

Your Subconscious Healing Power

**Compiled by
Campbell M Gold**

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Part One

Subconscious Healing Power

The following material presents the principles of Subconscious Healing Power, and was compiled from the writings of Dr Josef Murphy and Dr Phineas Parkhurst Quimby.

The material was compiled from various sources in the United States public domain.

Introduction

Within you is the power to attract into your life more health, more wealth, more transforming energy (including healing energy), more joy, and more happiness - in fact, anything and everything that you really desire. Moreover, this power does not need to be acquired, you already have it, and it resides in your subconscious mind. However, to use this power effectively, you will need to understand it, and apply it.

By following some simple techniques and procedures, you will be able to release limitless power of your subconscious mind and bring endless, positive, and rewarding changes into your life.

Regarding the power of the subconscious mind, Dr Joseph Murphy said:

Within your subconscious depths lie infinite wisdom, infinite power, and infinite supply of all that is necessary, which is waiting for development and expression. Begin now to recognize these potentialities of your deeper mind, and they will take form in the world without.

The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space provided you are open-minded and receptive. You can receive new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or write books and plays. Moreover, the infinite intelligence in your subconscious can impart to you wonderful kinds of knowledge of an original nature. It can reveal to you and open the way for perfect expression and true place in your life.

Through the wisdom of your subconscious mind you can attract the ideal companion, as well as the right business associate or partner. It can find the right buyer for your home, and provide you with all the money you need, and the financial freedom to be, to do, and to go as your heart desires.

It is your right to discover this inner world of thought, feeling, and power, of light, love, and beauty. Though invisible, its forces are mighty. Within your subconscious mind you will find the solution for every problem, and the cause for every effect. Because you can draw out the hidden powers, you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy, and dominion.

I have seen the power of the subconscious lift people up out of crippled states, making them whole, vital, and strong once more, and free to go out into the world to experience happiness, health, and joyous expression. There is a miraculous healing power in your subconscious that can heal the troubled mind and the broken heart. It can open the prison door of the mind and liberate you. It can free you from all kinds of material and physical bondage.

(Dr Joseph Murphy (1898 - 1981))

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Your Subconscious Healing Power - Just the Facts

Fact 1 - It's all in your Subconscious Mind

Within your subconscious mind is unlimited power to attract health, wealth, transforming energy (including healing energy), joy, and happiness - in fact, anything that you desire, no questions asked.

Fact 2 - Your Subconscious Mind is Completely Impartial

Your subconscious mind does not distinguish between right or wrong, good or bad. It simply says, 'Yes' and manifests accordingly.

Fact 3 - Your Subconscious Mind Cannot be Fooled

You cannot fool your subconscious mind. Consequently your conscious and subconscious minds must be in complete agreement for the power of your subconscious mind to be released, and for that which you desire to be attracted to you. This is the key which unlocks the power of your subconscious mind - your subconscious only accepts what you **really** feel to be true. The dominant idea is always accepted by your subconscious mind. Thus, the dominant idea (to be proffered) should be *health*, not *sickness*; *wealth*, not *poverty*, etc.

Fact 4 - Affirmations Program your Subconscious Mind

Affirmations are used to program your subconscious mind. However, choose the affirmations carefully; and always remember that your subconscious mind cannot be fooled.

Affirmation Example: Problem - I need money

'I am wealthy and I have more than I need.'

This affirmation will not produce any significant results. Your subconscious mind will not be fooled; it knows that you're not wealthy, and that you don't even have enough to cover your needs.

'Every hour of every day I am attracting wealth, health, and abundance into my life.'

This affirmation will produce startling results quickly. Your subconscious mind will readily accept this affirmation, and it will immediately set in motion cause and consequence which will result in prosperity being manifested in your life.

Affirmation Example: Problem - I need to be cured of cancer

'I am feeling well, and my body is free from cancer.'

This affirmation will not produce any significant results. Your subconscious mind will not be fooled; it knows that you are feeling lousy, and that you have cancer.

'Every hour of every day my body is replacing bad cells with good cells, and I am becoming stronger and more vigorous.'

This affirmation will produce startling results quickly. Your subconscious mind will readily accept this affirmation, and it will immediately set in motion cause and consequence which will result in your body being healed.

Affirmation Application

Simple Autosuggestion Technique (c.1780s)

As you go to sleep at night:

- Close your eyes
- Relax your body (the more you are relaxed, the more receptive your subconscious is to suggestion)
- Repeat the word/affirmation, e.g. 'wealth' quietly and feelingly, over and over

- Lull yourself to sleep with the one word, e.g. 'wealth'
- Repeat the procedure again on waking - wake up to and arise to the thoughts of 'wealth'

Simple Autosuggestion Technique (c.1780s)

During the Waking Hours:

- Find a quiet comfortable place where you will not be disturbed
- Sit or recline in a comfortable chair or bed
- Close your eyes
- Relax your body (the more you are relaxed, the more receptive your subconscious is to suggestion)
- Repeat your chosen, positive affirmations slowly (quietly out loud, or in your mind) five to ten times
- Listen to your subconscious, and see what is evoked
- Follow any counsel given by your subconscious
- Repeat the procedure at least three times daily (especially on waking, and before drifting off to sleep)

Conclusion

That's it!

The whole concept of Subconscious Healing Power is founded on the above principles; which can be easily applied in your life.

Further Reading

For further reading, the following works are recommended:

The Quimby Manuscripts, Phineas Parkhurst Quimby, Edited by Horatio W. Dresser, New York: Thomas Y. Crowell Company, (1921)

The Power of Your Subconscious Mind, Dr Joseph Murphy, (1898 - 1981)

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Part Two

Just the facts - Subconscious Healing Power

Following is a distillation of the facts related to Subconscious Healing Power.

Everything Links To 'Belief'

As life unfolds, everyone lives in the world of their beliefs; however, no one is born with them. Consequently, you have unconsciously adopted and accepted many of your beliefs from parents, teachers, peers, friends, the media, etc. Moreover, your subconscious mind is like a computer, which you naturally, and unconsciously, program every moment of every day, with every thought, belief, and idea that enters your mind. Whether your beliefs are positive or negative, they automatically attract similar ideas, people, and events into your life, which support your belief structure - this is your subconscious mind at work; and this is the key to the reprogramming of your subconscious mind to work for you.

Your subconscious mind does not distinguish between right or wrong, good or bad. It always says 'Yes', and then it acts upon whatever thoughts are most often in your mind. The problem is that through thoughts and beliefs, which you are probably not even aware of, you may have been programming your life negatively, without even knowing it.

What Do I Do To 'Positively' Program/Reprogram My Subconscious Mind?

The answer is simple - if you truly believe you deserve, and can have everything you want out of life, you are automatically programming your subconscious to create the actuality of those beliefs.

Your subconscious says, 'Yes, you can have whatever you want out of life.' Then it goes about doing anything and everything to ensure that what you believe will actually happen.

Your thoughts send powerful magnetic vibrations out into the world, which attract similar thoughts, and circumstances into your experiences, and into your life. In reality, your thoughts create all you have. They are your soul, your essence, your substance, and your truth - they are you. Consequently, you need to observe your thoughts about yourself, and your beliefs, carefully - they are powerful, and are ultimately responsible for all the circumstances you have in your life.

Regarding the principle of belief, Dr Joseph Murphy said:

The law of your mind is the law of belief. This means to believe in the way your mind works, to believe in belief itself. The belief of your mind is the thought of your mind - that is simple - just that and nothing else.

All your experiences, events, conditions, and acts are the reactions of your subconscious mind to your thoughts. Remember, it is not the thing believed in, but the belief in your own mind, which brings about the result. Cease believing in the false beliefs, opinions, superstitions, and fears of mankind. Begin to believe in the eternal verities and truths of life, which never change. Then, you will move onward, upward, and Godward.

Reprogramming the Subconscious Mind - Points to Ponder

- The treasure house is within you - look within yourself for the answer to your heart's desire.
- The great secret possessed by the great men of all ages was their ability to contact and release the power of their subconscious mind - you can do the same.
- Your subconscious mind is the builder of your body and can heal you. Gently drift to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.
- Every thought is a cause, and every condition is an effect.

- If you want to write a book, write a wonderful play, give a better talk to your audience, then convey the idea, lovingly and feelingly, to your subconscious mind, and it will respond accordingly.
- Never use the terms, 'I can't afford it' or 'I can't do this.' Your subconscious mind takes you at your word and sees to it that you do not have the money or the ability to do what you want to do. Affirm, 'I can do all things through the power of my subconscious mind.' - and you will.
- The law of life is the law of belief; and a belief is a thought in your mind. Do not believe in things to harm or hurt you. Instead, believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief, so is it done unto you.
- Your subconscious mind responds strongly to suggestion.
- The key to success - change your thoughts, and you change your destiny.

The Power of Suggestion

A woman, aged seventy-five, was in the habit of saying to herself, "I am losing my memory." She reversed the procedure and practiced induced autosuggestion several times a day as follows: "My memory from today on is improving in every department. I shall always remember whatever I need to know at every moment of time and point of space. The impressions received will be clearer and more definite. I shall retain them automatically and with ease. Whatever I wish to recall will immediately present itself in the correct form in my mind. I am improving rapidly every day, and very soon my memory will be better than it has ever been before." At the end of three weeks, her memory was back to normal, and she was delighted. (Dr Joseph Murphy)

Simple Autosuggestion Technique (c.1780s)

- Find a quiet comfortable place where you will not be disturbed
- Sit or recline in a comfortable chair or bed
- Close your eyes
- Relax your body (the more you are relaxed, the more receptive your subconscious is to suggestion)
- Repeat positive affirmations slowly (quietly out loud, or in your mind) five to ten times
- Examples of the affirmations used in the above case:

"My memory, from today on, is improving in every department"

"I shall always remember whatever I need to know, at every moment of time and point of space"

"The impressions received will be clearer and more definite"

"I shall retain them automatically and with ease"

"Whatever I wish to recall will immediately present itself in the correct form in my mind"

"I am improving rapidly every day, and very soon my memory will be better than it has ever been before"

Repeat the procedure three times daily (especially on waking, and before drifting off to sleep)

Overcoming entrenched negative programming

Unfortunately we have been exposed to negative programming since infancy, and we have been given many negative suggestions. Because we do not know how to effectively block them, we unconsciously accepted them. Common negative suggestions include: 'You can't.' 'You're too dumb.' 'You'll never amount to anything.' 'You mustn't.' 'You'll fail.' 'You haven't got a chance.' 'You're all wrong.' 'It's no use.' 'There's too much competition.' 'It's not what you know, but who you know.' 'The world's going to the dogs.' 'What's the use, nobody cares.' 'It's no use trying so hard.' 'You're too old now.' 'Things are getting worse and worse.' 'Life is an endless grind.' 'You're not Strong enough.'

'Love is for the birds.' 'You just can't win.' 'Pretty soon you'll be bankrupt.' 'Watch out, you'll get sick.' 'You can't trust anyone.' etc.

Unless, as an adult, you use a reconditioning therapy such as constructive autosuggestion, hypnosis, etc, the impressions made on you in the past can cause behavior patterns which cause failure in every aspect of your life. Autosuggestion is a simple technique which enables you to release the mass of negative conditioning that might otherwise compromise your life pattern, and make the development of good habits difficult.

How Negative Suggestion Killed a Man

The following case was cited by Dr Joseph Murphy:

A relative of mine went to a crystal gazer in India who told him that he had a bad heart and predicted that he would die at the next new moon. He began to tell all members of his family about this prediction, and he arranged his will.

This powerful suggestion entered into his subconscious mind because he accepted it completely. My relative also told me that this crystal gazer was believed to have some strange occult powers, and he could do harm or good to a person. He died as predicted not knowing that he was the cause of his own death. I suppose many of us have heard similar stupid, ridiculous, superstitious stories.

Let us look at what happened in the light of our knowledge of the way the subconscious mind works. Whatever the conscious, reasoning mind of man believes; the subconscious mind will accept and act upon. My relative was happy, healthy, vigorous, and robust when he went to see the fortuneteller. She gave him a very negative suggestion, which he accepted. He became terrified, and constantly dwelt upon the fact that he was going to die at the next new moon. He proceeded to tell everyone about it, and he prepared for the end. The activity took place in his own mind, and his own thought was the cause. He brought about his own so-called death, or rather destruction of the physical body, by his fear and expectation of the end.

The woman who predicted his death had no more power than the stones and sticks in the field. Her suggestion had no power to create or bring about the end she suggested. If he had known the laws of his mind, he would have completely rejected the negative suggestion and refused to give her words any attention, knowing in his heart that he was governed and controlled by His own thought and feeling. Like tin arrows aimed at a battleship, her prophecy could have been completely neutralized and dissipated without hurting him.

The suggestions of others in themselves have absolutely no power whatever over you except the power that you give them through your own thoughts. You have to give your mental consent; you have to entertain the thought. Then, it becomes your thought, and you do the thinking. Remember, you have the capacity to choose. Choose life! Choose love! Choose health!

Suggestions - Points To Ponder

- Think good, and good follows. Think evil, and evil follows. You are what you think...
- Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, 'I can't afford it,' it may be true, but do not say it. Select a better thought, decree, 'I'll buy it, I accept it in my mind.'
- You have the power to choose. Choose health and happiness. You can choose to be friendly, or you can choose to be unfriendly. Choose to be co-operative, joyous, friendly, lovable, and the whole world will respond. This is the best way to develop a wonderful personality.
- Your conscious mind is the 'watchman at the gate.' Its chief function is to protect your subconscious mind from false impressions. Choose to believe that something good can

happen and is happening now. Your greatest power is your capacity to choose. Choose happiness and abundance.

- The suggestions and statements of others have no power to hurt you. The only power is the movement of your own thought. You can choose to reject the thoughts or statements of others and affirm the good. You have the power to choose how you will react.
- Watch what you say. You have to account for every idle word. Never say, 'I will fail; I will lose my job; I can't pay the rent.' Your subconscious cannot take a joke. It brings all these things to pass.
- Your mind is not evil. No force of nature is evil. It depends how you use the powers of nature. Use your mind to uplift, heal, and inspire all people everywhere.
- Never say, 'I can't.' Overcome that fear by substituting the following, 'I can do all things through the power of my own subconscious mind.'
- Do not let others do your thinking for you. Choose your own thoughts and make your own decisions.
- You are the captain of your soul (subconscious mind) and the master of your fate. Remember, you have the capacity to choose. Choose life! Choose love! Choose health! Choose happiness! Choose abundance.
- Whatever your conscious mind assumes and believes to be true, your subconscious mind will accept and bring to pass. Believe in good fortune, divine guidance, right action, and all the blessings of life.
- As previously outlined, your subconscious cannot argue. It acts only from what you write on it. It accepts your verdict or the conclusions of your conscious mind as final. This is why you are always writing on the book of life, because your thoughts become your experiences. The American essayist, Ralph Waldo Emerson said, "Man is what he thinks all day long."

What Is Impressed In the Subconscious Is Expressed

William James, the father of American psychology, said that the power to move the world is in your subconscious mind. Your subconscious mind is one with infinite intelligence and boundless wisdom. It is fed by hidden springs, and is called the law of life. Whatever you impress upon your subconscious mind, the latter will move heaven and earth to bring it to pass. You must, therefore, impress it with right ideas and constructive thoughts.

The reason there is so much chaos and misery in the world is because people do not understand the interaction of their conscious and subconscious minds. When these two principles work in accord, in concord, in peace, and synchronously together, you will have health, happiness, peace and joy. There is no sickness or discord when the conscious and subconscious work together harmoniously and peacefully.

The tomb of Hermes was opened with great expectancy and a sense of wonder because people believed that the greatest secret of the ages was contained therein. The secret was *as within, so without; as above, so below*.

In other words, whatever is impressed in your subconscious mind is expressed on the screen of space. This same truth was proclaimed by Moses, Isaiah, Jesus, Buddha, Zoroaster, Laotze, and all the illumined seers of the ages. Whatever you feel as true subjectively is expressed as conditions, experiences, and events. Motion and emotion must balance. *As in heaven* [your own mind], *so on earth* [in your body and environment]. This is the great law of life.

How to Get the Subconscious to Work for You

The first thing to realize is that your subconscious mind is always working. It is active night 'and day, whether you act upon it or not. Your subconscious is the builder of your body, but you cannot consciously perceive or hear that inner silent process. Your business is with your conscious mind and not your subconscious mind. Just keep your conscious mind busy with the expectation of the best,

and make sure the thoughts you habitually think are based on whatsoever things are lovely, true, just, and of good report. Begin now to take care of your conscious mind, knowing in your heart and soul that your subconscious mind is always expressing, reproducing, and manifesting according to your habitual thinking. That's it... It's that simple...

Use the following affirmation to dissolve all conflicts

'I believe that the subconscious power, which gave me this desire, is now fulfilling it through me.'

Dr J Murphy - How to Convey the Idea of Perfect Health to Your Subconscious Mind

A Protestant minister I knew in Johannesburg, South Africa, told me the method he used to convey the idea of perfect health to his subconscious mind. He had cancer of the lung. His technique, as given to me in his own handwriting, is exactly as follows: 'Several times a day I would make certain that I was completely relaxed mentally and physically. I relaxed my body by speaking to it as follows, "My feet are relaxed, my ankles are relaxed, my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my head is relaxed, my whole being is completely relaxed." After about five minutes I would be in a sleepy drowsy state, and then I affirmed the following truth, "The perfection of God is now being expressed through me. The idea of perfect health is now filling my subconscious mind. The image God has of me is a perfect image, and my subconscious mind recreates my body in perfect accordance with the perfect image held in the mind of God." This minister had a remarkable healing. This is a simple easy way of conveying the idea of perfect health to your subconscious mind.

Another wonderful way to convey the idea of health to your subconscious is through disciplined or scientific imagination. I told a man who was suffering from functional paralysis to make a vivid picture of himself walking around in his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. I explained to him that this idea and mental picture of perfect health would be accepted by his subconscious mind.

He lived the role and actually felt himself back in the office. He knew that he was giving his subconscious mind something definite to work upon. His subconscious mind was the film upon which the picture was impressed. One day, after several weeks of frequent conditioning of the mind with this mental picture, the telephone rang by prearrangement and kept ringing while his wife and nurse were out. The telephone was about twelve feet away, but nevertheless he managed to answer it. He was healed at that hour. The healing power of his subconscious mind responded to his mental imagery, and a healing followed.

Getting the Subconscious to Work for You - Points to Ponder

- Your subconscious mind controls all the vital processes of your body, and it knows the answer to all problems.
- Prior to sleep, turn over a specific request to your subconscious mind and prove its miracle-working power to yourself.
- Whatever you impress on your subconscious mind is expressed on the screen of space as conditions, experiences, and events. Therefore, you should carefully watch all ideas and thoughts engaging your conscious mind.
- The law of action and reaction is universal. Your thought is action, and the reaction is the automatic response of your subconscious mind to your thought. Watch your thoughts!
- All frustration is due to unfulfilled desires. If you dwell on obstacles, delays, and difficulties, your subconscious mind responds accordingly, and you are blocking your own good.
- The Life Principle will flow through you rhythmically and harmoniously if you consciously affirm: 'I believe that the subconscious power, which gave me this desire, is now fulfilling it through me.' This dissolves all conflicts.

- You can interfere with the normal rhythm of your heart, lungs, and other organs by worry, anxiety, and fear. Feed your subconscious with thoughts of harmony, health, and peace, and all the functions of your body will become normal again.
- Keep your conscious mind busy with the expectation of the best, and your subconscious will faithfully reproduce your habitual thinking.
- Imagine the solution or the happy ending to your problem - feel the thrill of accomplishment; and what you imagine and feel will be accepted by your subconscious mind and bring it into reality.

Views of Paracelsus

Philippus Paracelsus, a famous Swiss alchemist and physician, who lived from 1493 to 1541, was a great healer in his day. He stated what is now an obvious scientific fact when he uttered these words, "Whether the object of your faith be real or false, you will nevertheless obtain the same effects. Thus, if I believed in Saint Peter's statue as I should have believed in Saint Peter himself, I shall obtain the same effects that I should have obtained from Saint Peter. But that is superstition. Faith, however, produces miracles; and whether it is true or false faith, it will always produce the same wonders."

The views of Paracelsus were also entertained in the sixteenth century by Pietro Pomponazzi, an Italian philosopher and contemporary of Paracelsus, who said, "We can easily conceive the marvelous effects, which confidence and imagination can produce, particularly when both qualities are reciprocated between the subjects and the person who influences them. The cures attributed to the influence of certain relics are the effect of their imagination and confidence. Quacks and philosophers know that if the bones of any skeleton were put in place of the saint's bones, the sick would none the less experience beneficial effects, if they believed that they were veritable relics."

Then, if you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will get results because of the powerful suggestion given to your subconscious mind. It is the latter that does the healing.

Healing - Points to Ponder

- Remind yourself frequently that the healing power is in your own subconscious mind, and anything can be healed.
- Know that suggestion is like a seed planted in the ground; it grows after its kind. Plant the suggestion in your mind, water and fertilize it with expectancy, and it will manifest.
- The idea you have for a book, new invention, or play is real in your mind. This is why you can believe you have it now. Believe in the reality of your idea, plan, or invention, and as you do, it will become manifest.
- In visualizing for another, know that your silent inner knowing of wholeness, beauty, and perfection can change the negative patterns of the other's subconscious mind and bring about wonderful results.
- The miraculous healings you hear about at various shrines are due to imagination and blind faith, which act on the subconscious mind, releasing the healing power.
- All disease originates in the mind. Nothing appears on the body unless there is a mental pattern corresponding to it. Cause - the thought; Effect - the disease.
- The symptoms of almost any disease can be induced in an individual by hypnotic suggestion. This demonstrates the power of thought.
- There is only one process of healing and that is unconditional knowing (faith). There is only one healing power, namely, your subconscious mind.
- Whether the object of your faith is real or false, you will get results. Your subconscious mind responds to the thought in your mind. Look upon unconditional knowing (faith) as a thought in your mind, and that will suffice.

Releasing the Kinetic Action of the Subconscious Mind

Dr J Murphy recounts the following:

'A psychologist friend of mine told me that one of his lungs was infected. X rays and analysis showed the presence of tuberculosis. At night before going to sleep he would quietly affirm, "Every cell, nerve, tissue, and muscle of my lungs are now being made whole, pure, and perfect. My whole body is being restored to health and harmony."

'These are not his exact words, but they represent the essence of what he affirmed. A complete healing followed in about a month's time. Subsequent X rays showed a perfect healing.

'I wanted to know his method, so I asked him why he repeated the words prior to sleep. Here is his reply, "The kinetic action of the subconscious mind continues throughout your sleep-time period. Hence, give the subconscious mind something good to work on as you drop off into slumber." This was a very wise answer. In thinking of harmony and perfect health, he never mentioned his trouble by name.

'I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above mentioned psychologist, become a mental surgeon. Then your troubles will be cut off like dead branches are pruned from a tree.'

Aids to Health - Points to Ponder

- Find out what it is that heals you. Realize that correct directions given to your subconscious mind will heal your mind and body.
- Develop a definite plan for turning over your requests or desires to your subconscious mind.
- Imagine the end desired and feel its reality. Follow it through, and you will get definite results.
- Decide what belief is. Know that belief is a thought in your Mind, and what you think you create.
- It is foolish to believe in sickness and something to hurt or to harm you. Believe in perfect health, prosperity, peace, wealth, and divine guidance.
- Great and noble thoughts upon which you habitually dwell become great acts.
- Apply the power of prayer therapy in your life. Choose a certain plan, idea, or mental picture. Mentally and emotionally unite with that idea, and as you remain faithful to your mental attitude, your prayer will be answered.
- Always remember, if you really want the power to heal, you can have it through faith, which means a knowledge of the working of your conscious and subconscious mind. Faith comes with understanding.
- Blind faith means that a person may get results in healing without any scientific understanding of the powers and forces involved.
- Learn to visualize for your loved ones who may be ill. Quiet your mind, and your thoughts of health, vitality, and perfection operating through the one universal subjective mind will be felt and manifested in the mind of your loved one.

The Sleeping Technique

By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of

outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts, which tend to neutralize your desire and so prevent acceptance by your subconscious mind, are no longer present

Suppose you want to get rid of a destructive habit. Assume a comfortable posture, relax your body, and be still. Get into a sleepy state, and in that sleepy state, say quietly, over and over again as a lullaby, "I am completely free from this habit; harmony and peace of mind reign supreme." Repeat the above slowly, quietly, and lovingly for five or ten minutes, night and morning. Each time you repeat the words the emotional value becomes greater. When the urge comes to repeat the negative habit, repeat the above formula out loud by yourself. By this means you induce the subconscious to accept the idea, and a healing follows.

Healing Methods - Points to ponder

- Be a mental engineer and use tried and proven techniques in building a grander and greater life.
- Your desire is your visualization. Picture the fulfillment of your desire now, and feel its reality, and you will experience the joy of manifested reality.
- Desire to accomplish things the easy way with the sure aid of mental science.
- You can build radiant health, success, and happiness by the thoughts you think in the hidden studio of your mind.
- Experiment scientifically until you personally prove that there is always a direct response from the infinite intelligence of your subconscious mind to your conscious thinking.
- Feel the joy and restfulness in foreseeing the certain accomplishment of your desire. Any mental picture which you have in your mind is the substance of things hoped for and the evidence of things not seen.
- A mental picture is worth a thousand words. Your subconscious will bring to pass any picture held in the mind backed by faith.
- Avoid all effort or mental coercion in prayer. Get into a sleepy, drowsy state and lull yourself to sleep feeling and knowing that your prayer is answered.
- Remember that the thankful heart is always close to the Riches of the universe.
- To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer.
- Generate electronic waves of harmony, health, and peace by thinking of the collective will and harmony that is the universe and reflects your own potential.
- What you decree and feel as true will come to pass. Decree harmony, health, peace, and abundance.

The Healing Process - Points to Ponder

- Your subconscious is the builder of your body and is on the job 24 hours a day. You interfere with its life-giving patterns by negative thinking.
- Charge your subconscious with the task of evolving an answer to any problem, prior to sleep and it will answer you.
- Watch your thoughts. Every thought accepted as true is sent by your brain to your solar plexus - your abdominal brain - and is brought into your world as a reality.
- Know that you can remake yourself by giving a new blueprint to your subconscious mind.

- The tendency of your subconscious is always lifeward. Your job is with your conscious mind. Feed your subconscious mind with premises which are true. Your subconscious is always reproducing according to your habitual mental patterns.
- You build a new body every eleven months. Change your body by changing your thoughts and keeping them changed.
- It is normal to be healthy. It is abnormal to be ill. There is within the innate principle of harmony.
- Thoughts of jealousy, fear, worry, and anxiety tear down and destroy your nerves and glands bringing about mental and physical diseases of all kinds.
- What you affirm consciously and feel as true will be made manifest in your mind, body and affairs. Affirm the good and enter into the joy of living.

Three Steps to Manifestation

The Manifestation procedure is as follows:

- 1) Look at the problem
- 2) Turn to the solution, or way out, known only to the subconscious mind
- 3) Rest in a sense of deep conviction that it is done

Manifestation - Points to Ponder

- Mental coercion, or too much effort, shows anxiety and fear which block your answer/results. Easy does it.
- When your mind is relaxed and you accept an idea, your Subconscious goes to work to execute the idea.
- Think and plan independently of traditional methods. Know that there is always an answer and a solution to every problem - and it resides in your subconscious.
- Do not be overly concerned with the beating of your heart, with the breathing of your lungs, or the functions of any part of your anatomy. Lean heavily upon your subconscious and proclaim frequently that Divine right action is taking place.
- The feeling of health produces health, the feeling of wealth produces wealth. How do you feel?
- Imagination is your most powerful faculty. Imagine what is lovely and of good report. You are what you imagine yourself to be. And you can become what you imagine yourself to become
- You avoid conflict between your conscious and subconscious in the sleepy state. Imagine the fulfillment of your desire over and over again prior to sleep. Sleep in peace and wake in joy.

Subconscious Power for Wealth

If you are in financial difficulties, if you are struggling to make ends meet, if you are worried about money all the time, then it means that you have not convinced your subconscious mind that you will always have plenty and to spare.

In reality, wealth is nothing more than a subconscious conviction on the part of the individual. You do not become a millionaire by saying, 'I am a millionaire, I am a Millionaire...' However, you will grow into a wealth consciousness, acceptable to your subconscious, by building into your mentality the idea of wealth, prosperity, and abundance. There is no conflict in the mind (conscious and subconscious) when you say wealth. Moreover, the feeling of wealth will well up within you as you dwell on the idea of wealth. Thus the feeling of 'wealth' produced wealth; and conversely, the feeling of poverty produces poverty.

Simple Autosuggestion Technique (c.1780s)

As you go to sleep at night:

- Close your eyes
- Relax your body (the more you are relaxed, the more receptive your subconscious is to suggestion)
- Repeat the word 'wealth' quietly and feelingly, over and over.
- Lull yourself to sleep with the one word, 'wealth'.
- Repeat the procedure again on waking - wake up to and arise to the thoughts of wealth.

Power for Wealth - Points to Ponder

- Decide to be wealthy the easy way, with the infallible aid of your subconscious mind.
- Trying to accumulate wealth by the sweat of your brow and hard labor is one way to become the richest man in the Graveyard. You do not have to strive or slave hard.
- Wealth is a subconscious conviction. Build into your mentality the idea of wealth.
- The trouble with most people is that they have no invisible means of support.
- Repeat the word, "Wealth," to yourself slowly and quietly for about five minutes prior to sleep and your subconscious will bring wealth to pass in your experience. Repeat for five minutes on awakening.
- The feeling of wealth produces wealth - keep this in mind at all times.
- Your conscious and subconscious mind must agree. Your subconscious accepts what you really feel to be true. The dominant idea is always accepted by your subconscious mind. The dominant idea should be *wealth*, not *poverty*.
- You can overcome any mental conflict regarding wealth by affirming frequently, "By day and by night I am being prospered in all of my interests."
- Increase your sales by repeating this statement over and over again, "My sales are improving every day; I am advancing, progressing, and getting wealthier every day."
- Stop writing blank checks, such as, "There is not enough to go around," or "There is a shortage," etc. Such statements magnify and multiply your loss.
- Deposit thoughts of prosperity, wealth, and success in your Subconscious mind, and the latter will give you compound interest.
- What you consciously affirm, you must not mentally deny a few moments later. This will neutralize the good you have affirmed.
- Your true source of wealth consists of the ideas in your mind. You can have an idea worth millions of dollars. Your subconscious will give you the idea you seek.
- Envy and jealousy are stumbling blocks to the flow of wealth. Rejoice in the prosperity of others.
- The block to wealth is in your own mind. Destroy that block now by getting on good mental terms with everyone.

Walking the Royal Road to Riches

Knowledge of the powers of your subconscious mind is the means to the royal road to riches of all kinds spiritual, mental, or financial. The student of the laws of mind believes and knows definitely that regardless of economic situations, stock market fluctuation, depression, strikes, war, other conditions or circumstances, he will always be amply supplied, regardless of what form money takes. The reason for this is that he has conveyed the idea of wealth to his subconscious mind, and it keeps him

supplied wherever he may be. He has convinced himself in his mind that money is forever flowing freely in his life and that there is always a wonderful surplus. Should there be a financial collapse of government tomorrow and all the man's present holdings become valueless, as the German marks did after the First World War, he would still attract wealth and be cared for, regardless of the form the new currency took.

Getting the Right Attitude Toward Money - Simple Autosuggestion Technique (c.1780s)

As you go to sleep at night:

- Close your eyes
- Relax your body (the more you are relaxed, the more receptive your subconscious is to suggestion)
- Repeat the following Statements:

"I like money, I love it, I use it wisely, constructively, and judiciously."

"Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way."

"Money is good, and very good Money flows to me in avalanches of abundance."

"I use money for good only, and I am grateful for my good and for the riches of my mind."

The above statements can also be repeated several times a day,

Your Constant Supply of Money

Recognizing the powers of your subconscious mind and the creative power of your thought or mental image is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the mood of opulence, all things necessary for the abundant life will come to pass.

Your Right To Be Rich - Points to Ponder

- Be bold enough to claim that it is your right to be rich and your deeper mind will honor your claim.
- You don't want just enough to go around. You want all the money you need to do all the things you want to do and when you want to do them. Get acquainted with the riches of your subconscious mind
- When money is circulating freely in your life, you are economically healthy. Look at money like the tide and you will always have plenty of it. The ebb and flow of the tide is constant. When the tide is out, you are absolutely sure that it will return.
- Knowing the laws of your subconscious mind, you will always be supplied regardless of what form money takes.
- One reason many people simply make ends meet and never have enough money is that they condemn money. What you condemn takes wings and flies away.
- Do not make a god of money. It is only a symbol. Remember that the real riches are in your mind. You are here to lead a balanced life - this includes acquiring all the money you need.
- Don't make money your sole aim. Claim wealth, happiness, peace, true expression, and love, and personally radiate love and good will to all. Then your subconscious mind will give you compound interest in all these fields of expression.

- There is no virtue in poverty. It is a disease of the mind, and you should heal yourself of this mental conflict or malady at once.
- You are not here to live in a hovel, to dress in rags, or to go hungry. You are here to lead the life more abundant.
- Never use the terms "filthy lucre" or "I despise money." You lose what you criticize. There is nothing good or bad, but thinking of it in either light makes it so.
- Repeat frequently, "I like money. I use it wisely, constructively, and judiciously. I release it with joy, and it returns a thousand fold."
- Money is not evil any more so than copper, lead, tin, or iron which you may find in the ground. All evil is due to ignorance and misuse of the mind's powers.
- To picture the end result in your mind causes your subconscious to respond and fulfill your mental picture.
- Stop trying to get something for nothing. There is no such thing as a free lunch. You must give to receive. You must give mental attention to your goals, ideals, and enterprises, and your deeper mind will back you up. The key to wealth is application of the laws of the subconscious mind by impregnating it with the idea of wealth.

The Subconscious Mind - Your Partner In Success

The Three Steps to Success

First Step

The first step to success is to find out the thing you love to do, then do it. Success is in loving your work. Although, if a man is a psychiatrist, it is not adequate for him to get a diploma and place it on the wall; he must keep up with the times, attend conventions, and continue studying the mind and its workings. The successful psychiatrist visits clinics and reads the latest scientific articles. In other words, he is informed in the most advanced methods of alleviating human suffering. The successful psychiatrist or doctor must have the interest of his patients at heart

Someone may say, "How can I put the first step into operation? I do not know what I should do." In such a case, pray for guidance as follows: "The infinite intelligence of my subconscious mind reveals to me my true place in life." Repeat this prayer quietly, positively, and lovingly to your deeper mind. As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

Second Step

The second step to success is to specialize in some particular branch of work and know more about it than anyone else. For example, if a young man chooses chemistry as his profession, he should concentrate on one of the many branches in this field. He should give all of his time and attention to his chosen specialty. He should become sufficiently enthusiastic to try to know all there is available about his field; if possible, he should know more than anyone else. The young man should become ardently interested in his work and should desire to serve the world.

He that is greatest among you, let him become your servant. There is a great contrast in this attitude of mind in comparison to that of the man who only wants to make a living or just "get by." "Getting by" is not true success. Man's motive must be greater, nobler, and more altruistic. He must serve others, thereby casting his bread upon the waters.

Third Step

The third step is the most important one. You must be sure that the thing you want to do does not redound to your success only. Your desire must not be selfish; it must benefit humanity. The path of a complete circuit must be formed. In other words, your idea must go forth with the purpose of blessing or serving the world. It will then come back to you pressed down, shaken together, and running over.

If it is to benefit yourself exclusively, the circle or complete circuit is not formed, and you may experience a short circuit in your life which may consist of limitation or sickness.

Making your Dream Come True

A movie actor told me that he had very little education, but he had a dream as a boy of becoming a successful movie actor. Out in the field mowing hay, driving the cows home, or even when milking them he said, "I would constantly imagine I saw my name in big lights at a large theatre. I kept this up for years until finally I ran away from home. I got extra jobs in the motion-picture field, and the day finally came when I saw my name in great, big lights as I did when I was a boy!" Then he added, "I know the power of sustained imagination to bring success."

Success - Points to Ponder

- Success means successful living. When you are peaceful, happy, joyous, and doing what you love to do, you are successful.
- Find out what you love to do, then do it. If you don't know your true expression, ask for guidance, and the lead will come.
- Specialize in your particular field and try to know more about it than anyone else.
- A successful man is not selfish. His main desire in life is to serve humanity.
- There is no true success without peace of mind.
- A successful man possesses great psychological and spiritual understanding.
- If you imagine an objective clearly, you will be provided with the necessities through the wonder-working power of your subconscious mind.
- Your thought fused with feeling becomes a subjective belief, and *according to your belief is it done unto you.*
- The power of sustained imagination draws forth the miracle-working powers of your subconscious mind.
- If you are seeking promotion in your work, imagine your employer, supervisor, or loved one congratulating you on your promotion. Make the picture vivid and real. Hear the voice, see the gestures, and feel the reality of it all. Continue to do this frequently, and through frequent occupancy of your mind, you will experience the joy of the answered prayer.
- Your subconscious mind is a storehouse of memory. For a perfect memory, affirm frequently: "The infinite intelligence of my subconscious mind reveals to me everything I need to know at all times, everywhere."
- If you wish to sell a home or property of any kind, affirm slowly, quietly, and feelingly as follows: "Infinite intelligence attracts to me the buyer for this house or property, who wants it, and who prospers in it." Sustain this awareness, and the deeper currents of your subconscious mind will bring it to pass.
- The idea of success contains all the elements of success. Repeat the word, "success," to yourself frequently with faith and conviction, and you will be under a subconscious compulsion to succeed.

Simple Technique to Receive Guidance from Your Subconscious (c.1780s)

- Quiet the mind and still the body.
- Tell the body to relax; it has to obey you. It has no volition, initiative, or self-conscious intelligence. Your body is an emotional disk which records your beliefs and impressions.
- Mobilize your attention; focus your thought on the solution to your problem. Try to solve it with your conscious mind. Think how happy you would be about the perfect solution. Sense the feeling you would have if the perfect answer were yours now.

- Let your mind play with this mood in a relaxed way; then drop off to sleep.
- When you awaken, and you do not have the answer, get busy about something else. Probably, when you are preoccupied with something else, the answer will come into your mind like toast pops out of a toaster.

The Secret of Guidance

The secret of guidance or right action is to mentally devote yourself to the right answer, until you find its response in you. The response is a feeling, an inner awareness, an overpowering hunch whereby you know that you know. You have used the power to the point where it begins to use you. You cannot possibly fail or make one false step while operating under the subjective wisdom within you. You will find that all your ways are pleasantness and all your paths are peace.

Guidance - Points to Ponder

- Remember that the subconscious mind has determined the success and wonderful achievements of all great scientific workers.
- By giving your conscious attention and devotion to the solution of a perplexing problem, your subconscious mind gathers all the necessary information and presents it full blown to the conscious mind.
- If you are wondering about the answer to a problem, try to solve it objectively. Get all the information you can from research and also from others. If no answer comes, turn it over to your subconscious mind prior to sleep, and the answer always comes. It never fails.
- You do not always get the answer overnight. Keep on turning your request over to your subconscious until the day breaks and the shadows flee away.
- You delay the answer by thinking it will take a long time or that it is a major problem. Your subconscious has no problem, it knows only the answer.
- Believe that you have the answer now. Feel the joy of the answer and the way you would feel if you had the perfect answer. Your subconscious will respond to your feeling.
- Any mental picture, backed by faith and perseverance, will come to pass through the miracle-working power of your subconscious. Trust it, believe in its power, and wonders will happen as you pray.
- Your subconscious is the storehouse of memory, and within your subconscious are recorded all your experiences since childhood.
- Scientists meditating on ancient scrolls, temples, fossils, etc, are able to reconstruct scenes of the past and make them alive today. Their subconscious mind comes to their aid.
- Turn over your request for a solution to your subconscious prior to sleep. Trust it and believe in it, and the answer will come. It knows all and sees all, but you must not doubt or question its powers.
- The action is your thought, and the reaction is the response of your subconscious mind. If your thoughts are wise, your actions and decisions will be wise.
- Guidance comes as a feeling, an inner awareness, an overpowering hunch whereby you know that you know. It is an inner sense of touch. Follow it.

The Power of Sleep - Points to Ponder

- If you are worried that you will not wake up on time, suggest to your subconscious mind prior to sleep the exact time you wish to arise, and it will awaken you. It needs no clock. Do the same thing with all problems. There is nothing too hard for your subconscious.

- Your subconscious never sleeps. It is always on the job. It controls all your vital functions. Forgive yourself and everyone else before you go to sleep, and healing will take place much more rapidly.
- Guidance is given you while you are asleep, sometimes in a dream. The healing currents are also released, and in the morning you feel refreshed and rejuvenated.
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- When troubled by the vexations and strife of the day, still the wheels of your mind and think about the wisdom and intelligence lodged in your subconscious mind which is ready to respond to you. This will give you peace, strength, and confidence.
- Sleep is essential for peace of mind and health of body. Lack of sleep can cause irritation, depression, and mental disorders. You need eight hours' sleep.
- Medical research scholars point out that insomnia precedes psychotic breakdowns.
- You are spiritually recharged during sleep. Adequate sleep is essential for joy and vitality in life.
- Your tired brain craves sleep so hungrily that it will sacrifice anything to get it. Many who have fallen asleep at the wheel of an automobile can testify to this.
- Many sleep-deprived people have poor memories and lack proper co-ordination. They become befuddled, confused, and disorientated.
- Sleep brings counsel. Prior to sleep, claim that the infinite intelligence of your subconscious mind is guiding and directing you. Then, watch for the lead which comes, perhaps on awakening.
- Trust your subconscious completely. Know that its tendency is always lifeward. Occasionally, your subconscious answers you in a very vivid dream and a vision in the night. You can be forewarned in a dream in the same way as the author of this book was warned.
- Your future is in your mind now, based on your habitual thinking and beliefs. Claiming infinite intelligence leads and guides you; and that all good is yours, and your future will be wonderful. Believe it and accept it. Expect the best, and invariably the best will come to you.
- If you are writing a novel, play, or book, or are working on an invention, speak to your subconscious mind at night and claim boldly that its wisdom, intelligence, and power are guiding, directing, and revealing to you the ideal play, novel, book, or revealing the perfect solution whatever it may be. Wonders will happen as you pray this way.

Mind and Marital Problems - Points to Ponder

- Ignorance of mental and spiritual laws is the cause of all marital unhappiness. By praying scientifically together, you stay together.
- The best time to prevent divorce is before marriage. If you learn how to pray in the right way, you will attract the right mate for you.
- Marriage is the union of a man and woman who are bound together by love. Their hearts beat as one, and they move onward, upward, and Godward.
- Marriage does not bequeath happiness. People find happiness by dwelling on the eternal truths of God and the spiritual values of life. Then, the man and woman can contribute to each other's happiness and joy.
- You attract the right mate by dwelling on the qualities and characteristics you admire in a woman or a man, and then your subconscious mind will bring you together in divine order.
- You must build into your mentality the mental equivalent of what you want in a marriage partner. If you want to attract an honest, sincere, and loving partner in life, you must be honest, sincere, and loving yourself.

- You do not have to repeat mistakes in marriage. When you really believe you can have the type man or woman you idealize, it is done unto you as you believe. To believe is to accept something as true. Accept your ideal companion now mentally.
- Do not wonder how, why, or where you will meet the mate you are praying for. Trust implicitly the wisdom of your subconscious mind. It has the "know-how," and you don't have to assist it.
- You are mentally divorced when you indulge in peevishness, grudges, ill will, and hostility toward your marriage partner. You are mentally dwelling with error in the bed of your mind. Adhere to your marriage vows, "I promise to cherish, love, and honor him (or her) all the days of my life."
- Cease projecting fear patterns to your marriage partner. Project love, peace, harmony, and good will, and your marriage will grow more beautiful and more wonderful through the years.
- Radiate love, peace, and good will to each other. These vibrations are picked up by the subconscious mind resulting in mutual trust, affection, and respect.
- A nagging wife is usually seeking attention and appreciation. She is craving for love and affection. Praise and exalt her many good points. Show her that you love her and appreciate her.
- A man who loves his wife does not do anything unloving or unkind in word, manner, or action. Love is what love does.
- In marital problems, always seek expert advice. You would not go to a carpenter to pull a tooth; neither should you discuss your marriage problems with relatives or friends. You should go to a trained person for counsel.
- Never try to make your wife or husband over. These attempts are always foolish and tend to destroy the pride and self-esteem of the other. Moreover, it arouses a spirit of resentment that proves fatal to the marriage bond. Cease trying to make the other a second edition of yourself.
- Pray together and you will stay together. Scientific prayer solves all problems. Mentally picture your wife as she ought to be, joyous, happy, healthy, and beautiful. See your husband as he ought to be, strong, powerful, loving, harmonious, and kind. Maintain this mental picture, and you will experience the marriage made in heaven which is harmony and peace.

Simple Technique to Choose happiness (c.1780s)

Begin now to choose happiness.

When you open your eyes in the morning, say to yourself:

- "Divine order takes charge of my life today and every day."
- "All things work together for good for me today."
- "This is a new and wonderful day for me."
- "There will never be another day like this one."
- "I am divinely guided all day long, and whatever I do will prosper."
- "Divine love surrounds me, enfolds me, and enwraps me, and I go forth in peace."
- "Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely and of good report."
- "I am a spiritual and mental magnet attracting to myself all things which bless and prosper me."
- "I am going to be a wonderful success in all my undertakings today."
- "I am definitely going to be happy all day long."

Happiness - Points to Ponder

- William James said that the greatest discovery of the 19th century was the power of the subconscious mind touched by faith.
- There is tremendous power within you. Happiness will come to you when you acquire a sublime confidence in this power. Then, you will make your dreams come true.
- You can rise victorious over any defeat and realize the cherished desires of your heart through the marvelous power of your subconscious mind. This is the meaning of *Whosoever trusteth in the Lord* [spiritual laws of the subconscious mind], *happy is he*.
- You must choose happiness. Happiness is a habit. It is a good habit to ponder often on *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 praise, think on these things*. PHIL. 4:8.
- When you open your eyes in the morning, say to yourself, I choose happiness today. I choose success today. I choose right action today. I choose love and good will for all today. I choose peace today. Pour life, love, and interest into this affirmation, and you have chosen happiness.
- Give thanks for all your blessings several times a day. Furthermore, pray for the peace, happiness, and prosperity of all members of your family, your associates, and all people everywhere.
- You must sincerely desire to be happy. Nothing is accomplished without desire. Desire is a wish with wings of Imagination and faith. Imagine the fulfillment of your desire, and feel its reality, and it will come to pass. Happiness comes in answered prayer.
- By constantly dwelling on thoughts of fear, worry, anger, hate, and failure, you will become very depressed and unhappy. Remember, your life is what your thoughts make of it.
- You cannot buy happiness with all the money in the world. Some millionaires are very happy, some are very unhappy. Many people with very little worldly goods are very happy, and some are very unhappy. Some married people are happy, and some very unhappy. Some single people are happy, and some are very unhappy. The kingdom of happiness is in your thought and feeling.
- Happiness is the harvest of a quiet mind. Anchor your thoughts on peace, poise, security, and divine guidance, and your mind will be productive of happiness.
- There is no block to your happiness. External things are not causative, these are effects, not cause. Take your cue from the only creative principle within you. Your thought is cause, and a new cause produces a new effect. Choose happiness.
- The happiest man is he who brings forth the highest and the best is him. God is the highest and the best in him, for the kingdom of God is within.

Becoming Emotionally Mature

What the other person says or does cannot really annoy or irritate you except you permit him to disturb you. The only way he can annoy you is through your own thought. For example, if you get angry, you have to go through four stages in your mind: You begin to think about what he said. You decide to get angry and generate an emotion of rage. Then, you decide to act. Perhaps, you talk back and react in kind. You see that the thought, emotion, reaction, and action all take place in your mind.

When you become emotionally mature, you do not respond negatively to the criticism and resentment of others. To do so would mean that you had descended to that state of low mental vibration and become one with the negative atmosphere of the other. Identify yourself with your aim in life, and do not permit any person, place, or thing to deflect you from your inner sense of peace, tranquility, and radiant health.

The Meaning of Love in Harmonious Human Relations

Sigmund Freud, the Austrian founder of psychoanalysis, said that unless the personality has love, it sickens and dies. Love includes understanding, good will, and respect for the divinity in the other person. The more love and good will you emanate and exude, the more comes back to you.

If you puncture the other fellow's ego and wound his estimate of himself, you cannot gain his good will. Recognize that every man wants to be loved and appreciated, and made to feel important in the world. Realize that the other man is conscious of his true worth, and that, like yourself, he feels the dignity of being an expression of the One Life-Principle animating all men. As you do this consciously and knowingly, you build the other person up, and he returns your love and good will.

Human Relations - Points to Ponder

- Your subconscious mind is a recording machine which reproduces your habitual thinking. Think good of the other, and you are actually thinking good about yourself.
- A hateful or resentful thought is a mental poison. Do not think ill of another for to do so is to think ill of yourself. You are the only thinker in your universe, and your thoughts are creative.
- Your mind is a creative medium; therefore, what you think and feel about the other, you are bringing to pass in your own experience. This is the psychological meaning of the Golden Rule. As you would that man should think about you, think you about them in the same manner.
- To cheat, rob, or defraud another brings lack, loss, and limitation to yourself. Your subconscious mind records your inner motivations, thoughts, and feelings. These being of a negative nature, loss, limitation, and trouble come to you in countless ways. Actually, what you do to the other, you are doing to yourself.
- The good you do, the kindness proffered, the love and good will you send forth, will all come back to you multiplied in many ways.
- You are the only thinker in your world. You are responsible for the way you think about the other. Remember, the other person is not responsible for the way you think about him. Your thoughts are reproduced. What are you thinking now about the other fellow?
- Become emotionally mature and permit other people to differ from you. They have a perfect right to disagree with you, and you have the same freedom to disagree with them. You can disagree without being disagreeable.
- Animals pick up your fear vibrations and snap at you. If you love animals, they will never attack you. Many undisciplined human beings are just as sensitive as dogs, cats, and other animals.
- Your inner speech, representing your silent thoughts and feelings, is experienced in the reactions of others toward you.
- Wish for the other what you wish for yourself. This is the key to harmonious human relations.
- Change your concept and estimate of your employer. Feel and know he is practicing the Golden Rule and the Law of Love, and he will respond accordingly.
- The other person cannot annoy you or irritate you except you permit him. Your thought is creative; you can bless him. If someone calls you a skunk, you have the freedom to say to the other, "God's peace fills your soul."
- Love is the answer to getting along with others. Love is understanding, good will, and respecting the divinity of the other.
- You would not hate a hunchback or cripple. You would have compassion. Have compassion and understanding for mental hunchbacks who have been conditioned negatively. To understand all is to forgive all.
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- Rejoice in the success, promotion, and good fortune of the other. In doing so, you attract good fortune to yourself.
- Never yield to emotional scenes and tantrums of others. Appeasement never wins. Do not be a doormat. Adhere to that which is right. Stick to your ideal, knowing that the mental outlook which gives you peace, happiness, and joy is right, good, and true. What blesses you, blesses all. 18. All you owe any person in the world is love, and love is wishing for everyone what you wish for yourself health, happiness, and all the blessings of life.

Forgiveness - Points to Ponder

- God, or Life, is no respecter of persons. Life plays no favorites. Life, or God, seems to favor you when you align yourself with the principle of harmony, health, joy, and peace.
- God, or Life, never sends disease, sickness, accident, or suffering. We bring these things on ourselves by our own negative destructive thinking based upon the law *as we sow, so shall we reap*.
- Your concept of God is the most important thing in your life. If you really believe in a God of love, your subconscious mind will respond in countless blessings to you. Believe in a God of love.
- Life, or God, holds no grudge against you. Life never condemns you. Life heals a severe cut on your hand. Life forgives you if you burn your finger. It reduces the edema and restores the part to wholeness and perfection.
- Your guilt complex is a false concept of God and Life. God, or Life, does not punish or judge you. You do this to yourself by your false beliefs, negative thinking, and self-condemnation.
- God, or Life, does not condemn or punish you. The forces of nature are not evil. The effect of their use depends on how you use the power within you. You can use electricity to kill someone or to light the house. You can use water to drown a child, or quench his thirst. Good and evil come right back to the thought and purpose in man's own mind.
- God, or Life, never punishes. Man punishes himself by his false concepts of God, Life, and the Universe. His thoughts are creative, and he creates his own misery.
- If another criticizes you, and these faults are within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct the particular fault.
- You cannot be hurt by criticism when you know that you are master of your thoughts, reactions, and emotions. This gives you the opportunity to pray and bless the other, thereby blessing yourself.
- When you pray for guidance and right action, take what comes. Realize it is good and very good. Then there is no cause for self-pity, criticism, or hatred.
- There is nothing good or bad, but thinking makes it so. There is no evil in sex, the desire for food, wealth, or true expression. It depends on how you use these urges, desires, or aspirations. Your desire for food can be met without killing someone for a loaf of bread.
- Resentment, hatred, ill will, and hostility are behind a host of maladies. Forgive yourself and everybody else by pouring out love, life, joy, and good will to all those who have hurt you. Continue until such time as you meet them in your mind and you are at peace with them.
- To forgive is to *give something for*. Give love, peace, joy, wisdom, and all the blessings of life to the other, until there is no sting left in your mind. This is really the acid test of forgiveness.
- Let us suppose you had an abscess in your jaw about a year ago. It was very painful. Ask yourself if it is painful now. The answer is in the negative. Likewise, if someone has hurt you, lied about and vilified you, and said all manner of evil about you, is your thought of that person negative? Do you sizzle when he or she comes into your mind? If so, the roots of hatred are still there, playing havoc with you and your good. The only way is to wither them with love by wishing for the person all the blessings of life, until you can meet the person in

your mind, and you can sincerely react with a benediction of peace and good will. This is the meaning of *forgive until seventy times seven*.

How to Break or Build a Habit

You are a creature of habit. Habit is the function of your subconscious mind. You learned to swim, ride a bicycle, dance, and drive a car by consciously doing these things over and over again until they established tracks in your subconscious mind. Then, the automatic habit action of your subconscious mind took over. This is sometimes called second nature which is a reaction of your subconscious mind to your thinking and acting. You are free to choose a good habit or a bad habit. If you repeat a negative thought or act over a period of time, you will be under the compulsion of a habit. The law of your subconscious is compulsion.

Three Magic Steps to Overcoming Alcohol or other Addictions

The First Step

Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state. In this relaxed, peaceful, receptive state, you are preparing for the second step.

The Second Step

Take a brief phrase which can readily be graven on the memory, and repeat it over and over as a lullaby. Use the phrase, "Sobriety and peace of mind are mine now, and I give thanks." To prevent the mind from wandering, repeat it aloud or sketch its pronunciation with the lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response.

The Third Step

Just before going to sleep, practice what Johann von Goethe, German author, used to do. Imagine a friend, a loved one in front of you. Your eyes are closed, you are relaxed and at peace. The loved one or friend is subjectively present, and is saying to you, "*Congratulations!*" You see the smile; you hear the voice. You mentally touch the hand; it is all real and vivid. The word *congratulations* implies complete freedom. Hear it over and over again until you get the subconscious reaction which satisfies.

Thought Power - Points to Ponder

- The solution lies within the problem. The answer is in every question. Infinite intelligence responds to you as you call upon it with faith and confidence.
- Habit is the function of your subconscious mind. There is no greater evidence of the marvelous power of your subconscious than the force and sway habit holds in your life. You are a creature of habit.
- You form habit patterns in your subconscious mind by repeating a thought and act over and over again until it establishes tracks in the subconscious mind and becomes automatic, such as swimming, dancing, typing, walking, driving your car, etc.
- You have freedom to choose. You can choose a good habit or a bad habit. Prayer is a good habit.
- Whatever mental picture, backed by faith, you behold in your conscious mind, your subconscious mind will bring to pass.
- The only obstacle to your success and achievement is your own thought or mental image.
- When your attention wanders, bring it back to the contemplation of your good or goal. Make a habit of this. This is called disciplining the mind.
- Your conscious mind is the camera, and your subconscious mind is the sensitive plate on which you register or impress the picture.

- The only jinx that follows anyone is a fear thought repeated over and over in the mind. Break the jinx by knowing that whatever you start you will bring to a conclusion in divine order. Picture the happy ending and sustain it with confidence.
- To form a new habit, you must be convinced that it is desirable. When your desire to give up the bad habit is greater than your desire to continue, you are fifty-one percent healed already.
- The statements of others cannot hurt you except through your own thoughts and mental participation. Identify yourself with your aim which is peace, harmony, and joy. You are the only thinker in your universe.
- Excessive drinking is an unconscious desire to escape. The cause of alcoholism is negative and destructive thinking. The cure is to think of freedom, sobriety, and perfection, and to feel the thrill of accomplishment.
- Many people remain alcoholics because they refuse to admit it.
- The law of your subconscious mind, which held you in bondage and inhibited your freedom of action, will give you freedom and happiness. It depends on how you use it.
- Your imagination took you to the bottle; let it take you to freedom by imagining you are free.
- The real cause of alcoholism is negative and destructive thinking. *As a man thinketh in his heart* [subconscious mind], *so is he*.
- When fear knocks at the door of your mind, let faith in God and all things good open the door.

Fear - Do the Thing You Fear

Ralph Waldo Emerson, philosopher and poet, said, "Do the thing you are afraid to do, and the death of fear is certain." There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to stand before the audience, do the thing I was afraid to do, and the death of fear was certain. When you affirm positively that you are going to master your fears, and you come to a definite decision in your conscious mind, you release the power of the subconscious which flows in response to the nature of your thought.

Master Technique for Overcoming Any Particular Fear

The following is a process and technique for overcoming fear which I teach from the platform. It works like a charm. Try it!

Suppose you are afraid of the water, a mountain, an interview, an audition, or you fear closed places.

If you are afraid of swimming, begin now to sit still for five or ten minutes three or four times a day, and imagine you are swimming. Actually, you are swimming in your mind. It is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It is all real, vivid, and a joyous activity of the mind. It is not idle daydreaming, for you know that what you are experiencing in your imagination will be developed in your subconscious mind. Then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind. This is the law of the subconscious.

You could apply the same technique if you are afraid of mountains or high places. Imagine you are climbing the mountain, feel the reality of it all, enjoy the scenery, knowing that as you continue to do this mentally, you will do it physically with ease and comfort.

Freedom from Fear - Points to Ponder

- Do the thing you are afraid to do, and the death of fear is certain. Say to yourself and mean it, "I am going to master this fear," and you will.
- Fear is a negative thought in your mind. Supplant it with a constructive thought. Fear has killed millions. Confidence is greater than fear. Nothing is more powerful than faith in God and the good.

- Fear is man's greatest enemy. It is behind failure, sickness, and bad human relations. Love casts out fear. Love is an emotional attachment to the good things of life. Fall in love with honesty, integrity, justice, good will, and success. Live in the joyous expectancy of the best, and invariably the best will come to you.
- Counteract the fear suggestions with the opposite, such as "I sing beautifully; I am poised, serene, and calm." It will pay fabulous dividends.
- Fear is behind amnesia at oral and written examination time. You can overcome this by affirming frequently, "I have a perfect memory for everything I need to know," or you can imagine a friend congratulating you on your brilliant success on the examination. Persevere and you will win.
- If you are afraid to cross water, swim. In your imagination swim freely, joyously. Project yourself into the water mentally. Feel the chill and thrill of swimming across the pool. Make it vivid. As you do this subjectively, you will be compelled to go into the water and conquer it. This is the law of your mind.
- If you are afraid of closed places, such as elevators, lecture halls, etc, mentally ride in an elevator blessing all its parts and functions. You will be amazed how quickly the fear will be dissipated.
- You were born with only two fears, the fear of falling and the fear of noise. All your other fears were acquired. Get rid of them.
- Normal fear is good. Abnormal fear is very bad and destructive. To constantly indulge in fear-thoughts results in abnormal fear, obsessions, and complexes. To fear something persistently causes a sense of panic and terror.
- You can overcome abnormal fear when you know the power of your subconscious mind can change conditions and bring to pass the cherished desires of your heart. Give your immediate attention and devotion to your desire which is the opposite of your fear. This is the love that casts out fear.
- If you are afraid of failure, give attention to success. If you are afraid of sickness, dwell on your perfect health. If you are afraid of an accident, dwell on the guidance and protection of God. If you are afraid of death, dwell on Eternal Life. God is Life, and that is your life now.
- The great law of substitution is the answer to fear. Whatever you fear has its solution in the form of your desire. If you are sick, you desire health. If you are in the prison of fear, you desire freedom. Expect the good. Mentally concentrate on the good, and know that your subconscious mind answers you always. It never fails.
- The things you fear do not really exist except as thoughts in your mind. Thoughts are creative. This is why Job said, *The thing I feared has come upon me*. Think good, and good follows.
- Look at your fears; hold them up to the light of reason. Learn to laugh at your fears. That is the best medicine.
- Nothing can disturb you but your own thought. The suggestions, statements, or threats of other persons have no power. The power is within you, and when your thoughts are focused on that which is good, then God's power is with your thoughts of good. There is only one Creative Power, and it moves as harmony. There are no divisions of quarrels in it. Its source is Love. This is why God's power is with your thoughts of good.

Staying Young

Your subconscious mind never grows old. It is timeless, ageless, and endless. It is a part of the universal mind which was never born, and it will never die.

Fatigue or old age cannot be predicated on any spiritual quality or power. Patience, kindness, veracity, humility, good will, peace, harmony, and brotherly love are attributes and qualities which never grow old. If you continue to generate these qualities here on this plane of life, you will always remain young in spirit.

Wisdom is an awareness of the tremendous spiritual powers in your subconscious mind and the knowledge of how to apply these powers to lead a full and happy life. Get it out of your head once and for all that 65, 75, or 85 years of age is synonymous with the end for you or anybody else. It can be the beginning of a glorious, fruitful, active, and most productive life pattern, better than you have ever experienced. Believe this, expect it, and your subconscious will bring it to pass.

Secret of Youth

To recapture the days of your youth, feel the miraculous, healing, self-renewing power of your subconscious mind moving through your whole being. Know and feel that you are inspired, lifted up, rejuvenated, revitalized, and recharged spiritually. You can bubble over with enthusiasm and joy, as in the days of your youth, for the simple reason that you can always mentally and emotionally recapture the joyous state.

The candle, which shines upon your head, is divine intelligence, and reveals to you everything you need to know; it enables you to affirm the presence of your good, regardless of appearances. You walk by the guidance of your subconscious mind, because you know that the dawn appears and the shadows flee away.

Staying Young - Points to Ponder

- Patience, kindness, love, good will, joy, happiness, wisdom, and understanding are qualities, which never grow old. Cultivate them and express them, and remain young in mind and body.
- Some research physicians say that the neurotic fear of the effects of time may well be the cause of premature aging.
- Age is not the flight of years; it is the dawn of wisdom in the mind of man.
- The most productive years of your life can be from 65 to 95.
- Welcome the advancing years. It means you are moving higher on the path of life which has no end.
- God is Life, and that is your life now. Life is self-renewing, eternal, and indestructible, and is the reality of all men. You live forever, because your life is God's life.
- Evidence of survival after death is overwhelming. Study *Proceedings of Psychical Research Society of Great Britain and America* in your library. The work is based on the scientific research by outstanding scientists for over 75 years.
- You cannot see your mind, but you know you have a mind. You cannot see spirit, but you know that the spirit of the game, the spirit of the artist, the spirit of the musician, and the spirit of the speaker is real. Likewise, the spirit of goodness, truth, and beauty moving in your mind and heart are real. You cannot see life, but you know you are alive.
- Old age may be called the contemplation of the truths of God from the highest standpoint. The joys of old age are greater than those of youth. Your mind is engaged in spiritual and mental athletics. Nature slows down your body so that you may have the opportunity to meditate on things divine.
- We do not count a man's years until he has nothing else to count. Your faith and convictions are not subject to decay.
- You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts.
- Your gray hairs are an asset. You are not selling your gray hairs. You are selling your talent, abilities, and wisdom, which you have garnered through the years.
- Diets - and exercises won't keep you young. *As a man thinketh, so is he.*
- Fear of old age can bring about physical and mental deterioration. *The thing I greatly feared has come upon me.*

- You grow old when you cease to dream, and when you lose interest in life. You grow old if you are irritable, crotchety, petulant, and cantankerous. Fill your mind with the truths of God and radiate the sunshine of His love - this is youth.
- Look ahead, for at all times you are gazing into infinite life.
- Your retirement is a new venture. Take up new studies and new interests. You can now do the things you always wanted to do when you were so busy making a living. Give your attention to living life.
- Become a producer and not a prisoner of society. Don't hide your light under a bushel.
- The secret of youth is love, joy, inner peace, and laughter. *In Him there is fullness of joy. In Him there is no darkness at all.*
- You are needed. Some of the great philosophers, artists, scientists, writers, and others accomplished their greatest work after they were 80 years old.
- The fruits of old age are love, joy, peace, patience, gentleness, goodness, faith, meekness, and temperance.
- You are a son of Infinite Life, which knows no end. You are a child of Eternity. You are wonderful!

Further Reading

For further reading, the following works are recommended:

The Quimby Manuscripts, Phineas Parkhurst Quimby, Edited by Horatio W. Dresser, New York: Thomas Y. Crowell Company, (1921)

The Power of Your Subconscious Mind, Dr Joseph Murphy, (1898 - 1981)

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