



*Brad Lemley's*

# Natural Health Solutions

## The Apostle's Protocol: The Lost "Medicine" for Healing Your Mind and Body

You can use its incredible power to strengthen your mind and body... improve your focus and concentration... ward off the ravages of Alzheimer's... lower your blood pressure... and live a longer, healthier life with none of the side effects of medication. The medical secret we call "the Apostle's Protocol" is the key to unlocking a host of health benefits.

Could this incredible discovery be scientific proof that the healing powers of Jesus were very real? I'll let you be the judge when you read the lost words of Jesus I'm going to show you in this report.

You can start experiencing all these benefits today when you learn more about this ancient "medicine."

I'm sure you're wondering what major discovery I'm talking about. Well, I'll tell you right now.

### What Are These "Lost Words of Jesus"?

The scroll that was dug out of the Egyptian desert in December 1945 was one of 13 texts known as the "Nag Hammadi Library" that were found in a long-sealed jar dating from around the fourth century. Many scholars believe the ideas in them date as far back as the first century... and may even predate the gospels of Matthew, Mark, Luke, and John, according to biblical scholars at Claremont Graduate University. Lisa Haygood, biblical historian, notes:

Many early Christian sects were aware of and accepted the Gospel of Thomas as authentic Christian scripture... The greatest contribution of Thomas' discovery will be to deepen knowledge and understanding of early Christianity.<sup>1</sup>

The ancient scroll I've been telling you about is called "The Secret Gospel of Thomas," regarded by a little-known group of early Christians called the Naassenes to contain actual words of Jesus that were left out of the Bible.

We know it is very old because it was referenced by an early Christian theologian called Hippolytus of Rome (A.D. 170–235). Hippolytus notes the Naassenes claimed their teachings came from Mariamne, a disciple of the apostle James the Just, leader of the Christian church in Jerusalem.

For centuries, there existed only fragments of this "secret gospel" to study... until that earth-shattering discovery in December 1945. And only recently is its significance coming to light through scientific evidence.

Many historians believe the Nag Hammadi Library was buried by early Christians in a cave in Egypt because of Athanasius, the bishop of Alexandria who believed it was a threat to the power of the Roman Catholic hierarchy. He banned the writings in A.D. 367. They were subsequently buried in the Egyptian desert by early Christians, either to hide or protect them.<sup>2</sup>

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1. Haygood, Lisa. "The Battle to Authenticate 'The Gospel of Thomas.'" LUX: A Journal of Transdisciplinary Writing and Research from Claremont Graduate University. Vol. 3: Iss. 1, Article 6. 2013.

2. "Gospel of Thomas." The Gnostic Society Library. 1997.

## What's Written in the Text?

Several of the 114 verses in the “secret gospel” are said to be quotes, teachings, and sayings of Jesus... many you will recognize from the gospels of Matthew, Mark, Luke, and John. Such as:

Jesus said, “You see the sliver in your friend’s eye, but you don’t see the timber in your own eye. When you take the timber out of your own eye, then you will see well enough to remove the sliver from your friend’s eye.”

Jesus said, “No prophet is welcome in his own home; doctors don’t cure those who know them.”

But then there are more mysterious revelations...

Jesus said, “If the flesh came into being because of spirit, that is a marvel, but if spirit came into being because of the body, that is a marvel of marvels. Yet I marvel at how this great wealth has come to dwell in this poverty.”

Jesus said, “The Pharisees and the scholars have taken the keys of knowledge and have hidden them. They have not entered nor have they allowed those who want to enter to do so.”

Jesus said, “If you do not fast from the world, you will not find the [Father’s] kingdom. If you do not observe the Sabbath as a Sabbath, you will not see the Father.”

Jesus said, “When you make the two into one, and when you make the inner like the outer and the outer like the inner... then you will enter the kingdom of heaven.”

Apparently, the Naassenes (along with many modern scholars, philosophers, writers, and wellness experts) believed this referred to an ancient practice of attaining mental peace through a special brain technique that creates focus, clarity, and calmness within the mind. Karen Nelson, Christian and author of *Journey to the Heart: Christian Contemplation Through the Centuries*, said:

The teaching of Jesus in the Gospel of Thomas... encourages us to open ourselves to the Divine Reality, to Divine Wisdom. The way is true self-knowledge, arrived at by truly listening in silent interiority to the deeper spiritual significance of his teaching.<sup>3</sup>

That “silent interiority” is crucial to garnering the health benefits we’ve been talking about... and that’s what this practice will help you achieve. Some believe Jesus himself used this technique when he fasted for 40 days in the desert to keep his mind and body healthy.

## The Health Benefits of the “Apostle’s Protocol” Are Very Real

Scholars are still debating the significance, age, and authenticity of this “secret gospel.”

But you don’t have to believe these are the real words of Jesus... to reap the very real health benefits of the “Apostle’s Protocol.”

The techniques they employed have been in practice for generations. They are simple but ancient and highly effective ways to reduce stress and calm your body and mind.

It’s commonly called “mindful awareness” or simply “mindfulness.”

It’s a method of becoming aware of your thoughts and feelings that are urgently, endlessly filling your mind so you can “turn the volume down.”

It’s a tool that’s been used for centuries to reduce stress... and it’s extremely effective.

It’s also gaining popularity... it’s even being practiced by U.S. soldiers to help them deal with combat stress and post-traumatic stress disorder (PTSD).

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3. “Letter 45: The Gospel of Thomas.” The School of Meditation. Accessed 4 Mar 2016.

Hundreds of studies have shown its effectiveness in lowering blood pressure; improving memory and cognition; and reducing anxiety and insomnia, chronic pain, and even the symptoms of autoimmune disorders.

Just take a look at what medical experts are saying about it...

*“For a condition that has few other treatment options — and without FDA-approved medications to stop the progression to dementia — [this “medicine”] may impact the very areas of the brain most affected by Alzheimer’s disease”<sup>4</sup>*

— Rebecca Wells, MD, Boston, Massachusetts

*“It only takes 12 minutes [a day,] and it has no side effects. [The Apostle’s Protocol] reverses memory loss in people with memory problems.”<sup>5</sup>*

— David Kennedy, medical director of the Alzheimer’s Research and Prevention Foundation in Tucson, Arizona

*“[Research] provides initial evidence of the efficacy of [the protocol] as a treatment for chronic insomnia.”<sup>6</sup>*

— Cynthia R. Gross, a Ph.D. at the College of Pharmacy and School of Nursing at the University of Minnesota

So what is this secret to mindfulness and the key to unlocking so many health benefits?

The ancient art of meditation.

## Health Benefits of Mindful Meditation

You might be doubtful, but hear me out. There is a boatload of scientific research supporting the health benefits of meditation and mindfulness. Let’s take a quick look at some of the most impressive...

**Improving Memory and Cognition:** We’ve long been told that “brain exercises” can help us improve our memories into old age. But what about meditation? According to a study published in the *Journal of Alzheimer’s Disease*, it can!<sup>7</sup> Researchers had 15 participants with memory problems practice meditation for 12 minutes per day over the course of eight weeks. The researchers found that blood flow was increased to the parts of the brain that retrieve memories, and that the participants performed better on cognition tests. The lead researcher says the findings show that a meditation practice could stop memory problems from progressing.

**Reducing Anxiety and Insomnia:** We’re well aware of the damage stress can do to our brains and bodies. Insomnia is just one of the many side effects of anxiety and stress. Luckily, according to a report from Harvard Health, 50% of participants who suffered from sleep problems had less insomnia, fatigue, and depression at the end of just six sessions of mindful meditation.<sup>8</sup> The key here again is the relaxation response that meditation elicits in the body. According to Dr. Herbert Benson, “The idea [behind daily mindfulness] is to create a reflex to more easily bring forth a sense of relaxation,” so that you can more easily relax and drift into sleep.

Mindfulness meditation is also widely used to **treat PTSD** in war veterans. According to Deirdre Fay, a psychotherapist who runs meditation-ptsd.com, this treatment is successful because it allows PTSD sufferers to “befriend the symptoms instead of running away from them or feeling overwhelmed by them.”<sup>9</sup>

**Soothing Chronic Pain:** Chronic pain is a huge issue in the United States, leading to rampant narcotics abuse and, worse, prescription painkiller addiction. Luckily, for those suffering life-impacting chronic pain, meditation could be the solution. In one study out of Wake Forest, 15 volunteers had scans done on their brains while researchers induced pain.<sup>10</sup> They were then taught how to meditate for four days, and on the fifth day their pain intensity ratings were down 40 percent.

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4. Elias, Nina. “A Meditation a Day Keeps Alzheimer’s At Bay.” *Prevention*. 21 Nov 2013.

5. Doheny, Kathleen. “Can Meditation Reverse Memory Loss?” *WebMD Health News*. 2010.

6. Gross, Cynthia R. et al. “Mindfulness-Based Stress Reduction vs. Pharmacotherapy for Primary Chronic Insomnia.” *Explore*. Mar 2011.

7. Doheny, Kathleen. “Can Meditation Reverse Memory Loss?” *WebMD Health News*. 2010.

8. Corliss, Julie. “Mindfulness meditation helps fight insomnia, improves sleep.” 22 Dec 2015.

9. Fay, Deirdre. “Benefits of Meditation Mindfulness.” *Meditation-PTSD*. 8 Jan 2012.

10. Steiner, Brian. “Treating Chronic Pain with Meditation.” *The Atlantic*. 1 Apr 2014.

Hundreds of studies have been done on this phenomenon. Pain is both a physical and mental sensation. Learning to control it through mindfulness can have a real impact on reducing its effects.

The leader of the Wake Forest study, Fadel Zeidan, explains to *The Atlantic*, “Meditation teaches patients how to react to the pain. People are less inclined to have the ‘Ouch’ reaction, and are able to control their emotional reaction to pain.”

**Lowering Blood Pressure:** We’ve already established that meditation encourages relaxation. But the impact of that can be extremely physical, as well as mental. In 2008, Cochrane found that relaxation had a significant reduction in systolic and diastolic blood pressure.<sup>11</sup> Another 2008 study published in *The Journal of Alternative and Complementary Medicine* found that 40 out of 60 patients with high blood pressure were able to stop taking their blood pressure medication once they started meditating.<sup>12</sup>

## Main Types of Meditation

Meditation is a very personal practice and can be changed to fit the individual needs and preferences of anyone who engages in it. Because of this, it’s likely that no two meditation practices are the same. They can even vary from day to day for the same person — the techniques that provide the best results for you one day may leave you stressed and distracted the next.

Here are a few of the main types of meditation that you could practice:

**Concentration meditation:** This is probably what you think of when you hear the word meditation. Concentration meditation requires focusing on a single thing, whether it be an object, a mantra (a word or phrase that you repeat), listening to a repetitive sound like a gong, or using your thumb and forefinger to count beads on a string. The purpose is to train your concentration on your chosen focal point and try to allow it to take all of your attention. As thoughts come into your mind, you are encouraged to recognize the thought and then to bring your concentration back to your chosen focal point.

**Mindfulness Meditation:** Where concentration meditation pushes away extraneous thoughts, mindfulness meditation accepts them with serene detachment. According to Gaiam Life, “The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.”<sup>13</sup> As thoughts drift through your mind, resist the urge to label them good or bad, and rather accept their existence and let them drift away. Mindfulness meditation can also be based on awareness, without judgment or attempts to modify, of the breath as it gently rises and falls.

**Open-monitoring Meditation:** Rather than focusing on one specific object, or only the contents of your mind, you take in everything that is happening around you all at once, both within and without, and try not to react. Think of it almost like you’re sitting on a bench in a park staring into space. You see the people move by but don’t react to their existence.

Some experts recommend that you choose a meditation type based on your personality and interests.<sup>14</sup> If you’re introverted, mindfulness is probably best for you. If you are an avid reader, try a mantra that means something to you. If you’re athletic, try meditation while hiking.

## Elements of Thought Awareness

There are a number of elements that can impact your meditation practice. In order for your internal head space to be clear and focused, the space around you needs to be as well.

Here are a few common elements that are a part of any successful meditation practice:

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11. Rabito, Matthew J. and Alan David Kaye. “Complementary and Alternative Medicine and Cardiovascular Disease: An Evidence-Based Review.” *Evidence-Based Complementary and Alternative Medicine*. 22 Apr. 2013.

12. Crane, Kristine. “8 Ways Meditation can Improve Your Life.” *Huffington Post Healthy Living*. 19 Sept 2014.

13. “Meditation 101: Techniques, Benefits & Beginner’s How-to.” *Gaiam Life*. Accessed 4 Mar 2016.

14. Corbett, Holly C. “Find the Meditation Technique That Matches Your Personality.” *Prevention*. 13 Mar 2012.

**Breathing:** Essentially, every type of meditation is connected to the breath. Start your practice by closing your eyes and focusing on the rise and fall of your breath. Try to make your breathing even, with long, steady inhales and exhales. It helps to focus on each stage of breathing — feel the breath fill your stomach, lungs, and your chest, and then exhale until it all leaves you. Slow, deep breathing is the key to meditation and can often act as a tool to bring your focus back to your practice. Bringing your attention back to your breathing whenever you feel your attention wander can help keep you grounded.

**Focused attention:** This is the most vital, and most difficult, part of meditating. As I've stated before, there are a number of ways to focus your attention, and many things to choose from. A mantra, an object like the string of beads known as a mala, a single candle, or a spot on the wall can all be a part of your focus. You can also focus on your breath — the sensation of each inhale and exhale can be what you choose to focus on.

**A quiet room:** Don't make meditation more difficult than it already is. Trying to sink into meditation in a room full of noise or distractions will only make it more difficult. Find a quiet, peaceful setting for your meditation. If your home is crowded and noisy, you could always try moving outdoors.

**Comfortable position:** Whether it's sitting, standing, lying down, or walking around the room, you need to be comfortable in order to meditate. Getting caught up in the details of the "correct" way to meditate is silly, particularly for beginners. We don't all need to sit like a yogi in lotus position, legs crossed and palms facing upward. Find a position that works for you. The last thing you need is physical discomfort distracting you from clearing your mind.

## How Do I Do It?

As we've already discussed, there are many different types of meditation, each of which serves a different purpose for the mind and body. For the sake of this report, we'll focus on mindfulness meditation.

According to Karen Kessel Wegela in *Psychology Today*, mindfulness meditation "helps us become aware of what is already true moment by moment. We could say that it teaches us how to be unconditionally present; that is, it helps us be present with whatever is happening, no matter what it is."

Mindfulness meditation is the most often studied, and is often used in therapy for the many health issues we've discussed in this report.<sup>15</sup>

Here are the basics:

**Set up your environment:** A nice, quiet room, as we've already discussed, is perfect for a meditation session. Make sure it's comfortable. Some people like to use "props" when they meditate, such as soothing candles, photographs, a journal, or some inspiring books. Whatever works for you, just make sure you're feeling at ease!

**Sit down:** Traditionally, mindfulness meditation is done while seated. There are special "meditation pillows" that you can use to sit on, if you choose. You can sit on the floor, or in a comfortable chair. Again, this is all about you. Just make sure that you're comfortably supported.

Your posture is important here. Try to sit upright, but not to the extent that your back is arched or overstressed. Imagine a string reaching from the top of your head to the ceiling, gently pulling you upward.

**Focus on your breath:** Keep your eyes open but your gaze relaxed and focused slightly downward. Don't stare intently at what's in front of you but instead allow your focus to move gradually and naturally inward. Begin to concentrate on the rise and fall of your breath, keeping it slow and even. As your mind begins to wander (which it will, so don't worry about it) try to continually bring it back to your breath.

Once you've relaxed and settled, it's time to start **focusing on your thoughts**. This is where the mindfulness really comes into play. Many people mistakenly believe that meditation is all about emptying your mind. While that is true in some cases, becoming mindful is all about your thoughts.

You're working toward being able to observe all of your thoughts, memories, and emotions, good or bad, without reacting to them. Simply let these things wash over you, acknowledge them, and then set them aside. If you

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15. Wegela, Karen Kessel, Ph.D. "How to Practice Mindfulness Meditation." *Psychology Today*. 19 Jan 2010.

find yourself chasing a particular fear or emotion, let it go and bring your attention back to your breath. Your thoughts should be able to float in and out of your mind without pulling you away from your meditation.

## The Best Way to Get Started

I know that this information can be overwhelming. If you've never meditated before, the concepts can be foreign and stressful.

But don't worry! The best thing about meditation is that you can start small and work your way up.

At first, try incorporating just two minutes of meditation into your daily routine. Whether it be right when you wake up or just before you go to bed, carving out two minutes should be enough to start getting used to the idea of meditation and to begin building a habit.

There are also a number of helpful, easy-to-use apps that you can use to guide you in your meditation.

A very popular one is [Headspace](#). Touted as "meditation made simple," the company encourages users to "think of it like a gym membership for the mind."

Their guided meditations can be done in just 10 minutes a day, perfect if you're just starting out. Headspace can be downloaded as an app on your phone, or used on your computer, which is also convenient.

Headspace recommends that you start with their Take10 program. This free trial consists of videos that help you learn the basics of meditation in just 10 minutes per day.

After that, if you like the program, you can subscribe and get access to thousands of exercises, guided meditations, and exercises in mindfulness. Subscriptions vary in price from \$12.95 per month to \$95.88 for one year or \$419.95 for a lifetime membership.

If you'd prefer to work with a free program, try [Insight Timer](#). It offers 1,300 guided meditations, discussion groups and local meetups that you can join, articles to help you with your practice, and a handy timer to use while meditating.

There are a number of books available on meditation, as well. One of our health researchers recommends *Meditation for Dummies*. An avid meditator, she says this book helped get her started and really helped to explain the process. It also comes along with a CD of guided meditations to help you when you're just starting out.

Finally, if you're more comfortable learning in person, try looking online to see if there is a Shambhala meditation center near you. They tend to offer very affordable classes and weekend retreats and have locations all over the world. The Baltimore office even offers free meditation instruction.

This is a more spiritual form of meditation, tied to a form of Buddhism, so make sure that's something you're comfortable with before attending. If you're looking to start your meditation practice in a more private way, these centers might not be a good fit for you.

To locate a center near you, visit them [here](#).

## Why Wait?

As we've already suggested, you can get started with meditation anytime, beginning with just a few minutes a day. The health benefits are too overwhelming to ignore. I highly recommend downloading one of the free apps we've discussed, carving out a few minutes in your daily routine, and getting started.

You'll soon settle into a habit that will benefit you for the rest of your life.

Yours in health,  
Brad Lemley  
Editor, *Natural Health Solutions*

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