



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 "The Science of Being Well", by Wallace D Wattles.

As always, no hugs, just the facts... in this case, the facts as presented by Wattles in 1910 - so let's jump right in...

Kind regards,

Campbell M Gold

Looking Back To Move Forward

It is an instructor in the use of the universal Principle of Life, and my effort has been to explain the way in so plain and simple a fashion that the reader, though he may have given no previous study to New Thought or metaphysics, may readily follow it to perfect health. While retaining all essentials, I have carefully eliminated all non-essentials; I have used no technical, abstruse, or difficult language, and have kept the one point in view at all times.

As its title asserts, the book deals with science, not speculation. The monistic theory of the universe - the theory that matter, mind, consciousness, and life are all manifestations of one substance - is now accepted by most thinkers; and if you accept this theory, you cannot deny the logical conclusions you will find herein. Best of all, the methods of thought and action prescribed have been tested by the author in his own case, and in the case of hundreds of others during twelve years of practice, with

continuous and unfailing success. I can say of the Science of Being Well that it works; and that wherever its laws are complied with, it can no more fail to work than the science of geometry can fail to work. If the tissues of your body have not been so destroyed that continued life is impossible, you can get well; and if you will think and act in a Certain Way, you will get well.

If the reader wishes to fully understand the monistic theory of the cosmos, he is recommended to read Hegel and Emerson; to read also "The Eternal News," a pamphlet by J. J. Brown, 300 Cathcart Road, Govanhill, Glasgow, Scotland.

Some enlightenment may also be found in a series of articles by the author, which were published in The Nautilus, Holyoke, Mass., during the year 1909, under the title, "What is Truth?"

Those who wish more detailed information as to the performance of the voluntary functions - eating, drinking, breathing, and sleeping - may read "New Science of Living and Healing," "Letters to a Woman's Husband," and "The Constructive Use of Foods," booklets by W. D. Wattles, which may be obtained from the publishers of this book.

I would also recommend the writings of Horace Fletcher, and of Edward Hooker Dewey.

Read all these, if you like, as a sort of buttress to your faith; but let me warn you against making the mistake of studying many conflicting theories, and practicing at the same time, parts of several different "systems"; for if you get well, it must be by giving your WHOLE MIND to the right way of thinking and living. Remember that the SCIENCE OF BEING WELL claims to be a complete and sufficient guide in every particular. Concentrate upon the way of thinking and acting it prescribes, and follow it in every detail, and you will get well; or if you are already well, you will remain so. Trusting that you will go on until the priceless blessing of perfect health is yours, I remain,

Very truly yours,

Wallace D. Wattles - 1910

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THE SCIENCE

OF

BEING WELL

by

Wallace D Wattles

(1910)

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Part 3

Life and Its Organisms

The human body is the abiding place of an energy which renews it when worn; which eliminates waste or poisonous matter, and which repairs the body when broken or injured. This energy we call life. Life is not generated or produced within the body; it produces the body.

The seed which has been kept in the storehouse for years will grow when planted in the soil; it will produce a plant. But the life in the plant is not generated by its growing; it is the life which makes the plant grow.

The performance of function does not cause life; it is life which causes function to be performed. Life is first; function is afterward.

It is life which distinguishes organic from inorganic matter, but it is not produced after the organization of matter.

Life is the principle or force which causes organization; it builds organisms.

It is a principle or force inherent in Original Substance; all life is One.

This Life Principle of the All is the Principle of Health in man, and becomes constructively active whenever man thinks in a certain way. Whoever, therefore, thinks in this Certain Way will surely have perfect health if his external functioning is in conformity with his thought. But the external functioning must conform to the thought; man cannot hope to be well by thinking health, if he eats, drinks, breathes, and sleeps like a sick man.

The universal Life Principle then, is the Principle of Health in man. It is one with original substance. There is one Original Substance from which all things are made; this substance is alive, and its life is the Principle of Life of the universe. This Substance has created from itself all the forms of organic life by thinking them, or by thinking the motions and functions which produce them.

Original Substance thinks only health, because It knows all truth; there is no truth which is not known in the Formless, which is All, and in all. It not only knows all truth, but it has all power; its vital power is the source of all the energy there is. A conscious life which knows all truth and which has all power cannot go wrong or perform function imperfectly; knowing all, it knows, too much to go wrong, and so the Formless cannot be diseased or think disease.

Man is a form of this original substance, and has a separate consciousness of his own; but his consciousness is limited, and therefore imperfect. By reason of his limited knowledge man can and does think wrongly, and so he causes perverted and imperfect functioning in his own body.

Man has not known too much to go wrong. The diseased or imperfect functioning may not instantly result from an imperfect thought, but it is bound to come if the thought becomes habitual. Any thought continuously held by man tends to the establishment of the corresponding condition in his body.

Also, man has failed to learn how to perform the voluntary functions of his life in a healthy way. He does not know when, what, and how to eat; he knows little about breathing, and less about sleep.

He does all these things in a wrong way, and under wrong conditions; and this because he has neglected to follow the only sure guide to the knowledge of life. He has tried to live by logic rather than by instinct; he has made living a matter of art, and not of nature. And he has gone wrong.

His only remedy is to begin to go right; and this he can surely do. It is the work of this book to teach the whole truth, so that the man who reads it shall know too much to go wrong.

The thoughts of disease produce the forms of disease. Man must learn to think health; and being Original Substance which takes the form of its thoughts, he will become the form of health and manifest perfect health in all his functioning.

The people who were healed by touching the bones of the saint were really healed by thinking in a certain way, and not by any power emanating from the relics. There is no healing power in the bones of dead men, whether they be those of saint or sinner.

The people who were healed by the doses of either the allopath or the homeopath were also really healed by thinking in a certain way; there is no drug which has within itself the power to heal disease.

The people who have been healed by prayers and affirmations were also healed by thinking in a certain way; there is no curative power in strings of words.

All the sick who have been healed, by whatsoever "system," have thought in a certain way; and a little examination will show us what this way is.

The two essentials of the Way are Faith, and a Personal Application of the Faith.

The people who touched the saint's bones had faith; and so great was their faith that in the instant they touched the relics they SEVERED ALL MENTAL RELATIONS WITH DISEASE, AND MENTALLY UNIFIED THEMSELVES WITH HEALTH.

This change of mind was accompanied by an intense devotional FEELING which penetrated to the deepest recesses of their souls, and so aroused the Principle of Health to powerful action. By faith they claimed that they were healed, or appropriated health to themselves; and in full faith they ceased to think of themselves in connection with disease and thought of themselves only in connection with health.

These are the two essentials to thinking in the Certain Way which will make you well: first, claim or appropriate health by faith; and second, sever all mental relations with disease, and enter into mental relations with health.

That which we make ourselves, mentally, we become physically; and that with which we unite ourselves mentally we become unified with physically. If your thought always relates you to disease, then your thought becomes a fixed power to cause disease within you; and if your thought always relates you to health, then your thought becomes a fixed power exerted to keep you well.

In the case of the people who are healed by medicines, the result is obtained in the same way. They have consciously or unconsciously, sufficient faith in the means used to cause them to sever mental relations with disease and enter into mental relations with health.

Faith may be unconscious. It is possible for us to have a sub-conscious or inbred faith in things like medicine, in which we do not believe to any extent objectively; and this sub-conscious faith may be quite sufficient to quicken the Principle of Health into constructive activity. Many who have

little conscious faith are healed in this way; while many others who have great faith in the means are not healed because they do not make any personal application to themselves; their faith is general, but not specific for their own cases.

In the Science of Being Well we have two main points to consider: First, how to think with faith; and second, how to so apply the thought to ourselves as to quicken the Principle of Health into constructive activity. We begin by learning What to Think.

Continued in next issue...

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Health Bite

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Website: <http://campbellmgold.com>

Email: veritas@campbellmgold.com

Thank You

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