

**THE CONQUEST OF  
DISEASE: THE  
PSYCHOLOGY OF MENTAL  
AND SPIRITUAL HEALING**

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The conquest of disease: the psychology of mental and spiritual healing by Eugene Del Mar

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**EUGENE DEL MAR**

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**THE CONQUEST OF DISEASE**

# The Conquest of Disease

The Psychology of  
Mental and Spiritual Healing

by

**EUGENE DEL MAR**

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"Spiritual and Material Attraction,"  
"Fulfillment" Series, etc., etc.



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## FOREWORD

One of the most significant revelations of mental and spiritual healing has been the correspondence of mental states and physical conditions, disclosing the fact that the two are really one and identical, that the mental is the realm of cause and the physical that of effect, and that physical healing is essentially mental. More than this: these correspondences have been observed carefully by many healers and their results compared, so that there is already a considerable body of such knowledge that is available for use in the mental healing of physical disease.

Disease is a racial habit that persists largely because of its immemorial traditions. Were Truth to have the general acceptance that is now accorded to false beliefs, health would be as prevalent as disease now is. Man has been slow to lay claim to his spiritual heritage of harmony and health, while he has accepted

readily his mental inheritance of discord and disease. It has been easier for him thus to adopt the beliefs that necessitate physical disease. In view of present day knowledge, it is surprising that people are willing to remain sick when this is largely unnecessary and altogether demoralising.

Mental or spiritual healing is not universally applicable at the present time, because humanity generally is unprepared to abandon its materialistic conceptions. Believing in the physical as the realm of cause, it is living in illusion and delusion, discord and disease. The general recognition of the mental as the realm of physical cause would bring to the race a New Era, wherein humanity would enjoy an unprecedented degree of mental wholeness and physical health.

The basis of both health and disease is in the mental realm, which may be controlled consciously and guided subconsciously along affirmative and constructive paths. The healing power is inherent in Life itself, and not in material remedies, and it may be explained in terms acceptable to the rational and reasoning mind. Its processes are subject to