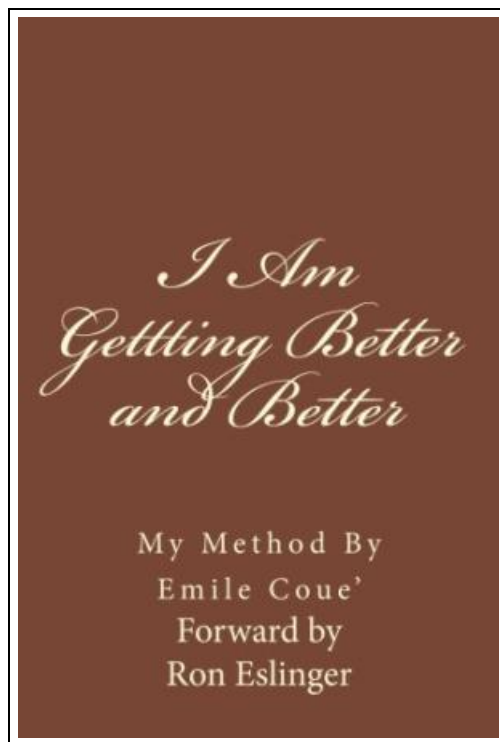


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Auto-suggestion is disconcerting in its simplicity. To the uninitiated, auto-suggestion or self-mastery is likely to appear disconcerting in its simplicity. But does not every discovery, every invention, seem simple and ordinary once it has become vulgarized and the details or mechanism of it known to the man in the street? Think of all the forces of the Universe ready to serve us. Yet centuries elapsed before man penetrated their secret and discovered the means of utilizing them. It is the same in the domain of thought and mind: we have at our service forces of transcendent value of which we are either completely ignorant or else only vaguely conscious. Power of auto-suggestion known in the Middle Ages. The power of thought, of idea, is incommensurable, is immeasurable. The world is dominated by thought. The human being individually is also entirely governed by his own thoughts, good or bad. The powerful action of the mind over the body, which explains the effects of suggestion, was well known to the great thinkers of the Middle Ages, whose vigorous intelligence embraced the sum of human knowledge. Every idea conceived by the mind, says Saint Thomas, is an order which the organism obeys. It can also, he adds, engender a disease or cure it. The efficaciousness of auto-suggestion could not be more plainly stated. Pythagoras and Aristotle taught auto-suggestion. We know, indeed, that the whole human organism is governed by the nervous system, the centre of which is the brain the seat of thought. In other words, the brain, or mind, controls every cell, every organ, and every function of the body. That being so, is it not clear that by means of thought we are...



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