



# 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 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**

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## 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 6**

### **Use of the Will**

In the practice of the Science of Being Well the will is not used to compel yourself to go when you are not really able to go, or to do things when you are not physically strong enough to do them. You do

not direct your will upon your physical body or try to compel the proper performance of internal function by will power.

You direct the will upon the mind, and use it in determining what you shall believe, what you shall think, and to what you shall give your attention.

The will should never be used upon any person or thing external to you, and it should never be used upon your own body. The sole legitimate use of the will is in determining to what you shall give your attention, and what you shall think about the things to which your attention is given.

All belief begins in the will to believe.

You cannot always and instantly believe what you will to believe; but you can always will to believe what you want to believe. You want to believe truth about health, and you can will to do so. The statements you have been reading in this book are the truth about health, and you can will to believe them; this must be your first step toward getting well.

These are the statements you must will to believe:

That there is a Thinking Substance from which all things are made, and that man receives the Principle of Health, which is his life, from this Substance.

That man himself is Thinking Substance; a mind-body, permeating a physical body, and that as man's thoughts are, so will the functioning of his physical body be.

That if man will think only thoughts of perfect health, he must and will cause the internal and involuntary functioning of his body to be the functioning of health, provided that his external and voluntary functioning and attitude are in accordance with his thoughts.

When you will to believe these statements, you must also begin to act upon them. You cannot long retain a belief unless you act upon it; you cannot increase a belief until it becomes faith unless you act upon it; and you certainly cannot expect to reap benefits in any way from a belief so long as you act as if the opposite were true.

You cannot long have faith in health if you continue to act like a sick person. If you continue to act like a sick person, you cannot help continuing to think of yourself as a sick person; and if you continue to think of yourself as a sick person, you will continue to be a sick person.

The first step toward acting externally like a well person is to begin to act internally like a well person. Form your conception of perfect health, and get into the way of thinking about perfect health until it begins to have a definite meaning to you. Picture yourself as doing the things a strong and healthy person would do, and have faith that you can and will do these things in that way; continue this until you have a vivid CONCEPTION of health, and what it means to you.

When I speak in this book of a conception of health, I mean a conception that carries with it the idea of the way a healthy person looks and does things. Think of yourself in connection with health until you form a conception of how you would live, appear, act, and do things as a perfectly healthy person.

Think about yourself in connection with health until you conceive of yourself, in imagination, as always doing everything in the manner of a well person; until the thought of health conveys the idea of what health means to you. As I have said in a former chapter, you may not be able to form a clear mental image of yourself in perfect health, but you can form a conception of yourself as acting like a healthy person.

Form this conception, and then think only thoughts of perfect health in relation to yourself, and, so far as may be possible, in relation to others. When a thought of sickness or disease is presented to you, reject it; do not let it get into your mind; do not entertain or consider it at all. Meet it by thinking health;

by thinking that you are well, and by being sincerely grateful for the health you are receiving. Whenever suggestions of disease are coming thick and fast upon you, and you are in a "tight place," fall back upon the exercise of gratitude.

Connect yourself with the Supreme; give thanks to God for the perfect health He gives you, and you will soon find yourself able to control your thoughts, and to think what you want to think. In times of doubt, trial, and temptation, the exercise of gratitude is always a sheet anchor which will prevent you from being swept away.

Remember that the great essential thing is to SEVER ALL MENTAL RELATIONS WITH DISEASE, AND TO ENTER INTO FULL MENTAL RELATIONSHIP WITH HEALTH. This is the KEY to all mental healing; it is the whole thing.

Here we see the secret of the great success of Christian Science; more than any other formulated system of practice, it insists that its converts shall sever relations with disease, and relate themselves fully with health. The healing power of Christian Science is not in its theological formulae, nor in its denial of matter; but in the fact that it induces the sick to ignore disease as an unreal thing and accept health by faith as a reality.

Its failures are made because its practitioners, while thinking in a Certain Way, do not eat, drink, breathe, and sleep in the same way.

While there is no healing power in the repetition of strings of words, yet it is a very convenient thing to have the central thoughts so formulated that you can repeat them readily, so that you can use them as affirmations whenever you are surrounded by an environment which gives you adverse suggestions. When those around you begin to talk of sickness and death, close your ears and mentally assert something like the following:

There is One Substance, and I am that Substance.

That Substance is eternal, and it is Life; I am that Substance, and I am Eternal Life.

That Substance knows no disease; I am that Substance, and I am Health.

Exercise your will power in choosing only those thoughts which are thoughts of health, and arrange your environment so that it shall suggest thoughts of health. Do not have around you books, pictures, or other things which suggest death, disease, deformity, weakness, or age; have only those which convey the ideas of health, power, joy, vitality, and youth.

When you are confronted with a book, or anything else which suggests disease, do not give it your attention. Think of your conception of health, and your gratitude, and affirm as above; use your will power to fix your attention upon thoughts of health. In a future chapter I shall touch upon this point again; what I wish to make plain here is that you must think only health, recognize only health, and give your attention only to health; and that you must control thought, recognition, and attention by the use of your will.

Do not try to use your will to compel the healthy performance of function within you. The Principle of Health will attend to that, if you give your attention only to thoughts of health.

Do not try to exert your will upon the Formless to compel It to give you more vitality or power; it is already placing all the power there is at your service.

You do not have to use your will to conquer adverse conditions, or to subdue unfriendly forces; there are no unfriendly forces; there is only One Force, and that force is friendly to you; it is a force which makes for health.

Everything in the universe wants you to be well; you have absolutely nothing to overcome but your own habit of thinking in a certain way about disease, and you can do this only by forming a habit of thinking in another Certain Way about health.

Man can cause all the internal functions of his body to be performed in a perfectly healthy manner by continuously thinking in a Certain Way, and by performing the external functions in a certain way.

He can think in this Certain Way by controlling his attention, and he can control his attention by the use of his will.

He can decide what things he will think about.

### **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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