Be Still....

and know that I am God
Proverbs 46:10.

Highlights from the book
"Cure Stress: How Your Mind Will Keep You Well"

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Emotional Response – The Root of Evil

A person with a feeling of inferiority may seek an education in the secret hope that it will make him superior. He has rationalized that it's a lack of knowledge that makes him feel uncomfortable around people. Although he may gain much knowledge, he still has no understanding to use that knowledge.

The compulsive eater feels the same way, but he blames it all on his weight and thinks, "Perhaps if I could lose some of these pounds, I would feel more at ease." Often education, drinking, overeating and smoking are compulsive attempts to remove symptoms. The root of all our negative thinking lies in the emotions. The root of emotion lies in re-action to conditions.

You must learn to lead your own emotions. For the more you become emotionally upset, the less it takes to upset you the next time. Tense, guilty and confused by your inability to control yourself or the situation, you resort to compensations and fall captive to compensatory illusions: your daydreams may become more real to you than the actual facts of the situation

Basically, the second commandment of the New Testament says, "love thy neighbour as thyself." The way we feel towards others is the way we feel in ourselves.

Negative, morbid thoughts are created and kept alive through the daily feeding of irritation.

When we become annoyed or irritated by some trivial thing and say or do nothing, we create an accumulating pressure to run (in animal ways). This is called fear, a wrong response from a human viewpoint. Because we do not know why we feel this way, we may seek to identify it with something in order to remedy it. That is why we are often afraid of many things without apparent reasons, like storms, driving a car, failure of any kind, crowds—especially crowds, because it was people who caused the anger in the beginning.

Meditation as Power for Good - The Stress of Non-Response to Stress

The meditation has revealed to you the principle for meeting any excitement correctly. However, observing our need to dissolve emotional responses to the outside is only the beginning. We must also not become upset with what appears in ourselves.

What disables us from dealing with natural conditions wisely is our response to flattery, praise, or criticism. This leads us away from dealing with problems with the modifying factor of an enlightened reason, so that we are always resentful, growing as a reply to provocation, as do the animals, except that, in our case, evil holds the pattern of growth, instead of nature.

Emotional non-response to pressures has great spiritual significance. Non-response is a response, but not to the cunning pressure. Patient non-response cancels out the effect of conditioning. When we are turned on from within, we are turned off from the programming of the world.

In metaphysical language, the entire body should live in subjection to the consciousness. Just as a well-trained athlete keenly awaits the signal that will set him in motion, so should the body attend the consciousness.

Science has proved that emotion adversely affects our bodily metabolism. Response means change. However, any alteration of our nature should be the result of responding to the inside, not reacting to the outside.

Usually there is a little reluctance to meditate. Do not let your thoughts tell you to wait until you feel like doing the meditation; if you do, you will fall into another trap. The whole purpose of the exercise is to command both feeling and thought.

If you become more perceptive and joyful than others, you will invariably find that some people will feel uncomfortable around you, but it is only because you possess a quality they don't want to see. This may make some of them cruel, resentful and jealous.

Why We Are Afraid

No one can be tempted unless he desires what is offered, so that when temptation comes our way, we find ourselves giving up principle in favour of the fame, love and riches that we want. In this, our moment of truth, we move silently away from

the secret essence of rightness that would hold us apart from any involvement with wrong, and the fear that wrong brings with it.

To be brave it is necessary to oppose and overcome. But when we need people, we dare not oppose them. We must cater to them to obtain our objectives and uphold our illusions, and to do this, we must live untruthfully. It is this untruthfulness that makes us afraid.

In order to possess courage, we must patiently bear painful pressures and conquer our tendency to conform. The happiness and security gained from this ability far exceeds the false comfort and safety we would have retained by yielding to pressure.

Fear increases as we fall away from principle. Nothing can relieve the misery created by this fall. Only a person who lives from the inner intuitive impulse of right, ignoring consequence, will conquer all fear.

When the proud "self-atoning" person endeavours to discover why he feels guilty or afraid, he must necessarily find the wrong reasons because he won't admit the truth. When his problem-solving self-analysis fails to work, he is again upset and frustrated. This frustration turns to negative thought, which in turn can become worry, which in turn causes more problems and fears arising from the frustration at being unable to resolve the previous difficulty.

The whole cycle is fed and kept alive by continued failure to respond rightly to conditions. This rut is called compulsion.

When we are upset, we may express it through one of two completely opposite (on the surface, at least) natures: one is overly nice and passive; the other is rude and aggressive. The overly-kind personality uses sweetness as a weapon, to keep conditions good so as to avoid being upset (afraid). The aggressive personality also strives to avoid becoming upset, but his method is to get in the first punch and upset the other fellow. Both of them are trying to prevent their own reactions by getting others to react, becoming a threat in order to escape the pressure that will reveal them as they are: proud, frightened, unrepentant, inadequate.

Resentment is an increasing, uncontrolled response to the negative, to what is unpleasant. It causes us to withdraw from the unpleasant condition and seek out pleasure to soothe the psychic pain. But the less we deal with small painful experiences in the present, the less we are able to do so in the future.

Meditation as the Way to Courage

It used to be that you were upset and said the wrong thing–or you were upset and said nothing.

The process of self-alienation began with your first obvious error: becoming upset and judging the cruelties of others. The second mistake was trying to compensate for the problems and fears that arose in you as a consequence of that personal reply of hostility.

Your first obvious error: becoming upset and judging the cruelties of others. The second mistake was trying to compensate for the problems and fears that arose in you as a consequence of that personal reply of hostility.

The temptation is to blame the source of stress for our plight, and to destroy or appease it; but it is not entirely responsible—we share the responsibility by reason of our response to it.

Intuition, not instinct, must be the source of information to our feelings. Before a person can be afraid, he must be led down from reason. This can be accomplished only by a response to temptation.

His first mistake was to be upset by another person's temptation; his second, to force that other person to pay homage to him. The sensitivity developed by accepting praise makes a person even more vulnerable to condemnation—there is fear both ways.

Courage, poise and virtue appear when we discover how not to be upset by what confronts us.

The breaking of our pattern of fear comes about by:
1) realizing how wrong we are in the present,
2) relinquishing the resentment against the "cause" in the past,
3) no longer making the conquest of symptoms an issue.

Self-Reliance

You can never make him see his own mistake. His reason for accusing you is to escape from observing that same error in himself.

The accuser tries to impart to you the notion that you have a certain fault, and even though you may not possess such a fault at that moment, you soon will, if you are upset. Being upset can make you pick up the suggestion of another person. It is a subtle hypnosis that mesmerizes you away from yourself.

Every form of addiction, from drugs to needing people, is the reverse of self-reliance; it is outside-world reliance.

Encouragement is not the opposite of discouragement. It simply weakens you, rendering you dependent upon the embrace of "love" from others. But when trial and tribulation come, and you are not rooted within yourself, great is your confusion and powerlessness.

Meditate—and all other values will appear in you as a matter of course. The guidance that brings us out of the realm of fear and trembling results from our decision to live truly rather than to live for ambition and advantage.

Respond only to what you know is wise…less and less to people and things. Listen respectfully to what people have to say, but allow reason, and not emotion, to dictate your response.

Do all things for the love of right, not the fear of consequence or hope of gain, and you will be growing in wisdom and grace.

Don't be too sympathetic. If you are sorry for someone, you become emotionally involved with him and so lose your power to be truly helpful. Be careful how you give to those who try to insult you into being angry and guilty.

Patience is the ability to look into the face of hell without resentment, to discern wickedness without being moved emotionally by it.

The meditation exercise allows your higher self to emerge, so that you can deal with life's problems without outside assistance. You will develop a greater trust in the intuition through which the true self makes itself known to the ego. You will have real virtue, and you will be able to enjoy your worldly goods with modesty and without guilt.

True patience is the foundation of all virtues and gifts. Live each moment honestly, and in that moment, you will grow in perception. Quietly say "yes" when you mean yes, and "no" when you mean no.

It may use supernatural forces to frighten you: such tricks as moving the bedclothes, sounds of breathing, knocking and the like. Just stay calm. Fear and anger will open the door of your mind again.

Things may seem to get worse for a while. But you will only be seeing what you were hiding from all these years. Your house was burning down but you didn't want to know about it.

Regeneration
The Renewal of the Mind from Within

* Meditate by just being aware of yourself.
* Watch your thoughts.
* Be aware of your feelings.
* Observe yourself.
* You may become aware of light patterns…superimpose them over any distracting thought–to be aware.
* Let that awareness then be directed into your hand as it becomes a pulsation of energy.
* It will feel as though the blood is flowing down into it. Thus, awareness shall grow as a living force from within, stronger than outside pressures.
* Let thoughts come out of hiding. Don't be carried away with them. If your mind wanders off, become aware again.
* Observe those thoughts.
* Look through the middle of your forehead.

* Feel the fingers tingling.
* Awareness becomes more aware.
* Insight grows to see errors.
* Be aware of them with the light of new knowledge.
* Your presence of mind becomes a Presence in mind and body for good, so you are less affected by the negative pressures and principalities.
* Don't resent what comes to light. Bear the pain of failings.
* Don't blame anyone. Be aware of your part of the past or present trouble or involvements.
* Seeing the compulsiveness of your own behaviour and attitude, you might then have some compassion upon those who mistreated you in the past.
* Observe pains, tensions, emotions and thoughts. They are trying to tell you something. Each tells a story. Each represents a wrong way in which you reacted to life and people and things.
* Don't try to change what you see.
* Just be aware of what calls upon your attention to observe it.
* Don't escape from the facts before you, inside or out.
* Bear the discomfort graciously without anger or fear.
* Don't expect anything, or else you will make impossible
* the protocol of grace.
* If you have no results and you are angry, realize your wrong motive and proud ego-game-playing.
* Understand that, of yourself, you can do nothing. You cannot even make a decision to be right and fair. You can only desire, yearn, hunger and thirst after righteousness continuously—and yearn for the privilege of being able to make a right choice and to be free from error.
* Do not be so proud as to think that you can free yourself from the clutches of error and temptation. And when you are able to choose, it will not be by your own powers, but through the strength of grace by which you are again given the power to live correctly and to rule in your body. For this be thankful.
* And until then, be patient.
* Meet life, people and things calmly, with dignity and without pretence.
* Nothing must lift your spirits.
* Be yourself.
* Do not derive a feeling from your children, friends, spouse or animals.

Can Guided Imagery Cure Disease?

It takes more and more emotion to save you from more and more guilt.

you can now see what internalized rage does to your immune system. Surely you would be better off learning to be more patient under stress and thus endure injustice with a little more character and dignity. Herein lies the secret of the perfect life; deal perfectly with imperfect people.

Forgive and you will be forgiven.

Confronting the Enemy

As long as you live in denial, you will be the prisoner of an emotionally sustained virtual reality.

The only self you have ever known is this false self, which thinks itself to be you, while you have thought yourself to be it. It thinks through you, and you think that is your thinking and feeling.

Emotion plants an alien identity within you that becomes the basis of many kinds of illnesses— mental, emotional, and physical—including certain kinds of malignancy. Ultimately this identity grows to think of itself as "you" and appropriates your immune system unto itself. Surely this explains autoimmune diseases. The body attacks itself because it senses a transfer of power to a different entity.

Waking Up on the Inside

The God of creation is waiting within, to guide the way and make your life complete; it is as simple as that.

Any good psychiatrist will tell you that the hardest factor in treating patients is denial.

“Resent not evil; overcome it with good.” Romans 12:21

You see, if you resent evil (in people), you are then separated from the good by which evil is overcome.

The Secret Cause of Cancer

Why do some cancers go mysteriously into remission, while others do not? Perhaps the difference is an individual spiritual one, beyond the grasp of any contemporary religion and science. The cause of many illnesses lies in the soul, beyond the scope of godless psychiatry. Some diseases are simply environmental, while others have a spiritual component that lie at their root. Everything wrong needs to be made right at its root. Cancer is one of those diseases that can have both physical and spiritual aspects.

You did not consciously choose the misfortune of ill health, calamity and premature death; you merely continued in the legacy of giving way, selfishly, to all the wrong impulses. Your problem is one of ego, which falsely believes it is doing its own thing and prides itself in its rebellion against the salvation of common sense; until this state of mind is remedied, you will continue to be drawn into all the wrong influences.

The cancer personality is drawn to everything that is wrong—wrong friends, wrong food, wrong remedies—and so adapts to an unnatural and poisonous environment. You may see this phenomenon in others but not yourself, because of a denial factor. If you are falsely secure in your choices, you will never see anything wrong with your lifestyle. And when things go awry, as they inevitably will, you tend to blame (another bad choice) and begin responding to the very poisonous circumstances you projected. You bump into a chair and you cry, “oh, that stupid chair,” when it’s you who is stupid, but you cannot see it because your focus is on blaming the chair.

Most of us go through life becoming angrier and angrier at everything that goes more and more wrong, justifying failing through anger that also poisons. Anger, like excessive pleasure, emotionally bonds you environmentally to the aggravatingly seductive hate object. Physical addictions are a good example.

You are trying to quit smoking and you find that the more you try, the more you fail. In a sheer exercise of will, you keep on trying, but you keep on failing. The very effort of your will gives strength to the habit you are fighting. Your body has just so many defences and cannot indefinitely survive the environment of poisons into which you are drawn, mind and body, and then something has to change. At some point you will be unable to

At some point you will be unable to throw off the now invasive carcinogenic poison of nicotine because it has become psychologically and environmentally compatible with “your” (it’s not you) need to numb reality and assuage the conflict of your failing life.

Anger and resentment separate you from your indwelling good and open the door to the “uninvited” nature whose comfort lies in poison. Take another look at all those forbidden foods you can’t resist and know are bad for you. There must be a very long list of carcinogenic junk foods you compulsively shove down your gullet to assuage anxiety whenever you are frustrated and upset. Cancer of the colon and stomach anyone?

Like any addict, the alien self is addicted to the forbidden fruits, the various toxic environmental securities, in the form of mind-numbing carcinogens, essential to the construction of its rebellious existence.

All growth requires stimulation signals, whether internally positive or tragically traumatic. Cellular growth is the end product of a long complex process of “decisions” both psychological and physical. There is only so much the body can do to throw off wrong reactions and defend itself from deliberate exposure to toxic human and chemical elements, and sooner or later it will adapt to the stress source for survival, and then the first renegade immortal cell appears.

The jumbled mass of biological disorder cannot be cured by medicine alone. The cure requires getting all your ducks in a

row. The first duck is right attitude, which is to say right standing with God, a submission to his will to cast out the impostor.

You see, don't you, how stubbornness and unrepentant attitude can lock a person into the various poisonous lifestyles?

The predisposition to cancer that runs in families may have very little to do with genetics per se. More likely it is the environmental transfer of identity through a seductively cruel and unhealthy emotional climate. A young girl might take on the identity of her overbearing mother, for instance. And to the degree that the transference is completed, to that degree will she have exactly the same symptoms—cancer or other identity-based illnesses. And even if the transfer of identity is imperfect, you may have experienced the vague feeling that you are going to die at a certain age, and from the same malady your parent died of.

Discovering that one has a terminal illness such as cancer ought to be grounds for a wake-up call and a reality check. The difference between those whose cancer goes into remission permanently and those who go from bad to worse, regardless of apparent heroics, is usually a covert unwillingness to face the truth of their secret failing life.

The ego sees itself as the centre of everything, a God always and never wrong no matter what it does. Fallen from God's love and having no life force of its own, it seeks power, glory and the enslaving worship of others.

Cancer personalities have no life force of their own; they acquire life force by seducing those around them from God's light, to see them as that light, and in doing so cause them to give up their vital forces.

Our hate and our pride are the root cause of many of the worlds problems. Whether that's on a personal, national or international level.

Imagine what the world what the your life and the world would look like if hate and pride were eliminated from your life. Now image living in a world where the vast majority of people had also been able to let go of their resentment.

It's your pride that adores being elevated when you are hating people.

It's your pride that is upset when someone offends you.

It's your pride that feels threatened when your faults are pointed out.

It's your pride that prevents you from taking correction.

This book will help you overcome these problems when you're ready to let go.

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