

Law #1: Love.

Lesson 1

Where You Direct Your Love Decides How Healthy You Are

We all love certain things and certain people. **What and who you love decides how healthy you are.**

For an easy example: if I love to use iv street drugs, then I'm going to have a difficult time staying healthy. I could be doing everything else right-exercise, diet, healthy thoughts-but if I'm sharing needles in a back alley, then I'm going to be at risk for some serious disease.

Most cases of love causing improved health or damaging health are less obvious.

We all love. If you want health, learn to love the people and things that bring health.

If you don't learn love—who to love and how—then even if you enjoy health, you enjoy a health balanced over the edge of a great cliff at the edge of your destruction.

The Greatest Motivator

Everyone loves. The healthy love. The unhealthy love. The happy love. The unhappy love. The rich love. The poor love. The difference in your condition and that of another is in what you love. If you would be different tomorrow than you are today, then you must change what you love or in what way you love or how much you love.

Imagine that we took a person and forced upon them an increasing amount of alcohol on a daily basis until we made of them an alcoholic. Then they would have a need for the drink—a chemical dependence that translated into a habit. But, if that person loves life and family enough then they will long to destroy the habit of alcohol as soon as our imposition of forced drink stops.

I've seen many patients kick addictions by helping them learn to love multiple good things and people until that love pushed away the love of the destructive substance.

How I loved the Wrong Way

Vicki loved me as only a first sweetheart can. She wanted to marry but I feared marriage would interfere with medical school. She walked away one day and that was the end. I thought she would wait. I cried. I walked the streets at night in

depression. My concentration faltered and my study habits that first year of medical school were poor. I lost weight and considered suicide.

Consider my situation: I had just gained acceptance to a good medical school. Family and friends loved me. My intelligence and health were adequate to take me wherever I wanted. Yet, I slept poorly, ate poorly, thought morbidly, and walked the streets of a dangerous Birmingham neighborhood at night in depression.

Why?

I loved the wrong way.

I had loved Vicki. I loved myself. I loved both of these people more than GOD—more than a Higher Purpose. My misunderstanding of medical school and of love made me think that marriage would interfere with performing well in school. When Vicki walked, then my emotions said, “someone you love doesn’t love you anymore; therefore, maybe you’re not loveable.”

I then lost love for myself. Only my love for my parents kept me from destruction; I couldn’t bear the thought of causing them great grief.

So, love the wrong way made me emotionally ill. And love the right way kept me from destruction.

What would have happened if GOD were my greatest love? (I know this is a difficult concept, so hang on for more on this later. If it helps, think of GOD as the laws and order of the universe that keep it all moving).

I would have loved Vicki a different way: I would have wanted the best both for Vicki and for myself. Perhaps we would have married because I would have had more courage. Had we decided to separate, then my love for GOD would have assured me of some purpose and value unchanged because of the separation but also eagerness to see what God’s plan for me would be and to get on with my business for being here.

But, by loving in the wrong way, even though I loved deeply, the health that I enjoyed when life was grand was threatened when my faulty love was interrupted.

The Love Boat Sinks

When they legalized gambling in Mississippi, I worked regularly in a busy inner-city emergency room in Mobile, Alabama. The casinos in Mississippi first opened in the boats along the coast a short drive down interstate 10 from Mobile.

One night soon after the boats opened, Amber came to my emergency room asking for help. She had taken a large bottle of pills in an effort to kill herself. In a last call

for help, she drove to the emergency room. We did the necessary things to prevent damage from her ingestion of medicine and she told me her story while I worked.

She worked as a clerk and had just lost all of her paycheck gambling. She also lost much of her savings. I wondered if there would be more like her. We admitted her to the psychiatric ward for her own protection and for treatment.

There were more. Many more.

I do not know how many did not make it to my emergency room. I do not know how many just ran off the road in desperation on their way home. But I do know that it was for the wrong kind of love that Amber came to see me.

She loved easy gain more than creation. Her love of gaming almost destroyed her life.

The Circus of Love

I want to tell you something of the love of P.T. Barnum (the circus tycoon). But first a few facts for comparison:

In 1923, eight of the world's greatest financial wizards met in Chicago. Twenty-five years later, here's what happened to each of them:

1. Albert Fall, a member of the president's cabinet, was pardoned from prison so he could die at home from a severe illness.
2. Samuel Insull, the president of the largest utility company, died penniless in a foreign country.
3. Richard Whitney, a stock exchange genius, served time in prison.
4. Charles Schwab, the steel baron, had to borrow money to pay his medical bills.
5. Jesse Livermore, a Wall Street tycoon, committed suicide.
6. Howard Hopson, a gas company president, went insane.
7. Leon Fraser, a bank president, committed suicide.
8. Ivan Kreueger, the last of the eight powerful men, also killed himself.

In contrast, P.T. Barnum, before he started the circus, while rich and famous and in his forties met disaster in a different way. Money troubles forced him to move out of his palace, which would later burn to the ground.

His museum in New York would also burn.

He would lose his wife and two daughters.

He would go bankrupt.

Barnum weathered all with great calmness and came out of it to succeed in magnificent ways (including the circus).

I do not think it coincidental that Barnum was called “the reverend” by many of his friends because he read daily from the scriptures and was obvious about his strong love of GOD.

People would often hear Barnum pray aloud what he would eventually put on his tomb, “Not my will but Thine.”

Barnum did not have a secret love. He showed a great and bold love of GOD that gave him the faith and mission that brought to him perseverance and success.

Note:

The rest of this chapter on Law #1: Love will be sent by a series of emails over the next week.

Topics will include:

- 1. Why love GOD?**
- 2. How to love the invisible.**
- 3. How to love people and how this makes you healthier.**
- 4. How to love yourself and how this makes you healthier.**
- 5. The practical steps to using Love to help you find Glorious Health and Miraculous Healing.**
- 6. The Pain of Love and What to Do About It**

Do Today

1. Please add the following to your address book to make sure the lessons get through your spam filter:

system@1shoppingcart.com

2. Print off today’s lesson and put in a binder for reference.

3. Make a written list of the 5 things or habits that you love that make you less healthy:

a. _____

b. _____

c. _____

d. _____

e. _____

4. Make a list of people you love whom you think may threaten your health:

a. _____

b. _____

c. _____

Important: Even the people who love us most sometimes threaten our health by absent mindedly discouraging us from doing what's best: For example- the child who needs attention when you planned to exercise.

Recognizing these people does not necessarily mean that you should avoid them. I'll teach you more about how to deal with this later.