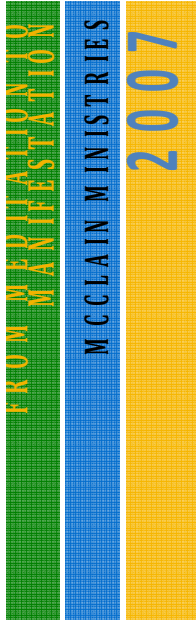


## Chapter Twenty-one

### THE TRUTH ABOUT AGEING AND HEALTH



Of all of the "fears" of humans, the three that must rank at or near the top are "death", "ageing" and "health".

We have discussed the transition known as "death" many time before, and doubtless will do so again, so we will not discuss this in depth now.

But what of those perpetual fears of "ageing" and "ill health"?

The truth is that people only "age" because they "think" they must "age", and people only become unhealthy due to "unhealthy thoughts".

As I have said time and again and will continue to say - there is only one fundamental Principle in this entire Universe - Mind, which, in our physical human form we experience in three spheres of activity - Conscious, Subconscious and Universal.

People are programmed from a very young age that as they must grow "old", teeth fall out, hair falls out in the case of men, and becomes grey in color, skin wrinkles, and then as they "retire" from "work" after 45 or 50 years of "labor", they must be put out to pasture, become "senile" and live out their days as a burden to family and society until the welcome release of "death" finally puts them out of their "misery".

This makes humans little more than beasts of burden, "working" only for food, shelter and clothes that they must work more, while tolerating the effects of "age" and "ill health" that often arises from this way of "living".

The truth is that God has no concept of "death" and "decay" - only "Life" and "Growth" as well as infinite abundance - all for the asking and realization.

All "death" and "decay" as well as "un-health" that are experienced, have all been impressed upon and brought in to reality by the Subconscious Mind.

Consider this fact which is widely accepted by science:

Our human body is totally and completely rebuilt every few years - every single cell is replaced. Every few years therefore we have a brand new body. Some parts are replaced continuously, some may take days or weeks, others years, but after a few years our body is not the one we lived in a few years previously. We experience renewed body parts daily – all we have to do is claim them.

So how then do people retain diseases for years and grow "old".

The reason is very simple - because the same unhealthy thoughts and focus on the same ailment have been impressed upon the Subconscious Mind since the disease first manifested, and the Subconscious Mind is simply faithfully reproducing that model as part of the "blueprint" the Subconscious Mind is using to build and maintain the body.

If someone experiences "cancer" for example, which might have originated from stress or other Energy influence, they think about their "disease" constantly, go to the "doctors", undergo "chemotherapy" etc. if necessary - all actions that reinforce the reality of the cancer upon the Subconscious Mind of the afflicted person. So when the part of the body with the cancer is rebuilt by the Subconscious Mind as part of its ongoing task, using the blueprint the person has provided - the Subconscious Mind faithfully builds back the cancer that the

person continues to "believe" they have in to their body, and thus their disease become self-perpetuating.

The only difference between "age" and "eternal youth" is that the latter always knows that they are part of God and looks forward to something better, while the former believes that they are under the "control" of external forces and dwells upon their "lost" youth while waiting for "age" to take its toll. In both cases these expectations are impressed upon the Subconscious Mind, and faithfully brought to pass, in accordance with the **Thought Forms** impressed upon the Subconscious Mind which it uses as its blueprint.

One of the most feared of all diseases is "cancer" but yet this is also one of the easiest to heal. God "imaged" each and every one of us in His own image. God knows only perfection, so when God imaged us the image of us was perfect. So all we have to do in order to heal ourselves of absolute ANY disease is to realize that perfection, in other words to impress upon our Subconscious Mind to rebuild our body during the natural renewal process in that same perfection. We do this by consciously creating new **Thought Forms** which the Subconscious Mind will then use as its new blueprint.

In the case of cancer - if we impress our perfection in the image of God upon our Subconscious Mind, the Subconscious Mind will cut-off the blood, nerves and other processes that "feed the cancer" and the cancer will wither and die - it must - by Principle and the doctors will talk of "miracles".

Almost any cancer can be removed from the body in weeks or months at the very most, because just as the cancer tissue developed very quickly it can likewise wither and die very quickly, especially as cancer tissue is relatively soft and relies on a constant supply of nutrients from the blood and other processes to perpetuate.

There have been numerous cases in the past of people being born with crippling deformities or other "disabilities" due to pre-natal "damage", for example due to the mother smoking tobacco, or drinking alcohol", or during the process of birth, but have grown up to be "perfect" humans in every way, simply because they refused to accept their lack of perfection, and imagined themselves only to be made in the perfect in the image of God.

Many well known people were weak, incapable or anemic as children, Roosevelt for example, and yet grew up to be great men and women.

If you go to the doctors with an ailment to get some "medicine", you are saying to your Subconscious Mind - "you take a rest - I have more faith in this concoction of chemicals to do the work". And the Subconscious Mind will duly oblige. And further - the more you trust doctors and "medicines, the more the Subconscious Mind will effectively say "fine – have it your own way".

Consider then the Wisdom of Solomon

**"Seek not death in the error of your life: and pull not upon yourselves destruction with the works of your hands. For God made not death: neither hath he pleasure in the destruction of the living For he created all things, that they might have their being: and the generations of the world were healthful; and there is no poison of destruction in them, nor the kingdom of death upon the earth: (For righteousness is immortal:) But ungodly men with their works and words called it to them: for when they thought to have it their friend, they consumed to nought, and made a covenant with it, because they are worthy to take part with it." Book of Solomon 1:12-16**

Here Solomon is saying that God did not create "death" or derives pleasure from the destruction of the living - humans do

all that for themselves by the freewill and powers of creation conferred upon us by our Creator.

But "ungodly men" and of course women, failing to realize the perfection of God within, have wrought disease, decay and death upon themselves.

So if you want to know the true secret of maintaining perfect age and health here it is:

**"So God created man in his own image, in the image of God created he him; male and female created he them ." Genesis 1:27**

All any of us have to do therefore is to maintain that perfect image that God holds for each and every one of us in order to remain perpetually healthy, and of an ideal "appearance", always keeping in Mind that "time" does not exist and therefore "age" does not exist. We are eternal beings

What does this mean in practical terms?

Just before sleep each night, take time to realize God within. Feel the Energy and Unconditional Love of God flowing through you and know that you are a Divine channel through which God expresses and experiences.

Maintain that feeling and knowing of God-Energy flowing through you for a few minutes, and know that as a co-creator of the Universe, you have unlimited powers of creation and feel that gratitude.

Next use every power of your imagination to "see" yourself in the most perfect radiant health. Visualize yourself in glowing health, and see and hear people commenting on how well you look, how radiant you seem and how much Energy you have - and know it to be so, NOW!

**Now feel how glowing with health you are. Feel the health radiating through you and around you, knowing, beyond any doubt that your body is perfect in every way, just as God "imaged" after God's own perfection.**

**As you drift of to sleep, hold this image in your Mind.**

**During the day, never allow an unhealthy thought to enter your Mind. Never think of the inevitability of "ageing".**

**If you do look in the mirror, only see an image of perfection reflected back at you.**

**If you see unhealthy people around you, people who are coughing or sneezing, or complaining about their health, simply reinforce the truth of your own perfection in your Mind in the joyous knowledge that it is true Now.**

**Act, healthy, think, health and Be healthy.**

**If you see "anti-ageing" products on TV, or in stores etc., know that it is a part of another cabal designed to appeal the Ego, vanity, and fears about your appearance as you "age", and know, beyond doubt that you can be as young and healthy as you Think you Are.**

**Remember the Wisdom of Solomon:**

**"God made not death: neither hath he pleasure in the destruction of the living For he created all things, that they might have their being: and the generations of the world were healthful"**