

**GIFT OF
THE MIND CURE**

**BY
CHRISTIAN D. LARSON**

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FROM THIS BOOK:

“DO NOT LET YOUR HEAD RUN FASTER THAN YOUR FEET; AND DO NOT LIVE MENTALLY IN THE FUTURE WHILE YOU ARE WORKING IN THE PRESENT.”

“WHEN WE APPLY THE LAW OF LIFE IN SUCH A MANNER THAT WE CONSTANTLY CREATE THE BETTER AND THE BETTER, WE SHALL POSITIVELY MEET MORE AND MORE OF THE BETTER. ACCORDINGLY, THERE WILL BE NOTHING TO FEAR, BECAUSE AS LONG AS WE CREATE ONLY THE BEST WE SHALL RECEIVE ONLY THE BEST IN RETURN.”

CHRISTIAN D. LARSON

The Cure of Nervousness

It is a well-known fact that a considerable majority of the people in this country are addicted more or less to nervousness in one or more of its many forms ; and as nervousness is the direct cause of all mental ills, and the indirect cause of a great many physical ills, organic as well as functional, there are few things that would be more important than that of finding a method through which health for the nerves could be secured. How to cure this malady has long been a problem. Medicine as a rule avails but little, and the various forms of other therapeutic systems reach but a limited number. It is therefore that the discovery of a remedy that could reach all cases, or nearly all cases, would easily be considered one of the most remarkable discoveries of the age.

We may safely state that v/hen people learn to keep the nervous system in perfect order there will be very few cases of insanity, if any, and physical diseases will be reduced at least one-half. In addition to this, the power and capacity of mind will be increased to a very great degree. The majority of the fine minds in the world fail to do all they are capable of doing, because their talents are interfered with by nervous troubles of some kind, and these troubles not only tend to reduce the amount of mental energy, but also confuse the intellect and almost invariably misdirect the imagination. There is scarcely a mind living of exceptional ability or genius that is not addicted to nervousness of some form, and that any mind can do its best under such conditions is impossible.

The fact is, if nervousness were completely removed from the race more than half of the physical ills, and nearly all the mental ills, would be removed. The strength and endurance of the body would be increased remarkably, and the capacity of the mind would in most instances be practically doubled. That a perfect remedy for nervousness would therefore prove a great boon, to say the least, is evident; and a remedy has been found that fulfills all the requirements, because from its very nature it simply cannot fail. This remedy will give health to the nerves in every case where it is used, and it is so simple that all who will apply it can do so successfully.

That this remedy will remove nervousness in every instance may seem impossible, but when we examine the nature of the remedy we find that its never failing effectiveness lies in its power to remove the remote cause of what may be termed the immediate cause of this ailment.

That condition of the system that we call nervousness comes from discord in the nerve fluid, or what may be called confused vibrations in the electro-magnetic energies of the body. This is the immediate cause; but back of this cause there is a remote cause ; that is, that condition that originally produces the confused vibrations in those energies.

The nerve fluid we speak of may be termed human electricity, as its nature and actions correspond exactly with electrical currents, though, of course, it is much finer in quality than ordinary electricity. The human brain may accordingly be termed a dynamo, because those fine currents are generated there; and the nerves may be termed the wires that carry this fluid or electricity to every part of the body.

The functions of this nerve fluid are many. Every thought, state, condition or action produced in the mind is carried all through the body, over these nerves or wires, by the force of this fluid, and in return everything that is taking place throughout the system is conveyed to the brain by the same

process. The nervous system is therefore a human telegraph system through which the mind is constantly kept informed concerning the events of its own world, and constantly giving directions with regard to what is to be done in every part of its world; and we can readily understand how false news or information can be transmitted, and how urgent news can be delayed in its passage, should these finer electrical currents be disturbed.

When a person is suffering from nervousness he is frequently deluded concerning the conditions of his system, the reason being that he is getting false news because the telegraph system is not in perfect order. In like manner, such a person may fail to get the exact facts concerning his conditions. There may be conditions brewing in his system of which he is not aware, because the news is lost on the way.

The same state of affairs, however, is frequently brought about by drugs. When you take drugs to stop pain, you do not remove the pain; you simply deaden the nerves so that the sensation or news of the pain cannot be carried to the brain. Occasionally such a process may be permissible, but if we interfere too much with the news-carrying function of the nervous system we will cripple it to such an extent that most of the sensations received will be false or magnified. When people imagine that they have ills that do not exist in their systems a crippled or perverted nervous system is generally the cause. They are getting false news about their own conditions, and they think it is true because it seems so real. Not everything is true, however, that seems real. The fact is that the more disturbance and perversion there is in the nervous system, the more real will also its false impressions appear to be; and the reason is that a disturbed nervous system is abnormally sensitive.

Another function of the nervous system is to transmit creative energy to every part of the body. Every cell in the system is constructed or repaired by creative energy, and this energy is conveyed by the nerve that enters the locality of that cell; consequently when the nervous system is out of order the process of repair, or cell construction, will be retarded in many places. When this process is interfered with, or the normal activities of the process are disturbed, the system will not only be left in bad repair, but false growths may be produced. When the creative forces are disturbed or misdirected in any part of the system they cannot continue in normal cell construction, but will in many instances begin to produce false cell construction. In this manner tumors, cancers, goiters, cataracts and all sorts of unnatural growths may originate.

And in this connection we should remember that practically all abnormal growths in the human system can be traced back to nervous conditions of some form. Perfect health for the nerves, therefore, if maintained all through life, would absolutely prevent all such unnatural growths in the human system. When the creative energies of the system continue in their normal activities no unnatural growth can possibly be formed, and to keep those energies in their normal state of action the nervous system must be in order; that is, every nerve must be in good health.

To go into details and outline fully the various effects that follow the actions of the nerve fluid would lead us into every phase of physiological psychology, and volumes would be required. It is not our purpose, however, to present a full treatise on this vast subject in this connection, but simply to present in the briefest manner possible the practical application of an effective remedy for the nerves. The various effects of the nerve fluid in all its functions will be right when the cause is right; and the cause is right when the vibrations of the electricity of the body are normal. To produce and maintain such normal vibrations must therefore be our purpose.

therefore have nothing to fear, as in his life the very cause of fear will have been removed completely. It is therefore evident that the problem of removing fear is solved through the art of using all our faculties and forces in such a manner as to build more nobly in the present than we did in the past, and this we may accomplish by learning to use the principles of life with mathematical precision. There are many things that we are afraid of, but the principal ones are undoubtedly poverty, disease, calamity and death; and when we learn how to remove the fear of these four we shall also be able to remove the fear of all minor conditions that are not desired. To remove the fear of death it is only necessary to become convinced of the fact that life is continuous, and that the future life of each individual is the natural outcome of his present life. The development of what may be termed the consciousness of soul, or the realization of the I Am and the perfection of the I Am, will demonstrate conclusively to any mind that the life of every individual is continuous and endless; in fact, to become conscious of the I Am is to know that the I Am and life are identical, and we know that life is indestructible. Then add to this the great fact that you, the real you, constitutes the I Am, and you have an exact basis upon which you may demonstrate to yourself through pure reason that you shall continue perpetually to live, the understanding of the laws of cause and effect will demonstrate that you can create your own future and your own destiny, not only in the present sphere, but in future spheres of existence, and that you can make your future existence as beautiful, as marvelous and as gorgeous as your imagination can possibly picture. The law is, that he who is living nobly in the present is creating for himself a better future, both in this life and in the life to come; therefore he who applies the principles of that law, which simply mean the principles of right living and right thinking, has nothing to fear, neither from death nor from the future. In fact, death to him will simply mean the gates ajar to a far richer, far better and far more beautiful world than this; and the future to him will mean attainments, achievements and enjoyments so far superior to what anyone has realized in this world that words cannot possibly describe them.

In this connection it is interesting to know that they who have no fear of death always live the longest lives, the best lives and the happiest lives upon earth ; and it is also a well-known fact that they who know they are doing their best in the present are not afraid to leave this planet at any time. They dread no change, because they know that every change must be a change for the better. These people have inner conviction based upon the fact that they are applying principle in their lives; that it always will be well with those who do well ; and we know that such a conviction will remove fear completely.

When we learn how to live we shall lose all fear of death, because when we begin to actually live we know that we shall live a very long life, a very interesting life and a very beautiful life; and we also know that what is called death is but an open door to a still more beautiful life more beautiful because a beautiful present in-variably produces a more beautiful future. What we have earned, that we shall receive and enjoy. This is the law, and therefore he who so lives that he earns much, will have much to receive and enjoy in days to come.

When symptoms of disease appear, we know that we have violated some natural law; but if we understand life we also know that the pain is a good friend coming to inform us that something needs re-adjustment; and if we proceed to right the matter, which we can readily do when we know how to think and live, there will be no disease whatever. When we know how to remove all threatening symptoms at once we shall never fear disease; and when we know how to create health in greater and greater abundance, the fear of disease will become impossible. So long as we create

health we cannot be sick; and every person who is living a constructive life who is applying the principles of life to his own living, as the mathematician applies principles to his problems is creating health in greater and greater abundance.

The fear of poverty will disappear when we learn that ability and power can be developed more and more for an indefinite period. We know that competent men and women are in great demand everywhere, and when we know that we can become competent sufficiently competent to fill the best places in the world we shall live in the assurance of perpetual increase, and all fear of poverty will therefore disappear. You cannot have any fear of poverty or loss when you know that your earning power is increasing every day, and that the demand for your services in the world is increasing every day.

To eliminate the fear of calamities, accidents, catastrophes and the like, may seem impossible because it is generally believed that the individual cannot control the causes through which those things are produced; but when we look closely at the matter we find that we meet those unpleasant events because we fail to do the right thing at the right time. When we live according to principles, we will learn more and more to do the right thing at the right time; and we shall also develop those finer senses as we grow in mind and soul, through which we can discern readily the course to pursue in each case, and thus avoid what might not prove agreeable. Then in this connection we should also remember that though we may not be able to control all the causes of calamities in the world, we can so well control ourselves that we can go out of the way of the actions of those causes. In other words, we can avoid the path that leads to calamity, and take those paths that are always safe.

When we apply the law of life in such a manner that we constantly create the better and the better, we shall positively meet more and more of the better. Accordingly, there will be nothing to fear, because as long as we create only the best we shall receive only the best in return.