

America and the world are starving for a gospel that covers all bases *body, mind, spirit, mother's milk, mother earth, health, healing, organic wholeness etc.* Here is -

## **The Healthy Gospel of Jesus** *with a lesson from Babe Ruth*

- 1. WE FOLLOW JESUS TO HEALING** – Jesus healed the sick and recognized the power of **“fasting and prayer”** Matt 17:21. We recognize that and also the difference between healing and fixing. Fixing is a doctor suturing up a cut. Healing is the magical miracle power that works at cell level to form a scar and bind broken cells back together. That power works by mother nature/creation “all things were made by Him” John 1:3. *Only God has power to heal.* His power works well only if body chemistry is in near perfect balance (page 3). This is why we “fast” from processed and junk foods/drinks that mess up body chemistry and the holy “temple” 1Cor: 6:19. We also “fast” from weak and hurtful thoughts because life is more than chemistry. In short we fast from all things of lifestyle that weaken or sicken a body and all things of spirit that weaken or sicken a soul. The body is a *stepping stone up* consistent with **“Deny yourself”** Luke 9:23 and Paul “I bring my body into subjection” 1Cor 9:27. **Important lesson from the “Babe”:** cover the bases - body, mind, and spirit - for a homerun gospel *relevant to pain, suffering, and disease.* Jesus said **“Be merciful”**. Show mercy by honoring what is merciful - WHOLENESS. *Skip a base – no homeruns – bodies and souls suffer.*
- 2. WE FOLLOW JESUS TO WEALTH** – but not to “wealth” of bank accounts or things but to treasure that **“rust does not consume nor moth destroy”** Matt 6:20. We follow to a wealth of truth from scripture plus merciful acts of healing and love. We find treasure in the sun, moon, and stars “how great thou art”. We find treasure in *organic whole grains, whole foods, all things wholesome.* We find treasure in brothers and sisters and the wonders of creation from mother’s milk to mother earth. How all this reflects God’s eternal love is explained by Jesus in Matthew 5-6-7 and elsewhere in scripture.
- 3. WE FOLLOW JESUS TO MASTERY** – **“It is enough that the servant be as the Master”** Matt 10:25. This opens the door to the grand prize of “complete in Him” Col 2:10. We are not sitting around waiting for this. Like Paul we strive for and teach it now. We believe we are getting close when not much of anything others say or do upsets our apple carts. We are grounded in the constant - Christ - “the same yesterday, today, and forever”. **“He that persists to the end will be saved”** Matt 24:13. **“Be faithful unto death and I will give you the crown of life”** Rev. 2:10.

1-2-3 - a gospel that covers all the bases - thank you Jesus (over)

## The gospel that began with a dream from God

Following a business setback at age 40 in 1978 that wiped out 10 years of hard work my soul was asking God...what's going on here? I was led by the Spirit of God to read and study and think about the **words of Jesus**. This search for truth went on for several months. Finally one night I prayed to God to answer me just one question - **are the words of Jesus really as important as He said they were?** The following morning I received a dream from God in answer to my prayer. *Jim LeBeau*

*I awoke with my hands high above my head.* I just had the most wonderful dream. I was given a multiple choice problem to solve. At the top were the words MOTHER and BABY. Below were several choices that I was to choose from to go with those two words.

In my dream...in my mind...I searched for the right words to fit the puzzle. Suddenly like a bolt of lightning the answer was seared into my soul...MOTHER'S MILK. These were not my words. I did not find the answer. The answer was given to me.

*I awoke with my hands stretched high above my head.* I was in a state of ecstasy...bliss...a peace that far surpasses understanding...whatever you want to call it. After waking up I lay still for 10 or 15 minutes just enjoying the afterglow. I thought to myself...if heaven is like this it's wonderful! In 1978 I had two more dreams like this, each with its own message. Never before or since 1978 have I had a dream experience like this where I awoke with my hands stretched high above my head, in bliss and ecstasy.

Pondering my dream - several days went by. The accountant for my business who shared an office happened "by coincidence" to give me a copy of his church bulletin. I glanced through it...still thinking about my dream. Suddenly some words really grabbed my attention.

My heart took a leap. It was a quote from 1 Peter 2:2 - "*As newborn babies desire the sincere MILK OF THE WORD that you may grow thereby*".

Imagine how I felt reading scriptural confirmation of my dream - the **words of Jesus** as important as mother's milk to a baby! With my two girls I knew how important their mother's milk was to them. I had watched mother-infant bonding and the wonder of life working as God created it to work. If God wanted someone to pass on a message of healing and wholeness with a mother's milk connection He picked the right person. My soul still reverberates from that dream, but what to do about it?

Forty years later we live in a world starving for a gospel that covers all the bases of *body, mind, spirit; mother's milk; mother earth; health, healing, and wholeness*. Please share this thought with your church. Also "**Go and learn what this means, I desire mercy, not sacrifice**" said the Lord Matt 9:13 - Hosea 6:6;

To better understand the need for healing and mercy please read THREE QUESTIONS – free download from Good Shepherd page at [www.phpower.org](http://www.phpower.org).

## A gospel that covers the bases - the *Creative Self*

Health, healing, and wholeness begin with the organic chemistry of life that comes from God the Father since “In the beginning God *created* heaven and earth”. It also comes from the Son since “all things were made by Him” John 1:3. The word “creative” should describe us if we are “born of God” John 1:13 - like Father like son. We who call ourselves “children of God” should be *creative* and live *creatively*. When we do we are “in the moment” where God is, not lost in the past or wondering about the future. It’s explained in Matthew 5-6-7.

Think about what you enjoy doing most. It is likely what you are good at. It could be writing, cooking, fixing, building, teaching, conducting, playing, serving etc. What we do with joy, energy, spontaneity, and purpose means *life is working*. When we think and live *creatively* we experience love, joy, and freedom as happy children of God. *Life is working. Life is good*. Scripture also makes sense: “**Unless you become as a child**” open, honest, present, lights on etc. “**Let your light so shine before men that they may see your good works and glorify your Father in heaven**” and “**I have come that they may have life, and have it more abundantly**”.

This is all great **BUT** - there are enemies of the creative Self, *enemies of life*. En garde! The first enemy is failure to teach or learn a gospel that covers all bases of body, mind, and spirit. For example, if blood sugar is high, healing and immunity suffer. Then the miracle of healing might not work even for a finger cut. Other examples are pH balance connected to oxygen that every cell needs – body temperature connected to speed of enzyme activity – digestion like pH connected to everything else. The details could fill a library, but not to worry. Jesus said if we trust God in the big picture we need not sweat the details – Matthew 6. The point is that body chemistry, nutrition, “lifestyle” etc., are key aspects of creation *that determine whether life works right - or not*. We mess it up to our own peril.

The second enemy is failure to make gospel connections. “**It is the Spirit that gives life**” John 6:63. The Spirit has enemies that would ignore, deny, depress, suppress, cover up, crucify it. Ignorance, indifference, dullness, darkness, death – all are enemies of the creative Self, *of life, of Christ*. For some the creative Self is half dead. Jesus noted that in Luke 9:60. The spark is weakened from day one if food comes from a bottle, not a breast. Out the window goes wholeness of bone, brain, teeth, and thought, some hurts lasting for a whole life. The dimming and damming may continue later with too much rote training and too little freestyle playing and running. Junk foods and drinks add to the damming. Behavior issues may arise that carry on into adulthood, crimes, jail time, insanity. For “normal” adults a day may start with fears, complacency, boredom. *Life has lost its salt*. As John Diamond M.D. and others have pointed out, when life energy weakens posture slumps; smiles fade; immunity goes down, self-destruct takes over. The brain says *I need a fix* - a bottle, a pill, a junk food, a thrill. However, shortstop solutions can’t meet the need for real food - **God can**. Healing miracles depend on churches teaching the **WHOLENESS OF CHRIST** respectful of “*the TRUE LIGHT that lights every person that comes into the world*” John 1:9. (over)

Feeling less than whole? Rejoice! Follow Jesus. Take a step forward on “the path” - no need to feel bad *unless you reject healing*. Remember - “**With God all things are possible**”. There is hope in faith, love, **words of Jesus**. There is healing power in fresh air, water, sunshine, food, herbs, fasting, praying, forgiving, balancing, growing, becoming. Use common sense - see a doctor if you need medical care – but *lucky you* if you find a pathway to wholeness. *Lucky also are those you help*. We must work together because we are all in this together.

## **Bases to cover - healing of body, mind, and soul – be whole**

**# 1 – Get the chemistry/lifestyle right.** “If this ain’t right ain’t nothin right”. True healing, not fixing, works from the ground up, top down, inside out. *Body and soul repair* come from mother’s milk, mother earth, study, truth. Begin a *creative* healing and learning process that won’t quit. It will keep you young – give you a reason to get up in the morning. It’s never too late to start. There are a million options for a first step - a few listed below.

**# 2 – Find your purpose.** If you don’t have one consider helping His “little ones” get a better start in life. God and Jesus will love you for that. *They love babies*. Babyhood & parenthood are how life works. Learn more in “God’s Plan for Making a Healthy Baby” (see below).

**# 3 - Get moving right.** Notice the contra body movement of a healthy crawling baby – left arm forward with right leg and vice versa. A breast fed baby *with a healthy mother* naturally crawls before walking for whole brain-neural development that carries on for a whole life. Contra body movement connects cerebral hemispheres for wholeness & creativity of thought & feeling. Pity the baby whose parents, doctor, or pastor don’t understand this. For adults a *creative* walk, run, music, dance, church service etc. heals the soul - *and it’s fun*.

**# 4 – Get thinking right.** To awaken Christ asleep in the stern as storm clouds gather feast on “incorruptible seed” (1Peter 22-25) the red letters. “**They are spirit and life**” John 6:63.

**# 5 - Cover the bases.** Agreeing with all this isn’t enough. There is work to do - garbage out, good things in. Study, prayer, a cross to carry now – earth and heaven’s rewards to follow.

**# 6 - Give it time** “**until the whole is leavened – in your patience possess your souls**”.

**# 7 - We are not made to walk alone.** The Christ way is a shared way. We are healed by helping and serving others. Say YES to a chain of love. Share this message. Don’t forget the churches – they need wholeness too. *Be whole – help to make whole!* Feel good about that!

## **Resources - References**

Sets of gospel in color stapled plus THREE QUESTIONS \$1.50 each (cost) minimum 10 - add \$3.00 S&H. By check to: Perfect Health Foundation P.O. Box 199 Cedarburg, WI 53012 – or download/print locally - Good Shepherd page [www.phpower.org](http://www.phpower.org) Matthew, Mark, Luke, John – words of Jesus should be in red

**Body and Soul Repair Kit** includes **God’s Plan for Making a Healthy Baby** and **WHOLENESS OF CHRIST** - details at website above. Books to read: Nutrition and Physical Degeneration by Weston Price D.D.S; The Body Doesn’t Live by John Diamond M.D; The Biology of Belief by Bruce Lipton Ph.D. – should be available from local bookstore or amazon.com

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