

SUPER METHOD OF OVERCOMING NERVOUSNESS

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Nervousness seems to be a simple ailment, but it is very complicated and very uncomfortable. It gnaws at the roots of most physical, mental, and spiritual disturbances. If you are nervous, it is difficult to heal any disease you may have. If you are nervous, you cannot concentrate and work efficiently to attain success. If you are nervous, you cannot meditate deeply and thus acquire peace and wisdom. In fact, nervousness interferes with all the normal functions of the human body and mind. It upsets the physical, mental, and spiritual machinery.

The body may be compared to a factory, in which many kinds of products are made by various machines, which are run by electricity conducted through wires from a main dynamo. In the body factory, the brain is the main dynamo which sends energy through a complicated system of special conductors, or nerves, to the different organs and members, which in turn act as the machines to produce vision, touch, hearing, taste, smell, movement, metabolism, circulation, breathing, and thought. You are the manager of your own body factory, and you must see to it that its departments work together in perfect harmony, and produce the highest class of products, physical, mental, and spiritual.



The particular disturbance of equilibrium which we call nervousness, may be caused by great and continuous excitement, whether it is excessive stimulation of the senses, as in pleasure hunting, drinking, wrong eating, over-eating, faulty elimination, over-activity, over-indulgence physically, or following the modern speed mania, or whether it is mental or emotional over-stimulation, such as long-continued fear, anger, melancholy, remorse, sorrow, hatred, discontent, or worry. Lack of the necessities for normal and happy living, such as proper exercise, fresh air, sunshine, right food, agreeable work, and a purpose in life, aggravate, if they do not actually cause, a condition of nervousness. Nervousness is highly contagious and

may also be caused by association with nervous, fault-finding, or otherwise disagreeable, people.

Any violent or continued mental or physical excitement causes disturbance of the balance in the flow of life force throughout the sensory-motor mechanism and the bulbs of the senses. It is as if you put a two-thousand volt current through a fifty-watt lamp. It would burn out the lamp. In the same way, too great a stimulation upsets the functioning of the nervous system.

Some of the emotions which do most damage are fear, worry, and anger. Fear and worry are very closely connected. Worry is usually fear that something undesirable is going to happen which practically never does happen. Volumes can and have been written on this subject, and it cannot be dealt with at length here. All that can be said now is that a calm analysis of the cause will usually remove worry.

Another form of fear is the fear of death. Death should be regarded as a universal experience, a change which everyone passes through. It should be looked upon as good, as a new opportunity, as a rest from the weary struggle on this earth. When you have made a mess of life, God sends this relief and gives you a fresh trial. Besides, there is nothing to fear, because as long as you are not dead you are alive, and when you are dead, it is over and there is nothing then to worry about. The fear is born of the greatest ignorance, and it paralyzes activity, thought, and ambition. Live today well and the next step will take care of itself.

Stage fright is another form of fear which causes nervousness in many people, so that they are never able to do anything naturally. If you are shy and have stage fright, get your mind quiet and remember that all the power you need is within you, all the power to convince people, all the power to give the direct truth, The particular kind of truth you want to give is in the Infinite Spirit, which functions through you.

Realize that all power to think, to speak, and to act, comes from God, and that He is with you now, guiding and inspiring you. As soon as you actually realize that, a flash of illumination will come and fear will leave you. Sometimes the power of God comes like an ocean, and surges through your Being in great boundless waves, sweeping away all obstacles.

If you really desire to help and serve people, to make them happy, to give them some spiritual power that will electrify their souls, you have nothing to fear. You will be able to do it. Why be afraid of people when you can give enthusiasm, inspiration, or wisdom to them? Let God flow through you, and you will have all the power you need. Fishers of souls are needed to speak with the voice of wisdom. Words without soul-force are like guns without ammunition. Meditation is the only way to keep yourself filled with the power of the Spirit.

Some of the physical methods of overcoming nervousness are, first, a soothing drink made of fresh limes. It is made in this way: To one glass of water, add the juice of one-quarter of a fresh lime and about a tablespoonful of sugar. Stir thoroughly, and add a little crushed ice. It is difficult to give exact measurements because of the difference in the size of limes, but it should not taste at all like ordinary limeade, bought at soda fountains. This is far too strong. This drink should be blended so that the sweetness and sourness are equal, and you cannot distinguish which you are tasting. Ground rock candy is even better than sugar, but do not use honey. If properly blended, every nerve will feel calm. Sip two or three glasses. If you have too much lime or too much sugar, it will not produce the result. The blending must be equal.

A second good physical method is to jump into a tub of very cool water. This produces a cool vibration and neutralizes the unbalanced heat or congestion. A third method is massage and spinal adjustment. There are many simple exercises which may be practiced at home with beneficial results, such as lying face downward on the floor and having a small child walk up and down the spine, and on both sides of it.

It is good also to go to an expert once in a while to keep the spine flexible and to be sure that the vertebrae are in their proper places and that they are not shutting off the life force by pinching the nerves. Another good method is to rub a piece of ice on the temples, back of the neck, mouth, and hands, feet, and all the openings of the body. You will feel very calm and rested after this treatment.

Association with strong, happy, serene, kind, and spiritual people is of great benefit to the mentally or emotionally nervous person. Even a few moments' company with a saint can work wonders in producing calmness and quiet. A real holy man acts as a raft to carry you and your suffering. Millions of people attend churches without finding any solution to get across the stormy sea of uncertainty, sin, and the problems of life. They find only empty words. Also, people who know the way to peace and permanent happiness are usually too lazy to follow it. They take lessons and forget. Make use of your spiritual bombs. You want to be fed by intellectuality, but your souls remain dark.

It is difficult for married people who are incompatible to have to live in the same house. Either one or both are likely to develop nervousness. Usually it is due to living too much on the physical plane, with no force of real love and understanding binding their souls. People tire of each other unless they have the Divine attitude in which the soul is constantly filled with the joy of God. Married people should cultivate spiritual joy and communion in order to preserve their serenity, love and happiness. Intuition and understanding are needed instead of nagging and fault-finding. No matter what the provocation, always remain quiet yourself and try to see God in the other person.

Meditate as much as possible, and try to hold on to the quiet and peaceful after effect. Find the affirmation which has most meaning for you, and repeat it to yourself until your subconscious mind is clear of all tendency to anger and harsh speech. Live a godly life yourself and everyone who crosses your path will be helped just by your contact. Criticize and reform yourself. That is where your greatest problem lies. Affirm divine calmness and peace, and send out only thoughts of love and good-will if you want to live in peace and harmony.

God has been partial to those who love Him. They shall never sleep in ignorance again. They shall awake and remain awake to God's glory. The temple of God is within your soul. Enter into this quietness, and sit there in meditation with the light of intuition burning on the altar. There is no restlessness, no searching, or striving here. Come into this temple which was not created by man. Come into the silence of solitude, and the vibration there will walk to you with the voice of God, and you will know that the invisible has become visible, and the unreal has become real.

Get away from the delusion of matter. Remember that until you have built the Temple of Silence within yourself, that until you have broken down the ramparts with which environment has surrounded you, you shall never have real peace and lasting joy. When you meet the Great One, darkness will pass away forever. The power of Truth is here, and if you will but make a determined effort you shall no longer walk nervously in fear and uncertainty on the path of life. There is a power which will light your way, which will bring you health, happiness, peace, and success if you will but turn toward the Light.

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