



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 7

Supreme Mental Healing

The Supreme Mind

The previous lessons give you the key to Supreme Mental Healing. Your mind is limitless. Begin where you may, conditions do not count. No matter how weak, how isolated, how deep in the mire of trouble, you can rise, you can be free, you can be renewed. You may have a whole library of all sorts of books and treatises on healing. You may have a library of biology and pathology, but you can never read yourself well. What you need is what I have sought to give you, POSITIVE WORKING PLANS. It takes some WORK to build a hut, more to build a comfortable home, still more to build a palace of luxury. How much MIND AND WILL WORK are you willing to devote to build your body into a Temple of the living God?

Mental Confusion

Make an easy PLAN for each day. Relax your mind tension, let down your body tension, eat less, drink water, walk in the open air. Change your thought to new plans, new work. LET GO OF THE PAST. Have nothing to do with the future. Sweep aside the odds and ends that litter your mind. Let go by denying them any place in your mind. TALK WITH STRONG PEOPLE. Leave weak, useless people alone. Take a salt bath, by going into the ocean, or in your own tub, using a full pint of common salt. Do not tell your troubles to another, HELP another in trouble to get out, and you will get out yourself. MAKE NEW PLANS.

Worry and Fear

Ask yourself this question: "How many things I have worried about and feared ever happened to me?" You will see how few, and only those you attracted. Worry is lost energy. It is like a rocking chair, keeps going but never gets anywhere. It is like a mill-owner starting all the machinery of his mill, then going away, leaving it running to injury and destruction. It is a miserable habit. It makes you and others near you unhappy. It destroys your usefulness, injures your health, kills joy. QUIT THE HABIT. How? By forming new PLANS of thought, work, expression, activity, and living only one day at a time. Stop resisting, struggling, let go of selfish purpose, and start loving. Make a change. Start new. Grow something, make something, laugh when you think you are going to cry.

Depressive Moods

Dress in light colors, Pink, Lavender, Green, Red, get away from browns, blacks, and dead colors. Try blue if you are nervous. Eat very lightly, walk till tired, take the salt water bath, not hot but cool. Stop self-pity, change your surroundings, even if all you can do is to turn your bed around. Seek new people. MAKE NEW PLANS DAILY.

Nervous Troubles

Build your body with my Lesson Fifth. Take plenty of nourishment, sleep in the middle of the day, simplify your daily living, keep away from sick and unhappy people, stop talking about your own trials. LET GO. Drop fretting over trifles, check selfish desires, go afield with the sheep and cattle, do not let your house-work make you a slave. PLAN some new outlet, do something different. Banish anger, forget self, help some lame dog across the street, borrow a poor child and go out to the zoo, lift up someone who is down, do strong things, avoid excitement, keep out of the crowd, check strife and antagonism, GET THE HAPPY HABIT. Think one thing at a time, let that be a PLEASANT THING.

Insomnia

Retire loving the world, letting go of self. Drink a cup of hot water, quarter milk, with a bit of salt. Relax mind and body, say the word, SLEEP just with the rhythmic swing of a clock pendulum slowly. YOU WILL SLEEP.

Be Rid of Habits

Quit making excuses for the habit, stop lying about its being hereditary. RESOLVE, AND YOU ARE FREE. Keep away from the cause of your habit. Shame yourself when you commit it. Praise yourself when you master it once. Destroy the desire of your habit, by putting a good desire in its place. Stop buying tobacco, or drink, and buy flowers, music, or a farm. ROUSE YOUR WILL. SEVERELY CALL YOURSELF TO ACCOUNT WHEN YOU SLIP. Stop talking about how you suffer, or how hard it is, talk about the victory. When you are tempted, SIT IN SILENCE TEN MINUTES AND SAY, "I AM SUPREME." You will win over any habit that you may have. Change your position. Change your work. Change your associations. Drinking and smoking are the major habits that enslave men. The moment you become disgusted with a habit it loses power over you. When you get moral courage enough to hate it, it will flee from you. You may conquer in five days, or it may be five weeks. Just set aside a vacation of that time, and fight a battle for Supreme manhood. Have confidence in yourself. Arouse your will to splendid self-mastery. Have a motive for being rid of your habit. Have enthusiasm. Be

determined not to travel thru life loaded with a kit of bad smelling smoking tools. Smoking does not stimulate, nor aid digestion, it does not clear the brain, nor sooth the nerves. It is quite the opposite. The same is true of the liquor habit. A habit is a deficiency, it is a vicious enemy that mars and defeats Supreme Personality.

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We become like the things we think.

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Retire from business every night, start in business anew every morning.

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It isn't the mountain ahead that wears you out, it is the grain of sand in your shoe.

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All life is divine, limitless in sensation, supreme in expressions. Get life, get well, get strong, get wisdom, get expression, get in love. "And men seeing your good works will glorify your Father which is in heaven."

Continued in next issue...

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Health Bite

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

<http://campbellmgold.com>

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Thank You

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