

PEARLS OF WISDOM
by William Dobson

THE DANGERS OF NEGATIVE THINKING

Thoughts can be as poisonous as dangerous drugs. You may, if negative in a single hour, or by being in the company of persons whose minds are full of envy, jealousy, cynicism or despondency, absorb a literally poisonous element of thought, full of disease. I have actually experienced this myself. Unfortunately the full injury may not be noticed until days later when we do not understand the cause.

Therefore if you are fatigued in mind or body, beware of negative influences, as your state of mind cannot throw them off. This should teach us that proper associations are the greatest agencies for realizing success, health and happiness.

If the mind is not given proper control or activity, the resulting condition will inevitably be reflected in the general health. Changing one's mind to something bigger and better is as profitable as discarding shabby old clothes for new ones. The individual who is pessimistic, despondent and full of worry and anxiety, having morbid fears, anger or envy, worrying over the affairs of life, full of self-pity and complaints, has, by his own mental attitude, a wrecking, weakening and ruinous effect upon his physical state and that of others.

Thoughts that cultivate pessimism have a weakening and poisonous effect on the involuntary functions and thus the system becomes loaded with toxins, which in turn render the individual more miserable and morbid. People often say they are miserable on account of their physical condition – and so they are, but they are often reaping the results of past mental actions. The condition of the body is largely the result of what the individual has thought. Has it ever occurred to you that people die because they do not know how to think, and that without wealth in your heart, riches are as rags?

All parts of the body suffer from a wrong selection of thoughts. The nervous system suffers most because it is so highly developed, and in turn the physical body becomes affected, and many people who are in ill-health cannot get well because they do not realize they must change their thoughts. They fly to drugs which are dangerous and useless if the cause of the trouble is their thoughts.

Gossip and scandal may be fascinating to some people and the discussing of friends', neighbours', or enemies' faults may appear to give these people

pleasure, but in the end they pay dearly for it. All things that are imperfect and wrong, such as disagreeable traits of character in others, things unpleasant to hear and look upon, should be put out of the mind. I hope I do not appear to be preaching that you ought not to do this or that, but I am just placing the case before you of the dangers of pessimistic and negative thoughts, and their effects on one's health – just plain cause and effect.

If you want to go backward in every sense, mentally and physically, keep on cultivating the memory of living regretfully in your past life. There are thousands of things in your past life which it is more profitable to forget, and remember how harmful it is to brood upon past misfortune and disappointments.

I feel that I have said enough about the dangers of a negative state of mind, as my aim is to pay more attention to its opposite, because, after all, one must have possession of a positive philosophy of life if inner harmony is to be maintained, and we can learn how to reject or dissolve negative thoughts and how to cultivate positive ones. What some can do, others can accomplish only if they will study the means by which the desired results may be obtained.

'Two men looked through prison bars,
One saw mud, the other saw stars.'