



The Campbell M Gold Newsletter

Vol. 03 - Issue 04

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 "How to Stay well", by Christian D Larson.

As always, no hugs, just the facts... in this case, the facts as presented by Larson in 1912 - so let's jump right in...

Kind regards,

Campbell M Gold

Looking Back To Move Forward

There are **NO** incurable diseases!!!

That is what Christian D Larson believes, and that is what he presents in his 1912 book, "*How To Stay Well*".

Larson contends that that all disease comes from the violation of one or more of the "laws of life", and consequently all diseases can be cured by bringing mind and body back again into harmony with those laws that have been violated.

In his book, "*How To Stay Well*", Larson presents a practical system, which new view health may be realized, and will enable anyone to get well and stay well no matter what their physical or mental condition may be at the present time.

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HOW TO STAY WELL

by

Christian D Larson

(1912)

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Part 4

The Inner Force of Thought

There are certain forms of mental action that exercise a direct power upon the human personality, while there are other forms of mental action that do not exercise that power. How to tell the difference between the two is a great problem, and a most important problem, because to find the solution is to find the real secret of practical results in the metaphysical field.

Those who have tried to secure results through the application of right thinking have found that at times results came almost instantaneously, while at other times it seemed almost impossible to accomplish anything, even though the same methods were employed to the letter. Then there are many who never secure any results whatever, though they apply the same principle, as those who are exceptionally successful, and the reason why seems a mystery.

The mystery disappears, however, when we learn that thought does not become power unless the inner force of thought is brought into action. Two persons may with the same enthusiasm and perseverance affirm "I am well"; one finds no change, while the other begins to mend at once, and is soon restored to perfect health.

The same idea and the same method was employed in each case, but only in the one did thought become power. In like manner two persons of equal intelligence may live according to the same system of metaphysics or idealism. The one gains ground every day, while the other finds conditions no better than he did while employing his previous helterskelter modes of thought. It is evident, therefore, that it is not the thought itself that produces results, but some power that is back of or within thought.

There is no inner force in all-mental action. This force is hidden, so to speak, in every thought, but it is not aroused in every thought. When it is aroused the thought becomes alive with power and produces results according to its nature. When you think of health, and arouse the inner force of every thought, you will give every thought the power to produce health.

In consequence those thoughts will produce health in your system just as surely as fire produces warmth. When you think of peace and feel the action of this same inner force, the very thought you think will become a power for peace. You can in this manner restore perfect peace and harmony to your system in a few seconds, no matter how agitated or disturbed you may be.

The inner force of the thought, when awakened, will express and produce the exact nature of the thought; and therefore, whatever you may wish your thought to produce, if you think the right thought and think living thought, the results will come as expected. To think the right thought is simple; all that is necessary for general purposes is to affirm that you are what you wish to realize and express through body, mind and personality, and to form in the mind as clear a mental picture as possible of those conditions you desire to produce in yourself.

If you wish to produce health affirm mentally, "I am well", "I am strong", "I am strong and well", "I am perfectly whole and sound through and through", "Absolute health fills and thrills every atom in my being", and statements of a similar nature. Think these thoughts over and over again with deep conviction until your mind is actually full of them; and at the same time picture mentally the condition of health in every part of your system.

The other essential is to think living thought; and here is the problem, the chief stumbling block of those who have failed to secure the desired results through the metaphysical process. No matter how much you may affirm this statement or that, or how well you may picture certain conditions in your mind, you will have no results unless your thought is alive. Your thought will have no power to produce the desired effect in your body unless you awaken the inner force of that thought.

There are some minds that are naturally conscious of this inner force, or what may be called the finer force, the spirit or the soul of thought, and, therefore, they take naturally to metaphysics and idealism, securing good results from the beginning. Others, however, have to acquire this finer consciousness before there is any power in their thought; but this is not difficult.

Those who have secured results may think that their understanding of the principles of right thought is so much better than that of those who fail, but this is not necessarily true. Many of those who succeed in metaphysics have very little understanding of the principles involved, while not a few of those who understand metaphysics as perfectly as they do mathematics, secure no results, the reason being that the former naturally express this inner force through every thought, while the latter do not.

The understanding of the metaphysical principle is necessary to the best results. No one can accomplish very much without this understanding, but the awakening of the inner force of thought is just as important. Therefore, every person, no matter how well he has succeeded thus far, should learn more fully how to awaken and direct that inner force that is latent in all human thought.

We may depend upon natural endowments up to a certain point, but to go further we must take conscious control of our powers, and develop them as required for the greater purpose in view. What we use consciously, intelligently, and according to known law, always produces far greater results than what we use naturally while in ignorance of the law. Those who depend upon their own determined efforts instead of upon the gifts of nature always climb the highest in the scale. The same is true in the field of practical metaphysics.

To awaken the inner force of thought, give spirit to all your thought; that is, give depth of life and feeling to your thought, and give what may be termed the action of soul to every mental action. This force is not forceful and is not purely mental, but contains an element that is much finer and stronger than the usual energies of mind. In fact, this inner force has tremendous power when deeply realized and properly concentrated. When fully awakened there is no disease in the body that this force cannot remove, and there is no adverse condition anywhere in the human system that it cannot make right.

When failures occur through the use of the metaphysical process the cause may be found in the fact that this inner force is not alive in the thoughts we think; and without the living action of this inner force the mind has practically no power over the body; but when this inner force is alive in every mental action, the power of the mind over the body becomes extraordinary. This force is entirely distinct from intellectual action or ordinary feeling or will. It is a force by itself and fills every thought, as we would say the soul fills the body.

To awaken this force, or rather place it in action in every thought, deep conscious feeling is necessary; and a deep, strong, positive will is required to direct it. But both feeling and will must be

trained to sound the depths of the human system, as mere superficial action, however earnest or determined, will not avail. The object must be to train consciousness to actually grasp this finer element in thought, and as consciousness goes deeper and deeper into the interior world of thought, this finer force comes forth with more and more power until every thought you think is a power. Then use wisdom in your thinking and the results that you will henceforth secure will be remarkable indeed.

When every thought you think has the power to produce a definite effect upon your body, your character or your mentality, you can afford to think only thoughts that are wholesome and true, and accordingly will find it necessary to adopt a complete system of scientific and constructive thinking for everyday use.

Aim to live, not on the surface of your mind, but in the very spirit of your mind. Do not think mechanically, but with feeling, spirit and soul; and whenever you proceed to use the power of thought in producing definite results in your system, such as health, life, harmony, peace and purity, enter into the finer, deeper, stronger life of your thought. Try to feel the inner force of thought when you think. You will soon succeed in doing this almost at any time; and when you do your thought will become actual power.

When this inner force is given action and made alive in every thought, the complete mastery of every physical condition becomes possible. You can then remove any adverse conditions from your system at once because you have liberated that force of thought that is so deep that it undermines everything that is not in harmony with the true order of natural law. This finer force, when placed in action in your system, will remove the wrong, consume it as with fire, and will give life and power to every function and faculty you may possess.

When your thinking is right, the inner force of your thought will give you the power to do whatever you think of doing. Therefore, when you adopt a complete system of scientific and constructive thinking and awaken the inner force of your thought, your life will be in your own hands and you will have the power to produce and build up any desirable condition of body, mind or personality that you may desire.

Special Rules

To apply the principles and methods of this work, in the most successful manner, to the attainment of health, the following rules should be observed as closely as possible.

1. Continue in a calm, harmonious, well-poised frame of mind at all times and under all circumstances, and know that such a frame of mind will cause your system to increase its vital energy, and to retain all that energy.
2. Be determined to secure and maintain perfect health. Concentrate your whole attention upon the realization of perfect health, and firmly believe that you will gain ground steadily.
3. Train yourself to feel that there is life, health and wholeness in abundance in every atom of your system, and make this feeling so deep and so realistic that you can actually feel that life and health coming forth into every part of your body.
4. Learn to think health. Give every thought the idea of health, and impress your most perfect conception of health upon every thought or mental state that you entertain. Think of yourself constantly as perfectly well. Think of yourself as strong, and think of yourself as gaining in health and strength constantly.
5. See yourself well in your own imagination. Whenever you think of yourself, see yourself with the mind's eye as being perfectly well and strong. Make that ideal picture of yourself as plain and distinct as you can, and dwell upon it with expectant joy many times every day.
6. Whenever you are reminded of pain, illness or disorder, turn your attention positively upon the highest and best thought of health, life and harmony that you can form in your mind. Give deep and

sincere feeling to this effort, and know that the moment you produce a change for the better in your mind you will realize a change for the better in your body.

7. Continue in a happy frame of mind. Be always cheerful, and feel it with your whole heart. Live on the sunny side of your life. Think of the bright side of everything. Look for the bright side of everything, and expect to find more and more of this brighter side every day. Train your heart to sing and your soul to rejoice at all times, and know that the more real happiness you feel the more health and vigor you will have in mind, body and personality.

8. Live in the upper story of the mind. Realize that you are above mind and body, that you have full control of mind and body, and that you express your whole life and power through every part of mind and body. Think of yourself as living in an upper, finer atmosphere of thought and life, where freedom is complete, where power is unbounded, and where all is always well.

9. Look for health, life and strength in everybody. When you see illness anywhere, think the more deeply of the perfect health that is in the real life of everybody, and expect that perfect health to express itself in an ever-increasing measure. Make it a practice to take note of and to emphasize the good and the wholesome that you find in everybody you meet, and do not hesitate to speak of these better things at every available opportunity.

10. Live mentally in a wholesome atmosphere. Keep your mind in peace and order, absolutely free from strife or discord of any kind. Fill your mind completely with thoughts of the good, the true, the strong, the perfect, the beautiful and the ideal; and take great delight in dwelling upon those thoughts as frequently as you can find the time.

11. Believe thoroughly in the methods you employ to get health and strength. Know within yourself that those methods can produce the results you desire. Have unbounded faith in yourself, in the thoughts of health you think, and in everything that you can do to produce health. Have unbounded faith in the good that is in you, and all about you, and in that higher power in which you live, and move, and have your being.

12. When things do not seem to change for the better as you should wish, know that the wrong shall surely pass away, while the good shall increase perpetually. Then set your will to your purpose. Know that you can turn the tide in your favor. Be strong and persistent. Proceed to apply everything of worth that you know. Make the best use of everything of worth that is in you. Think, act and work in that sublime realization that makes you feel that you are filled and surrounded with the unbounded power of the Infinite; and proceed in the consciousness of the great truth that all things are possible to him who lives and works in such a power.

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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Thank You

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