



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...

Welcome

Welcome to the next part of "*Supreme Personality - FUN IN LIVING - A Doubt, Fear, and Worry Cure*", by Dr. Delmer Eugene Croft.

As always, no hugs, just the facts... in this case, the facts as presented by Croft in 1915 - so let's jump right in...

Kind regards,

Campbell M Gold

Looking Back To Move Forward

"If you are not grander and handsomer at eighty than at eighteen, your spiritual, mental and physical cash register has been out of working order more than fifty years..."

"If your religion makes you miserable, change it for a happy philosophy..."

"If you catch the gleam of a possibility to-day that seems too good to be true, grasp it, believe it, endeavor towards it, and tomorrow it will be true..."

"The purpose of this Course of Lessons is to kill Doubt, Fear, and Worry, Cure the habit of growing old, develop your limitless Psychic, Mental and Bodily forces, bring you back to Nature, renew your

cosmos, and help you lay a pipe line to the power house of the Universe to supply forever your Supreme Capacities...

"Life is self-realization. Every birth is divine. We are born anew every morning. My wish is that you may catch the gleam, be freed from limitations and enter upon your boundless possibilities. Your endowments are so rich and rare. There is no other person in the world just like you. You have genius, which, if it were brought forth into the sunlight, would glorify with brilliant inspiration a thousand lives. You have insight that, if it were energized, would make the desert blossom as the rose. You have initiative that once illuminated would create an empire fairer than any ever raised in marble. You have harmony lying latent in the vast octaves of your being, which if awakened into melody would sooth, comfort, restore, and purify the passions of a world. You have beauty, matchless in forms of grace, which if breathed into marble, or spread in soul colors upon the canvass would adorn the palaces of kings. You have thoughts which if given expression would burn and shine thru countless ages and bear their messages of hope and power to fainting multitudes.

"To bring you into the throne-room of your being, that you may awaken in self-realization, is why I have prepared this course of lessons. Should you give five minutes a day to them, in a year you will know the joy there is in Life, in Power, and in Service."

(Dr. Delmer Eugene Croft - 1915)

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Supreme Personality

FUN IN LIVING

A Doubt, Fear, and Worry Cure

by

Dr. Delmer Eugene Croft

(1915)

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Part 6

Supreme Internal Vibrations

Good Digestion Rules the World

Digestion is a matter of vibration. Indigestion is on the increase because people are more and more sedentary in their habits. Walking is life's finest exercise, but people walk less now than ever. The human body's great vibrator is the diaphragm. Arouse it and you will arouse action in your digestive tract, your liver, and kidneys. Continue vibration from one minute to as long as you please. If these vibrations are continued a few minutes each day, no cancer or tumor would ever develop, and the thousand different stomach ills would disappear. The DIAPHRAGM is a great muscle area stretched out for the stomach, intestines and vital organs to exercise on, and to give them freedom.

Vibrations for Intestines

Begin slowly, take a deep breath, then vibrate your abdomen in and out by using the inner muscles of the diaphragm. Vibrate slowly then more rapidly. Force the vibrations downward upon the intestines.

You may feel a little pain at first, which shows the weakness of the intestinal muscles, that passes away. The DIAPHRAGM is the great digestive engine of the body, work it all you can.

Vibrations for Stomach and Solar Plexus

Raise the vibrations upward, just as before you forced them downward. Repeat the series with full breath several times. Also give the vibrations with a little twist of the body, so as to get the circular movement over the stomach. VIBRATE THE SOLAR PLEXUS with short, sharp vibrations far up into the chest, this will cover the muscles of the lungs and of the heart. This is a very essential work as it gives new strength to those muscles of the heart and lungs to ward off acute attacks of any kind.

Vibration for Torpid Liver

Direct the vibrations to the right side. Do them strongly so as to arouse the liver thoroughly. This is a very important exercise as it bears directly on RHEUMATISM, it releases the acids, starts secretions flowing. Rheumatism calls for dry climates, non-acid diet. Avoid sweets and starch, take salt water baths, drink lithia water. Walk all you can. Change your work. BE SURE TO DRINK A CUP OF HOT WATER EACH MORNING on rising. Put a little salt in to help cleanse the stomach of septic acids. Drink two cups, all the better.

Constipation

The best vibration and advice is that above for this trouble. Be regular about going to the toilet each morning. Eat vegetable diet, rye bread, or graham. Eat little meat, chew your food to a liquid mastication. Keep up the intestinal vibrations, in 20 days your constipation will be a trouble of the past.

Headaches and Biliousness

These are the results of AUTO-INTOXICATION, the worry, hurry, eating fast, eating too much, over exerting, anxiety, all of these poison the process of digestion and assimilation. Take a dose of epsom salts, castor oil, or cascara sagrada, then regulate your diet. REST IN BED FOR A DAY. This done at once will save many a siege of sickness.

Obesity

Keep up the internal vibrations all over the body. Keep up the exercises of Lesson Seventh. REDUCING IS A MORAL RESOLVE TO EAT LESS. If you are a coward you cannot reduce, if your appetite, that is unreal, unnatural and dangerous, makes you its slave so that you eat 5,000 units of food when 3,000 is a great sufficiency, then you lack MORAL WILL FORCE TO REDUCE. Drink the hot water as above, or put into it a little lemon juice. When you feel hunger come on drink a cup of the lemon hot water, just a few drops of the lemon juice. Get so you can go without your noon lunch except one-half slice of bread and a cup of hot water one-quarter milk. KEEP UP WALKING. KEEP UP THE BODY BUILDING EXERCISES. RUB AND MASSAGE THE FACE AND NECK. Do not eat fat, pastry, confection, or starchy foods. Eat slowly, Fletcherize each mouthful, it will reduce you, give you a new taste of flavors not known to the glutton. Abhor being fat, unshapely, and be unhappy over it, but never tell others how you feel. Keep your deficiencies to yourself, master them, be free of them, then living will become a joy, your body a daily delight, and you shall possess a Supreme Personality.

Have a New Body

There is no condition physical or mental that cannot be changed, even deformities, and deficiencies can be improved. SET YOUR MIND ON WHAT YOU WANT TO BE, THEN WORK FOR IT. Set a mark at what you wish to weigh and then bravely, happily, with joyous courage seek to attain it. YOU WILL. COMMAND YOUR BODY. KEEP MOVING TOWARD YOUR IDEAL.

Health is a result of Harmony. By the force of the WILL acting in obedience to the mind, is the body made perfect.

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You are no fool if you know how to sin charmingly.

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The most fertile source of family trouble on earth is an inheritance.

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Do not spend your life leading asses to fountains of wisdom, for you cannot make them think.

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The life path of many people is like York Street in New Haven, it begins with a hospital, is populated with doctors and ends at the cemetery.

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All Nature is Triune: Earth, Water, Atmosphere. Her agents are: Heat, Light, Electricity; Ether, Magnetism, Aura. Her kingdoms are: Mineral, Vegetable, Animal. Her animal life is: Aquatic, Terrestrial, Aerial. Her formations are: Angular, Circular, Spiral. Man, her highest creation is: Physical, Mental, Spiritual.

If you cannot realize your ideal, idealize your real.

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Sleep is one of Nature's sanctuaries; an alarm-clock has no more right to disturb it than a fog-horn has to blow off in a prayer-meeting.

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Be glad when you meet "A Crank," he may give you a suggestion that will make you "A Self-Starter."

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Very few men are smart enough to fill five reels with genuine dare-devil acts of villainy, and get away with it, by coming out an angel at the end of the film.

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Heart failure is largely acute indigestion from selfishness. Sunstroke is quite likely brought on by anger and anxiety "het-up" by relatives. Apoplexy is hate breaking up housekeeping. Paresis is free-love embellished with champagne. Appendicitis is a six-cylinder appetite hitched to a half horse power ambition. Nervous prostration is a self-love "Movie" trying to cover the earth in a single-reel. Pneumonia is vanity over-heated in seal skin.

Continued in next issue...

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<http://campbellmgold.com>

Health Bite

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

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Website: <http://campbellmgold.com>

Email: veritas@campbellmgold.com

Thank You

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