Mind Tuning
by William Blandish Reed, M.D., M.S., Founder and President of CMF

"Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any peace, think on these things" (Phil. 4:8).

"Let this mind be in you which was also in Christ Jesus" (Phil. 2:5).

As a person who has always had since childhood possessed a violin, I am aware that prior to playing the instrument it requires tuning. Generally the A is struck on a piano and the 2nd string of the violin is tuned to harmonize. Then the E, D, and G strings of the violin are tuned to be in harmony with the A.

Some years ago I was privileged to hear a most interesting Afro-American Episcopal priest from New York speak on the subject of tension. He stated that the strings of the violin require tension in order to be in tune. It is the same with the piano and all stringed instruments. The priest mentioned that if the A of the violin is in tune and proper tension with the piano, when the A string is plucked the A strings of the piano will vibrate harmoniously (sympathetically). This he said was similar to man when he is in tune with God. Our spirits vibrating in Jesus' love cause sympathetic vibrations in the heart of God, where as being out of tune produces only discord and lack of response. Breaking God's commandments is a great cause of disharmony.

God's commandments have not ceased nor have they been modified.

1. I am the Lord thy God; thou shalt have none other god's but me.
2. Thou shalt not make unto thyself any graven image, thou shalt not bow down to them, nor worship them.
3. Thou shalt not take the Name of the Lord thy God in vain.
4. Remember that thou keep holy the Sabbath day.
5. Honor thy father and thy mother.
6. Thou shalt do no murder.
7. Thou shalt not commit adultery.
8. Thou shalt not steal.
9. Thou shalt not bear false witness against thy neighbor.
10. Thou shalt not covet.

Jesus Christ teaches us, "Thou shalt love (agape) the Lord thy God with all thy heart (cardia) with all thy soul (psyche), with all thy mind (dianoia), and with all thy strength (ischus) and thou shalt love (agape) thy neighbor as thyself."

What does prayer do? It tunes the heart and mind to God. The spirit is always in harmony with God but is suppressed by the carnal mind when man allows intellect to be pre-eminent.

Tuning requires:

- Praise - praise God from whom all blessings flow. Genesis 49:25
- Worship - worship the Lord in the beauty of holiness. Psalms 96:9
- Meditation - I Timothy 4:14,15
- Holy Communion - Body and Blood of Christ I Corinthians 11:24-25
- Laying on of hands - Mark 16:18 and Anointing - James 5:14
- Praying in the Spirit - Ephesians 6:18, I Corinthians 14:15
- Singing in the Spirit - I Corinthians 14:15
- Trusting in God - Ephesians 1:12,13

It is my conviction that one must be in tune with God in order to receive His blessings and to have prayers answered. This is the purpose for attending services at church, going to retreats, reading and meditating upon the Word of God. For those of us in Medicine and Nursing it is important for us to perform our ministry to the sick and dying as if we were caring for Jesus Himself. The 36th Holy Rule of St. Benedict is, "Care must be taken of the sick that they be served in very truth as Christ is served." Also man comes in tune with God as
he worships and glorifies the Lord in Music, in communing with nature and as he serves all life in the name of Jesus in every area of the earth. The earth is full of music, and the colors of flowers, clouds and sky are seen because man sees through vibratory sense. Poet W.H. Auden wrote in his poem, "The Art of Healing," "Healing is not a science but the intuitive art of wooing nature. Every sickness is a musical problem... and every cure a musical solution." Whittier wrote, "Know well my soul, God's hand controls, whate'er thou fearest; Round him in calmest music rolls whate'er thou hearest."

Thus, as we begin a new year let us keep our spirits in tune with God. The heart is the way station between spirit and mind. So let us keep our hearts tuned to God. The mind (the soul) of man must respond to his spirit. It is true, however, that man in his strength, as Adam, Aaron, Ahab, Pharaoh, Judas Iscariot, Pontius Pilate and even you and I, will in his natural state live on the mental level and ignore spirituality, the true source of life. So man must beware "Mental Tuning" and turn toward "Spiritual tuning" through being born of the spirit and consequently "living, moving and having our being" through Christ indwelling our souls and spirits (Acts 18:28). Consider: "The disciples were continually diffused throughout their souls with joy and the Holy Spirit" (Acts 13:52). May this be our life and our walk in all the days ahead.

The finances of C.M.F. as we start the new year.

Thank you, thank you for being generous to C.M.F. as 1993 came to an end. Many friends responded to our need. Physician giving, including payment of dues represented 45% of the giving. We did not reach our goal as of January 1st, but we are trusting the Lord. We rejoice in the generous donation of one family who gave $10,000.00 in December. Yes, things are better. Thank you dear Jesus. Ethel Banks of the O.S.L. gave me this verse on my last visit with her in 1966, Acts 26:19, "I was not disobedient unto the heavenly vision."

W.S.R.

22nd Annual International Conference of Christian Medical Foundation
September 28 - October 2, 1994
Sheraton Sand Key Resort Hotel
Clearwater Beach, FL
CONTACT: Lyn Thornton
(813) 932-3688

CHRISTIAN MEDICAL FOUNDATION INTERNATIONAL, INC.
7522 N. Himes Avenue
P.O. Box 152136
Tampa, Florida 33684-2136

Address Correction Requested
1/94