

***GIFT OF
HOW TO STAY WELL***

*by
Christian D. Larson*

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T: +386 (0)1 723 78 28

Email: bird.publisher@gmail.com

www.bird-publisher.com

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1. THE NEW WAY TO PERFECT HEALTH

Introduction

There are many systems of healing, and their number is growing steadily, but there is no single system in existence as yet that is based on all the laws of life.

Disease comes from the violation of one or more of the laws of life, therefore, it can be cured only by bringing mind and body back again into harmony with those laws that have been violated; but if the system of healing employed ignores certain laws it is unable to bring mind and body back into harmony when those certain laws are violated.

Here we find the real cause of failure in all systems. A system that is only physical can produce cures when certain physical laws are violated, but it is powerless when the malady comes from the violation of moral or mental laws. A system that ignores all laws except a few mental laws may produce cures when it is those few mental laws that have been violated, but when the trouble comes from the violation of other laws such a system can do nothing.

It is, therefore, simple to understand that a complete system of healing must not only recognize all the laws of life, but must embody exact scientific methods for correcting all the possible violations of those laws. Such a system must be both physical and metaphysical and must have the understanding of all the laws of life as its foundation. That such a system could cure everything is a foregone conclusion, and that it is possible to formulate such a system every thinker must admit.

There is so much knowledge in the world today on the subject of health that no one ought to be sick any more, but the fact that most people you meet are ailing in some way, proves that this knowledge is not bringing practical results. The cause is lack of system. Therefore, if we can formulate all of this knowledge into a complete working system, and we can, we shall have the privilege of rendering a great service indeed. We all agree that it is everybody's privilege to have perfect health, and when we study the subject carefully we must admit that it is possible for everybody to secure perfect health.

There are no incurable diseases. When we encounter ailments that do not respond to the cures we employ, the cause is simply this, that the methods we employ do not reach the laws that have been violated. But there are methods that can reach those laws. For every ill there is a remedy, because every negative has its own positive, and there is no wrong that cannot be made right. If we have the power to violate a certain law, we have also the power to correct that violation; but we cannot correct the matter unless we understand the law that has been misapplied. Therefore, if our system of healing is to be complete it must be based upon the understanding of every law in human nature, metaphysical as well as physical.

To establish such a system one of the first essentials is to remove every form of prejudice and narrow-mindedness. That truth can come from all kinds of sources and through all grades of mentalities is a fact that we all ought to be familiar with in this age; and when we recognize this fact we will not confine our research to the limits of any one of the regular schools.

Millions of people have been sent to their graves because prejudice has refused to try something else; and thousands are still going the same way every year for the same reason; but there are many ways of doing things, and, since it is everybody's privilege to live a long life and enjoy health as long as he lives, no person should be left to suffer

and die until every possible method of relief has been tried. Those who are engaged in the healing of the sick are not dealing justly with the public unless they are prepared to employ and recommend everything that is known to have healing power; and they are not competent to decide as to what does not possess healing power unless they have made a personal test, or personally witnessed such a test.

We daily hear intelligent and well educated people declare that there is nothing in this or that particular system of thought; but upon what do they base their conclusions? Prejudice, or the habit of accepting mere public opinion as truth is usually the cause of such narrow views and in the meantime millions suffer and thousands die on account of those views. The fact is that the more we learn, the more convinced we become that there is something in everything, that every system has its virtues, and every belief its latent truth. To find this virtue in every system, and bring forth the hidden truth in every belief, and then arrange them all into a working system for everyday, practical use this must be our purpose.

Life is too important to be cut short on account of prejudice, ignorance or narrow-mindedness; and the joy of living a large and full life is so great that no one should for a moment be deprived of its pleasure. The new age demands completeness, the best of everything for everybody, the removing of all barriers, that all truth from all sources may minister to all minds. And when all minds will come together and work in such a spirit, the full emancipation of the race will be at hand, and the coming of a fairer day will no longer be a dream. But it is all possible, and what is possible will surely come to pass.

With this spirit in mind we shall proceed to outline what we consider to be a complete system of prevention and cure a system that can bring health to everybody.

The Value of Health

To do one's best in life, to fully enjoy life, to get everything of worth from life that life has to give, to fulfill the purpose of life and realize in the fullest measure any aim, ambition or ideal that one may have in view in life, perfect health is necessary.

Perfect health should be sought by everybody and sought with unceasing persistency, but it should not be sought simply because it insures the comfort and the well-being of the individual; it should be sought principally because it is an absolute necessity to the full use and right use of everything that has worth in human existence; and we are here to make the largest and best use of all that is in us.

To fail in health is to fail, in a measure, in everything; to continue in poor health is to continue in a condition where no faculty or power can give itself justice. To add to one's health is to make it possible to add to one's power, one's worth, one's usefulness and one's efficiency; and to gain perfect health is to gain possession of one of the most important factors in the making of human life all that nature demands it should be.

It is in perfect health alone that man can be true to himself, that he can be true to his work, that he can be true to the race. Perfect health, therefore, is not a mere matter of personal comfort, though that in itself is a great deal. We all have the right to personal comfort to the very highest degree; but perfect health is more, vastly more; it is a necessary element in all the workings of nature; it is an indispensable factor in the great universal plan.

The New View of Health

We have recently discovered that it is natural to be well; that it is possible for everybody to be perfectly well, and that perfect health can be secured by all through methods that are not beyond the understanding or ability of anyone. In the past we looked upon sickness as inevitable; now we look upon every form of ailment as positively wrong. We do not criticise or condemn the man who is sick; we give him sympathy and practical help instead, as we have no right to condemn anybody; nevertheless we insist that he should know better, and we are making it our personal business to see that he does know better.

The new view demands that no one should be sick at all, that no one should be incapacitated for a moment, that no one should ever be compelled to suspend physical or mental activity on account of ill health; and even more than that, it demands that no one has a right to be sick. And the new view is not irrational; on the contrary, it is based upon the most substantial facts in modern science.

It is not possible to become sick unless one violates the laws of life, which include the physical, the mental, the moral, and the spiritual. But no one need violate any of these laws at the present time nor henceforth, as the key to the understanding of the right use of all natural law is now within the reach of everybody. The new view, therefore, demands perfect health of all; and demands it with the same right as it demands manhood, womanhood, morality, justice, liberty, truth.

The Purpose of This Study

The chief purpose of this course of study is to present a complete and practical system of life, through which the new view of health may be realized; that is, a system that will enable anyone to get well and stay well no matter what his physical or mental condition may be at the present time. This study will aim to present all the facts known in the science and art of attaining health; it will give due attention to all efficient methods of cure, with special attention to those that have proved themselves to be the best; and will aim to give instructions with regard to the use of those methods that all can readily and successfully apply. It will explain in the clearest and simplest manner possible the real cause of disease, and how every ailment known to man may be prevented as well as cured. And it will aim to carry out this broad and farreaching purpose by turning the light of exact science upon the whole nature of man his spiritual and mental nature as well as his physical nature. In brief, this course of study will aim to present sound, thorough and practical information concerning those principles, laws and methods that will, by whomsoever applied, lead to the very highest degree of health, strength and wholesomeness.

The Cause of Disease

It is natural to be well; therefore, the presence of disease indicates that the human system is not in harmony with nature; and as it is not possible to get out of harmony with nature without violating one or more of nature's laws, we conclude that all disease must come from the violation of natural law; but to refrain from such violation and thereby avoid disease, it is necessary to know, first, what constitutes natural law, and second, what to do to continue in harmony with natural law.

Complete information, however, on these important subjects has not been given in the past. A few of the physical laws of nature have been studied and carefully observed, but little or no attention has been paid to such other laws as might operate in conjunction with human activity. For this reason vast numbers have become sick without being able to arrive at the cause. Living in the belief that they are caring for themselves properly, they could see no reason why they should not remain well, but in caring for themselves they observed certain laws only, while others equally important were ignorantly and completely ignored.

To enable everybody to avoid all disease by living in harmony with all the laws of nature, we must understand the sphere of the natural, so as to include all activity that may transpire anywhere in the world in which we may act, think and live. In brief, we must study and observe mental and moral laws as well as physical laws, because they are all natural laws laws that are so closely connected with the actions of man that he will either use them or misuse them, as the case may be, nearly every hour of his existence.

The following outline and division of the subject will therefore prove valuable in connection with this part of the study:

(1) Violation of Physical Laws

We have heard much about physical exercise, but the truth is, that not one person in a thousand exercises his body properly. The majority pay no attention to the subject, and therefore most of their muscles do not receive sufficient exercise, and a large percentage of those who do give the matter attention, overdo it, so that in either case the proper exercise is barely secured. The same is true of breathing. Natural law demands a certain kind of breathing, but there are very few that comply with that demand. With regard to nourishment, we are face to face with the same condition. Foods that should not be taken are taken by the majority nearly every day, and there are very few people who do not eat too much. The other physical laws are misused more or less in the same way. It is readily seen, therefore, that causes of disease are produced in abundance almost daily in the physical life of the average person; but all those causes can be prevented both easily and completely.

(2) Violation of Moral Laws

The lack of vital energy is one of the chief causes of the ills of man, and all immoral thoughts or actions tend to deplete the vital energy of the system. We have frequently been told that certain things are wrong, but we have not been told why. Therefore, we have doubted the sinfulness of those particular actions. When we find, however, that such actions almost invariably drain the system of vital energy, thereby placing the system in a condition where all kinds of disease may get a foothold, we understand why they are wrong. Whenever we do anything that will decrease or lower the natural amount of vital energy, we violate some of the most important laws of nature, and at the same time we originate those causes that are responsible for more than one-third of the ills of the race.

(3) Violation of Mental Laws

To be in harmony with nature, the mind should always be in a state of harmony with itself, and should always be wholesome in its actions and tendencies. To permit mental disorder in any form is therefore a violation of natural law, and it is a well-known fact that mental disorder is nearly always followed by physical disorder. The consequent physical disorder may in many instances be too slight to produce actual illness in the body, but it will in every case interfere more or less with the normal functions of the body. And if that particular disorder is continued, as it usually is, physical diseases will be the final result. To permit such mental states as worry, fear, anger, hatred, envy, gloom, depression, discouragement, dread, anxiety, grief, antagonism, revenge, excitability, and all other mental states of a similar nature, is to violate natural law; and such violation always leads to physical and mental weakness, and frequently to actual disease. To fear disease, to think of disease, to expect disease or to suggest the possibility of disease to oneself or others, is likewise a violation of natural law; and such violation leads to ailment of some kind in the majority of cases. How the misuse of the mind and the entertaining of wrong states of mind may cause disease, is therefore simply understood, and it has been estimated by close observation, that most of the ills

We all know that grief may change the color of the hair, and we also know that a change of color means a chemical change, which proves that a state of mind can produce a chemical change in the body; but this particular chemical change is not the only change that can be produced by grief. Experiments have proved that grief frequently changes the very nature of the vital forces, making the positive forces negative, and thereby placing the system in a condition that is entirely helpless. Nothing wastes life and vitality like grief; and there is nothing that produces so much disease as lack of vital energy. We therefore cannot afford to grieve, nor is there any reason why we ever should grieve. We grieve simply because we do not understand things. To understand all things is to know that all things are well and that there is no occasion for worry. To permit tears at any time or under any circumstances is to ignore the higher light of life and replace the greater love by the lesser love. There is a better way to show your love and respect than to grieve and we can all find that better way.

All depressing states of mind, such as regrets, despondency, gloom, despair, and the like, must also be avoided completely. They invariably produce weakness in mind or body, and frequently are the direct causes of serious ills. We should train ourselves to be stronger than appearances, and we will not feel depressed. If we fail today, we shall succeed tomorrow, provided we look upon the failure as an opportunity and count everything joy. When we understand life we shall always be happy, no matter what comes. We shall then realize that all things are working together for greater good, if greater good is our purpose, and that unpleasant experiences come simply to shake us out of the old ruts. The best of us will get into grooves at times and feel it our religious duty to stay there; but man was not made for grooves; neither were grooves made for man.

Thousands of people think they have heart disease; and are living in constant fear of death; but there is no cause for alarm. What is usually thought to be heart disease is simply the result of a poor digestion disturbing that part of your body. The remedy, therefore, is to begin to live in poise and to correct your digestion. You will then find that your heart disease will mysteriously disappear. To attain poise, learn to live the serene life, and combine the serene life with the strong, positive life. When we live constantly in the attitude of poise we shall never feel weak nor tired. The system will always be full of life, and the fullness of life is the very best preventive of disease that has ever been discovered.

When threatening symptoms appear, eat less, drink more water, breathe more, move to the sunny side of life, have abundance of faith in the supremacy of the good, and give yourself a substantial metaphysical treatment every hour or two. You will soon restore perfect order in every part of your system. When there is anything wrong with the digestive system divide your meals in two. This will not do any harm, because all of us could live and flourish on one-fourth of what we usually eat. Give the digestive system less work to do for a few days, and with the power of your thought cause the circulation to increase all through the abdominal region. You will soon feel entirely well, and feel much stronger than you ever felt before.

In the cure of any disease, the subconscious mind is a very important factor, for in many instances the body is ailing simply because adverse impressions have been given to the subconscious. You may have an idea that you cannot eat certain things. That idea may be correct, though the probabilities are that it is not. It may simply be a subconscious impression that makes you believe that you cannot eat that particular thing, and the subconscious responds by causing your system to revolt whenever that particular thing is taken. The moment, however, that you impress the subconscious with the fact that you can eat that particular thing, the subconscious will place the physical system in a condition where that particular thing will be accepted and digested without any trouble whatever. The subconscious mind can do practically anything

along these lines, and it always obeys every idea that you deeply or intensely feel, or that you positively believe to be true. Impress the subconscious with the firm conviction that you can eat anything, that you can digest and assimilate perfectly every nutritious element that is taken into the system, and that you can properly eliminate all indigestible elements without discomfort to the body. Impress the subconscious with the conviction that you will never require medicine any more, and that sickness will never again enter your body. Then impress health, strength, power, peace, poise and harmony upon the subconscious, and continue to impress those states and qualities until you actually feel that they have become a permanent part of yourself. The subconscious will not fail to bring forth according to the seed you have sown.

Whether you are trying to remove threatening symptoms or chronic ailments of long standing, there is nothing that will prove more helpful than the conscious directions of the finer forces of the system in the creating of perfect health. To simply feel the finer vibrations of life force that are back of, and within any part of the body where there may be pain will cause that pain to disappear. A sickly feeling throughout the system will take flight instantly if we cause the finer vibrations to become active in every part of the body, and old chronic troubles will become airy nothings under the influence of these powerful forces. The reason why is very simple. These finer forces when placed in action can undermine the very foundation of disease and cut it loose, so to speak, from its foothold in the system. Besides, the ordinary malady is not one-tenth as serious as it appears to be. It is at best founded upon sand, and can easily be removed if we go about it properly. The average disease would be practically harmless if it were not for the life and the power that it receives from the patient. We magnify our ills, and thus make them worse, and we increase their life and power by living for them and placing ourselves at their mercy. If we would look upon an ailment as insignificant, and then proceed to arouse the finer elements and forces of mind and body, those elements that can undermine and remove any conditions, we would soon restore perfect health and order. To be able to prevent ourselves from giving life and thought to adverse conditions is a great secret, and it is accomplished by turning attention to the inner, finer side of being. It is here that faith becomes such a remarkable power, because through the attitude of faith the mind goes beyond the things that are in the seeming, and enters into that sublime state where everything is always well. In this connection we should remember to give our thought and our life to the higher, and the higher will give its wisdom and its power to us in return.

Never begin any thought or action without recognizing the presence of higher power. We are all living in a great sea of limitless power, and we may consciously draw upon that power whenever we recognize it sufficiently to feel its presence. The more power we possess, the more we can accomplish and the sooner we shall gain complete emancipation, if that is our purpose in view. It is very unwise, therefore, to proceed with a small amount when we can, through the proper conscious effort, appropriate a much greater measure.

One of the greatest essentials in the application of the metaphysical process, whether our desire is better health or more life, is to depend absolutely upon the power of the spiritual elements in human existence. Material elements and material means have their place and value. If not for all, they do for the majority; but the power of the spiritual is infinitely greater than that of the tangible. It is therefore unwise to fritter away our time with the small when we are prepared to receive and apply that which is so very large. Let those who are unable to understand the spiritual have the material for the present, but let those who can understand the spiritual go to the spiritual for all things and at all times.

The reason why a number of aspiring souls fail to reach the heights is simply this: that they give too much thought to things, thereby limiting consciousness according to the

measure of things. So long as we depend upon small things we shall remain small, but when we look to the larger life that is within us, we shall become larger and larger in proportion to our understanding of that life. Our capacity is no larger than our consciousness, and consciousness is only as large as our understanding of that upon which we depend. Therefore the sooner we can learn to depend absolutely upon the limitless the better; and this is especially true in the application of metaphysical and spiritual means to the attainment of health.

Resolve to gain your power, your freedom, your health, your peace, your wisdom, your everything from the infinite source, and do not change your mind for a moment. Whatever comes or not, be in the perfect faith that the infinite source cannot fail, no matter how great your deeds or demands may be, and you shall have the joy to witness another great victory.

Where faith in the boundlessness and the power of the spiritual is absolute, failure becomes impossible. It is the trembling faith that fails; it is the anxious mind that falls down; and it is material thought that obstructs the way to complete emancipation. On the other hand, when good judgment declares that physical remedies are required, we should not hesitate to employ them. We should, however, continue to impress our minds more and more deeply with the great truth that the greater life within us is sufficient.

When a person trains himself to depend absolutely upon spiritual means, he steadily enters more deeply into spiritual life and consciousness, and therefore gains possession of higher spiritual powers; and to possess such powers is to possess the greatest remedy in the world. Experience has demonstrated in thousands of the most difficult cases that when the spiritualizing process began in the system, disease simply was compelled to take its departure. No disease can possibly exist where the spiritual forces are acting with full expression. Those forces invariably bring health, strength, wholeness and vigor wherever they may go; and we should always bear in mind the great truth that the powers of those forces have no limitation whatever.

About Christian D. Larson

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, including Religious Science founder, Ernest Holmes.

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