

PEARLS OF WISDOM 2
by William Dobson

THE POWER OF POSITIVE THOUGHT

The cultivation of habits of cheerfulness and emotional conditions of a hopeful, optimistic and cheerful mind, have a powerful influence in the building up of a healthy body and the production of happiness. Every mental activity creates a definite chemical change in the body, so that if our thoughts are wholesome and healthy, we are constantly made better by them.

Joy and laughter stimulate the body, mind and spirit; a kindly face, a generous act or word; beautiful music and fine paintings, are invigorating and uplifting. Think of the effect when an acquaintance remarks, 'You *are* looking well!' or wishes you a cheery 'Good morning' and remarks what a lovely day it is. Here is a simple proof of the effects of optimism on our feelings.

A sense of humour is a powerful means of producing happiness and this should always be kept in mind. Let someone tell you a funny story and you laugh until your body shakes, showing that thought controls the muscles of your body. Smile! The sight of a smiling face acts as a tonic.

There is nothing more true in human life than that we grow into the likeness of those things we contemplate. 'As a man thinketh in his heart, so is he.' The question is not what are the conditions of our lives, but, how do we meet them? Whatever those conditions are, it is useless to look upon them in the attitude of complaint or grumbling, for this will only bring depression and thus weaken our power to alter the conditions.

Thought is at the bottom of all progress and retrogression, of all success or failure, of all that is desirable or undesirable in human life! The type of thought we entertain creates like conditions. The happy and the contented are likely to remain healthy and the depressed and discontented to become diseased. The positive aspect of our willingness to face life's problems, adventures, and misadventures with goodwill is a very important point in the production of a healthy and wholesome life. In general, if we take life as we find it and don't fuss because it is not just what we want; and face truth with courage, we shall become more balanced individuals.

We must, however, beware of becoming self-centred, for to do so is not to live at all and will eventually create troubles. Another thing we must beware of is self-pity. This is one of the worst things that can happen to us, and will eventually interfere with our health and happiness. No one can enjoy a state of harmony and feel sorry for himself at the same time.

The discovery has recently been made that fifty per cent. Or more of the people who are ill today are so because of mental or psychic, rather than physical, causes. The physical symptoms of their illness are the result of their past mental or thought conditions. Medical science, hitherto concerned solely with the physical body had overlooked the mental factor in the cause and cure of disease and the power of the human mind to influence and control the body and its symptoms although it has nearly always been recognised that a patient's will to live can play a highly important factor, and that a doctor is severely handicapped if a patient does not wish to live, or loses all hope. If the illness

of a physical body is wholly physical and science knows how to cure it by physical means, how is it that thought can influence the cure? It is also admitted that a doctor is handicapped if the patient has no faith in him or in his ability. Why? Because of the power of thought. Many psychologists are of the opinion that doctors will continue to place increasing emphasis upon the patient's state of mind and eventually, mental treatment will take precedence over physical therapy.

Slowly, medical science is beginning to realize the power of thought and to look for a fuller understanding of its power. This power was fully realized by Jesus Christ, who had a great understanding of the faith-cure.

For our own sakes we must be kind, cheery and encouraging to all we meet, more so to those less fortunate than ourselves; because kindness and politeness to others will, in the long run, come back to us a hundredfold, apart from the happiness they will create.

To be able to value the right thing is one of the secrets of real wealth and happiness, for it enables us to enjoy life all the more. We have almost forgotten the power of real love and its capacity as a great driving force. The word 'love' is commonly used in so general and indiscriminate a way that its real significance and power is nullified.

Justice, decency, equality, trust, faith and tolerance we must have, *but without love and a society built of love we cannot live a natural, happy and fulfilled life*¹. From real, fulfilled love comes the simple joy and happiness which most men and women are looking for; but alas, how few really know or understand the full meaning of love. Fear and love cannot exist in the human heart. If love is strong, it expels fear.

The world is sadly lacking in real, sincere and tender love, and most people will agree that men and women need the experience of real understanding love to sustain them. This can only happen when man and woman fully understand the true meaning of love-fulfilment. Men and women lacking a full understanding of it, become frustrated and therein is the cause of so much misunderstanding and unhappiness and negative thinking. What a tragedy that there is such a lack of real knowledge on a subject which means so much to the happiness of the world. Love is eminently creative: 'Love is the solver and the solution. Love is the magic panacea'.

The world is too full of shallow creeds, paltry and plausible schemes, lust for power, and intolerance. We are all sorely in need of more simplicity, more love, more generosity, and a fuller understanding of life's real meaning. We must avoid becoming obsessed with money. Money and machines have become our gods, our money-madness and power-mania, our snobbery and desire for petty privilege are destroying the potentiality of living a natural life. We are losing our souls and our understanding of life.

Being rich does not mean that all would be well, for plenty of rich people are unhappy. Happiness is often just a state of mind. The important factor is in the manner of our thinking, not in the amount of money we possess. Our minds, slowly and without mistake, build up or tear down the whole fabric of our life. Every moment our thoughts are impressing themselves upon us. Thought is a creative force and will produce good or evil according to its nature.

¹ Emphasis added. The possibility of moving towards a society built on this basis is *all* that Social Credit is about.

People who look at life as something to be lived merely for the purpose of obtaining from it all they can for themselves, know nothing of what real living can be, and eventually develop a negative state of mind. The way to overcome this state of mind is not to live for self alone, but to think of others, to love outwardly and not inwardly which is dangerous and destructive, to do a kindness and to help someone whenever you can, without thinking of reward.

Instead of condemning people, let us try to understand them. It is much more profitable than criticism and develops sympathy, tolerance and kindness. Let us honestly try to see things from the other person's point of view, and if we are wrong, let us admit it. Let us give and show honest appreciation and be more lavish in our praise. If more people thought in these terms and not of self, there would be more happiness in the world, for 'Life is too short and love too great, to sacrifice one hour through pettiness'.

Let us think in terms of health and the wonders of nature; of courage, success, joy; and have faith in the power within us. Let us smile and do our utmost to be happy and remember that our future depends on the seeds we sow now.

I believe that this book will help you to carry this out, and with the aid of my collection of thoughts from the world's great thinkers, help you to find more happiness and a fuller understanding of life.

I am done with the years that were; I am quits:
I am done with the dead and old;
They are mines worked out. I delve in their pits;
I have saved their grain of gold.
Now I turn to the future for wine and bread:
I have bidden the past adieu:
I laugh and lift hands to the years ahead:
'Come on; I am ready for you.'

Edward Markham