

How to Walk in the Divine Promises of Health and Healing

What if you could actually see the spoken Word of God impacting the health of your body systems? What if speaking God's Word and praying its principles over your body acted as a healing medicine the very moment you spoke them? That would be pretty awesome, wouldn't it?

Actually this can happen, and the technology exists to view this amazing phenomenon. I am privileged to see this occur almost daily with my clients, family and, yes, even our family dog through my creative use of a biofeedback computer, which measures physiological activity such as brainwaves, heart function, breathing, muscle activity and more.

I have an education in Western medicine, but I have spent the majority of my career—more than 34 years—in the study, education and teaching of natural methods of health and healing. One of the most fascinating tools I use is a unique biofeedback computer, which is made to detect and treat more than 8,000 different patterns of stress.

During a biofeedback session, sensors are attached to the client's skin, usually by way of conductive bands placed around the person's head, wrist and ankles. These sensors send signals to a monitor, which displays various images that represent the person's stress patterns and their response to treatments for them. The gathered data originates from body responses that are involuntary, and seeing these patterns—or blueprints—displayed on a computer screen often helps clients become more aware of what is happening inside their bodies.

The biofeedback device then helps to treat stressful patterns in clients by introducing computer-chosen frequencies into the

body. The frequencies, or healing blueprints, replicate the vitality within the unique molecular patterns contained in health-imparting herbs, flowers, vitamins, minerals, amino acids and other natural elements.

The body absorbs these healthy, healing blueprints in much the way the body absorbs light waves from the sun and frequencies of sound from music, and uses these life-giving frequencies to release stressful patterns.

These improve body functions in much the same way nutritious food improves our body's ability to complete tasks. During each session, my clients are able to see and feel the positive changes that are occurring in their bodies because they can see the effects show up on the computer screen in front of us. I truly believe this harmless yet powerful method of addressing stress is a part of the medicine of the future.

An Amazing, Pivotal Event

After using biofeedback technology for years to help people improve their health, I met with a turning point in the way I approached health one day when a client chose to pray aloud for two minutes due to a specific emotional stress she saw reflected on the biofeedback screen. In a voice of authority she commanded off all the stored anger and unforgiveness she perceived she was carrying toward a co-worker.

Together we watched a dramatic and instant shift take place on the screen, indicating a significant release of stress. This was a profound moment of discovery for two reasons. First, the release of stress has far-reaching, positive effects on the body, as many medical professionals consider reducing stress key in preventing a majority of diseases. Second, this result occurred when the client treated herself verbally by praying truths from Scripture.

Since then I have shared that experience with other clients, and many have chosen to engage in similar exercises. As they

command and release old emotional and traumatic baggage from the confines of their bodies, they witness similar stress-freeing results. These clients have literally treated themselves with minimal use of the computer, and the screens and graphs have responded in a profound manner!

This caused me to wonder whether holding unresolved hurts, toxic thinking patterns and unsettled emotions inside our bodies can cause those stressful patterns to set up house within us—within our systems, our organs, our cellular blueprints and even within the expression of our genes. Could these be at the root of imbalance and disease? Could the simple act of commanding them out in faith remove them? Could self-treatment really be this simple? I found some interesting food for thought on this possibility in the Book of Jeremiah:

“How long shall your evil thoughts lodge within you?”
(Jeremiah 4:14).

Lodge within you? That doesn't sound very good. Could ungodly thoughts and the stressful emotions connected to them be contrary to God's will because of the damage they cause our bodies, our tissues, and even the blueprints within our genes and DNA? I believe the answer is a resounding yes.

A multitude of Scriptures declare that ungodly thoughts and poorly processed and buried emotions make us sick. As Proverbs 23:7 says, as we think in our hearts, so are we. My biofeedback computer's responses appear to agree. When clients verbally release toxic, stressful mindsets and emotions from different parts of their bodies, they consistently and immediately experience a release of stressful patterns.

Once these unwanted patterns are evicted from specific parts of the body, I teach clients to fill those vacancies with the promises of divine health, healing and victory found in God's Word. Matthew 12:43-45 tells us:

“When an unclean spirit goes out of a man, it passes through

dry places seeking rest, but finds none. Then it says, 'I will return to my house from which I came.' And when it comes, it finds it empty, swept, and put in order. Then it goes and brings with itself seven other spirits more evil than itself, and they enter and dwell there. And the last state of that man is worse than the first."

This is why clients fill the vacancies left with God's life-giving, healing truths that oppose and are resistant to the stress they have released. Clients are aiming to prevent even worse stresses and oppressions from coming in to affect their bodies. The goal is to gain long-term success.

As I began to join clients in praying over these unwanted patterns, I saw their faith in God's provision begin to grow rapidly, as did mine. I am always discovering more, as we cannot exhaust the expanse and application of God's Word. But over time I settled upon a fairly consistent method to verbally release stressful patterns with the healing words of Scripture, and I am happy and blessed to share it in this book with you. I can tell you without a doubt that you have tremendous authority and power available to you that can transform your health, should you choose to use it. {eoa}

*Excerpted from Healing Words by **Sylvia Rogers**; published in 2016 by Siloam/Charisma Media/Charisma House Book Group. To order the book, [click here](#).*

Sylvia Rogers is committed to teaching scriptural healing techniques to help people take more responsibility for their health and partner with their heavenly Father to experience wholeness and lasting wellness. She holds a bachelor of science in nursing and is a certified nutritionist, a natural health consultant and herb specialist, and a national lecturer and teacher for Nature's Sunshine Products. She is also a certified biofeedback specialist who has assisted her clients in praying biblical promises and principles during biofeedback sessions with eye-opening and astounding results. Visit for

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