



CHANGE YOUR LANGUAGE - David Yonggi Cho

One morning I was eating breakfast with one of Korea's leading neurosurgeons, who was telling me about various medical findings on the operation of the brain. He asked, "Dr. Cho, did you know that the speech centre in the brain rules over all the nerves? You ministers really have power, because according to our recent findings in neurology, the speech centre in the brain has total dominion over all the other nerves."

Then I laughed, saying, "I've known that for a long time."

"How did you know that?" he asked. "In the world of neurology these are new findings."

I replied that I had learned it from Dr. James.

"Who is this Dr. James?" he asked.

"He was one of the famous doctors in biblical times, nearly two thousand years ago," I replied. "And in his book, chapter three, the first few verses, Dr.

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James clearly defines the activity and importance of the tongue and the speech centre.”

The neurosurgeon was completely amazed. “Does the Bible really teach about this?”

“Yes,” I answered. “The tongue is the least member of our body but can bridle the whole body.”

Then this neurosurgeon began to expound their findings.

He said that the speech nerve centre had such power over all of the body that simply speaking can give one control over his body, to manipulate it in the way he wishes. He said, “If someone keeps on saying, ‘I’m going to become weak,’ then right away, all the nerves receive that message, and they say, ‘Oh, let’s prepare to become weak, for we’ve received instructions from our central communication that we should become weak.’ They then in natural sequence adjust their physical attitudes to weakness.

“If someone says, ‘Well, I have no ability. I can’t do this job,’ then right away all the nerves begin to declare the same thing. ‘Yes,’ they respond, ‘we received instruction from the central nervous system saying that we have no abilities, to give up striving to develop any capacity for capability. We must prepare ourselves to be part of an incapable person.’

“If someone keeps saying, ‘I’m very old. I’m so very old, and am tired and can’t do anything,’ then right away, the speech central control responds, giving out orders to that effect. The nerves respond, ‘Yes, we are old. We are ready for the grave. Let’s be ready to disintegrate.’ If someone keeps saying that he is old, then that person is soon going to die.”

That neurosurgeon continued saying, “That man should never retire. Once a man retires, he keeps repeating to himself, ‘I am retired,’ and all the nerves start responding and become less active, and ready for a quick death.” That conversation carried much meaning for me, and made an impact on my life, for I could see that one important usage of the spoken word is the creation of a successful personal life.

People easily adapt to speaking in a negative way. “Boy, am I poor. I’ve even no money to give the Lord.” When an opportunity does come for a job with a

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good salary, the nervous system responds, “I am not able to be rich because I haven’t received that reverse instruction from my nerve centre yet. I am supposed to be poor, so I can’t accept this job. I can’t afford to have the money.” Like attracts like, and since you act as if you were a poor person, you attract poverty; this attraction, if it remains consistent, will allow you to permanently dwell in poverty.

Exactly as the Bible said nearly 2,000 years ago, it is so today. Medical science has just recently discovered this principle. This one neurosurgeon said that people should keep saying to themselves, “I am young. I am able. I can do the work of a young person no matter what my chronological age is.” The nerves of that person will then come alive and thus receive power and strength from the nerve centre.

The Bible says clearly that whosoever controls the tongue, controls the whole body. What you speak, you are going to get. If you keep on saying that you are poor, then all of your system conditions itself to attract poverty, and you will feel at home in poverty; you would rather be poor. But if you keep on saying that you are able, that you can achieve success, then all of your body would be bridled to success. You would be ready to meet any challenge, ready to conquer it. This is the reason you should never speak in a negative way.

Before you can be changed, you must change your language. If you do not change your language, you cannot change yourself. If you want to see your children changed, you must first teach them to use the proper language. If you want to see rebellious and irresponsible youth changed into responsible adult you must teach them this new language.

In Korea we have a habit of making frequent use of words having to do with dying. Common expressions are: “Oh, it’s so warm I could die;” “Oh, I’ve eaten so much I could suffocate to death;” “Oh, I’m so happy I could die;” and “Oh, I’m scared to death.” Koreans repeatedly use these negative words. That is the reason that throughout Korea’s five-thousand-year history we have been constantly dying, constantly at war. My generation has never seen total peace in our country. I was born during World War II, grew up during the Korean War, and now still live in a country on the brink of war.

Where can we learn this new language? From the best language book of all,

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the Bible. Read the Bible from Genesis to Revelation. Acquire the Bible's language, speak the word of faith, and feed your nervous system with a vocabulary of constructive, progressive, productive and victorious words.

Speak those words; keep repeating them, so that they will have control of your whole body. Then you will become victorious, for you will be completely conditioned to meet your environment and circumstances and achieve success. This is the first important reason to use the spoken word: to create the power to have a successful personal life.

Struggling to Change the Way You Think About Yourself?

Many people know they should speak more positively about themselves, but still find themselves trapped in cycles of self-criticism, fear, shame, guilt, worry, or limiting beliefs.

The truth is that negative thought patterns and internal narratives are often symptoms of something deeper.

Unresolved emotional trauma, painful experiences, subconscious beliefs, and long-standing patterns can continue to influence the way we think, speak, and respond to life long after the original event has passed.

If you find yourself constantly battling negative self-talk, feeling stuck in unhealthy thought patterns, or struggling to see lasting change despite your best efforts, there may be underlying emotional factors that need to be addressed.

At Healthy Vibes, we help clients identify hidden emotional stressors, limiting beliefs, and unresolved trauma that may be influencing their health, emotions, and wellbeing.

If you're ready to move beyond symptom management and discover what may be driving these patterns, our [New Client Start Here](#) package is designed to help uncover root causes and provide a personalized plan for moving forward.

Or contact us on WhatsApp +27768583854 / admin@healthyvibes.shop

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Excerpt adapted from: David Yonggi Cho, *The Fourth Dimension: Discovering a New World of Answered Prayer* (Bridge Publishing, 1979).

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