FINDING PERSONAL SPIRITUAL HEALING

UNDERSTANDING

The REST Process
AND

CST
(Cognitive Spiritual Therapy)

For Healing

12 Pathological Emotions

STUDENT
MANUAL

Finding Personal Spiritual Healing

“A self-improvement course for those who desire to be healed and to learn how to help heal others.”
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Preface

I personally welcome you to the study of yourself. Although we differ on the outside in numerous ways, on the inside we humans have been created the same. We have the same thought process. We suffer the same physical, emotional and psychological pain. We go through the same cycle of self destructive behaviors. The good news is that we can all be healed in the same way.

For the next several months you will experience the joy that comes from self-discovery, self mastery and healing. In the process, you will also begin to understand others, their thoughts, emotions, behaviors and their pain. In order to correctly understand others, you must first confront and understand yourself. Think of the pain that you have experienced (or may be experiencing now) associated with disappointment, failure, some unwanted habit or behavior and/or a hurting relationship with some family member, lover or friend. How many nights have you suffered because you did not understand, or felt that you were hopeless to do anything to change the situation? With our REST process of healing and change, things will be different for you if you take our REST program seriously and honestly do the homework assignments. You can experience healing and change.

We have at least four (4) purposes for you through the REST studies. The first purpose is to assist you to understand yourself and your pain. Next, to assist you to understand your negative behaviors including any addictions that may be controlling your life. Thirdly, to assist you to utilize the healing and delivering ‘Spiritual power of God’ in order to become free and delivered from negative dysfunctional and self-destructive thoughts, controlling, painful, afflicting emotions and self-destructive behaviors. Lastly, to assist you in finding your place of service in this world as you work for God’s kingdom. It is by serving others that we serve God and find meaning in this life. In fact, we are healed and saved to serve.

In order to accomplish these four purposes you must understand the relationship between what you think and what you do. “As you think, so you are,” says the scriptures. According to Jesus, whom I believe to have been the world’s greatest healer, your beliefs are very important in regards to every aspect of your life. Today, this is verified by science. Many of your problems and illnesses are caused by your negative beliefs. In the REST program you will learn how to change your negative thoughts. However, you must have God’s help if these changes are to be powerful enough to
last. To lead you to God’s spiritual power in order for you to find the help you need, we’ve employed a number of different methods in each workbook and/or session. We’ve tried to make each lesson, simple, clear and interactive.

As you involve yourself in the REST healing process, you will understand the ‘truth’ that science is discovering through research and publicly recognizing daily, “that all healing has a spiritual base and that those individuals who connect with their spiritual base, have a better chance of being healed and living longer.” Even those participating in medical interventions and/or taking prescribed medications are better healed with both medical and spiritual interventions. A prominent medical doctor calls this combination Prozac and Prayer. REST will help you find your spiritual base and assist you to develop the spiritual side of your life’s equation so that whatever afflicts you, you will have God’s power to successfully face your illness. By God’s power you will overcome. YOU can be HEALED!

It is our prayer (the REST staff and REST counselors) that you experience deliverance and healing through our simple REST ABCD process. We pray that your understanding will be so clear that you will be able to teach it to others and to help them find the healing REST that you will have found. REST healing of mind and emotions means peace and security replacing the hurt and pain you may now feel. May God bless you to this end.

Sincerely
In God’s Service,

Rick McKinney

Dr. Rick McKinney, Founder and National Director REST
Background Review

We are living in the 21st century with problems carried over from the 20th century. Many of these 20th century problems are the product of this modern age. However, the pain and suffering we experience from these 20th century problems is the same pain and suffering experienced by all humans everywhere – for all times. Emotional pain such as grief, heartbreak, depression, guilt and anger are universal and timeless. The good news is that healing from emotional pain is also universal and timeless.

Modern medical science is currently documenting the relationship between the mind and the body, which appears to be one unit tied together with emotional communication. In other words – we are one unit with several parts that talk to each other. Our emotions are so powerful that they control or regulate our immune system. When we experience negative emotions such as anger, anxiety, guilt and the other emotions covered in these lessons, we are actually negatively affecting our minds and bodies. Although many scientists believe that most illnesses begin in the mind, one medical scientist, Dr. Howard Brody, wrote, “Diseases and disorders are hardly ever -all in your head-, but often, the power to heal is.” He and other scientists have found what they claim is an ’inner pharmacy’ that God has given each human being to help him/her stay healthy and to recover more rapidly from illness. With this thought in your mind, you are now ready to begin this 12-lesson healing journey through each of the 12 negative emotions that cause us so much pain and suffering. When and where did pain and suffering begin?

In the Beginning

In the Bible record, the story or history of earth begins with “In the beginning God created the heavens and the earth.” The record continues that creation of the human family began in the garden called Eden. It was the home of the first human family -Adam and Eve. There they had open access to God and could talk directly with Him. However, according to the Bible record, they were not alone in the garden. Lurking in the shadows was a nefarious
evil force called Satan, the devil. The story of Eden pictures Satan scheming to make Adam and Eve his willing servants or unwilling slaves. Appearing in the form of a serpent/snake, with insidious wit and logic he convinced Adam through Eve to leave the side of good (their Creator God) and follow him. By joining forces with him they were assured by the snake that they would be rewarded a “knowledge of good and evil” and thereby possess life immortal, just like God. They were deceived (bamboozled) by the serpent and lost their lovely garden home.

**THE BRAIN CHANGE**

Our brain stores information that determines our belief systems. Adam and Eve being deceived believed Satan’s information (lies), which was in essence negative information about God. When they believed what Satan said, that information developed neuro-pathways to create a new negative picture of God. This was the beginning of a negative belief system in the brains of Adam and Eve. Their minds were now capable of processing good thoughts and producing evil thoughts. How were they to know that negative and/or evil thoughts would produce negative emotions that would lead to self-destructive behavior? They didn’t understand the consequences that evil thoughts would bring to their bodies. God did not want them to experience the fruits of evil. Their faith, trust and obedience would have maintained a mind incapable of processing evil. Now, for the first time they could feel negative emotions and pain. They were now capable of being bruised, wounded and eventually dying. What they also did not know is that they would pass this condition on to their children through their human genes. The human brain had been tampered with (restructured) and damaged. They now had a working knowledge of good and evil. And like the evil one, they could now experience evil.

**ALL HUMANS HAVE BEEN INFECTED AND AFFECTED BY EVIL THOUGHTS AND FEELINGS**

God, Adam and Eve’s creator, was not amenable to leaving Adam and Eve in the clutches of the ‘Evil One’, with their minds under his control. Because Adam and Eve chose to follow evil they and all humans thereafter, would be afflicted internally by negative mental and emotional experiences. Evil thoughts and feelings hold us in captivity, control us and cause us to have evil and self-destructive behavior. We are now born in sin and shaped in evil environments. Since Satan controls the environment, all of our senses are bombarded with evil information. We see, hear, taste, touch and feel evil things. We respond to the evil outside of us and we are made worse by it.
THE CHANGE BACK PLAN

However, God had a master plan for rescuing, healing and restoring the human family by divesting each willing human of all evil, one thought at a time. The evil one could influence man’s mind but he could not destroy his power of choice. As Adam and Eve had willingly chosen to follow evil, we humans must now be willing to choose to follow God’s plan for our restoration. Would humans accept this plan? Would they believe in it? Could people be healed of their illnesses and diseases? Could they be delivered from the things (demons) that possessed and obsessed them? The power of God to restore the health of body, mind and emotions had to be demonstrated on earth by someone in human form. He was to live on earth to demonstrate and prove that this special plan for rescuing and restoring humans would work. How would this plan work?

UNIVERSAL LAWS OF GOD - SATAN’S TACTICS

Satan had discovered that God’s universe operates from a base of intricate laws. (These laws are unchanging and we shall study some of these laws during these lessons.) He had used his knowledge of God’s laws to introduce evil into earth’s pure environment and into the pure minds of Adam and Eve. Both physical and human environments (systems) experienced negative changes. Once a system experienced evil, it was just a matter of continuously injecting evil into that system until it became unbalanced and controlled by evil or negative forces. This tactic worked perfectly with humans. One of God’s laws in regards to human nature states that human behavior is controlled by the human mind (As a man thinks so is he). Once the mind of Adam experienced evil thoughts it was just a matter of time for human genes to be affected by that evil. This was the beginning of the genetic process of man being ‘born in sin and shaped in evil environments’. By this same tactic, Satan also became the prince of the power of the air. He gained dominion and control of earth and man by using his knowledge of God’s laws.

UNIVERSAL LAWS OF GOD - HEAVEN’S STRATEGY

By order of these same laws, evil environments (physical and human) could be changed from evil to good by introducing good back into each system. This was God’s plan for rescuing and healing man. Basically the plan would show that if humans declared a belief in God, a commitment to serve Him and come
back to him in their allegiance – they could develop a spiritual nature and begin to reverse the process begun by disbelief in the Garden of Eden. This positive change in their belief system could trigger physical and emotional healing and eventually total restoration. In other words, in order for healing of body, mind and emotions to take place, the belief system of mankind has to be restructured to produce good thoughts instead of being programmed to form evil thoughts.

A GOOD INJECTION

The first step of God’s plan was to inject a massive dose of ‘good’ into evil earth and evil human environments. This good injection would come into the earth environment to counter balance the presence of the ‘Evil One’ on earth and be born as a human baby. The Bible record calls this good earth invader, “the Only Begotten”. The earth name of the ‘Only Begotten’ was Jesus. He became a very successful teacher, healer and revolutionary against the powers of evil. He healed and set free thousands of humans demonstrating that in each aspect of human suffering God’s restoration plan would work to bring healing. Although as an adult he worked this special restoration plan for only three years, he gained a tremendous following. He died in his mid-thirties. However his healing methods and teachings were recorded by some of his followers. It is his healing methods, teachings and words that the REST program relies on as the source of its healing power. He promised all sufferers, that if they would come to him for healing, he would give them REST.

NEW UNDERSTANDING OF HEALING WORDS

It has taken man 2,000 years to begin to medically understand just how powerful the methods and words of Jesus were. What his followers for centuries had to accept by blind faith, today science is documenting in ways that can be seen and understood. His words of truth have the power to set free those enslaved by falsehoods. His Words of hope are for those afflicted by depression. His words of comfort are for those who are bereaved. He used words to heal anger, anxiety, guilt, shame, loneliness, emptiness and betrayal. He left these methods and words of healing behind for man to use in order to assist in the restructuring and strengthening his belief system. These words of Jesus would be protected as long as man needed them. They have the power to deliver, save and heal any human who believes in them and is willing to use them. They also have the power to bring any human member back into the good family of God. They are the same powerful words used to create the earth, father Adam and mother Eve. “By
the word of the Lord were the heavens made.... He spoke and it was done.”
It was Jesus who taught, “The words I speak to you, they are life.”
When man learns to trace his evil thoughts, by God’s power erase them from his thinking process and replace them with God’s spiritual thoughts, he then is participating in God’s plan to eventually give him what he most wants most in this world, peace, health and an abundant life.

THE MIND WARFARE – A PLACE TO DO BATTLE

And thus, the war between the good forces of the Creator God and the evil forces of Satan, the usurper/destroyer, that began in the heavens millennia before there was an earth, rages fiercely on the battle ground of the mind of man. Whose thoughts would prevail, God or Satan? What input would be believed, good or evil? Whose feeling, positive or negative, would lead to what behaviors that man would project toward other humans and toward heavenly beings? The battle is on, and is to be fiercely fought over every human soul (psyche) (mind). The front line of the battle became the frontal lobe of every human brain. Man is to choose his eternal destiny, by choosing good or evil thoughts. A thousand times each day he can demonstrate his allegiance to either good or evil by the thoughts that possess him, the emotions he feels and the actions he produces. Although, modern man is born with the blood and mind of the evil one, it has been demonstrated and proven that man could be rescued, saved and changed to reflect the good character of God. Rescued, changed, healed and committed to the side of ‘good’ man could then share the ‘good news’ of freedom and healing to other humans.

AND NOW – 21ST CENTURY

Will this same 1st century plan of healing and restoration work in the 21st century? Will it work at a time when humans appear hopelessly depraved and wicked and constantly on the brink of self-destruction? It appears so! Modern medical science is documenting that using spiritual based words and techniques have powerful healing results. These powerful healing results cover a wide range of disorders - from emotional afflictions, addictions and psychological distress to AIDS, cancer, and a host of stress related disorders. If you believe and are willing, you too can be healed.
At the turn of the 21st century, we have more information about how humans function than at any other period in this earth’s history. To demonstrate to you what science is documenting in regards to the positive role of spirituality in healing human pain and suffering, we have created a family, which we call “the Feelit Family”. The Feelit family is a typical dysfunctional and sick family of the 21-century. You’ll study the daily saga of the Feelit family members in each of the twelve lessons. We will also introduce their neighbors and friends as case histories for your study in order to illustrate healing from different human problems. The Feelit Family members and friends are each struggling with the same bad genetic blood of Adam and Eve as their fore-parents before them. They experience all of the negative thought patterns, emotional pain and physical suffering that all humans experience prior to being healed and set free. The Evil One has open access to their daily lives. However, so do the forces of good. Watch and listen carefully to the Feelit family’s pet, Angelica, the angel fish. She will help you understand the workings of the human mind by presenting the different types of thought patterns all humans experience. She represents the good spirit voice in your head that combats the voice of evil.

Also notice carefully how the Feelit family represents the daily struggle of each one of us. Study their lives diligently and you will learn to analyze life using the ABCD process of REST. Learn from them. Let their successes become your path to understanding how you too can succeed. Let their failures lead you into new learning about how you can grow more spiritual every day by capitalizing on your failures. Are you ready to begin? Then meet Angelica, the family angelfish. She will be your host and guide through out these lessons. She will introduce you to the other participants and to the FEELIT FAMILY. She will also guide you into understanding the REST ABCD Process. Bon Voyage!

"Hi, I’m Angelica and I live with the Feelit Family. I’ll be your guide for the next twelve lessons. Please pay close attention to everything I say because I represent the 'spiritual voice of REST'. In other words, I come to you with thoughts to replace your old negative self-destructive thinking. I’ll also give you the scoop on what is really going on with the Feelit family and their neighbors. So hang on. You and I are going to have a lot of fun learning REST and experiencing healing. God has the power to “heal all diseases and all manner of illnesses,” especially emotional and psychological illnesses. That’s what the master did when he was on earth. He healed hurting people just like you. He said “come to me all of you who are tired and hurting and I will give you healing REST.” Oh boy, did he bring healing to the Feelit Family! Well more about that later. Would you like to meet the Feelit Family and their neighbors? Great! Let’s do it now."
Meet the Feelit Family

First meet Harto Feelit, the Father (He really finds it hard to feel things or express his emotions.) Next is Anna Feelit, the mother. She feels everything and anything. You name it, ANNA feels it. The oldest daughter is Shecan Feelit, age 16. Like her mother She Can feel things too. And then there’s Gonna Feelit, age 14 is the tomboy of the family. She isn’t emotional yet but believe me She’s ‘gonna’ learn to feel things also. The baby boy, age 12 is Howto Feelit. He’s a doll and really doesn’t quite know HOW or what is legitimate to feel or express. He wants so hard to be like daddy.

The Feelit Family Neighbors

Besides the family you’ll meet some of the neighbors and others as follows, Losef, Mr. Num Num, BeeBe, the Manns – Dee and Macho, poor old Lester Homes, a homeless person whom Mr. Feelit met and befriended, screaming Betty and Calvin Rock who smokes cocaine. Well enough for introductions. You’ll meet them all again later in each lesson. O.k.! Now that you have met everybody, it’s time to get down to business. There are some very important things that I have to teach you about the REST healing program. Are you ready to begin? Let’s now study about the method you will learn that will help you change your life, heal you of all maladies, help you solve problems and help you to understand other people. We call it **C.S.T. – Cognitive Spiritual Therapy.**
CST
(Cognitive Spiritual Therapy)

An Introduction

Cognitive Spiritual Therapy (CST) is a unique set of theories and practices that will assist any normal individual break self destructive habits and gain control of run away negative controlling emotions. CST is based on the belief that any learned behavior can be unlearned, including addictions to drugs, tobacco and alcohol. COGNITIVE refers the process of the brain that relates to one’s thoughts, beliefs. emotions and feelings. SPIRITUAL THERAPY denotes internal healing from a spiritual source. In other words, if you are suffering because of negative or irrational thoughts and beliefs and experiencing painful negative unpleasant emotions and feelings, you can find healing within yourself through the spiritual tenets taught in REST. Consequently, you can be delivered from negative self-destructive behaviors by understanding, learning and practicing the use of Spiritual thinking. Often spiritual thinking simply means ‘putting God in the picture’ of whatever your problem or temptation is. Spiritual thinking is always positive. Spiritual thinking ultimately produces good outcomes. However, Spiritual thinking is different from being religious.

Religion versus Spirituality

Many individuals are religious. Not all religious persons are spiritual. What is the difference? There are several differences but the fundamental difference is that they have different goals. Religion desires the individual to be the practitioner of that religion. The intended goal of the spiritual process is to lead each individual to become the best (positive, healthy and productive) person possible that he/she can become.

CST and World Religions

CST is not about religion but about spirituality. The spiritual principles of CST cross all religions. For example, REST seeks to heal the afflictions that are common to all humans. Afflictions of mind, body and spirit are represented by disease, pain and suffering which are universal to all religions, all humans regardless of race, gender, or religion. Therefore all religions seek to address these afflictions with spiritual words of wisdom we call scripture. These spiritual healing words can be found in each scripture representing the thoughts of Christianity, Judaism, Islam, Buddhism, Confucism, Taoism or Hinduism. We expect the student of REST to employ the spiritual words of
Understanding the ABCD Process

his/her religion as the spiritual healing words to be used in the REST process, which we will further explain. You will be studying the 12 pathological emotions: Fear, stress, anger, anxiety, depression, guilt, shame, prejudice (false pride), betrayed, loneliness, trapped, worthlessness. Each religion recognizes both the extrinsic and the intrinsic evil (danger) of these emotions we will be studying. They also teach how they not only do great harm to the person who is experiencing them, but how they damage others in their lives. The following spiritual thoughts represent how different religions seek to heal their believers from these pathological emotional experiences. I will use anger and anxiety as two examples. I will also list what other religions teach about addictions and about healing so that you will understand that REST is supported by the Religious of the World and that you can use your religion to be healed using the REST ABCD process.

Anger

Anger is one expression of extreme, unrestrained emotion that must be brought under control if one is to make spiritual progress.

Buddhism – “Conquer anger by love.” (Dhammapada 223)

Jainism – “Anger dissolves affection... Therefore man should subvert anger by forgiveness.” (Samanasutam 135-36)

African Traditional Religion – “The fly cannot be driven away by getting angry at it.” (Idoma Proverb – Nigeria)

Christianity – “The anger of man does not work the righteousness of God....” (James 1:20)

Judaism – “Anger deprives a sage of his wisdom, a prophet of his vision.” (Talmud, Pesahim 66b)

Islam – “The strong man is not the good wrestler; the strong man is only he who controls himself when he is angry.” (Hadith of Bukhari and Muslim)

Hinduism – “Your physical anger brings dishonor on yourself; your mental anger disturbs your thinking. How can the fire in your house burn the neighbor’s house without engulfing your own?” (Basavanna, Vachana 248)

Anxiety

A person who has faith and confidence in God’s provision need not worry about worldly cares. To have faith means to trust in God and the spiritual
principle that God will protect and provide for those who put Heavenly matters first.

Hinduism – “All are afraid of death, nowhere is there fearlessness. But the virtuous saints never fear death and the state after death.” (Matsya Purana 212.25)

Shinto – “My Lord, boundless as the sun and moon, lighting heaven and earth; how then can I have concerns about what is to be?” (Man’yoshu xx)

Islam – “Any who believes in his Lord has no fear, either of loss or of any injustice.” (Qur’an 72.13)

Judaism – “Whoever has bread in his basket and says, “What am I going to eat tomorrow?” only belongs to those who are little in faith.” (Talmud, Sota 48b)

Christianity – “Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food and clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly father feeds them. Are you not of more value than they?” (New Testament Matthew 6.25-33)

Addictions

Addictions are falsely referred to as victimless crimes. Quite to the contrary, addiction of one person takes many persons hostage. It usually leads to anti-social behavior, destroys families and promotes criminal activity. The addicted person is a prisoner and slave of the drug and therefore a slave of the evil one behind the drug. Most of the world’s religions do not see addiction as a medical problem but a phase of the spiritual war between good and evil. They each hold their members who are addicted as being responsible for their own actions and believe that they should abstain from all addictions.

Islam – “You who believe! Intoxicants and gambling...are an abomination—of Satan’s handiwork: eschew such that you may prosper. Satan’s plan is to stir up enmity and hatred among you by means of liquor and gambling, and to hinder you from the remembrance of God and from prayer. Will you not then abstain?” (Qur’an 5.90-91)
Confucianism – “...those who are benighted and ignorant are devoted to drink, and more so daily. Be careful, each of you, of our deportment – What heaven confers, when once lost, is not regained.” (Book of Songs, Ode 196)

Christianity – “Do not get drunk with wine, for that is debauchery; but be filled with the Spirit.” (New Testament, Ephesians 5.18)

Judaism – “Woe to those who rise early in the morning, that they may run after strong drink, who tarry late into the evening till wine inflames them! They have lyre and harp, timbrel and flute and wine at their feasts, but they do not regard the deeds of the Lord, or see the work of his hands.” (Old Testament; Isaiah 5.11-12)

Healing

These world scriptures represent just a few sacred thoughts on several subjects that you will be studying in these lessons. We encourage you to use your holy scriptures to find the Spiritual Replacement Thoughts as we teach you how to find a ‘renewing of your mind’ with REST.

Hinduism – “Whatever defect I have of eye, of heart, of mind, or whatever excess there is, my Brishaspati remedy it. Gracious to us be the Lord of the World.” (Yajur Veda 36.2)

Islam – “O Mankind! There has come to you an exhortation from your Lord, a balm for that which is in the breasts, a guidance and mercy for believers.” (Qur’an 10.57)

Buddha – “The Buddha, the truly Enlightened One, the unexcelled master physician...having developed and perfected the medicines of the teaching over countless eons, ... is able to quell all sentient beings’ afflictions.” (Garland Sutra 37)

Sikhism - “The divine Preserver has preserved us, and all maladies remover. Says Nanak, In his grace has the Lord come to succor us.” (Adi Granth, Bilaval, M. 5, p. 819)

Judaism – “Then the eyes of the blind shall be opened, and the ears of the deaf unstopped ....” (Old Testament, Isaiah 35.5-6)

“Bless the Lord O my soul and all that is within me bless His holy name! Bless the Lord, O my soul and forget not all His benefits, who forgives all your iniquities, who heals all your diseases.”(Old Testament Psalm 103. 1-3)
Christianity – “And he (Jesus) went about throughout all Galilee... healing all manner of sickness and disease among the people” (New Testament, Matthew 4:23).

The Role of Jesus in the REST Process

The scriptural basis for REST can be found in several verses in the Christian Bible as well as in all of the scriptures of the world religions we have referred too. However, REST as a healing process, uses the methodology of Jesus, the person acknowledged by all religions as the example of a great healer. The notion of being healed from the misery caused by thinking and feeling bad is found in the words, the life and ministry of Jesus. It is He who invites the sufferer to come for healing and deliverance. “Come unto me ‘all ye’ that labor and are heavy laden...” (Matt. 11:28 KJV), and I will give you REST “If you are tired from carrying heavy burdens, come to me and I will give you rest” (Contemporary English Version). In the first century, individuals afflicted by disease of body, mind and emotions came to him and were healed.

One inspired writer wrote these words about the spiritual therapy of Jesus. “As he passed through the towns and cities, he was like a vital current, diffusing life and joy... speaking hope to the downcast and peace to the distressed ... lifting up the bowed-down and comforting the sorrowful.” He “made each work of healing an occasion for implanting divine principles in the mind and soul” He “came ... to show that by receiving power from on high man can live an (unsullied) life” and those He healed “were rejoicing in health and making trial of their new-found-powers” (E.G. White, Ministry of Healing, p. 2, 3).

How CST Began

CST (Cognitive Spiritual Therapy), was developed from 25 years of clinical counseling. CST is a combination of the principles of healing as taught and performed by Jesus in conjunction with modern scientific knowledge and understanding of mind, body and emotions (feelings, thoughts and behaviors). Techniques and theories are synthesized from noted practitioners such as Drs. Albert Ellis, Maxie Maultsby, Abraham Maslow, Milton Erickson, and others. CST’s modern scientific methods are based on the work of several MD’s including Herbert Benson, Larry Dossey, Candice Pert and Scott Fishman. CST is especially geared to free men and women (and youth) from the ravages of drug and alcohol addictions and from being controlled by negative emotions such as anger, depression, anxiety, guilt, worry, shame and perfectionism. Each participant, through edu-therapy learns to daily use the healing ABCD process of REST One of the strengths
of CST lies in each participant completing each home work lesson. These lessons assist the student in mastering the techniques that harness spiritual powers sufficient for “breaking every yoke.” It is by having these spiritual powers that each participant finds the road to health, peace, happiness and security.

Understanding the ABCD Process of CST

In order to assist each student conceptualize and clearly see just how their healing takes place and to understand the role each of us plays in our own healing, CST used a simple ABCD learning process.

A refers to Activating Events - anything that happens to you can be an A (Activating Event).

B refers to your beliefs that are stored in your brain.

C refers to your consequential feeling – your emotions.

D refers to what you do or your behavior.

REST Equations

Now most normal people believe that A (activating events) are responsible for their C (emotions and feelings) and their D (what they do – their behavior). You can hear this type of reasoning all the time. Sue made me Mad. (A = C) or I drink (D) because I Got fired (A = D). This is sick thinking! What’s wrong with it? It leaves out the B or their beliefs / the thinking part of their brain. No wonder there are so many really sick humans. They don’t use the thinking part of their brain.

We blame others or things that happen to us for our anger, depression and bad behavior. When asked why we did something negative, the average person (even children) will respond that he, she or it was to blame. Like in the old Flip Wilson TV show, we tend to blame somebody else or some other thing for our emotional mistakes and bad behavior. (The Devil made me do it.) There are five basic REST healing concepts that are important for you to learn in order to empower yourself to call upon spiritual help for healing. These healing concepts are healing truth. When we don’t know the truth we are most likely to believe a lie (bamboozle). No one can be healed as long as their illness or addiction is based on false beliefs (lies).
Understanding the ABCD Process

Understanding “A” Life Events

Concept #1
The Truth About our Life Events
A does not equal C or D. (A ≠ C, D)
“It’s NOT the activating event (A) that leads to our emotions (C) and behavior (D).”

Case Analysis - Johnny
Johnny, a 12 year old, punched his 10-year-old sister in the eye. When his mother asked him why he did it, he cried, “She called me a bad name.” Johnny believed that his behavior was caused by his sister.

Case Analysis - Martha
Martha recently went through a divorce. One month later, a fire destroyed her home. While feeling depressed, Martha attempted suicide. When asked why she attempted to take her life, she stated that it was because of the bad things that happened to her — the divorce and the fire.

Both Johnny and Martha believed that someone else or something else caused their behavior.

Dr. Albert Ellis – Cognitive Therapy
Dr. Albert Ellis, the founder of R.E.T. (Rational Emotive Therapy), teaches that A does not equal C or D, but B (our thoughts and beliefs) about what has happened to us (A) causes us to feel certain emotions and thus to act in certain ways (D). When we understand and accept this concept, then we have taken the first step toward freeing ourselves from self-destructive emotions and behaviors.

Most Activating Events are beyond our control. Can you stop someone from calling you a bad name, prevent your home from being destroyed by fire, or prevent someone from divorcing you if they want to? The obvious answer is NO, and yet people try to control circumstances beyond their control. We believe that “bad things shouldn’t happen to us.” When we are unable to control activating events or make them go away, it is then that we feel badly and do bad and destructive things. The truth is that no one can successfully control another person without loosing control of himself/herself in the process. Neither can we control unforeseen events or negative situations. Johnny and Martha trying to control other persons or negative events led to their negative emotions and negative behavior.
Understanding “B” Negative Thoughts and Beliefs

**Concept #2**
The Truth about Our Beliefs
B equals C \((B=C)\)
"What we think \((B)\) about the activating event \((A)\) leads to how we feel \((C)\)."

*The Bible teaches “AS A MAN THINKETH... SO IS HE!!!”*

REST teaches that \(B\) (our thoughts and beliefs) leads to \(C\) (our feelings and emotional consequences). As He Thinks ... So Is He (Proverbs 23:7).

Dr. Ellis teaches that most negative emotions come from negative belief systems and negative thinking. He lists several types of negative thinking in negative belief systems.

**4 TYPES OF ‘STINKING THINKING’ IN NEGATIVE BELIEF SYSTEMS**

**#1 Shoulds, Musts, Oughts**

The first type of negative thinking is related to making unreasonable demands on others, the world or ourselves. He calls this the SHOULD FACTOR. People who have this negative belief system constantly use the words should, must, ought to or some similar over demanding dogmatic term. To Dr. Ellis this belief system is irrational because there is no logical or rational reason why anything “should”, “must” or “ought” to do or be anything.

**#2 Self Put Downs**

The second type of dysfunctional thinking of a negative belief system is the person who continuously “puts himself down.” Dr. Ellis calls this type of thinking, self-damnation. This person is constantly badmouthing himself. He/she is never really as bad as he/she would have others believe. But this person is in the habit of believing bad about themselves. “If it wasn’t for bad luck, I would have no luck at all.” He/she doesn’t just see failures, but sees themselves as a failure. They suffer from low self-esteem (LSE) and/or poor self image (PSI).

**#3 Awfulizing**

Dr. Ellis sees the third type in the negative belief system as being demonstrated by the person who believes that negative events that happen to him/her are awful. Minor negative happenings are blown way out of
proportion and they become the worst possible thing that could happen. This person believes that these negative events are not just bad, they are worse than bad. They are more than 100% bad. They are awful. To this type of negative thinker, things couldn’t be worst. How irrational!!! Things could always be worse.

#4  I Can’t Stand It.

The forth type of negative thinking in negative belief systems is the thought of defeat and surrender when negative or challenging events occur. Individuals who think this way have very little tolerance for anything (Low Frustration Tolerance - ‘LFT’). Giving up is the easiest way out for them. Dr. Ellis calls this afflicted thinking, I-can’t-stand-it-itis. This type of negative thinking (mental affliction) is probably more prevalent than the popular physical affliction called arthritis.

Understanding “C” Our Feelings

Concept #3
The Truth About Our Feelings
C equals D. (C=D)
“How we feel (C) about what we think (B) about the activating event (A) leads to how we behave and what we do (D).”

The letter ‘C’ in our equation refers to feelings and emotional consequences. Where do feelings come from? Why do some people have so many negative or painful emotions and feelings, or emotional distress? What are the most common negative feelings we should be aware of?

Question: Where do feelings come from?

Answer: Most feelings are the result of our thinking about what happens to us (B=C). When we interpret things that happen to us, or events in our lives, with a negative belief system (Shoulds, musts, oughts; self-damnation; awfulizing or I-can’t-stand-it-itis) we tend to feel bad, sad or mad about the activating event (A). To the degree we feel sad, bad, or mad is the degree to which we are controlled by negative feelings and emotions such as anger, depression, anxiety, worry, shame, guilt or perfectionism. In reality, negative inappropriate controlling feelings are created by our negative thoughts.

Question: Where do behaviors come from?
Answer: Most behaviors (D) are the projection of our feelings (C). If our feelings and emotions are negative (-C), then our behavior will be negative, whether projected outward toward others or repressed and kept inside.

Understanding “D” Our Behavior

What causes bad behavior? Why do some people continue to get into trouble? Why is it that some people lose control and do things that they later regret? Bad behavior happens this way. Dr. Ellis warns that these unpleasant and inappropriate emotions often take control of the individual and lead him/her into negative, dysfunctional and self-destructive behavior. Destructive behavior is either expressed or repressed. Out of control behavior destroys property, hurts or destroys someone else or hurts and destroys the person himself. The physical destruction of property, other persons or self is expressed behavior. However, whenever negative behavior is repressed, it buries itself in the subconscious and can produce negative physical consequences (psychosomatic aches and pains, high blood pressure, headaches, etc.) the results of internal unexpressed stress. The results of this suppressed negative behavior are self-destruction and sickness. This negative behavior can also be projected at a later time toward an innocent object external to the individual.

Question: Why is it that some people seem to continuously be in trouble, i.e., continuous arrests, fights, etc...?

Answer: When we interpret events with a negative belief system, negative emotions (feeling bad, sad or mad) are produced. We then act out these negative emotions with negative and destructive behavior. Our negative emotions are in control. When later we are back in control and review what we have done (our negative behavior) we feel negative emotions all over again. This time the negative emotions relate to what we think about what we have done (guilt/shame). In other words, our negative behavior continues the cycle of negative thoughts, which leads to more negative emotions, which in turn leads to even more negative behavior and on and on. Dr. Ellis calls this ‘the viscous cycle of self-destruction’.
Case History - BETTY

Betty learned that one of her co-workers was spreading a nasty rumor about her son being caught stealing in school. Betty confronted her co-worker in the cafeteria at work. After several heated words and name-calling, a fight began. Betty slapped this lady in the face. One of the owners walked into the cafeteria, broke up the fight and fired Betty. She left work and went home where she realized what she had done and that she had lost her only means of support for her and her son. She began to cry and feel depressed. Going into the kitchen, she produced a bottle of liquor and began to drink her sorrows away. At three o’clock her son arrived home from school. In her drunken state, she attacked him and screamed, “Why did you have to steal and get in trouble in school?” She began to beat her son with a belt. He ran away. (You’ll be asked to analyze Betty using the ABCD process on your first response sheet.)

BREAKING THE VICIOUS CYCLE OF SELF-DEFEATING BEHAVIOR

Understanding the Truth about Changing Our Behavior

CONCEPT #5
CHANGE B - AND C WILL CHANGE D
"By changing B (The way we think); C (the way we feel) changes and when 'C' changes, 'D' also changes.”

Using the TER (Tracing, Erasing and Replacing) Technique

No one is forced to think negative, irrational thoughts. We learn to do so. We teach ourselves this habit, or we learn from those around us. Remember ANYTHING LEARNED CAN BE UNLEARNED. It is at the point of wanting to change that we learn to believe in ‘spiritual values and spiritual power’. It is by stopping the negative self-talk playing in our heads, erasing it and replacing it with positive rational spiritual thoughts that we gain control of our lives. Old negative self-destructive behaviors and habits will disappear and be replaced by healthy productive behaviors. It may not come easy. However, the practice must continue daily in real life situations where ever you may be - at home or at work. You can change. You can be happy, healthy and successful. “You can do all things through God who will strengthen you” (SRT - Spiritual Replacement
Understanding the ABCD Process

Thought). You will be taught to identify your evil, negative, irrational or self-destructive thoughts (tracing) and in each lesson you will practice erasing them and replacing them with a spiritual thought that breaks The Evil One’s hold on your mind. This will bring you peace and power in your life. The Bible teaches that we can “unlearn evil” and learn to do good (Isaiah 1:17, 18).

REST Healing Principles

Here are five very important REST healing principles and beliefs that you can learn and live by in order to be healed and healthy. These are basic principles upon which are successful healing practices are build. You must use the TER process and remove any negative beliefs from your mind which contradict these positive healing principles. Please accept them and learn them. Make them a part of your daily belief system.

Belief #1  Accepting Responsibility
"I may not be responsible for my illness, but I am responsible for my healing and my cure."

Belief #2  Internal Resources
"God has already placed in my mind all of the resources that I need in order to become and remain healthy, happy and whole."

Belief #3  No Labels
"I am not what I do or have done in the past. I am a fallible human being (FHB) who makes mistakes."

Belief #4  Learned Behavior
"Much of my negative behaviors and illnesses I have learned and therefore by the power of God can unlearn them."

Belief #5  Self Attitude
"In order for me to love others as God has commanded, I must first learn to love myself, unconditionally."

The Power of Beliefs to Heal

In his book, Timeless Healing – The Power and Biology of Belief, Dr. H. Benson shows scientific evidence that beliefs have the power to destroy or
heal. When faith is combined with medicine, people get well faster and they live longer. Here are some other areas that science shows evidence of the healing power of belief and faith.

- Well-being, happiness, and life satisfaction
- Hope and optimism
- Purpose and meaning in life
- Higher self-esteem
- Adaptation to bereavement
- Greater social support and less loneliness
- Lower rates of depression and faster recovery from depression
- Less anxiety
- Less psychosis and fewer psychotic tendencies
- Lower rates of alcohol and drug use or abuse
- Less delinquency and criminal activity
- Greater marital stability and satisfaction.

**Power Beliefs that Heal**

Life is divided into three dimensions of time: past, present and future. All illnesses are related to one or more of these time dimensions. Spiritual healing thoughts from all religions also relate to these three time dimensions. This is important because some of our problems which are related to the past, such as guilt, can only be healed in the present. Some healers call this the **Present Now**. Listed below are some time dimensional spiritual replacement thoughts taken from the Bible. If your religion uses some other holy book or scriptures, I’m sure you can find similar time dimensional healing thoughts to use in the ABCD process.

**REST Spiritual Law of Healing**

Throughout these lessons I will be introducing to you various REST Spiritual Healing Laws. All of life is governed by these laws.

*Trying to control things not in your control causes you to lose control. We first lose control of our feelings and we then lose control of our behavior. We feel bad and we react badly or inappropriately.*

“Although emotions are limited to being expressed in a time tense (past, present or future)” and are the product of thoughts that are also related to tenses of time - all healing occurs in the present tense - the here and the now.
Understanding the ABCD Process

Time Dimensional Power Beliefs for

SPIRITUAL HEALING and RATIONAL SPIRITUAL LIVING

Power Beliefs about the Present

1) “Without faith it is impossible to please God. He that comes to God must believe that He will reward those who diligently seek HIM.” Hebrews 11:6

Power Beliefs about the Past

2) ‘God forgives all my past sins, faults, mistakes and heals all my sickness, illness, diseases....’ - Psalm 103:3
3) ‘If I confess my sins, God will forgive my sins and cleanse me from all my past mistakes....’ - I John 1:9

Power Beliefs about the Future

4) ‘God will never leave me alone or forsake me.’ - Hebrews 13:5

Spiritual Replacement Thoughts

The Key to Rest Healing is using Spiritual Replacement Thoughts (SRTs). We will suggest SRTs to use in each workbook. Although these SRTs are from the Bible, please feel free to use any source for Spiritual Replacement Thoughts. The main idea in using Spiritual Replacement thought to replace your negative or self-destructive thoughts to have spiritual thoughts on the same subject as the negative thought but which are more powerful than the negative or self-destructive thought. An example might be hearing your beast voice constantly saying to you “I can’t do it. I will never succeed!” (Self-destructive thought-SDTs) Your spiritual replacement thought might be, “on my own I can’t do it, but I can do all things with God’s help!” We will help you develop strong ‘Spiritual Replacement Thoughts’ for each of the 12 pathological emotions and the basic Self Destructive Thought that supports each one.

What You Can Expect from Studying CST?

1. Your knowledge about addictions and related negative behaviors will increase.
Understanding the ABCD Process

2. You’ll develop a model by which to continuously change our behavior.
3. Your addictive behaviors will decrease and/or disappear.
4. You’ll have more control over impulses.
5. You’ll be able to better control your negative emotions.
6. Your level of self confidence and self-esteem will increase.
7. You’ll replace old negative thoughts with positive spiritual thoughts.
8. Your level of stress will decrease.
9. You’ll feel a new power in your life.
10. Your relationship with others will improve.

**Conclusion**

Expect a big change in your life. GOD CAN DO IT FOR YOU. He promises in His word that ... “The past things you did will pass away” and “you will become a New person.” So then ‘study these lessons to show yourself approved unto God and reap the healing benefits in your life and become more knowledgeable about how to help some other hurting person.”
REST True or False (Please put T for True and F for false in each space.)

1. REST stands for rational emotive spiritual training.
2. The REST concept is based on the teaching of the apostle Paul.
3. Emotions are chemicals.
4. Emotions communicate how we feel about something or someone.
5. Activating events cause our emotions.
6. It is healthy to criticize yourself by putting yourself down.
7. Negative feelings can cause negative behaviors.
8. Thoughts are not important. It is what you do that is important.
9. All humans may suffer the same physical, emotional and psychological pain but the good news is that we can all be healed the same way.
10. If you take the REST program seriously and honestly do the homework you can experience healing and change.
11. You must have God’s help if these changes are to be powerful enough to last.
12. All healing has a spiritual base.
13. Our emotions are so powerful that they control or regulate our immune system.
14. Adam and Eve had open access to God and could talk directly with him but today we don’t.
15. Satan schemes to make all humans his willing servants or unwilling slaves.
16. The goal of the evil one is to restructure or damage the human brain.
17. Evil thoughts and feelings hold us in captivity, control us and cause self-destructive behaviors.
18. The evil one can influence man’s mind and destroy his power of choice.
19. REST can help any normal person to break self-destructive habits.
20. When we blame others for things that happen to us we are saying that C = D.
21. Anything learned can be unlearned.
22. Behaviors such as using drugs, crime, lying and fighting are not learned.
23. What we think about the Activating Event leads to how we feel.
24. Trying to control things that are not in your control causes you to lose control of yourself.
25. We will continue doing the same negative things if we keep the same negative beliefs.
26. You may not be responsible for you illness but you are responsible for your healing.
27. When you make a mistake you are a Fallible Human Being.
28. In order for me to love others I must first love myself.
29. The key to REST healing is using the trace, erase and replace technique.
30. What was the first **Activating Event (A)** for Betty? (Please select one answer.)
   a.  □ Learning about the rumor
   b.  □ Betty’s son stealing
   c.  □ Slapping her co-worker
   d.  □ Losing her job

31. Which **negative belief system (B)** did Betty demonstrate in regards to her son?
   a.  □ Shoulds
   b.  □ Self-Damnation
   c.  □ Awfulizing
   d.  □ I-Can’t-Stand-It-itis

32. What was the first negative, unpleasant, inappropriate emotion (**C**) that Betty felt, which was the result of her negative belief system (**B**) which led to her slapping her coworker?
   a.  □ Anger
   b.  □ Anxiety
   c.  □ Depression
   d.  □ Guilt
   e.  □ Shame
   f.  □ Perfectionism

33. What was the initial consequence of this negative behavior (**D**) at work?
   a.  □ Betty was fired
   b.  □ Betty began to drink
   c.  □ Betty’s son ran away
   d.  □ All of the above

34. Upon arriving home and rethinking what had happened (**A**) at work (being fired) which negative belief system (**B**) about herself did Betty now demonstrate?
   a.  □ Shoulds
   b.  □ Self-Damnation
   c.  □ Awfulizing
   d.  □ I-Can’t-Stand-It-it is

35. What was the new negative, unpleasant inappropriate emotion (**C**) that Betty felt, which was the result of her negative belief system (**B**) about being fired?
   a.  □ Anger
   b.  □ Anxiety
   c.  □ Depression
   d.  □ Guilt
   e.  □ Shame
   f.  □ Perfectionism
36. This new negative inappropriate, controlling emotion (-C) now led to what inappropriate self-defeating behaviors (-D). (Select at least one answer)