraction, a single person can attract the love of their life. Here is what two women did to attract their husbands:
 - i. One woman purchased bedroom slippers in the size for the man she wanted and put them next to her bedroom slippers before she went to sleep at night.
 - ii. Another woman, bought a full set of clothes and laid them across a chair in her bedroom so she saw them every day.
 - iii. Each imagined their husbands putting on the slippers, the clothes.
- b. Here is how you take action on the Be, Do and Have examples above.
 - i. **Be** – Get a blank book journal and write out the dialogue of how you want to speak to others. If you are challenged in communicating with a sibling, write down their name and list sentences representing how you want to speak to that sibling and vice versa.
 - ii. **Do** – Prepare menus, collect recipes, organize yourself, take action by preparing meals with the foods on your Eating Guidelines list. It is easy to eat healthy when your kitchen cabinets are stocked and refrigerator is ready with prepared healthy meals and no longer contains old toxic foods.
 - iii. **Have** – Make photocopies of a deposit slip from your saving account. Each day when doing steps #1-4 above, take one copy and write today's date and the amount of money you want to deposit, keep each one in a file until the day arrives when you actually complete a real deposit slip for that amount. Then staple your imaginary copy to the real deposit slip.

If this was a car you are wanting, to an internet search for an picture of the exact car you want, print and insert it into a notebook. Then when you are speaking your affirmation, look at the picture and imaging your driving it. On the weekends, go to auto dealer and take a test drive.

6. OPEN TO RECEIVE

The sixth step, when compared to Steps #1-#5, is the most challenging -- **staying open to receive** your affirmative statement. Not applying Step #6 is the primary reason why people do not receive what they affirm, ask for, what they want to attract into their life, even if they have accurately, persistently and faithfully executed each previous step.

- a. Some requests/decisions (i.e., affirmative statements) may manifest quickly.
- b. Others, however, require more time.

It is the amount of time between doing steps #1-#5 and receiving (#6) in present time that **requires faith and patience**. Keep in mind that more than likely you are not the only person in the Universe requesting your specific be, do, and have, so if you fail to stay open to receiving, someone else will receive what you requested because **energy set in motion** by word (speaking) with details clarified by thought (imagination), then fueled by emotion (appreciation and anticipation to receive) and deed (action) has to materialize, it cannot dissipate – this is a Law of Physics that energy does not die.



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So keep repeating Steps #1-#6 until you are what you would love to Be, Have what you would love to have and are Doing what you would love to do.

SUMMARY

First, use the **Evaluation Process** to discern which of your beliefs, thoughts and words you speak are and which are not serving or useful to you, and thus need to be changed or replaced.

Second, use the steps in **Making Decisions** to make right decisions for yourself. This may be to determine what the new belief, thought or words are to be or it may be to determine what you would love to be, do or have in your life that you do not currently possess. **The decisions you make must first be right for you and once that is determined, evaluate if it is also right for others – in other words, by being right for you, it will do no harm to others.**

Third, use the **Law of Attraction** to:

1. Reinforce and establish the new that you have chosen to replace the old beliefs, thoughts, words and actions until they become second nature, i.e., you no longer have the old belief, think the old thoughts or speak the old words, etc.
2. To create, to manifest, what you have decided is right for you, what you would love to be, do and have.