

Dr. Joseph Murphy

**YOUR
SUBCONSCIOUS
MIND
PERFORMS
MIRACLES**

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Chapter One

How Your Own Mind Works

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an has only one mind, but he has two distinct phases or functions of the one mind. Each phase is characterized by its own phenomena, which is peculiar to itself. Each of these minds is capable of independent action as well as synchronous action. We call one the objective mind because it deals with external things, and the other is the subjective mind. The subjective mind is amenable, and controlled by suggestion of the objective or conscious mind. The objective mind takes cognizance of the objective world. The media of observation are the five physical senses. The objective mind is your guide in your contact with the environment. We gain knowledge through the five senses. The objective mind learns through observation, experience, and education. The greatest function of the conscious mind is that of reasoning.

Look around Los Angeles; you conclude that it's a beautiful city based upon your observation of the parks, the buildings, the beautiful structure, the lovely flower gardens, and so on. This is the working of your conscious or objective mind.

The word *objective* means that it deals with objective things. The subjective mind takes cognizance of its environment by means independent of the five physical senses. The subjective mind or the subconscious mind—either term may be used—perceives by intuition. The subconscious mind is the seat of your emotions. We know without a doubt that it performs its highest functions when the objective senses are in abeyance.

It is the intelligence that makes itself manifest when the conscious mind is suspended or in a sleepy, drowsy state. The subconscious mind sees without the use of the eyes; it has the capacity of clairvoyance and clairaudience. The subconscious mind can leave the body, travel to distant lands, and bring back intelligence oftentimes of the most exact and truthful character. Through the subconscious mind, you can read the thoughts of others, even to the minutest details; and read the contents of sealed envelopes and closed safes.

The subconscious mind has the ability to apprehend the thoughts of others without the use of the ordinary, objective means of communication. So, it is of the greatest importance that we understand the interaction of the conscious and subconscious mind in order to learn the true art of prayer.

Now there are many terms used in describing the objective and the subjective mind. They are called: the conscious or subconscious mind, the waking or sleeping mind, the surface self or the deep self, voluntary mind or involuntary mind, the male and the female, and many other terms. Remember, there is only one mind having two phases or functions.

The subjective mind is always amenable to suggestion; it is controlled by suggestion. We must recognize that the subconscious mind accepts all suggestions; it does not argue with you, but it

fulfills your wishes. All things that have happened to you are based on thoughts impressed on the subconscious mind through belief. The subconscious mind will accept your beliefs and your convictions.

It is like the soil; it will accept any seed that you deposit in it, whether it is good or bad. Remember: Anything that you accept as true and believe in will be accepted by your subconscious mind, and be brought into your life as a condition, experience, or event. Ideas are conveyed to the subconscious mind through feeling.

We will use an illustration: The conscious mind is like the navigator or man at the bridge of a ship. He directs the ship, and signals orders to the men in the engine room, which consists of all of the boilers, instruments, gauges, and so on. The men in the engine room do not know where they're going; they follow orders. They would go on the rocks if the man on the bridge issued faulty or wrong instructions, based on his findings with the compass, sextant, or other instruments. The men in the engine room obey him because he is the director. They do not talk back to the captain; they simply carry out orders.

The captain is the master of the ship; his orders are followed out; likewise, your conscious mind is the captain, the master of your ship. Your body and all of your affairs represents the ship. Your subconscious mind takes the orders you give it based upon your belief and suggestions accepted as true.

Another simple illustration is this: When you repeatedly say to people, "I don't like mushrooms," then the time comes for you to be served mushrooms, and you get indigestion because your subconscious mind says to you, "The boss doesn't like mushrooms." This is an example probably amusing to you; nevertheless, this is an example of the relationship between the conscious and subconscious mind.

When a woman says, "I wake up at 3 o'clock if I drink coffee at night," whenever she drinks it, the subconscious mind nudges her, as if to say, "The boss wants you to stay awake tonight."

The heart is called the subconscious mind in ancient allegories. The Egyptians knew that the heart was the subconscious mind, but they didn't call it by that name. The Chaldeans and the Babylonians called it by different names. You can impress your subconscious mind, and your subconscious mind will express what is impressed upon it. Any idea that is emotionalized or felt as true will be accepted by your subconscious mind.

If you want a healing, for example, get silent, relax, breathe easily, immobilize your attention, think of the healing power within your subconscious mind, and affirm that the organ of your body is healing now. As you do that, there must be no resentment or bitterness in your heart; you must forgive everyone. You can repeat this healing process three or four times daily. Remember that your subconscious mind made the body, and can heal it, also. People are constantly affirming the healing of an organ or a part of their body; then 10 or 15 minutes afterward, they say, "Oh, I'm getting worse; I'll never be healed. I'm incurable." This mental attitude or these negative statements neutralize the previous, positive affirmation.

If a surgeon operated on you, cut out your appendix, and in the next few minutes ran back and opened you up again to see how you were getting along, then a half hour later ran back and opened you up again, he'd probably kill you by poisoning. You kill or prevent your healing by using negative statements.

There's a subconscious mind within you; you should learn how to use it in the same manner as a man learns to use electricity. Humans control electricity with wires, tubes, and bulbs, plus their knowledge of the laws of conductivity and insulation, and so on. We must learn about the tremendous power and the intelligence within us and use it wisely. <http://www.simonsoncenter.com>

Many people are beginning to realize the true importance of the subconscious mind. In business, many are using it to achieve success and promotion. Edison, Ford, Marconi, Einstein, and many others have used the subconscious mind; it has given them the insight and the know-how for all of their great achievements in science, industry, and art. Research has shown that the ability to bring into action the subconscious powers has determined the success of all of the great scientific and research workers. There's a tremendous dynamo within you, and you can use it. You can also be completely released from tension and frustration. You can discover the abundant energy within you, enabling you to energize and vitalize all parts of your body.

We're told, for example, that author Elbert Hubbard declared that his most important ideas came while he was relaxed, working in the garden, or going for a walk; the reason being when the subconscious mind is relaxed, the subjective wisdom comes to the fore. There are oftentimes inspirational uprushes when the conscious mind is completely relaxed.

How often have you wondered at night what the answer to a particular problem was, and when you turned the request over to the subconscious mind, it gave you the solution in the morning. This is the meaning of the old adage "Night brings counsel." If you want to wake up at 7 o'clock in the morning, and you suggest 7 o'clock to the subconscious mind, the subconscious mind will wake you at 7 o'clock on the dot.

A mother may be nursing a sick child, and she falls asleep; but before she goes to sleep, she suggests to the subconscious mind that she'll awaken if the child's temperature goes up, or when it needs medicine, or perhaps cries. There may be a thunderstorm going on while the mother sleeps, yet she's not awakened by the storm; however, when the child cries, she's immediately awakened. This is a simple function of the subconscious mind.

Chapter Two

The Subconscious Mind and Health

The subject of mental therapeutics is creating a widespread interest all over the world at the present time. Human beings are gradually awakening to the healing powers resident in our subconscious minds. It's a well-known fact that all of the various schools of healing effect cures of the most wonderful character. The answer to all of this is that there's one universal healing principle: namely, the subconscious mind, and one process of healing which is faith. This is why Paracelsus stated this great truth: "Whether the object of your faith be real or false, you will nevertheless obtain the same effects."

It's an established fact that cures have taken place in various shrines throughout the world, such as in Japan, India, Europe, and the American continent. You'll find many widely differing theories, each presenting indubitable evidences of healing. Obviously to the thinker, there must be some underlying principle common to them all. Regardless of the geographical location, or the means used, there's only one healing principle, and the process of every healing is faith.

The first thing to remember is the dual nature of your mind. The subconscious mind is constantly amenable to the power of suggestion; furthermore, the subconscious mind has complete control of the functions, conditions, and sensations of your body.

I venture to believe that all of the readers of this book are familiar with the fact that the symptoms of almost any disease can be induced in hypnotic subjects by suggestion.

For example, a subject in the hypnotic state can develop a high temperature, flushed face, or chills according to the nature of the suggestion given. By experiment, you can suggest to the person that they're paralyzed and cannot walk; it will be so. Pain can also be induced in any part of the body. By illustration, you can hold a cup of cold water under the nose of the hypnotic subject and tell him, "This is full of pepper; smell it!" He will proceed to sneeze. What do you think caused him to sneeze, the water or the suggestion?

If a man says he is allergic to Timothy grass, you can place a synthetic flower or any empty glass in front of the nose of such a person in a hypnotic state and tell him it is Timothy grass; he will portray the usual allergic symptoms. This indicates that the cause of the disease is in the mind; the healing of the disease can also take place mentally.

We realize that remarkable healings take place through osteopathy, chiropractic, medicine, and naturopathy, as well as through all of the various churches, but we maintain that all of these healings are brought about through the subconscious mind—the only healer there is.

Notice how it heals a cut on your face caused by shaving; it knows exactly how to do it. The doctor dresses the wound; he says, "Nature heals it." Nature refers to natural law, the law of

the subconscious mind, or self-preservation, which is the function of the subconscious mind. The instinct of self-preservation is the first law of nature; your strongest instinct is the most potent of all auto-suggestions.

You've just learned that you can induce disease in your own body, or that of another through suggestion, in defiance of your natural instincts. It's perfectly natural and obvious that suggestions in harmony with instinctive auto-suggestion would have greater power.

It's easier to maintain and restore health than it is to bring about sickness in the body. The faith that brings about healing is a certain mental attitude, a way of thinking, an inner certitude, an expectancy of the best.

In the healing of the body, it is, of course, desirable to secure the concurrent faith of both the conscious and subconscious mind; however, it's not essential as long as the person enters into a state of passivity and receptivity by relaxing the mind and the body and getting into a sleepy state. I've known people who have completely denied matter and their bodies, yet they received marvelous healings. I've known others who said that the world was real, that matter was real, and that their bodies were real; they, likewise, have had wonderful healings.

The point is that any method, technique, or process you may use that will bring about a change in the mind or a new mental atmosphere is legitimate; results will follow. Healing is due to a changed mental attitude, or to a transformation of the mind.

Paracelsus said, "Whether the object of your faith be true or false, you will nevertheless obtain the same effects." Thus, if you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you'll get results because of the powerful suggestion given to your subconscious mind; it is the latter that does the healing. The witch doctor with his incantations heals by faith, also.

Any method that causes you to move from fear and worry to faith and expectancy will heal. True scientific, mental healing is brought about by the combined function of the conscious and subconscious mind, scientifically directed.

The person who denies the ulcer on his hand (although he has one) and who even denies his body, saying all that is visible and tangible has no real existence, may get a healing; all of this would be absurd to you. The question arises, "How does someone get a healing when he protests against such statements, claiming that they insult his intelligence?" The reason is very obvious when you know how the subconscious mind works.

The individual is asked to relax his mind and body; to get into a quiet, passive, receptive state; then the objective senses are partially suspended and in abeyance. He's in a sleepy state, and the subconscious mind is amenable to suggestion. The practitioner then suggests wonderful words of perfect health that enter his subconscious mind; the client finds immense relief and perhaps a complete healing. The practitioner isn't handicapped by antagonistic auto-suggestions of the patient arising from objective doubt of the power of the healer or the correctness of the theory. In the sleepy, drowsy state of the conscious mind, resistance is reduced to a minimum; hence, results follow.

There are a great number who claim that because their theory produces results, it is, therefore, the correct one; this, as explained in this chapter, cannot be true. You know that there are all types of healing. Mesmer and others healed by claiming that they were sending

forth a certain magnetic fluid. Other men came along and said that all of this was nonsense, that the healing was due to suggestion.

All of these groups, such as psychiatrists, psychologists, osteopaths, chiropractors, physicians, and all churches are using the one universal healing power resident in the subconscious mind. Each may proclaim that the healings are due to their theory. The process of all healing is a definite, positive, mental attitude, an inner certitude, or a way of thinking called *faith*. Healing is due to a confident expectancy, which acts as a powerful suggestion to the subconscious mind, releasing its healing potency.

One man does not heal by a power different from another. It's true that he may have his own theory and method. There's only one process of healing, and that is faith; there is only one healing power, namely, your subconscious mind. Select the theory and method that you prefer. You can rest assured, if you have the faith, that you shall get results.

In the *Los Angeles Examiner* some time ago, John McDowell described tests being conducted in prayer therapy at Redlands University under the title "Psychosomatic Tests Bare Prayer's Power." He wrote as follows:

Dr. William R. Parker, 37-year-old director of the clinic, today revealed for the first time that early results of prayer therapy in a group of twenty arthritic, tubercular, ulcer, and speech impediment patients have been favorable.

These patients, who agreed to practice prayer therapy in addition to the university clinic's regular group psychological therapy, have been making greater progress than the clinic's regular patients, Dr. Parker said.

For example: A stomach ulcer patient, relying solely on prayer and group therapy, has reported that, for the last three weeks, all symptoms of his ailment have disappeared.

A Redlands University professor, afflicted most of his life with a severe case of stuttering which years of various treatments failed to correct, today has no trace of speech impediment after six months of prayer therapy.

Another teacher, forced into retirement a year ago because of tuberculosis, is now back at his teaching job, apparently cured.

"This man's doctor—a tuberculosis specialist—recently gave him a sputum test," Dr. Parker said. "The test turned up negative, and the doctor was certain a mistake had been made. He immediately made another test, and that was negative, too."

Dr. Parker—a doctor of psychology, not medicine—stresses that prayer therapy is no "quackish" miracle cure-all, but a scientific approach to prayer and its effect on the subconscious mind.

The subconscious mind, in the eyes of the still-pioneering psychosomatic medicine world, is the fountainhead of many of mankind's afflictions, including arthritis, asthma, hay fever, multiple sclerosis, tuberculosis, ulcers, and high blood pressure.

The psychosomatic theory—hotly disputed by the medical profession—is that such ailments start as functional disorders in the subconscious and develop into organic disease, which doctors treat by attacking the symptoms rather than the cause.

Prayer therapy, according to Dr. Parker, is a psychosomatic attempt to attack the causes of these disorders in the subconscious.

"Four basic personality difficulties are at the root of everything that goes wrong in the subconscious mind," Dr. Parker said. "They are fear, hate, guilt, and inferiority."

In the Redlands prayer-therapy experiments, these basic difficulties are first ferreted out through a series of standard psychological tests given to patients participating in the project.

Subsequently, the patients meet in a ninety-minute group session once a week to discuss their problems. At these meetings, each patient is given a sealed envelope containing information on one detrimental aspect of his or her personality uncovered in the tests.

Once at home, the patients open the envelopes, learn a new, undesirable phase of their personality, and resolve that particular difficulty in prayer daily until the next group meeting.

There is only one "must." Each patient is required to pray regularly each night before he or she retires.

"We insist on a prayer at that time, because the last thing that a person is thinking before going to sleep is most likely to penetrate to the subconscious," Dr. Parker said.

Dr. Parker, who first tried out his prayer theories on himself during an onset of ulcers three years ago, said most of the patients have to be taught how to pray.

The clinic's prayer-therapy patients are taught a positive approach to prayer, stressing love, and an uplifting concept of God and the universe.

"Our prayers are not a begging for health, but are affirmations of the healing of the unhealthy element the patient wants to attack stated in such a positive, repetitious manner that eventually it sinks into the subconscious, and becomes a part of that person," Dr. Parker said. "In that manner, through prayer, destructive aspects within the self-conscious can be attacked and eventually overcome, thus eliminating the basic causes of their physical ills."

In the Wilshire Ebell Theater where I speak to an overflow audience each Sunday, we have a period called "the healing silence." The first thing I do is ask the audience to relax, let go, and to stop the wheels of their mind. The purpose is to quiet down the doubting Thomas (conscious mind), and insert a new idea such as health, peace, joy, and abundance into the receptive minds of the listeners. Those who are impregnated will give birth to a healing or an answer to their prayer. This is the kinetic action of the subconscious mind. Many report excellent results every Sunday, as attested to by grateful letters.

I'd like to stress a few important factors here relative to the workings of the subconscious mind. A man came to me one time and asked me why it was when he kept on saying to himself, "I have no headache," that the pain did not go away? The subconscious mind will not easily accept this contradiction; it accepts only what you believe and feel as true, or accept, as possible. If you mentally accept the possibility of the execution of your idea, the subconscious will cooperate. In order to impress the subconscious mind, you must gain its cooperation. If you can convince the subconscious mind you have no headache, the headache will go away.

I suggested to him this method: Declare: "It is passing away," over and over again quietly and peacefully. In this way he would be better able to sell the idea or conclusion to the wise, deep self, called the subconscious mind. He got results, and he added something to it: "It will never return."

For years he has never had any migraine attacks from which he suffered frequently. He had a belief or an expectation that every Tuesday and Saturday morning, he'd get migraine attacks. This feeling acted as an auto-suggestion to his subconscious mind; the latter obliged him by seeing to it that he would have a headache at the time specified. It simply said, "It is Tuesday

morning; the boss wants a headache." The negative suggestion was removed by the above counter-suggestion.

Here's another instance: A very brilliant woman came to me some years ago stating that she had psoriasis on her body that would go away by applying an ointment, but that as soon as the salve was discontinued, it would return. She wasn't resenting anyone; she was very religious, and seemingly well balanced emotionally. In talking to her, I discovered that she lived in constant fear of its return. As a matter of fact, this was a very powerful suggestion to her subconscious mind; and since it's controlled by suggestion and belief; it responded accordingly.

She would affirm two or three times a day: "I am whole, pure, and perfect; my skin is perfect; I am healed." Nothing happened. You can readily see what happened in her case. Every time she said, "My skin is perfect," it started a quarrel in her mind; something within her said, "No, your skin isn't perfect!"

The following technique worked for her in a wonderful way. She started to say for five or ten minutes three or four times a day: "It is changing now for the better." This created no quarrel in her conscious or subconscious mind; results followed, it gradually disappeared, and it has never returned. I'm sure that she ceased suggesting its return. (What I fear most has come upon me.)

Trust the subconscious mind to heal you. It made your body, and it knows all of its processes and functions. It knows much more than your conscious mind about healing and restoring you to perfect balance. The subconscious mind, sometimes called the deep-self, knows more about your body than all of the wisest men in the world. Never try to coerce or force the mind. We do not imply that some people who say, "I am whole, pure, and perfect," do not get results; of course they do, because they succeed in convincing themselves of it. Blind belief and faith will bring results due to the subjective faith of the individual.

A psychologist friend of mine told me that one of his lungs was infected. X-rays and analysis showed the presence of tuberculosis. At night before going to sleep, he would quietly affirm, "Every cell, nerve, tissue, and muscle of my lungs is now being made whole, pure, and perfect. My whole body is now being restored to health and harmony." These are not his exact words, but they represent the essence of what he said. A complete healing followed in about a month's time; subsequent x-rays showed a perfect healing.

I wanted to know his method, so I asked him why he repeated the words prior to sleep. Here is his reply: "The kinetic action of the subconscious mind continues throughout your sleep-time period; hence, give the subconscious mind something good to work on as you drop off into slumber." This was a very wise answer. In suggesting harmony and health, he never mentioned his trouble by name.

I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above-mentioned psychologist, you can become a good mental surgeon; then your troubles will be cut off like dead branches are pruned from a tree.

If you're constantly naming your aches and symptoms, by the law of your own mind these imaginings tend to take shape "as the thing I greatly feared."

A technique of impressing the subconscious mind is as follows: This consists essentially in inducing the subconscious mind to take over your request, as handed it by the conscious mind. This "passing over" is best accomplished in the reverie-like state. Know that in your deeper mind is infinite intelligence and infinite power. Just calmly think about what you want; see it coming into fuller fruition from this moment forward. Be like the little girl who had a very bad cough and sore throat. She declared firmly and repeatedly, "It is passing away now; it is passing away now." It passed away in about an hour. Use this technique with complete simplicity and naïveté.

In using the subconscious mind, you infer no opponent; you use no willpower. You use imagination, not willpower. You imagine the end and the freedom state. You'll find your intellect trying to get in the way, but persist in maintaining a simple, childlike, miracle-making faith. Picture yourself without the ailment or problem. Imagine the emotional accompaniments of the freedom state you crave. Cut out all red tape from the process. The simple way is always the best.

Remember that your body possesses an organic mechanism reflecting the interplay of the conscious and subconscious mind, vis-à-vis the voluntary (cerebro-spinal nervous system) and the involuntary nervous system. These two systems may work separately or synchronously. The vagus nerve connects the two systems in the body. When you study the cellular system and the structure of the organs such as eyes, ears, heart, liver, bladder, and so on, you learn that they consist of groups of cells that possess a group intelligence whereby they function together, and are able to take orders and carry them out in deductive fashion at the suggestion of the master mind (conscious mind). This is why the group intelligence of the lungs responded to the constructive, positive suggestions of the psychologists previously mentioned in this chapter.

In this book, our purpose is to remove the mystery of the workings of the mind in order to know better its modus operandi. In the relaxed state, the subjective mind comes to the surface and begins to work on the correct patterns suggested by the healer. The kinetic action of the mind then comes into play by way of the vagus nerve. Between sleeping and the waking state, the mind breaks through from its material thralldom and the limitations of time and space, and asserts its innate freedom.

Dr. Evans, a student of Quimby, was able to suspend the conscious mind, and by an interior illumination, attended with no loss of consciousness of external surroundings, was able to diagnose disease.

Clairvoyance is one of the powers of the subconscious mind that enabled Quimby, Dr. Evans, and many others to clearly see the internal structure of man, the nature and extent of the disease, plus the cause behind it; this proved a great aid in their healing of patients. The explanation of the mental and emotional cause of their ailments was the solution in most cases.

The usual procedure is as follows:

1. Take a look at the problem.
2. Then turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your treatment by saying, "I hope so!" or "It will be better!" The cellular setup of your body will follow faithfully and honestly whatever blueprint the conscious mind hands over to them via the subconscious, sometimes called the subjective, or involuntary, mind. Your feeling about the work to be done is "the boss." Know that health is yours! Harmony is yours! Become intelligent by becoming a vehicle for the infinite healing power of the subconscious mind. The reasons of failure are: lack of confidence and too much effort. Suggest to the subconscious mind to the point of conviction, then relax. Get yourself off of your hands. Say to conditions and circumstances, "This, too, shall pass." Through relaxation, you impress the subconscious mind, enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

A careful study of the single-celled organism shows us what goes on in our complex body. Although the mono-cellular organism has no organs, it still gives evidence of mind—action and reaction performing the basic functions of movement, alimentation, assimilation, and elimination.

Dr. Alexis Carrell's findings in heart experiments on chicks are significant, pointing to the basic finding that life functions despite the lack of complete, organistic equipment.

The body of man portrays the workings of his inner mind. Our real powers are resident in the subconscious mind. No one knows all of the workings of the subconscious mind, for it is infinite in its scope. We learn what we can about how it works, then we use it accordingly. People say that there's an intelligence that will take care of the body if we let it alone. This is true, but the difficulty is that the conscious mind always interferes with its five-sense evidence based on outer appearances, leading to the sway of false beliefs, fears, and mere opinion. When fear, false beliefs, and negative patterns are made to register in the subconscious mind through psychological, emotional conditioning, there is no other course open to the subconscious mind except to act on the blueprint specification offered to it.

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Study the works of Edison, Carver, Einstein, and many others who without too much outer education knew how to tap the subconscious mind for its manifold treasures. Have a reason for the faith in you. You cannot get very far if you do not believe in what you do not see. I do not see love, but I feel it; I do not see beauty, but I see it manifested. Subjective faith is often greater in a puny body of a garret-loving poet than in the stronger frame of a prize fighter. Our greatest failing is a lack of confidence in the powers of the subconscious mind. Get acquainted with your inner powers.

Of what use is it to know in principle that you're perfect if you can't bring it out? Self-realization, plus feeling, is the only key to healing. To get results is no proof that your method is scientific or sound.

I knew a man who was told to wave a rabbit's foot around his head seven times and a big wart would fall off. He believed it, and the result followed. The rabbit's foot had nothing to do with it; it was due to a law of mind. Mental acceptance and belief were the causes, and the disappearance of the wart was the effect. If you're tense and anxious, the subconscious mind will pay no attention to you in a tough situation.

A homeowner once remonstrated with a furnace-repair man for charging \$200 for fixing the boiler. The mechanic said, "I charged 5 cents for the missing bolt, and \$199.95 for knowing what was wrong."

Similarly, your subconscious mind is the master mechanic, the all-wise one who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and the subconscious mind will establish it, but relaxation is the key. "Easy does it." Do not be concerned with details and means, but know the end result. Get the *feel* of the happy solution of your problem, whether it is health, financial, or employment. Remember how you felt after you'd recovered from a severe state of illness. Bear in mind that the feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state—not in the future—but as *now* coming about.

One of our students who attended our lectures on "The Miracles of the Mind" had severe eye trouble that the doctor said necessitated an operation. He was instructed on how to use the Nancy School technique: Take a little phrase or affirmation, easily graven on the memory, and repeat it over and over again like a lullaby.

Each night this man, as he went to sleep, entered into the drowsy, meditative state, the state akin to sleep. His attention was immobilized and focused on his eye doctor. He imagined that the doctor was in front of him, and he plainly heard, or imagined he heard, the doctor saying to him, "A miracle has happened!"

He heard this over and over again every night for perhaps five minutes or so before going to sleep. At the end of three weeks, he went to the ophthalmologist who had previously examined his eyes, and he said to this client, "This is a miracle!"

What happened? He impressed his subconscious mind, using the doctor as an instrument or a means of convincing or conveying the idea. Through repetition, faith, and expectancy, he impregnated the subconscious mind. The subconscious mind made the eyes; within it was the perfect pattern, and immediately it proceeded to heal the eyes. This is another example of *the miracles of your mind*.

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Chapter Three

The Subconscious Mind and Alcoholism

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he alcoholic is mentally ill, and he needs a mental overhauling. The problem drinker, the compulsive drinker, or the inebriate does not drink normally, as his friends do. The problem drinker is the chronic alcoholic; he drinks for days, weeks, and even months at a time. The alcoholic says that a passion seizes him periodically to drink. He is a victim of a habit, because the acts leading to intoxication have been repeated so often that he has established a subjective pattern in his subconscious mind.

Because the alcoholic has already yielded to his craving, he fears that he will yield once more; this contributes to his repeated falls due to the suggestions given to his subconscious mind. It is his imagination that causes the alcoholic to return to drinking intermittently. The images that have been impressed on his subconscious mind begin to bear fruit. He imagines a drinking bout in which glasses are filled and drained, then he imagines the following sense of ease and enjoyment, a feeling of relaxation. If he lets his imagination run wild, he will go to the bar or buy a bottle.

The drinker uses effort and willpower to overcome the habit, or the curse, as he calls it. The more effort or will power he uses, the more hopelessly engulfed does he become in the quicksand.

Effort is invariably self-defeated, eventuating always in the opposite of what is desired. The reason for this is obvious: The suggestion of powerlessness to overcome the habit dominates his mind; the subconscious mind is always controlled by the dominant idea. The subconscious mind will accept the strongest of two contradictory propositions. The effortless way is the best; this method will be discussed in detail in this chapter.

The first drink starts the alcoholic off. The popular expression is "One drink, and he is off to the races." In all probability he keeps on drinking until he drops into an unconscious state. The usual procedure with the alcoholic is that he makes all kinds of promises, such as "Never again!" Such statements mean nothing. He is seized by guilt, a terrific sense of remorse, and shame; furthermore, he has made a physical wreck of himself. Temporarily, at least, he is compelled to abstain from alcohol.

The alcoholic truly suffers mentally and physically. Shaking hands and twitching muscles reveal his troubled mind; he may not sleep nights. He usually loses all of his friends; members of his own family desert him. Such a person loses his prestige, respect, and position. Frequently the alcoholic becomes a chronic liar; oftentimes he's a panhandler.

Questions arise in your mind: "What is the cause?" "Why is he that way?" "What makes a prominent, distinguished citizen resort to drink, and actually descend to the level of a wild animal?"

The usual reasons that the alcoholic will give for his condition are many and varied. Here are some of the most popular ones: an inferiority complex, a feeling of not being wanted, a sense of fear, insecurity, inadequacy about work or profession, unknown fears, being afraid of life, refusal to accept responsibility, and a host of other reasons.

You will find a great number of so-called causes, and many more that you have acquired down through the years. Think this over: If you're an alcoholic, how many months, and how much money, have you spent *becoming* one? Maybe it took a year's time, a vast sum of money, plus great effort on your part to be a confirmed alcoholic. When you find what you think is the cause and you give it a fancy name, such as a rejection complex, what are you going to do about it?

If I tell you the cause of your being an alcoholic, it will not make you sober; however, there *is* a way to sobriety, to peace of mind, to normal living. What I'm going to say may contradict your cherished theories. The cause of your drinking is you! It is your sour mental attitude toward life.

Your thoughts, feelings, beliefs, plus what you give your consent to in life, determine your world. By your world, I mean your body, your affairs, your reaction to life, your health, finances, and all phases of your life. Your habitual thinking comprises your mental attitude. Your thoughts jell, condense, and cause your mental reaction toward life, people, and things. The thoughts you constantly entertain in your mind generate emotion. Your habitual thinking brings you misery or happiness, health or pain, achievement or a deep frustration, a balanced mind or tension and anxiety. Your thoughts make you a drunkard or cause sobriety to reign supreme in your mind.

It is my mission and purpose to acquaint you in this book with the workings of your subconscious mind, which is the source of wisdom and power. It is the most powerful, psychological dynamo you can contact. The subconscious mind expresses what is impressed upon it by your thinking. As you *think* and *feel*, so are you in all of the departments of your life. The thoughts you deposit in the subconscious mind are the causes of your drinking. You will not, therefore, have to look any further for the cause.

From this moment on, stop blaming others, saying that they are the cause. I know the usual alibis: "Oh, I cannot get along with my husband or my wife." "I have never had a chance; I wasn't wanted by my parents." "I was an orphan." "I have an inferiority complex." "I lost all of my money." "All of my family died when I was young."

I will stress this point again: The cause of your drinking is you, due to your thoughts and beliefs about life, people, and the world in general.

All of your thoughts over a period of time have been absorbed in your subconscious mind, then manufactured and expressed according to the image and likeness of your thinking that caused them.

Get acquainted now with that infinite reservoir of strength and healing power within you, which is the subconscious mind. If you're an alcoholic, admit it; don't dodge the issue. Many people remain alcoholics because they refuse to admit it.

Your disease is an instability, an inner fear. You're refusing to face life, so you try to escape your responsibilities through the bottle. The interesting thing about an alcoholic is that he has no free will; he thinks he has—he boasts about his willpower. The inebriate says bravely, "I won't touch it anymore," but he has no power to back it up, because he doesn't know where to locate it.

The alcoholic is living in a psychological prison of his own making, and is bound by his beliefs, opinions, training, and environmental influences. He is like most people; that is, he's a creature of habit. He's conditioned to react the way he does.

The alcoholic must build the idea of freedom and peace into his mentality so that it reaches his subconscious mind. The latter being all-powerful will free him from all desire for alcohol; then the alcoholic who has the new understanding of how his mind works can truly back up his statements and prove it to himself.

Your subconscious mind is conditioned by your beliefs and habits. If the alcoholic has a keen desire to free himself from the habit, he is 51 percent healed already. When he has a greater desire to give it up than to continue it, he will not experience too much difficulty in gaining complete freedom.

The alcoholic must recondition his mind. There are ways and means of doing this. When you think good, good follows; when you think evil, evil follows; these are simple examples of laws of mind. If someone dwells and broods on sorrow, he meets sorrow and gloom in his outer experience. If he dwells on peace and good fortune in his business, it will prosper. To know the possibilities of such laws of mind is to be seized with a new inspiration and a new faith.

The alcoholic learns that whatever thought he anchors his mind upon, the latter magnifies. If the alcoholic engages his mind on the concept of freedom (freedom from the habit) and peace of mind, and if he keeps focused on this new direction of his attention, he generates feelings and emotions that gradually emotionalize the concept of freedom and peace. Whatever idea is emotionalized is accepted by the subconscious mind and brought to pass.

The alcoholic must realize that something good can come out of his suffering; he hasn't suffered in vain. However, what good is it to continue to suffer?

To continue as an alcoholic is only to bring about mental and physical deterioration and decay. Begin to say "No!" to the urge now. Realize that the power in your subconscious mind is backing you up. Even though you may be seized with melancholia and the shakes, begin to imagine the joy and the freedom that's in store for you; this is the law of substitution. Your imagination took you to the bottle; let it take you now to freedom and peace of mind. You will suffer a little bit, but it is for a constructive purpose; you will bear it like the mother in the pangs of childbirth, and you will, likewise, bring forth a child of the mind. Your subconscious mind will give birth to sobriety.

Your thinking controls you, whether you know it or not. You're now fully aware of the fact that your subconscious mind accepts without question the thoughts you impress upon it. You can now begin to control your life. *To discipline your mind* means to think constructively and harmoniously.

Your disease called alcoholism is mental; it is due to mental confusion and chaotic thinking. Through repetition and reliance upon the power of alcohol, the alcoholic builds a pattern in the subconscious mind, causing a subconscious tendency toward uncontrolled drinking. After the

first drink has been taken, it's not a physical craving or urge; it is a purely mental or a subconscious urge, due to the fact you have installed in your subconscious mind a mental bartender that says after you take the first drink, "Have another! Have another!" This is, of course, due to long habit and the suggestion, "Have another," which becomes deeply engraved on your subconscious mind. This is not a condition that compels you to drink, but it compels you to continue drinking *after* you've taken the *first* drink. When the alcoholic takes a drink, it's a *go-ahead* signal to the subconscious mind, which from long habit installs a subconscious bartender governing your actions.

The alcoholic has failed to realize his desires in life, and he's always frustrated. He doesn't know that there's a power that would enable him to reach his goal and lead a full and happy life. Too long has he labored under the belief about his inability to express himself in the desired field of endeavor. The fruit of his frustration is abnormal drinking; all seeds (thoughts) bear fruit after their kind. The subconscious mind that is now causing the alcoholic to drink can also heal and free him.

Here's a definite technique that you can use to free yourself; this is a psychological law which, if applied, will give you peace of mind:

- *The first step:* Sit down in an armchair, or lie down on a sofa; suggest relaxation to yourself for a few minutes. Get into a drowsy, sleepy state now. In this relaxed, quiet, receptive mood, you know you're about to use a suggestive formula that enters into your subconscious mind and makes you free.
- *The second step:* In this sleepy state, say to your subconscious mind, "I am free from this habit. I have peace of mind." Enter into the feeling and joy of being free. Do this for five minutes or more.
- *The third step:* Imagine that a loved one is standing in front of you now; your eyes are closed; maybe it is a doctor, a wife, or a husband. Hear this loved one say to you, "Congratulations!" The word *Congratulations* implies to your complete sobriety and peace of mind; in other words, a complete freedom from the habit. Hear the word over and over again until you get a pleasant reaction. Get the reaction that satisfies.

If you fall asleep during the day when you do this, rest assured that your effort is not wasted. I would suggest you do this two or three times a day. At night you can lull yourself to sleep with the word *Congratulations*, which implies complete healing to you. This thought will enter into your subconscious mind as you continue to do it, then all desire will pass away.

The above technique is not fantasy or daydreaming; it only becomes daydreaming if you don't believe that your mental picture is a reality. After making these suggestions to your subconscious mind, should doubt, fear, or melancholia knock at your door, just recall your mental discipline made a few hours before, or that morning, when at that time you planted a seed in your subconscious mind that is now gestating in the darkness of your deeper mind and will bear fruit. You know that you operated a psychological law, and that the seed will actually blossom into that which you mentally conceived. Be sure not to disturb the seed by negative

thoughts of fear and despair. Run this inner motion picture several times a day. Do not expose this sensitive film of your subconscious mind to the clouds of negative thinking. When doubt, fear, worry, and depression seize you, quietly remind yourself that you have taken a picture that is being developed in your subconscious mind.

All of the obstacles and temptations that cross your path are overcome by keeping your mind fixed on your goal. With perseverance and faith in the mental law that you've used, you shall experience the joy of your newfound freedom, the thrill of sobriety, and peace of mind.

One of the worst cases of alcoholism I've witnessed in 35 years was healed in this simple manner. I told the individual to repeat the word *freedom* every night as he went to sleep. The first night he repeated it to himself prior to sleep for about one-half hour. He woke up completely healed, and is now teaching others the laws of mind.

Believe in your mental movie; you will have results!

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Chapter Four

The Subconscious Mind and Wealth

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he trouble with most people is that they have no invisible means of support when business falls away or the stock market drops or they lose their investments; they seem helpless. The reason for such insecurity is that they don't know how to tap in to the subconscious mind. They're unacquainted with the inexhaustible storehouse within.

A man with a poverty-type mind finds himself in poverty-stricken conditions. Another man with a mind filled with ideas of wealth is surrounded by everything he needs. It was never intended that people should lead a life of indigence. You can be wealthy, have everything you need, and plenty to spare. Your words have the power to cleanse your mind of wrong ideas, and to instill right ideas in their place.

I've talked to many people during the past 35 years; their usual complaint is, "I've said for weeks and months that I'm wealthy and prosperous, and nothing has happened." I discovered that when they said, "I am prosperous; I am wealthy," they felt within that they were lying to themselves.

One man told me, "I've affirmed until I'm tired that I'm prosperous. Things are now worse. I knew when I made the statement, that it was obviously not true." His statements and those of the others were rejected by the conscious mind, and the very opposite of what they affirmed and claimed was made manifest.

Auto-suggestion succeeds best when it's specific, and it doesn't produce a mental conflict or argument; hence, the statements made by this man-made matters worse because they suggested his lack. The subconscious accepts only your convictions and beliefs, not just words or statements. The dominant idea or belief is always accepted by the subconscious mind.

The following is a way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: "By day and by night, I am being prospered in all of my interests." This will not arouse any argument, because it doesn't contradict the subconscious mind's impression of financial lack.

I suggested to one businessman whose sales were very low (and he was greatly worried) that he sit down in his office, get quiet, and repeat this statement over and over again: "My sales are improving every day. I am advancing, progressing, and getting wealthier each day." This statement engaged the cooperation of the conscious and subconscious mind; results followed.

The above is a very simple, unique way of impressing the subconscious mind with the idea of wealth. Perhaps you're saying as you read this chapter, "I need wealth and success." This is what you do: Repeat for about five minutes to yourself three or four times a day, "Wealth—

success." These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will manifest in your life. You're not saying, "I am a success," or "I am wealthy." You're dwelling on real powers within you. There's no conflict in the mind when you say "wealth" or "success"; furthermore, the feeling of wealth and success will well up within you as you dwell upon these ideas.

The feeling of wealth produces wealth; the feeling of being successful produces success; keep this in mind at all times. The subconscious mind is like a bank—a sort of universal bank; it magnifies whatever you deposit or impress upon it, whether it's good or evil.

You sign blank checks when you make such statements as: "There's not enough to go around" or "There is a shortage" or "I will lose the mortgage," and so on. If you're full of fear about the future, you're also writing a blank check, and attracting negative conditions to you. The subconscious mind takes your fear and belief as your requests, proceeding in its own way to bring obstacles, delays, lack, and limitation into your life. To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added.

The subconscious mind gives you compound interest, also. Every morning as you awaken, deposit thoughts of prosperity, success, wealth, and peace; dwell upon these concepts; busy your mind with them as often as possible. These positive thoughts will find their way as deposits in your subconscious mind, and bring forth abundance and prosperity.

I can hear you saying, "Oh, I did that and nothing happened." You didn't get results because you indulged in fear thoughts perhaps ten minutes later, and neutralized the good you'd affirmed. When you place a seed in the ground, you do not dig it up.

Suppose, for example, that you're going to say, "I shall not be able to make that payment!" Before you get further than "I shall—," stop the sentence and dwell on a positive, constructive statement, such as "By day and by night, I am being prospered in all my ways."

To prosper means to advance along all lines in wisdom, understanding, and material possessions. Money represents wealth; it is a symbol of exchange; it represents freedom, opulence, luxury, and refinement. I don't know of anyone who says that he has too much; in all probability, he's looking for more.

Most people are under the impression that the value of their money is dependent on so much gold in South Africa or in the vaults of the United States Treasury; others live in fear that the currency will be devalued and that they will lose. When the blood is circulating perfectly and harmoniously in your body, the physician says that you're healthy; likewise, when money is circulating freely in your life, meeting all of your needs, and there's always a surplus, you're prosperous.

For example, if you listen to the radio and you hear that there's a crash in the stock market, resulting in a worried or frightened feeling, you're conditioned and affected by some set of statistics or by a news broadcast. Your financial security and wealth are dependent upon your subjective or inner feeling of prosperity.

When you're seeking to convey the idea of wealth and success to your subconscious mind, be sure that you never make foolish statements, such as "I despise money," "It is an evil thing," or "It is the root of all evil." Such an attitude of mind will cause money to take wings and fly

away from you. You would then be giving two conflicting orders to the subconscious mind; one would neutralize the other, and nothing would happen.

Money has taken many forms down through the ages. What you really want is to have a subconscious conviction that money will always be in constant circulation in your life, meeting all of your needs at every moment of time and every point of space.

Money is essential for your economic health in this country; therefore, you should have all you need and a surplus. Begin now to believe and claim that money is wonderful. Begin to love money and be friendly with it; you will always have plenty; you will never want.

Love is an emotional attachment. Unless you love your work or profession, you cannot be a true success. Love always magnifies and multiplies. So, love the idea of wealth until it becomes embodied subjectively. Write this down in big letters in your mind: *What you love, you increase. What you criticize, fades out of your life.*

You're familiar with this fundamental fact: When money is circulated freely in a country, its financial condition is healthy. Let there be a healthy circulation of money in your life, also, particularly in your mental attitude. Believe that money is good; think of all of the good you can do with it. Become a mental inlet and outlet for a constant stream of wealth forever flowing to you and forever flowing from you in perfect circulation.

If you're having financial difficulties, trying to make ends meet, it means that you haven't convinced your subconscious mind that you'll always have plenty, and some to spare. You know men and women who work a few hours a week and make fabulous sums of money. They don't strive or slave hard. Don't believe the story that the only way you can become wealthy or successful is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it. Sing at your work; you will, if you love it. Also, if you love your work, you're bound to be a success.

An executive I know receives a very high salary. Last year he was on a ten-month cruise, seeing the world and its beauty spots. He has convinced his subconscious mind that he's worth that much money. He told me that many men in his organization getting less than \$100 per week knew more about the business than he did, and could manage it better, but they had no ambition and no ideas.

Money is simply a subconscious conviction on the part of the individual. You won't become a millionaire by saying, "I am a millionaire. I am a millionaire." You will grow into a wealth consciousness by building into your mentality the ideas of wealth and success. One of our students who was formerly a \$75-a-week salesman is now a sales manager with a high annual salary. It all happened within a period of a month.

Every morning as this person shaved, he would look into the mirror and say to himself, "You are wealthy; you are a big success." This went on for weeks. In about eight weeks, he was suddenly promoted over the heads of 80 other salesmen. While shaving, you're relaxed. As previously outlined, you can convey an idea to the subconscious mind by repeating it again and again at intervals with faith and a joyous expectancy.

Here's a question frequently asked in our classes of 1,200 to 1,300 people held at the Wilshire Ebell Theater: "If I need a certain amount, such as \$1,000, should I just concentrate on that?" You could do that, and it would work. However, the general and best procedure is not to think of money in terms of any particular or set sum. Think of it in terms of plenty to sustain you

with ease and perfect freedom of action. The reason for this is that whatever you impress on the subconscious mind is always increased and multiplied, in the same way that the grains of wheat sown in the ground bring forth of its kind a hundredfold.

The subconscious mind works under a law of abundance. Nature is lavish, extravagant, and bountiful, so increase your estimate of yourself. If you bargain with life for a penny a day, the universe will respond accordingly. Many people have a keen desire for more money, but they have a subconscious pattern of \$75 a week; therefore, that's what they demonstrate; whereas they could demonstrate much more.

Here's a simple technique for you to increase your consciousness of wealth; use these statements several times a day: "I like money; I love it; I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good, very good." This will help you get the right attitude toward money.

Never criticize money by saying, "Money is filthy; it is bad; it is tainted." You cannot attract what you criticize. When you begin to think things through, you'll realize that real wealth depends on the circulation of wonderful ideas in your mind, which well up from the subconscious levels.

A young detective desiring more money used the above-mentioned formula. One morning he awakened with an intense desire to write a short story based on one of his experiences. He sat down and ideas came freely. His story was accepted, and then he wrote many others. He was paid handsomely for these articles. Wealth came to him as ideas in his own mind. Your mind, also, can reveal to you a new invention, the material for a new book or play. So, make use of your subconscious mind.

One sales manager I knew used to get ideas for his promotional sales campaign when he woke up in the morning. He became the president of the company; they never had a sales manager like him.

Your subconscious mind is never short of ideas; there are within it an infinite number of ideas ready to flow into your conscious mind, and appear as cash in your pocketbook in countless ways. This process will continue to go on in your mind regardless of whether the market goes up or down, or whether the pound or dollar drops in value. Your wealth is never truly dependent on bonds, stocks, or money in a bank; these are really all symbols (necessary and useful, of course). The point I wish to emphasize is that if you convince your subconscious mind that wealth is yours, and that plenty of money is always circulating in your life, you'll always have it, regardless of the form it takes.

If you believe that wealth or money is dependent upon your job or more hours of work, you have a limited concept; you're bound by your own beliefs. This is a world of cause and effect. If you worry and fret about money, this mood of lack will produce a greater lack of money. Your mental attitude is the cause; less money is the effect.

There is one emotion that is the cause of financial lack in the lives of many. Most people learn this fact the hard way. It is envy. For example, if you see a competitor depositing large sums of money in the bank and you have only a meager amount to deposit, does it make you envious? The way to overcome this emotion is to say to yourself, "Isn't it wonderful! I rejoice in that man's prosperity. I wish for him greater and greater wealth."

Do you know what you're doing? You're actually impressing the subconscious mind with the idea of wealth! To entertain envious thoughts is devastating because it places you in a very negative position; therefore, wealth flows *from* you instead of *to* you. If you're ever annoyed or irritated by the prosperity or great wealth of another, claim immediately that you truly wish for this person greater prosperity in every possible way. This will neutralize the negative thoughts in your mind, and cause a greater measure of wealth to flow to you through the law of your own subconscious mind.

Maybe you know those who are always trying to make ends meet; they seem to have a great struggle with money. Have you listened to their conversations? In many instances their talk runs along this vein: They're constantly condemning those who have succeeded in life and who have put their heads above the crowd. Perhaps they're saying, "Oh, that fellow has a racket; he's ruthless; he's a crook." This is why they lack; they're condemning the thing they desire and want. The reason they speak critically of their prosperous associates is because they're envious and covetous of the other's prosperity. The quickest way to cause wealth to take wings and fly away is to criticize and condemn others who have more money than you.

Do you say you never had a chance? Are you blaming your relatives, your mother, or father because they never aided you financially? Stop doing it immediately. Learn that the secret to wealth is the correct use of your own mind. All of the resources of that infinite mind are behind you seeking expression through you, if you will only have a receptive, mental attitude.

If you're worried and critical about someone who you claim is making money dishonestly, cease worrying about this person. You know such a person is using the law of mind negatively; well, the law of mind takes care of him. Be sure not to criticize him, due to the reasons mentioned above.

If you're experiencing a financial block, the obstruction is in your own mind. You can now destroy that mental block. Get on mental, good terms with everyone.

As you go to sleep tonight, practice the many techniques referred to here. Repeat the word *wealth* quietly, easily, and feelingly. Do this over and over again as a lullaby. Lull yourself to sleep with the one word: *wealth*. You will be amazed by the results. Wealth should flow to you in avalanches of abundance; this is another example of *the miracles of the subconscious mind*.

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Chapter Five

How to Apply the Subconscious Mind to Marital Problems

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he best time to prevent a divorce is before marriage. Ignorance of the powers within you is the cause of all of your marital troubles. Learn how to attract the right wife or husband. For instance, if you're a woman seeking a husband, don't begin to tell yourself all the reasons why you *can't* get married; rather, tell yourself all of the reasons why you *can* be happily married. Eradicate the word *can't* from your vocabulary. She can who believes she can!

You're now acquainted with the way the subconscious mind works. You know that whatever you impress upon it shall be experienced in your world. Begin now to impress your subconscious mind with the qualities and characteristics you admire in a man.

This is one technique: Sit down at night in your armchair; close your eyes; let go; relax your body; and become very quiet, passive, and receptive. Talk to your subconscious mind and say to it, "I am now attracting a man into my experience who is honest, sincere, loyal, kind, faithful, and prosperous. He is peaceful and happy. These qualities are sinking down into my subconscious mind now. As I dwell upon these qualities, they become a part of me. I know that there's an irresistible law of attraction, and that I attract to me a man according to my subconscious beliefs. I attract that which I feel as true in my subconscious mind. In other words, I know that according to the law, I will attract a man in accordance with my feelings, beliefs, and impressions made on my subconscious mind regarding the type of man I seek."

Practice this process of impregnating your subconscious mind, then you will have the joy of attracting a man having the qualities and characteristics you mentally dwelt upon. The subconscious intelligence will open up a pathway whereby both of you will meet according to the irresistible and changeless law of your own subconscious mind. Have a keen desire to give the best that is in you of love, devotion, and cooperation. Be receptive to this gift of love that you've given to your subconscious mind.

Marriage between man and woman should be an act of love. Honesty, sincerity, kindness, and integrity are forms of love. Each should be perfectly honest and sincere with the other. There isn't a true marriage when the man marries a woman for her money, social position, or to lift his ego, because there's no sincerity or honesty there. The marriage is not of the heart. When a woman says, "I'm tired of working; I want to get married because I want security," her premise is false. She's not using the laws of mind correctly. Her security depends upon her knowledge of the interaction of the conscious and subconscious mind and its application.

For example, a woman will never lack for wealth or health if she applies the technique outlined in the respective chapters of this book. Her wealth can come to her independent of her husband, father, or anyone else. A woman isn't dependent on her husband for health, peace, joy, inspiration, guidance, love, wealth, security, happiness, or anything in the world. Her security and peace of mind come from her knowledge of the inner powers within her, and her constant use of the laws of her own mind in a constructive fashion. Marrying for money or to get even with someone is, of course, a farce and a masquerade.

A man and a woman must be subjectively united in the sense that a real love or sense of oneness prevails; in other words, two hearts are united in love, freedom, and respect.

A number of people have said to me, "Oh, we love each other; why should we bother getting married?" The answer to this is extraordinarily simple: What we subconsciously feel and accept as true is always objectified or made manifest on the screen of space. Their reasoning, therefore, is false and insincere. The law of mind is: "As within, so without."

Let's take the case of a man or a woman who's made an honest mistake. She now finds herself married to a drug addict; he refuses to work; she has to support him; he is ruthless and cruel. It's true that due to her state of mind, she attracted that man, yet she's not condemned to live in a world of misery brought about by her own mood or ignorance. Had she used her subconscious mind in the right way, this wouldn't have happened. (I'm sure that if you fell into the gutter, slipped perhaps on a banana peel, it would be silly to condemn yourself and stay in the gutter. The obvious thing to do would be to get up out of the gutter, wash yourself, and keep on going.) The woman herein referred to, packed her belongings and left this man. She realized that it was an intolerable situation. Surely this woman isn't condemned to live with this man when their hearts and minds are miles apart. You can tie two people together with a rope, yet they can be as far apart as the poles in thought, feeling, and perspective.

You're divorced mentally when your mind and heart are elsewhere. To stay together in such circumstances is chaotic from all angles. Marriage is a union of two hearts; there's no marriage where the hearts aren't bound together in love and peace. Adultery takes place in the heart first. The heart is the seat of the emotions. If you're resentful, hateful, and critical of your partner, you've already committed adultery in your heart.

To direct your mental and emotional operations along destructive and negative channels is to commit adultery. Always remember that the adulterous state takes place in the mind. Bodily acts follow mental states; they do not precede them.

Perhaps as you read these pages you're saying, "I know a young couple who got married recently. They both used the laws of mind; they seemed perfectly happy in every way. Now they're contemplating a divorce." The mental attitude that attracted and endeared them to each other must be maintained and strengthened in order to preserve the marriage. If a disagreement arises or some slight argument occurs, and one of the partners engages the mind on a negative idea such as resentment or hostility, he's uniting with the error in his mind, and it's destructive to marital happiness.

The little arguments and quarrels that married people engage in will not hurt; it is the sustained grudge or ill feeling that does the damage. When the harsh words said are all forgotten and forgiven a few minutes later, no harm has been done. It's when the feeling of being hurt is prolonged that the danger lies.

If a man begins to brood and grows morbid against his wife because of the things she said or did, he's committing adultery since he's mentally engaged in bitterness. This mood will endanger the marriage except that he forgives and radiates love and goodwill to his partner. Let the man who's bitter and resentful swallow his sharp remarks; let him go to great length to be considerate, kind, and courteous. He can deftly skirt the differences. Through practice and mental effort, he can get out of the habit of antagonism, then he will be able to get along better not only with his wife, but with business associates, also. Assume the harmonious state, and eventually you will find peace and harmony.

Let us make a few remarks about the nagging wife. Many times, the reason she's a nagger is because she gets no attention; oftentimes it's a craving for love and affection. Give it to her. There's also the nagging type of woman who wants to make the man conform to her particular pattern. This is about the quickest way in the world to get rid of a man.

The wife and the husband must cease being scavengers—always looking at the petty faults or errors in each other. Let each give attention and praise to the positive and wonderful qualities in the other.

A great mistake is to discuss your marital problems or difficulties with neighbors and relatives. Suppose, for example, a wife says to the neighbor, "John never gives me any money, he treats my mother abominably, drinks to excess, and he's constantly abusive and insulting." Now this wife is degrading and belittling her husband in the eyes of all of the neighbors and relatives; he no longer appears as the ideal husband to them.

Never discuss your marital problems with anyone except a trained counselor. Why allow many people to think negatively of your marriage? Moreover, as you discuss and dwell upon these shortcomings of your husband, you're actually creating these states within yourself. Who is thinking and feeling it? You are! As you think and feel, so are you.

Relatives will usually always give you the wrong advice; it's usually biased and prejudiced because it's not given in an impersonal way. Any advice you receive that violates the golden rule—which is a cosmic law—isn't good or sound.

It is good to remember that no two human beings ever lived beneath the same roof without clashes of temperament, periods of hurts, and strain. Never display the unhappy side of your marriage to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

If there are children in the home, let the father praise their mother; let him call attention at times to her fine qualities and the happy aspects of the home.

A husband must not try and make his wife over into a second version of himself. The tactless attempt to change her in many ways is so foreign to her nature; these attempts are always foolish; many times, they result in a dissolution of the marriage. These attempts to alter her destroy her pride and self-esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Adjustments are needed, of course, but if you have a good look inside your own mind and study your character and behavior, you'll find so many shortcomings there to keep you busy the rest of your life. If you say, "I will make him over into what I want," you're looking for trouble and the divorce court. You're asking for misery. You will have to learn the hard way that there's no one to change but yourself.

If you have a marital problem, ask yourself what it is you want; then realize that you can achieve that goal. You would solve your marital problem in the same way as any other problem. Define clearly what you want; then realize that what the mind engages in, it creates.

A woman told me one time that after 30 years, her husband began to drink heavily, neglecting his home and children. She began to claim peace and harmony in her home and heart. She paid no attention to the circumstances or conditions. She quietly engaged her mind on her goal, knowing that her subconscious mind would bring about and magnify what she gave her attention to. Harmony and peace were again restored after a few months' devotion to her true goal. This is an illustration of *the miracles of the subconscious mind*.

By resenting and fighting the situation, this woman would only make matters worse. If there's quarreling and bickering in the home, turn your attention away from personalities, environments, and conditions; and focus your attention on your ideal, which is love, peace, and harmony. As you feed your mind upon these ideas, the subconscious mind will respond and bring about harmony.

I'm often asked this question: "If one of the partners has an intense desire to terminate the marriage, and the other has an equally intense desire to remain united in marriage, and they're both sincere, what will happen?" In such cases, there's a mental tug-of-war; this is a house divided against itself; sooner or later it will dissolve. However, their mental attitude may prolong the situation.

The proper and correct way to solve this marital problem is to lift the thought above personalities and conditions, and begin to direct your thought to your true desire, trusting the infinite intelligence within you to bring about the perfect solution. Through the right application of the law of your subconscious mind, you can bring harmony where discord is, and resurrect peace where confusion reigns; moreover, the right application of your subconscious mind can dissolve a bad marriage.

Do not let foolish pride, anger, and a desire to get even take you to the divorce court, when all the while your heart is one with the spouse you left. Let love, goodwill, and kindness lead you back to the one you love in your heart. You can heal any problem through the right application and direction of your subconscious mind.

Listening to the intuition or guidance that comes from the subjective wisdom within you would have perhaps prevented you from contracting the present marriage. You didn't know how to use it; now you do. If you had a bad start, you can adjust it now by using the procedure and techniques outlined in this chapter. By exalting, and lifting up, your partner in thought and feeling, and always cherishing the lovely qualities that brought you together, you can make your marriage a beautiful experience and a joy forever.

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Chapter Six

The Subconscious Mind and Guidance

In explaining the workings of the subconscious mind to a recent college class, one of the students present said that the answer to his problem came to him while he was shaving. The reason for this was that while he was doing so, he was relaxed; then the wisdom and intuition of the subconscious mind came to the surface mind.

This man had been giving intense, conscious application to his problem for several days. By adhering to the following instructions, he got results: As he was about to go to sleep at night, he would say, "I am now turning this request over to my deeper mind; I know it has the answer, and I will receive it."

In the first chapter, I told you that the subconscious mind will awaken you at six in the morning, because you're thinking about that time before you go to sleep. In the same manner, the subconscious mind took up this man's case; having the superior wisdom, it logically deduced the perfect answer and gave it to him.

You will often note that immediately after awakening, the answer will come to you because you're still half asleep and half awake; there's an outcropping of the wisdom of the subconscious mind at that time.

When you're beset with a problem, what do you do? Many people will worry and fret about the problem; this makes matters worse, because the subconscious mind always magnifies what we impress upon it.

Many liken the subconscious mind to a bank; you're constantly making deposits in this universal bank. Be sure that you deposit seeds of peace, harmony, faith, and goodwill; these will be magnified a thousand-fold; then prosperity and good fortune will be your harvest. How do you find yourself reacting to the problems of the day and to your environment? If you react with anger, bitterness, criticism, and resentment, you're making these deposits in the bank within you. When you need strength, faith, and confidence, you cannot draw them out because you haven't placed these qualities in your bank.

Begin now to deposit joy, love, peace, and good humor; busy your mind with these things; then the subconscious bank will give you compound interest. It will magnify exceedingly beyond your wildest dreams.

When you have what you term a difficult decision to make, or when you fail to see the solution to your problem, begin at once to think constructively about it. If you're fearful and worried, you're not really thinking. Real thought consists in contemplating whatsoever things are true, just, honest, lovely, and of good report. True thinking is free from fear. The real reason

why you're fearful is because you have a false concept, or you're taking a wrong view of things. Probably you believe that external things, conditions, and circumstances control you and that they're causative. Remember, you have dominion over your environment and conditions.

Here's a simple technique you can follow: Quiet the mind, still the body, and tell it to relax; it has to obey you. It has no volition, initiative, or intelligence of itself; it is an emotional disc that records your beliefs and impressions. Immobilize your attention; focus your thoughts on the solution to your problem. Try and solve it with your conscious mind. Think how happy you would be about the perfect solution. If your mind wanders, bring it back gently. In this sleepy, drowsy state, say quietly and positively, "The answer is mine now; I know that my subconscious mind knows the answer."

Live now in the mood or feeling of the solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. You may fall asleep sooner than you expected, but you were thinking about the answer; the time wasn't wasted. When you awaken, if you don't have the answer, get busy doing something else. Probably when you're preoccupied with something else, the answer will come into your mind in that way that toast pops out of the toaster.

Never think about your problem in this manner: "Things are getting worse. I will never get the answer." "I see no way out." "It is hopeless." You're reversing the law, and undoing the good work you have done. Thinking about the answer activates the intelligence of the subconscious, which knows all, sees all, and has a "know-how" of accomplishment.

The subconscious mind has the power to create; it also obeys the orders given to it by the conscious mind. Always remember this simple truth: The conscious mind has the power of choice; the subconscious does what it's told to do. The latter accepts your beliefs and convictions and brings them into your experience. It is an infinite, creative power.

Sometime ago, I received a clipping from a magazine describing how a Dr. Banting solved his problem of diabetes. He'd made a profound study of the disease. One night he was awakened in the early hours of the morning with the answer to extract the substance from the degenerated, pancreatic duct of dogs; this was the origin of insulin, which has helped millions of people.

It doesn't follow that you'll always get an answer overnight; the answer may not come for weeks or months. Don't be discouraged. Keep on turning it over every night to the subconscious mind prior to sleep, as if you'd never done it before.

One of the reasons for the delay may be that you look upon it as a major problem. You may believe that it will take a long time to solve it.

The subconscious mind is timeless and spaceless. Go to sleep believing that you have the answer now, and that the solution is yours now. Do not postulate the answer in the future. Have an abiding faith in the outcome. Become convinced now, as you read this book, that there's an answer, and a perfect solution for you.

Here's a very simple technique used from time immemorial to get an answer from the subconscious mind: Calmly think about what you want, such as the answer, the harmonious solution, or the right decision. The best time to turn over a request is just before going to sleep. Relax the body; still the wheels of your mind; suggest sleep to yourself. You'll begin to feel sleepy, but you're still consciously aware and capable of directing your attention.

For example, you can hear a baby cry next door, or you can hear someone walking around the house. You're in a state akin to sleep, between the waking and sleeping state. (The Nancy School of Therapeutics calls this state *the reverie*.) In this drowsy, meditative state, you induce the subconscious mind to take over your problem or request; this *passing over* to the subconscious mind is best accomplished through the above process. You infer no opponent; you use no willpower. You imagine the end, the solution, and the freedom state. Do this with complete naïveté and simplicity. Have a simple, childlike, miracle-making faith. Picture yourself without the problem. Cut out all of the red tape from the process.

The simple way is the best. This is an illustration: I lost a valuable ring. It was an heirloom. I looked everywhere for it and couldn't locate it. I decided to practice what I preach! At night I talked to the subconscious in the same manner that I would talk to anyone. I said to it prior to dropping off to sleep: "You know all things; you know where that ring is, and you now reveal to me where it is." In the morning I awoke suddenly with the words ringing in my ear, "Ask Robert!"

Robert is our boy; he's 14 years old, and I thought it very strange that I should ask Robert; however, I followed the inner voice of intuition.

Robert said, "Oh, yes, I picked it up on the sidewalk in front of the house. It's in my drawer; it didn't seem very valuable, so I didn't say anything about it!" The subconscious mind will always answer you if you trust it.

A young man in a recent class had this experience: His father passed on to the next dimension and apparently left no will. However, this man's sister told him that their father had confided to her that a will had been executed that was fair to all. All attempts to locate the will failed. During the closed class on "The Miracles of the Subconscious Mind," this young man put into practice what he heard. As he went to sleep, he said, "I now turn this request over to the subconscious mind; it knows just where that will is"; it reveals it to me"; then he condensed his request down to one word: "Answer," repeating it over and over again as a lullaby. He lulled himself to sleep with this same word.

This student had a dream that night, a very vivid, realistic dream wherein he saw the name of a certain bank in Los Angeles and its address. He went there and found a safe-deposit vault registered in the name of his father, which solved all of his problems.

Your thought as you go to sleep arouses the powerful latency that's within you. For example, let's suppose that you're wondering whether to sell your home, buy a certain stock, sever a partnership, move to New York or stay in Los Angeles, dissolve a current contract, or take a new one. Do this: Sit quietly in your armchair or at the desk in your office; remember that there's a universal law of action and reaction. The action is your thought. The reaction is the response from your subconscious mind. The subconscious mind is reactive and reflexive; this is its nature. It rebounds, rewards, repays; it is the law of correspondence. It responds by corresponding.

As you contemplate right action, you'll automatically experience a reaction or response in yourself. You've now used the infinite intelligence resident in the subconscious mind to the point where it begins to use you; from then on, your course of action is directed and controlled by the subjective wisdom within you, which is all-wise and omnipotent. Your decision will be

right; there will only be right action because you're under a subjective compulsion to do the right thing. I use the word *compulsion* because the law of the subconscious is compulsive.

Our subconscious convictions and beliefs dictate and control all of our conscious actions. The secret of guidance or right action is to mentally devote yourself to the right answer until you find its response in you. The response is a feeling, an inner awareness, an overpowering hunch whereby you know that you know. You've used the power to the point where it begins to use you. You cannot possibly fail or make one false step while operating under the direction of the subjective wisdom within you.

Think of a garden; then you'll understand the twofold aspect of mind, and the subjective law by which it operates. The conscious mind plants the seed in the soil. It decides what kind of seed shall be planted. As you know, the soil will grow whatever is planted, whether it is grapes or thorns.

Similarly, look upon the subconscious mind as the soil; it contains all of the elements necessary and essential for growth. Again, let us realize that it's the nature of the soil to *bring forth*, but as you know, it is not the slightest bit interested in what it brings forth. It doesn't care whether it brings forth a pear tree or an apple tree. All of the laws of nature would be violated should the soil refuse to produce or grow poisonous plants.

Exactly the same thing is true of the subconscious mind; it is a doer; it never questions or talks back to you. It accepts what you deposit in it, and produces it in your experience, whether it is good or bad. Learn to use your subconscious mind constructively, wisely, and judiciously.

I want to stress this important fact: You will always receive guidance with respect to the subject in which you think about the most. The subconscious mind is impersonal and no respecter of persons. If, by illustration, you begin to think about how you can set fire to a certain building without being detected, ideas and thoughts will come to you for the evil and destructive uses of fire. The universal energy or power in and of itself is perfectly harmless; however, you can use it for constructive or destructive purposes.

Let's take the atomic energy about which we read so much; it's perfectly harmless. You know very well it's in the mind of human beings that the danger of atomic energy lies. Atomic energy can be used to warm or light a house or destroy thousands of people.

You receive guidance in accordance with what you habitually think about. If you think and dwell upon fears, troubles, and failure, you'll be guided in the wrong direction, and more chaos and confusion will be experienced by you.

Take this great thought and dwell upon it There's nothing to fear in all of the universe! You have the power of control through the wise use of your subconscious mind. Sit down quietly now, and think of a beautiful lake on top of a mountain; it is a still, quiet night. On the surface of the quiet, placid lake, you see mirrored the stars, the moon, and perhaps the trees nearby. If the lake is disturbed, you won't see the stars or the moon. Similarly, quiet your mind, relax, and let go. Think of peace and stillness; then over the mirrored waters of your mind will move the answer to your question!

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About the Author

Joseph Murphy was born on May 20, 1898, in a small town in the County of Cork, Ireland. His father, Denis Murphy, was a deacon and professor at the National School of Ireland, a Jesuit facility. His mother, Ellen, née Connelly, was a housewife, who later gave birth to another son, John, and a daughter, Catherine.

Joseph was brought up in a strict Catholic household. His father was quite devout and, indeed, was one of the few lay professors who taught Jesuit seminarians. He had a broad knowledge of many subjects and developed in his son the desire to study and learn.

Ireland at that time was suffering from one of its many economic depressions, and many families were starving. Although Denis Murphy was steadily employed, his income was barely enough to sustain the family.

Young Joseph was enrolled in the National School and was a brilliant student. He was encouraged to study for the priesthood and was accepted as a Jesuit seminarian. However, by the time he reached his late teen years, he began to question the Catholic orthodoxy of the Jesuits, and he withdrew from the seminary. Since his goal was to explore new ideas and gain new experiences—a goal he could not pursue in Catholic-dominated Ireland—he left his family to go to America.

He arrived at the Ellis Island Immigration Center with only \$5 in his pocket. His first project was to find a place to live. He was fortunate to locate a rooming house where he shared a room with a pharmacist who worked in local drugstore.

Joseph's knowledge of English was minimal, as Gaelic was spoken both in his home and at school, so like most Irish immigrants, Joseph worked as a day laborer, earning enough to keep fed and housed.

He and his roommate became good friends, and when a job opened up at the drugstore where his friend worked, he was hired to be an assistant to the pharmacist. He immediately enrolled in a school to study pharmacy. With his keen mind and desire to learn, it didn't take long before Joseph passed the qualification exams and became a full-fledged pharmacist. He now made enough money to rent his own apartment. After a few years, he purchased the drugstore, and for the next few years ran a successful business.

When the United States entered World War II, Joseph enlisted in the Army and was assigned to work as a pharmacist in the medical unit of the 88th Infantry Division. At that time, he renewed his interest in religion and began to read extensively about various religious beliefs. After his discharge from the Army, he chose not to return to his career in pharmacy. He traveled extensively, taking courses in several universities both in the United States and abroad.

From his studies, Joseph became enraptured by the various Asian religions and went to India to learn about them in depth. He studied all of the major religions from the time of their beginning. He extended these studies to the great philosophers from ancient times until the present.

Although he studied with some of the most intelligent and far-sighted professors, the one person who most influenced Joseph was Dr. Thomas Troward, who was a judge as well as a philosopher, doctor, and professor. Judge Troward became Joseph's mentor. From him he not only learned philosophy, theology, and law, but also was introduced to mysticism and particularly, the Masonic order. He became an active member of this order and over the years rose in the Masonic ranks to the 32nd degree in the Scottish Rite.

Upon his return to the United States, Joseph chose to become a minister and bring his broad knowledge to the public. As his concept of Christianity was not traditional and indeed ran counter to most of the Christian denominations, he founded his own church in Los Angeles. He attracted a small number of congregants, but it did not take long for his message of optimism and hope rather than the "sin and damnation" sermons of so many ministers to attract many men and women to his church.

Dr. Joseph Murphy was a proponent of the New Thought movement. This movement was developed in the late 19th and early 20th centuries by many philosophers and deep thinkers who studied this phenomenon and preached, wrote, and practiced a new way of looking at life. By combining a metaphysical, spiritual, and pragmatic approach to the way we think and live, they uncovered the secret of attaining what we truly desire.

The proponents of the New Thought movement preached a new idea of life that brings out new methods and more perfected results, and we have the power to use it to enrich our lives. We can do all these things only as we have found the law and worked out the understanding of the law, which God seemed to have written in riddles in the past.

Of course, Dr. Murphy wasn't the only minister to preach this positive message. Several churches, whose ministers and congregants were influenced by the New Thought movement, were founded and developed in the decades following World War II. The Church of Religious Science, the Unity Church, and similar places of worship preach philosophies similar to this. Dr. Murphy named his organization The Church of Divine Science. He often shared platforms, conducted joint programs with his similar-thinking colleagues, and trained other men and women to join their ministry.

Over the years, other churches joined with him in developing an organization called the Federation of Divine Science, which acts as an umbrella for all Divine Science churches. Each of the Divine Science church leaders continues to push for more education, and Dr. Murphy was one of the leaders to support the creation of the Divine Science School in St. Louis, Missouri, to train new ministers and provide ongoing educational education for both ministers and congregants.

The annual meeting of the Divine Science ministers was a must to attend, and Dr. Murphy was a featured speaker at them. He encouraged the participants to study and continue to learn, particularly about the importance of the subconscious mind.

Over the next few years, Murphy's local Church of Divine Science grew so large that his building was too small to hold them. He rented The Wilshire Ebell Theater, a former movie theater. His services were so well attended that even this venue could not always accommodate all who wished to attend. Classes conducted by Dr. Murphy and his staff supplemented his Sunday services that were attended by 1,300 to 1,500 people. These were supplemented by seminars and lectures that were held most days and evenings. The church

remained at the Wilshire Ebell Theater in Los Angeles until 1976, when it moved to a new location in Laguna Hills, California, near a retirement community.

To reach the vast numbers of people who wanted to hear his message, Dr. Murphy created a weekly radio talk show, which eventually reached an audience of over a million listeners.

Many of his followers wanted more than just summaries and suggested that he tape his lectures and radio programs. He was at first reluctant to do so, but agreed to experiment. His radio programs were recorded on extra-large 78rpm discs, a common practice at that time. He had six cassettes made from one of these discs and placed them on the information table in the lobby of the Wilshire Ebell Theater. They sold out the first hour. This started a new venture. His tapes of his lectures explaining biblical texts, and providing meditations and prayers for his listeners were not only sold in his church, but in other churches, bookstores, and via the mail.

As the church grew, Dr. Murphy added a staff of professional and administrative personnel to assist him in the many programs in which he was involved and in researching and preparing his first books. One of the most effective members of his staff was his administrative secretary, Dr. Jean Wright. The working relationship developed into a romance, and they were married—a lifelong partnership that enriched both of their lives.

At this time (the 1950s), there were very few major publishers of spiritually inspired material. The Murphys located some small publishers in the Los Angeles area, and with them produced a series of small books (often 30 to 50 pages printed in pamphlet form) that were sold, mostly in churches, from \$1.50 to \$3.00 per book. When the orders for these books increased to the point where they required second and third printings, major publishers recognized that there was a market for such books and added them to their catalogs.

Dr. Murphy became well known outside of the Los Angeles area as a result of his books, tapes, and radio broadcasts and was invited to lecture all over the country. He did not limit his lectures to religious matters, but spoke on the historical values of life, the art of wholesome living, and on the teachings of great philosophers—both from the Western and Oriental cultures.

As Dr. Murphy never learned to drive, he had to arrange for somebody to drive him to the various places where he was invited to lecture and other places in his very busy schedule. One of Jean's functions as his administrative secretary and later as his wife was to plan his assignments, arrange for trains or flights, airport pickups, hotel accommodations, and all the other details of the trips.

The Murphys traveled frequently to many countries around the world. One of his favorite working vacations was to hold seminars on cruise ships. These trips were for a week or more and would take him to many countries around the world.

One of Dr. Murphy's most rewarding activities was speaking to the inmates at many prisons. Many ex-convicts wrote him over the years, telling him how his words had truly turned their lives around and inspired them to live spiritual and meaningful lives.

He toured the United States and many countries in Europe and Asia. In his lectures, he emphasized the importance of understanding the power of the subconscious mind and the life principles based on belief in the one God, the "I AM."

Dr. Murphy's pamphlet-sized books were so popular that he began to expand them into more detailed and longer works. His wife gave us some insight into his manner and method of

writing. She reported that he wrote his manuscripts on a tablet and pressed so hard on his pencil or pen that you could read the page by the imprint on the next page. He seemed to be in a trance while writing. His writing style was to remain in his office for four to six hours without disturbance until he stopped and said that was enough for the day. Each day was the same. He never went back into the office again until the next morning to finish what he'd started. He took no food or drink while he was working, He was just alone with his thoughts and his huge library of books, to which he referred from time to time. His wife sheltered him from visitors and calls and kept things moving for church business and other activities.

Dr. Murphy was always looking for a simple way to discuss the issues and to elaborate points that would explain in detail how it affects the individual. He chose some of his lectures to present on cassettes, records, or CDs, as the technologies developed and new methods entered the audio field.

His entire work of CDs and cassettes are tools that can be used for most problems that individuals encounter in life, and have been time-tested to accomplish the goals as intended. His basic theme is that the solution to problems lies within oneself. Outside elements cannot change one's thinking. That is, your mind is your own. To live a better life, it's your mind not outside circumstances that you must change. You create your own destiny. The power of change is in your mind, and by using the power of your subconscious mind, you can make those changes for the better.

Dr. Murphy wrote more than 30 books. His most famous work, *The Power of the Unconscious Mind*, which was first published in 1963, became an immediate bestseller. It was acclaimed as one of the best self-help guides ever written. Millions of copies have been sold and continue to be sold all over the world.

Among some of his other best-selling books were *Telepsychics—The Magic Power of Perfect Living*, *The Amazing Laws of Cosmic Mind*, *Secrets of the I-Ching*, *The Miracle of Mind Dynamics*, *Your Infinite Power to Be Rich*, and *The Cosmic Power Within You*.

Dr. Murphy died in December 1981, and his wife, Dr. Jean Murphy, continued his ministry after his death. In a lecture she gave in 1986, quoting her late husband, she reiterated his philosophy:

I want to teach men and women of their Divine Origin, and the powers regnant within them. I want to inform that this power is within and that they are their own saviors and capable of achieving their own salvation. This is the message of the Bible and nine-tenths of our confusion today is due to wrongful, literal interpretation of the life-transforming truths offered in it. I want to reach the majority, the man on the street, the woman overburdened with duty and suppression of her talents and abilities. I want to help others at every stage or level of consciousness to learn of the wonders within.

She said of her husband: "He was a practical mystic, possessed by the intellect of a scholar, the mind of a successful executive, the heart of the poet. His message summed up was: "You are the king, the ruler of your world for you are one with God."

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