

HOW THE MIND WORKS

by

Christian D. Larson

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FOREWORD

Everything that is in action must necessarily work through definite laws. And as the mind is in constant action, alternating its actions at almost every turn of thought or feeling, it is evident that every turn of thought or feeling, it is evident that a vast number of laws are employed by the mental process. To know how the mind works, therefore, we must know something about these laws.

In the following pages the most important of the mental and metaphysical laws known to date are considered from every possible viewpoint, the principal object being to ascertain their real nature as well as their power and use. In addition, a number of psychological ideas are presented that will throw light both on the inner and the outer workings of the mind.

No effort, however, has been made to delve into the mysteries of the mind, this will be done in another work, the object here being to present the practical side of mental action, and present it in such a way that anyone may learn to use the powers of the mind properly. And at the present stage of psychological study, this is the most important. We want to know how the mind does work so that we may, in all mental work, use the mind in the best, the fullest and the most effective manner.

The fact that we have, in the past, known practically nothing about the real workings of the mind, and also that there are only a few minds, even in the present, that have gained the power to direct and control mental action according to system, design and law, should make the study of this book both interesting and profitable. In fact, we are convinced that all who understand the purpose and the message of this book will become highly enthused over its practical value; and will accordingly gain more from its perusal than tongue can ever tell.

That this number may be very large in the present, and constantly become larger in the future, is our dearest wish in this connection; for when you know that a certain thing is so very true and so very important, you want everybody else, if possible, to gain all that you have gained from the understanding and use of that particular thing.

And this is natural; we all want to share the truth with others; we all want everybody to gain that power through which the richest and the best that life has in store may be realized, and this fact proves that there is far more of the noble in human nature than we have previously believed. However, it is only as we learn to use the mind in harmony with the natural and orderly workings of mental law, that everything that is noble in human nature will find expression.

1. THE GREATEST POWER IN MAN

It is now a demonstrated fact that the powers and the possibilities that are inherent in the mind of man are practically unbounded. And this conclusion is based upon the discovery that no limit can be found to anything in human nature, and that everything in human nature contains a latent capacity for perpetual development. This discovery, and no discovery of greater importance has appeared in any age, gives man a new conception of himself, a conception which when applied will necessarily revolutionize the entire sphere of human thought and action.

To be able to discern the real significance of this new conception will naturally constitute the greatest power in man, and should therefore be given the first thought in all efforts that have advancement, attainment or achievement in view. The purpose of each individual should be not simply to cultivate and apply those possibilities that are now in evidence, but also to develop power to discern and fathom what really exists within him. This power is the greatest power because it prepares the way for the attainment and expression of all other powers. It is the power that unlocks the door to everything that is great and wonderful in man, and must therefore be understood and applied before anything of real value can be accomplished through human thought or action.

The principal reason why the average person remains weak and incompetent is found in the fact that he makes no effort to fathom and understand the depths of his real being. He tries to use what is in action on the surface, but is unconscious of the fact that enormous powers are in existence in the greater depth of his life. These powers are dormant simply because they have not been called into action, and they will continue to lie dormant until man develops his greatest power, that is, the power to discern what really exists within him.

The fundamental cause of failure is found in the belief that what exists on the surface is all there is of man. And the reason why greatness is the rare exception instead of the universal rule can be traced to the same cause. When the mind discovers that its powers are inexhaustible and that its faculties and talents can be developed to the very highest degree imaginable, and to any degree beyond that, the fear of failure will entirely disappear. In its stead will come the conviction that man may attain anything or achieve anything, provided, of course, he works within the natural sphere of universal law. Whatever circumstances may be today such a mind will know that all can be changed; that this condition can be made to pass away, and that the vacancy may be filled with the heart's most cherished desire.

That mind that can discern what exists in the depths of the real life of man does not simply change its views as to what man may attain or achieve, but actually begins to draw upon the inexhaustible power within, and begins at once to develop and apply the greater possibilities that this deeper discernment has revealed. When man can see, feel and understand what exists beneath the surface of his life, the expression of this deeper life begins, because whatever we become conscious of that we invariably bring forth into tangible expression. And since the deeper life contains innumerable possibilities as well as unbounded power, it is evident that when the deeper life is clearly discerned, anything within the human sphere may be attained or achieved.

The idea that there is more and more of man than what appears on the surface should be so constantly and so deeply impressed upon the mind that it becomes a positive conviction, and no thought should be placed in action unless it is based upon this conviction. To live, think and act in the realization of the fact that there is "more of me" should be the constant purpose of every individual. When this is done the more will constantly develop, coming forth in greater and greater measure, giving added power, capacity and life to everything that is in action in the human system.

When the average person fails he either blames circumstances or comes to the conclusion that he was not equal to the occasion. He is therefore tempted to give up, and tries to be content with the lesser. But if he knew that there was more in him than what he had applied in this undertaking he would not give up. He would know that by developing this "more" he positively would succeed where he had previously failed. It is therefore evident that when man gives attention to his greatest power, that is, the power to discern the more that is in him, he will never give up until he does succeed, and in consequence he invariably will succeed.

That individual who knows his power does not judge according to appearances. He never permits himself to believe that this or that cannot be done. He knows that those things can be done because he has discovered the more which really exists within him. He works in the conviction that he must and will succeed because he has the power. And this is the truth. He does have the power. We all have the power.

To live, think and work in the attitude that there is more of you within the great depths of your being, and to know that there is more of you within the great depths of your being, and to know that this "more" is so immense that no limit to its power can be found, will cause the mind to come in closer and closer touch with this greater power. And you will in consequence gain more and more of this power. The mind that lives in this attitude opens the door of consciousness, so to speak, to everything in human life that has real quality and worth. It places itself in that position where it can respond to the best that exists within itself. And modern psychology has discovered that this "best" is extraordinary in quality, limitless in power, and contains possibilities that cannot be numbered.

It is the truth that man is a marvelous being, and the greatest power in man is the power to discern this marvelousness that really does exist within him. It is the law that we steadily develop and bring forth whatever we think of the most. We shall therefore find it highly profitable to think constantly of our deeper nature and to try in every manner and form imaginable to fathom the limitlessness and the inexhaustibleness of these great and marvelous depths.

In practical life this mode of thinking will have the same effect upon the personal mind as that which is secured when placing an ordinary wire in contact with a wire that is charged. The great within is a live wire. When the mind touches the great within it becomes charged with the same immense power. And the mind is more or less in touch with the great within when it lives, thinks, and works in the firm conviction that there is "more of me" so much more that it cannot be measured.

We can receive from the deeper life only that which we recognize, because consciousness is the power between the outer life and the great within; and we open the door only to those things of which we become conscious. The principal reason, therefore, why the average person does not possess greater powers and talents are because he is not conscious of more. And he is not conscious of more because he has not recognized the depths of his real life, and has not tried to fathom the possibilities that are latent within him.

The average person lives on the surface. He thinks that the surface is all there is of him, and therefore does not place himself in touch with the live wire of his great and inexhaustible nature within. He does not exercise his greatest power the power to discern what his whole nature may contain, and therefore does not unlock the door to any of his other powers. This being true, we can readily understand why mortals are weak. They are weak simply because they have chosen weakness. But when they choose power and greatness they shall positively become what they have chosen to become. And we all can choose power and greatness, because it is in us.

We all admit that there is more in man than what is expressed in the average person. We may differ as to how much more, but the more should be developed, expressed and applied. It is unjust both to the individual and to the race to remain in the lesser when it is possible to attain the higher, the richer and the greater. It is right that we all should ascend to the higher and the greater now. And the greatest power in man reveals the fact that we all can.

2. THE BEST USE OF THE MIND

We have at the present time a number of metaphysical systems, and though they differ considerably in many respects they all produce practically the same results. We find that no one system is more successful than the others, and yet they are all so remarkably successful that modern metaphysics is rapidly becoming one of the most popular studies of today. The real secret of all these systems is found in their power to draw consciousness more deeply into the realization of the absolute.

The absolute is unconditioned, therefore the more deeply consciousness enters the absolute the less conscious will the mind become of conditions. That is, the mind will be emancipated more and more from conditions as it grows into the realization of that which is unconditioned, or rather above conditions.

Any method that will tend to develop in the mind the consciousness of the absolute will produce emancipation from physical or mental ills, the reason being that there are no ills in the absolute, and it is not possible for the mind to be conscious of ills when it is in the consciousness of that which is absolutely free from ills. In other words, the mind cannot be in darkness, weakness or disease when it is in light, power and health.

When we understand this subject thoroughly we realize that if all the strong minds in the world would constantly face the ideal, giving all their power to the attainment of the ideal and living completely in the reality of the ideal, a live current permeating the whole race would begin to move towards the ideal. And so strong would this current become that its power would be irresistible. The natural result would be that the ideal would be realized more and more in every individual life of the race. This possibility demonstrates the extreme value of the ideal and the importance of living absolutely for the ideal. It also demonstrates the fact that all such men and women who are constantly placing the ideal before the minds of the world possess the greatest minds in the world. For it is only such minds that can inspire the masses of minds to discern the ideal, to desire the ideal and to live for the realization of the ideal.

20. WHEN MIND IS ON THE HEIGHTS

When the great soul transcends the world of things it invariably begins to dream of that which is greater, finer, more perfect, more beautiful and more sublime than what the life of present experience has been able to produce. But those dreams are not mere dreams; they are actually glimpses of what is possible or what may be near at hand; that is, prophetic visions of what is to be. The dreams of the small soul are usually temporary creations of an unguided imagination. But the dreams of the great soul are flashes of light emanating from the realms of supreme light, revealing secrets that man shall some day be able to make his own.

What the great soul discerns in his visions and dreams is nothing less than that greater life and those greater things into the possession of which he is being prepared to enter. But if we would gain those greater things which are in store we must proceed to claim our own, and not simply continue to dream. The prophetic vision of the great soul does not reveal what will come to pass of its own accord, but what such a soul is now competent to bring to pass, provided he will use the powers that are in his possession now. In brief, a prophetic vision does not reveal something that is coming to you, but reveals something that you now have the power to bring to yourself if you will.

The soul that can transcend the world of passing things and dream of the world of better things is now in possession of the necessary power to make his dreams come true. For the fact is, we cannot discern the ideal until we have the power to make it real, nor can the mind arise into worlds sublime until it has gained the power to make its own life sublime. Therefore the soul that can look into the mystic future and discern a more beautiful life is prepared for such a life, has found the secret path to such a life, has the power to create such a life, though not merely in ages to come, but now. For what we see in our visions today we have the power to bring to pass in the present. This is indeed a great truth, and than this, nothing could possibly bring greater joy to the soul of man.

If we can see better days while our minds are on the heights we can rest assured that we have the power to create better days. But we must proceed to use that power if we would enter into the pastures green that are before us. The law is that what we see in the ideal we must work for in the actual, for it is in this way alone that our dreams can come true without fail.

The dreams of the great soul always appear when the mind is on the heights. And it is such dreams alone that can contain the prophetic vision. What we dream of while on the low lands of life has no value. The fact is that if we would know the next step, if we would know what today can bring forth, if we would know what is best now, if we would know what we are able to attain and achieve now, if we would know those greater things that are now in store for us, we must rise to the mountain top of the soul's transcendent existence. It is there, and there alone, that these things are made known. And every mind can at times ascend to those sublime heights. The great soul can readily rise to these mountain tops; in brief, such a soul has no other visions than those that appear on the mountain tops.

Therefore the dreams of the great soul are not mere dreams, they are positive indications of what can be done, of what will be done, they are glimpses of the splendors of a greater day.

The soul that can rise to the mountain tops and see the splendor of greater things can indeed rejoice with great joy for such a soul is not destined for an ordinary life. Greater things are at hand and a wonderful future will positively be realized. But such a future, with its richer possibilities and its more worthy attainments, will not come back to us where we now stand. We must move forward and work for what we have seen in the vision. That which is greater does not come back to that which is lesser. We must press on into the life of the greater if we would realize such a life. And if we dreamed the dreams of the great soul those dreams will indicate that we can. What we have seen on the heights reveals what we can do if we will. We have gained the power; the gates are ajar, and in the beautiful somewhere our own is waiting.

About the author

Christian D. Larson (1874 - ???) was a New Thought leader and teacher, as well as a prolific author of metaphysical and New Thought books. He is credited by Horatio Dresser as being a founder in the New Thought movement. Many of Larson's books remain in print today, nearly 100 years after they were first published, and his writings influenced notable New Thought authors and leaders.

Larson during his life was honorary president of the International New Thought Alliance and lectured extensively during the 1920s and 1930s. He was a colleague of such notables as William Walker Atkinson, Charles Brodie Patterson, and Home of Truth founder Annie Rix Militz. He developed the Optimist Creed in use today by Optimist International, better known as the Optimist Clubs.

Source: [Wikipedia](#)