

**THE HEALING
POWER OF
SUGGESTION**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649010431

The healing power of suggestion by Charles R. Brown

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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By

CHARLES R. BROWN

AUTHOR OF "FAITH AND HEALTH," "THE YOUNG MAN'S
AFFAIRS," ETC.



NEW YORK
THOMAS Y. CROWELL COMPANY

KD 8324



Mrs. Robert F. Raymond

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The Healing Power of Suggestion

THERE is a vast amount of sound psychology in the scriptures where they offer us instruction along moral and spiritual lines. If you would form the right sort of character go about it in a rational way, the Bible says. "Whatsoever things are just, whatsoever things are true, whatsoever things are pure, whatsoever things are honorable, whatsoever things are lovable, whatsoever things are of good report, think on these things." Pasture your mind and heart on them just as you send your Jersey cow into the clover when you want her to give good milk. Let these modes of thought furnish the delicate nutriment which is taken up into the very structure of your inner life. "Be ye transformed by the renewing of your mind," — by the introduction of higher

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and finer forms of material to be wrought upon by the energies of your soul. "Let the words of your mouth and the meditations of your heart be acceptable in the sight of the Lord," — let your speech and your thought, which are both under your control, be right and you will be made right throughout.

It is in this same vein that the author of the now familiar proverb offers his word of wisdom. As a man thinketh in his heart so is he! The writer does not mean that a single thought will transform a man either physically or morally. He means that states of mind, prevailing habits of thought, tend constantly to register themselves in bodily as well as in moral conditions. Morbid conditions of mind mean by and by morbid conditions of body. Weakness of will and irresolution, fear and worry, prepare a soil favorable for the seeds of disease and aid in its development. Healthy states of mind, minds free from all grudge, bitterness and envy, minds free from anxiety, fret and distrust, minds filled with faith and hope and love, make for health as surely as do sunshine,

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fresh air and pure water. As a man thinketh in his heart steadily and insistently, be it up or down, so he tends to become. "The body is the general expression of past thinking," as that thinking has wrought itself out in terms of physical life.

Thoughts then are things, powerful things! If any one should tell a man suddenly that some one he loves dearly had met with a fatal accident, he would instantly turn pale, the blood leaves his face. A thought does that — not a drug nor a blow nor any physical agent whatsoever. Tell a man of honor that he is a liar and his face is aflame with indignation as the blood flows into it. It is a thought registering itself in certain physical changes. A thought will cause the blood to flow this way or that way; a thought will work a radical change in the various currents of life. Now if you will utilize this force, which we all know, by intelligent, persistent, systematic habits of thinking, you can see at once how powerful it may become for good.

"A great deal of alleged physical suffering

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is primarily mental. A great many people have 'fixed ideas' of disease, pain, debility, fatigue, dread, inefficiency and inexpressible woes. Much oftener than we realize these can be transplanted without surgery or medication. I do not mean that they are not real suffering; they are as real as the grave. But they are not grounded in physical infirmities and they are not to be cured by physic. The mind becomes possessed of a conviction that a certain part of the body is infirm and imputes pain to that part in spite of all the medicine in the world. Hundreds of people refuse to get well after the physician has cured them. It is not his fault and it is not their fault; they have simply had disease suggested to them until they cannot think at all except upon that assumption. And for such conditions the stimulus of new faith and the re-education of the whole mental outlook are needed."¹

Suggestion, then, as I use the term in this chapter, means the influence exercised upon the body by the subtle power of ideas. The

¹ *Max Eastman, Atlantic Monthly, May, 1900.*