

INSTALLING HABITS OF SUCCESS, HEALTH, AND WISDOM IN THE MIND AT WILL

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Cosmic law and “needs.”

In search for success, one must concentrate on “needs” and not on “wants.” It is well that man does not get everything he wants, and that the Cosmic Law does not grant the wishes which would result in harm. A child may ask his father to catch him a beautiful poisonous snake, but the father does not fulfill such a dangerous wish. The Divine Law also denies the gratification of harmful, though momentarily pleasurable, desires. Of course, man, as the free-born child of God, can, and often does, persist in his longing for something quite delightful in the beginning but harmful in the end.

The greater the need, the greater the likelihood that it will be filled. Before you can get that which you want, you must develop the power to get at will that which you need.

How to find true happiness

What are your real needs? Shelter; food for the body, mind, and soul; prosperity; health; the power of concentration; a good memory; an understanding heart; friends; wisdom, and Bliss, are some human needs. Plain living, high thinking, cultivating real happiness within oneself in order to make others spiritually happy, are also real needs. True happiness is lasting, because it is spiritual in nature, whereas the “happiness” based on sense pleasure soon turns to sorrow.

Making the senses serve the needs of body and mind leads to true happiness; indulging the senses brings nothing but misery. A desire for a pleasurable sense object is often mistaken for a natural “need” instead of an artificially created “want.” “Wants” must not be multiplied; instead, the whole of concentration must be directed toward the filling of real “needs” or the securing of actual necessities.

As a rule, the attention is absorbed by loosely floating, unnecessary “wants” and constantly increasing desires. All desires for the gratification of needless “wants” must be stamped out.

Focusing the attention on one “need” at a time is the first step in the right direction. Determine your greatest “need,” involving all the factors of life and true happiness; then devote all your attention and energy to attaining your objective by the quickest method.

Human lives are governed not by weak resolutions, but by habits. When people are used to good health, prosperity, a high standard of living, writing, lecturing, etc., all these seem to come easily. Likewise, poverty and failure come to those who are used to them.

Actions of habit, good or bad, are performed easily and naturally, bringing about good or bad results. *Success and failure are habits.* Therefore, if you are used to poverty or sickness, you must learn how to get used to health and prosperity instead. If failure, sickness, and ignorance are your constant companions, *nothing but lack of will* prevents you from enlisting the aid of success, health, and knowledge to drive and keep them away, definitely and permanently.

The soul’s heritage

Success, health, and wisdom are the natural attributes and habits of the soul. Identification with constantly manifested weak habits and thoughts, and lack of concentration, perseverance and courage are responsible for the misery which people suffer due to poverty, ill health, and so forth.

You are paralyzing your faculty for success by thoughts of fear. Success and perfection of mind and body are man’s inherent qualities, *because he is made in God’s image.* In order to be able to claim his birthright, however, he must first rid himself of the delusion of his own limitations.

God owns everything. Therefore, know at all times that *you as God’s child, own everything that belongs to the Father.* The whole mental attitude of an individual must be that of a son of God who is fully satisfied and contented, because he knows he has access to all his Father’s possessions. your native endowment is perfection and prosperity, but you choose to be imperfect and poor. *This sense of possessing everything must be a mental habit with each individual.*



Of what use are habits to us?

Habit formation is a device given us for the easy performance of certain actions. Habits are mental mechanisms which enable us to act automatically, leaving our consciousness free for other duties. A habit is formed by several attentive repetitions of an action

Time required for habit formation can be shortened

A special mental note should be made here about slow or rapid habit formation. Some people require much time to form mental habits of health, prosperity, and the acquirement of wisdom. Actually, the time needed for this purpose can be shortened. Slow or rapid habit formation depends on the general state of health, on the condition of the nervous system, including that of the brain cells, on habit-forming methods, mental imagery, will, etc. When a wholesome mental attitude is a strong habit—strong enough to be unshakable—no matter how many times you become ill, you will recover. Most people are “halfhearted” in their thoughts and action; hence they do not succeed.

A mental habit, in order to materialize, must be strong and persistent. For instance, the health or prosperity habit must be cultivated by health or prosperity thoughts until results are apparent. An unfailingly wholesome, courageous mental attitude is absolutely necessary to the attainment of one’s “needs” and “wants.” Failure to prosper and be healthy is due unquestionably to weak mental habits of health and prosperity.



Dislodge negative thoughts

In affirming “I am healthy,” or “I am wise,” the positive affirmation must be so strong that it crowds out completely any subconscious, discouraging, negative enemy thoughts which may be whispering to you, “you fool, you will never succeed. You are a failure; wisdom is impossible for you.” You must *know* that whatever you wish strongly, you can materialize in short order.

Disregard the time element while affirming

In practicing affirmations, the spiritual aspirant must be unfailingly patient. *Believe you are inherently healthy when you want good health; believe you are inherently prosperous when you want prosperity; believe you are inherently wise when you want wisdom*—then health, prosperity, and wisdom will manifest themselves in you.

Change the trend of your thoughts; cast out all negative mental habits, substituting in their place wholesome, courageous thought habits, and *applying them in daily life, with unshakable confidence.*

Remember that while an inattentive, scatter-brained idiot requires a long time for the formation of even a simple habit, an intelligent, purposeful individual can easily form or substitute a good mental habit for a bad one, in a trice, by the mere wish. Therefore, if you have a habit—mental, physical, or spiritual—that impedes your progress, *rid yourself of it now; do not put it off.*

TRY THIS

Exercises

- (A) If you are afflicted with a chronic case of indifference, make up your mind at once to “snap out of it.” Be gay; think of something amusing until you find yourself bubbling over with laughter. Exercise self-control; learn to substitute, at will, joy for sorrow; love for hate; courage for fear; open mindedness for prejudice.
- (B) Know that anything others do, you can do also.*
- (C) If you have an inferiority complex, remember that success, health, and wisdom are your rightful heritage. Your difficulty is due to weakness which may have had its inception in one or more factors. It can be overcome by determination, courage, common sense, and faith in God and in yourself.

Therefore, if you are firmly convinced you are a failure, change your mental attitude at once; be unshakable in your conviction that you have all the potentialities of great success. At times you may find it helpful to recall your mental reactions on occasions when you were unsuccessful in some undertaking.

* Once I was having dinner with friends. Everything went well until the Roquefort cheese was served. In India we eat only freshly made cheese, so I viewed the little green specks of mold in the cheese with great suspicion. My soul rebelled against it, and my brain cells warned me to have nothing to do with it. But as I looked at my American friends eating the cheese, I mustered courage and took a lump of it into my mouth. No sooner had it landed there than all the aristocratic delicacies which had preceded it rebelled. There was great clamor and commotion within me, and they served notice on me that if “Mr. Roquefort” joined them they would all leave the body. And I dared not open my mouth, but just nodded in answer to my host’s question whether I liked the cheese! Then, as I looked intently at the faces of my friends eating Roquefort cheese pleasantly, I suddenly made up my mind. Concentrating deeply, I told my brain cells, “I am your ‘boss’; you are my servants. You shall obey me—this foolishness must stop.” The next minute I was enjoying “Mr. Roguefort’s” company pleasantly, and now he always receives a warm welcome when he enters my “hall of digestion.”

Practice the fourth Yogoda lesson* faithfully and regularly, and consult your spiritual teacher. You may find it necessary also to change your mental and physical environment in order to install the proper habits of thought.

After you begin to experience success, act with wisdom and perseverance, no matter what happens, until you demonstrate that you have succeeded just as you believed you would if you tried.

SUMMARY

It does not take long to develop good mental habits. In fact, by exercising strong will, mental habits of health or success or wisdom may be formed at once. By concentrating with perseverance, courage, and faith in God and oneself on legitimate necessities, one can materialize them at will.

☞ *Super-Advanced Course No. 1, Lesson 6* ☞



* "The Highest Technique of Concentration."