

WORRY

The second destructive force of the human mind is worry. You must differentiate between good healthy planning or constructive thinking and the destructive state of mind manifesting in the form of nervous anxiety or mental distress. In this case the word worry means: A destructive state of mind manifested in the form of mental distress concerning some person, thing, circumstance, problem, condition, or situation, and associated with the emotional state of apprehension, fear, anxiety, dread, or regret.

It is a psychological fact that thoughts must be either positive or negative. Negative thinking results in real disease or disturbed mentality, either of which destroys health and happiness. Worry, being negative, is an enemy and should be eliminated. If you allow worry to dominate your consciousness, intelligence becomes submerged. Only when you use your God-given reason are we able to remove this useless and antagonistic force from your consciousness. Not only is worry a diseased condition of consciousness but it interferes with the normal functions of the bodily organs. It causes many physical diseases and mental disorders.

Worry depends on an incorrect interpretation in your consciousness. As humanity evolves to a higher state of existence becoming more civilized and thoughtful, living less in the present and more in the past and future the human nervous system undergoes a higher organization and becomes more sensitive, resulting in susceptibility to a disturbed condition of the mind. In this respect, you are more subject to worry and its effects than any organism of a lower order of intelligence.

You will continue to experience obstacles, problems, difficulties, disappointments and thwarted plans. These things are but challenges that you must meet. Either you must conquer them through elimination or adaptation, or else you become their victims and are subdued.

A first law of growth requires that surroundings suit the needs of species and organisms, or else distortion and death follow. It is paramount, therefore, that if you cannot overcome conditions, you must adapt yourself to them. When confronted by a problem or a situation that disturbs your peace of mind, you should meet the situation and eliminate it from your experience. If it is beyond your power to overcome the difficulty, then you must adjust to it. The solution of most of life's problems is a process of adaptation, the conquest of environment. Adjustment begins with what you contribute to experience, not with what you take from it.

If a period of concentrated thinking offers no solution to a difficulty the average person might begin worrying as though such a reaction would produce an answer to the problem. The individual begins to fret. Shortly afterward comes the fear of consequences followed by mental depression, despondency and brooding. Soon the whole organism is disturbed. Like the emotion of fear, worry directly affects the physiological processes. Strange symptoms result from worry, and immediately the individual begins to attach these symptoms to more serious causes. Worry is a destroyer of health, wealth, love, and expression. Then it creates bigger difficulties to worry about the outcome of negative thinking.

Nature did not intend that you should worry. Nature endowed you with a brain wherein is stored wisdom, instinct, intellect, willpower and the power to reason. Nature intended that you should use these attributes intelligently so that your life is a beautiful, harmonious expression that any condition creating worry would be foreign to your experience.

When you worry, it is generally because you find yourself in a situation other than that which you anticipated. You did not correctly use your power of wisdom, instinct, intellect, willpower and reason. In other words, you made a mistake.

You did not have the mental capacity to cope with the situation, or you failed to use your intelligence properly, and you were led into an error. Your plans do not materialize as anticipated and you find yourself in an unexpected difficulty.

Instead of immediately doing something to correct the situation, you just sit down and begin to worry. The mind, being disturbed by the confused state, is then unable to properly govern the body. Consequently, mental and physical trouble develop.

Worry, like fear, will disorganize the whole being body, mind and soul. Most people who are ill are the victims of worry. Even if their illness is not a direct outcome of worry this destructive force is still associated with the condition in some form or degree.

Worry is responsible for more disease than all the germs that exist on the face of the earth. Almost everyone suffers from it in some form or other. Few people ever realize just what harm you do when you allow your minds to indulge in this most destructive emotion, which has been aptly called the "foolish American pastime."

Worry creates bodily sickness. There is an intimate relationship between high blood pressure, heart failure and all phases of serious anxiety. Loss of appetite and weight often accompany prolonged worrying. Worry and other destructive emotions and irritations of life hasten the breakdown of the organic functions and it is well known that emotional disturbances greatly aggravate diseases or deficiencies of these functions.

Worry most often directly causes the various kinds of functional nervous disease. Many people cannot sleep because they worry about their inability to sleep. The more a person concentrates on trying to go to sleep, meanwhile becoming more apprehensive of failure, the more apt that person is to stay awake. The same is true of nervous indigestion. Any part or function of the body is apt to become disordered if too much attention is centered on it. Those bodily processes and functions controlled by the subjective or innate mind are best performed when left undisturbed by orders from the educated mind. This is true of functions other than those that require the most direct and painstaking efforts of conscious attention. This is most noticeable in cases of sleep and digestion.

To illustrate exactly how worry in the mind can produce pathology or trouble in the body, consider the following case. John and Sue are a couple in moderate circumstances who wish to enjoy the comforts and conveniences of middle-income life. They decide to purchase a home and furniture. But not having sufficient cash to buy these items, they use credit. They make the purchases mortgaging their future and indebted themselves to creditors for years.

The plan works very well for over a year. Then John's company suffers a downturn and he is laid off. He begins to worry. Sue, who is still working, knows that without both incomes they cannot meet their monthly obligations. She begins to fret and worry. Her mind is being disturbed by this worry, and soon her whole system becomes involved. Sue loses her appetite, her sleep is broken, and she feels depressed and out of sorts. A spirit of gloom settles over the household.

John and Sue decide that they must do something so they try to borrow some money from the bank. Conditions have changed things and the bank refuses the loan. Money seems so difficult to raise. They

go from place to place and finally are convinced that they cannot get the money. Worry continues, growing in its intensity. There seems no way out.

The collectors call again and again. They threaten to repossess the house, the car and the furniture. John immediately creates a mental picture of the furniture being moved out. He wonders what the neighbors will say and this increases his worry. His pride is now involved. He sits and broods all day. Finally he becomes physically ill. (He has already been mentally ill.) His stomach is all out of order and will not retain food. He is nervous and irritable.

Sue comes home and finds John quite ill. She urges him to see a doctor and he follows her advice. He consults a medical doctor, a chiropractor and a spiritual counselor. Each in turn treats John's physical symptoms without any inquiry into the mental cause of his trouble. John receives some relief from his illness, but the worry that originally made him ill is still there. John continues his quest for a doctor who can successfully cure his malady.

The type of doctor John needs is difficult to find. It is the same type the entire world needs: John needs a Doctor of Nutripathy® recommendations coordinates the body, the mind and soul so that all three work together harmoniously. To cure John, a doctor must find the real cause (worry) and assist John to eliminate it from John's mind, thereby restoring the mind to normal. Then the doctor must treat John's body for the physical condition that the mind caused. When all this has been accomplished, John will be well.

This story illustrates the extent to which worry can affect you. It is important that you know and comply with the laws governing worry:

1. Determine the cause of worry.
2. Eliminate the worry through intelligent action.
3. If it is not within your power to intelligently eliminate the worry, then we are to accept the situation as being one over which we have no control, and we are to refuse to worry.
4. Do not create worry. Plan your acts so intelligently that worries will not develop.

When John and Sue realized that it was no longer possible to pay their bills John should have used his intelligence and contacted the creditors, honestly explaining the situation. He should have asked that a new arrangement be made with smaller payments. If the creditors found this unacceptable, John should have realized that it was a situation over which he had no control and the couple should have allowed the creditors to do what they did in similar conditions. If creditors repossessed the home, the car and the furniture, the couple should have accepted the situation in a calm, peaceful manner and refused to worry about it. Then they could have adapted themselves to the new situation.

In order to eliminate worry from your experience, you must face life with courage. You must discard biases, as well as the opinions and conventions of others. You cannot be free from the pangs of worry as long as you allow your thinking and your activities to be governed by the beliefs, customs, opinions and traditions of others instead of following the guidance and dictates of your true self.

Living as you do in a world of untruth, the conventions you are called on to observe, if analyzed, seem absurd in many cases. Yet you are inclined to worry if you cannot fit your life according to these false standards. The farther you digress from the natural way of life, the greater and more numerous become your anxiety. You must remember the old saying: The standards of man are temporal; those of nature, eternal.

Beyond food, clothing, shelter, health, danger and the necessities of life there are no disturbances that rest on the facts themselves. Facts, events, and circumstances take on their color and significance only in the light in which you view them. Everything is relative. There is no big or little, fast or slow, ugly or beautiful, rich or poor except by comparison. One person feels financially depressed on a certain salary per year; another prospers on the same income. Your outlook is determined and measured by your standards. You judge life not by its realities but by its appearances. Worries are but fantasies of the mind. In the art of avoiding worry, you must guard against becoming involved in other people's troubles and the conditions they allow to disturb their lives. Unless you build a wall around your-self, so to speak, intended to protect your peace and happiness, you will be exposed to all of the negative vibrations of people whom you contact. Being subjected to the vibrations of the emotional conflicts of the crowd, you must possess a vigorous constitution to maintain your own emotional stability.

Many strive for perfection and worry about failing to attain those goals. Such individuals lack an understanding of the true principles on which life is built. Every phase of Creation has its imperfections. Life cannot be perfect because it is in the process of evolving and is subject to variation and change. Humanity cannot be without limitations nor will the products of human effort be flawless. You must make an effort to learn from your failures. losses and suffering, because through them you grow spiritually: It is the defeats of life that strengthen you, not the victories.

Life presents the opportunity for joy and happiness in equal measure with discontent and worry. By understanding the Laws that govern your being you can direct your life accordingly. Then you can avoid the suffering that results from transgressing these laws and you can avoid the emotional disturbances that come as an inevitable consequence of their violation.

MemGram® Processing is the way to eliminate worry and replace it with Hope.