



# The Campbell M Gold Newsletter

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**Campbell M Gold**

**Consultant**

**Self-Help and personal Development through  
New Thinking, and Hypnosis and Subliminal  
Programs**

**Just the Facts...**

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## **Welcome**

Welcome to another Newsletter... and to the next part of "The Science of Being Great", by Wallace D Wattles.

As always, no hugs, just the facts... in this case, the facts as presented by Wattles in 1911 - so let's jump right in...

Kind regards,

**Campbell M Gold**

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## **Looking Back To Move Forward**

In *The Science of Being Great*, Wallace D. Wattles introduces the reader to the power of positive thinking, and guides the individual to increasing personal power and finding greatness and success.

"THERE is a Principle of Power in every person. By the intelligent use and direction of this principle, man can develop his own mental faculties. Man has an inherent power by which he may grow in whatsoever direction he pleases, and there does not appear to be any limit to the possibilities of his growth. No man has yet become so great in any faculty but that it is possible for some one else to become greater. The possibility is in the Original Substance from which man is made. Genius is Omniscience flowing into man."

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**THE SCIENCE  
OF  
BEING GREAT**

by

**Wallace D. Wattles**

(1911)

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**Part 21**

**A Mental Exercise**

THE purpose of mental exercises must not be misunderstood. There is no virtue in charms or formulated strings of words; there is no short cut to development by repeating prayers or incantations. A mental exercise is an exercise, not in repeating words, but in the thinking of certain thoughts. The phrases that we repeatedly hear become convictions, as Goethe says; and the thoughts that we repeatedly think become habitual, and make us what we are. The purpose in taking a mental exercise is that you may think certain thoughts repeatedly until you form a habit of thinking them; then they will be your thoughts all the time. Taken in the right way and with an understanding of their purpose, mental exercises are of great value; but taken as most people take them they are worse than useless.

The thoughts embodied in the following exercise are the ones you want to think. You should take the exercise once or twice daily, but you should think the thoughts continuously. That is, do not think them twice a day for a stated time and then forget them until it is time to take the exercise again. The exercise is to impress you with the material for continuous thought.

Take a time when you can have from twenty minutes to half an hour secure from interruption, and proceed first to make yourself physically comfortable. Lie at ease in a Morris chair, or on a couch, or in bed; it is best to lie flat on your back. If you have no other time, take the exercise on going to bed at night and before rising in the morning.

First let your attention travel over your body from the crown of your head to the soles of your feet, relaxing every muscle as you go.

Relax completely. And next, get physical and other ills off your mind. Let the attention pass down the spinal cord and out over the nerves to the extremities, and as you do so think: - "My nerves are in perfect order all over my body. They obey my will, and I have great nerve force." Next bring your attention to the lungs and think: - "I am breathing deeply and quietly, and the air goes into every cell of my lungs, which are in perfect condition. My blood is purified and made clean." Next, to the heart: - "My heart is beating strongly and steadily, and my circulation is perfect, even to the extremities." Next, to the digestive system: - "My stomach and bowels perform their work perfectly. My food is digested and assimilated and my body rebuilt and nourished. My liver, kidneys, and bladder each perform their several functions without pain or strain; I am perfectly well. My body is resting, my mind is quiet, and my soul is at peace.

"I have no anxiety about financial or other matters. God, who is within me, is also in all things I want, impelling them toward me; all that I want is already given to me. I have no anxiety about my health, for I am perfectly well. I have no worry or fear whatever.

"I rise above all temptation to moral evil. I cast out all greed, selfishness, and narrow personal ambition; I do not hold envy, malice, or enmity toward any living soul. I will follow no course of action which is not in accord 'with my highest ideals. I am right and I will do right."

#### VIEWPOINT

All is right with the world. It is perfect and advancing to completion. I will contemplate the facts of social, political, and industrial life only from this high viewpoint. Behold, it is all very good. I will see all human beings, all my acquaintances, friends, neighbors, and the members of my own household in the same way. They are all good. Nothing is wrong with the universe; nothing can be wrong but my own personal attitude, and henceforth I keep that right. My whole trust is in God.

#### CONSECRATION

I will obey my soul and be true to that within me that is highest. I will search within for the pure idea of right in all things, and when I find it I will express it in my outward life. I will abandon everything I have outgrown for the best I can think. I will have the highest thoughts concerning all my relationships, and my manner and action shall express these thoughts. I surrender my body to be ruled by my mind; I yield my mind to the dominion of my soul, and I give my soul to the guidance of God.

#### IDENTIFICATION

There is but one substance and source, and of that I am made and with it I am one. It is my Father; I proceeded forth and came from it. My Father and I are one, and my Father is greater than I, and I do His will. I surrender myself to conscious unity with Pure Spirit; there is but one and that one is everywhere. I am one with the Eternal Consciousness.

#### IDEALIZATION

Form a mental picture of your self as you want to be, and at the greatest height your imagination can picture. Dwell upon this for some little time, holding the thought: "This is what I really am; it is a picture of my own perfect and advancing to completion. I will contemplate the facts of social, political, and industrial life only from this high viewpoint. Behold, it is all very good. I will see all human beings, all my acquaintances, friends, neighbors, and the members of my own household in the same way. They are all good.

Nothing is wrong with the universe, nothing can be wrong but my own personal attitude, and henceforth I keep that right. My whole trust is in God.

#### REALIZATION

I appropriate to myself the power to become what I want to be, and to do what I want to do. I exercise creative energy; all the power there is, is mine. I will arise and go forth with power and perfect confidence; I will do mighty works in the strength of the Lord, my God. I will trust and not fear, for God is with me.

**Continued in next issue...**

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## Health Bite

Please visit the "Health Archive" on our website for the latest Health Items.

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## IMPORTANT

Any health information contained in this Newsletter is not meant as a substitute for advice from your physician, or other health professional. The presented material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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**Thank You**

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