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THOUGHT CONDITIONERS

Gift Edition - By Norman Vincent Peale

40 Life-changing Bible Passages

A MESSAGE TO THE READER

Change your thoughts and you can change anything. The world in which you live is not determined by outward circumstances nearly so much as by the thoughts which habitually occupy your mind. Even as air conditioners keep the atmosphere of a room fresh and healthy, so THOUGHT CONDITIONERS will give clarity and power to your thoughts, peace to your mind, health to your body, and vitality to your life.

Through many years of working with people I have discovered that the most vital, creative and positive thoughts are those stated in the Bible. Its words are alive. The Bible itself states what its spiritual words will do. "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you."

This means simply that if you fill your mind with spiritual words so that they sink from your conscious to your unconscious mind by a process of spiritual osmosis, you will so condition your personality with spiritual power and sensitivity that God's will can operate in you, and every great value of this life, the ones that really matter, shall be yours. The words of the Bible are powerful THOUGHT CONDITIONERS. They are capable of revolutionizing the entire personality.

HOW TO USE THOUGHT CONDITIONERS IN YOUR LIFE

1. First, read this booklet through quickly at one reading to get the all-over impact of forty of the greatest gems of thought ever spoken.

2. Then start at the beginning and memorize one verse a day. Meditate upon the brief message given with each. Definitely practice the simple techniques suggested.

3. It may be that one or two or more of these will have a particularly strong effect upon you. In that case...put it in your pocket, under the glass of your desk, or on your dressing table so that you can see it every day and thus it can become your combination thought.

This gift edition of THOUGHT CONDITIONERS...is published by the Foundation for Christian Living which sends spiritual literature each month....

My prayer is that these THOUGHT CONDITIONERS will add to the strength and usefulness of your life.

(Signed)
Norman Vincent Peale

THOUGHT CONDITIONERS

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27

Without a deep inner state of quietness, one becomes prey to tension, worry, and ill health. A song, a sunset, moonlight, the sea washing on a sandy shore, these administer a healing balm. But they lack power to penetrate the inner recesses of the soul.

A profound depth therapy is required to attain healing quietness. Habitual repetition of this one text will, in time, permeate your personality with a complete sense of peace.

When tense or restless sit quietly and allow these words to pass unhindered through your thoughts. Conceive of them as spreading a healing balm throughout your mind.

"The things which are impossible with men are possible with God." Luke 18:27

This text shows how to do an "impossible" thing. Size up your problem, pray about it, do all you can about it. If it seems impossible, don't give up, but affirm, "The things which are impossible with men are possible with God."

Keep relaxed. Don't worry. Avoid getting panicky. Never think, "this can't be done." Declare, "it can be done, it is being done because God is doing it through me." Affirm that the process is in operation. The final outcome may not be entirely what you now desire. But, handled in this manner, the solution will be what God wants it to be.

"Renew a right spirit within me." Psalm 51:10

Here is a fragment of a verse which will bring your friends,

health, happiness, and success. It can improve your disposition.

The word disposition refers to the matter in which you are disposed to react to situations and people. If your automatic emotional reaction is irritable, crabby, selfish, haughty, it impairs or even destroys your relationships.

The quality of your disposition depends upon your inner spirit. This thought conditioner, by the use of the word "renew," implies that when you were created you had a good disposition.

If you have allowed it to deteriorate, Almighty God, who created you, can recreate and renew in you the fine balance, the controlled spirit. He can restore that vital factor in a good disposition, inner quiet control. Let no day pass after today that you do not say many times, "Renew a right spirit within me."

4 "Come unto Me, all ye that labor and are heavy laden, and I will give you rest." Matthew 11: 28

Perhaps the strain and burden of life have made you tired. If so, maybe you are carrying life too heavily.

Primarily we do not get tired in our muscles but in our mind. We develop that "I'm swamped" feeling.

Allow this text to dissolve in your thoughts as a kind of spiritual lozenge. As you turn to Jesus in your thoughts He will give your rest. And how does He do that? One way is by showing you how to work.

5 "Learn of Me," He says. In other words, work by My method. "My yoke is easy, and My burden is light." That is to say, easy does it. Don't strain, don't tug, relax. Do one job at a time using the light touch, the easy stroke. X

"What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark 11:24

To pray successfully you must employ affirmation and visualization. Form a picture in your mind, not of lack or denial or frustration or illness, but of prosperity, abundance, attainment, health. Always remember you will receive as a result of your prayer exactly what you think, not what you say. If you pray for achievement but think defeat, your words are idle because your heart has already accepted defeat.

Therefore practice believing that even as you pray you are receiving God's boundless blessings and they will come to you.

(To be continued in the next issue)

NEWS BRIEFS

Portland, Oregon

Maxine Adamson

On November 23rd-24th Dianne Pitts and Galen Brooks from Seattle visited the Portland Chapel. All of us enjoyed the time and fellowship we had together.

Vernon Pearson and I drove down to California for Thanksgiving to visit the Oakland family. We left early Wednesday morning (Nov. 23rd) and arrived Wednesday evening. I visited with my father in Placerville one of the days we were in California. Mrs. Kim cooked a very delicious Thanksgiving dinner (traditional American style, too!) which everyone enjoyed.

We were privileged to meet Sook-Hee Kim and Jung-Ja Kim. Jung-Ja is a nurse who recently came to America after spending some time in Germany. Both girls will be an asset in our Principle work in America.

Late Friday morning Vernon and I went with the Oakland family to San Francisco to visit the Japanese family. They were having a training session which we observed for awhile; then, after meeting some of the newer members Vernon and I drove to Fisherman's Wharf with Joon-Soo as our guide.

After finally finding a parking space we walked around for awhile. We decided that there really wasn't much a person could do at Fisherman's Wharf without a lot of time and money, so we returned to the San Francisco church earlier than had been expected.

We had the opportunity to talk to some of the older members that had not been there earlier in the day. The evening we spent there was very enjoyable and enriching.

Saturday evening Joon Soo gave a lecture in the Oakland chapel, and then everyone sang to the accompaniment of Gerald and his guitar. All too soon it was time for the return trip to Portland. There was much gained spiritually and the time spent with the Oakland family was enjoyable. We are hopeful that they can visit Portland before too long!

Dianne Pitts was here on December 14 and 15 with some paint and brushes and a willingness to work. The chapel is gradually getting repainted.

The Man Who Feared Santa Claus

by William J. Bryan, Jr., M.D.

Executive Director

of the American Institute of Hypnosis

It was just before Christmas. Outside, shoppers crowded the street, and bells jiggled merrily--but the young man consulting me had the haunted look of a man pursued by a demon.

"Doctor, I feel depressed," He told me. "When I walk down the streets, I feel that something terrible is going to happen to me."

"Is this the first time you've felt this?" I asked.

"No," he replied. "I've felt it before. Just about a year ago. I felt bad the year before that, too, just about this time."

As a Los Angeles physician specializing in medical hypnosis, I had encountered patients before with seasonal psychoneurotic problems, particularly involving Christmas. Of course, many of us feel "the blues" during certain holidays, but the patients I refer to approach a psychotic state.

Now before me was a 23-year-old man who lived a normal life most of the time. Yet once a year a vague fear grew in him until even the thought of going outside his home became unbearable. As we talked, we both came to realize that this bad time for him always came at Christmas.

"Well, why not?" the patient said, trying to sound offhand. "Everywhere you look there's some guy wearing a silly costume and ringing a darn bell. Everybody gets depressed at Christmas--you certainly know that."

"Everybody doesn't get depressed at Christmas," I told him. But the more the young man talked, the more he tried to pass off the fears and return to the idea "that everyone gets depressed at Christmas. Those darn bell ringers at every corner..."

It was here that his fears seemed concentrated--in good-natured, jolly Santa Claus.

The patient agreed to let me put him under hypno-analysis. Somewhere in his childhood was the answer to the idea that Santa was a harmful ogre.

Under hypnosis, he began recalling vivid incidents of his childhood. He was five years old now, and it was Christmas Day. He relived the sense of anticipation that day and heard himself summoned into the living room.

The boy ran into the room. A giant figure in scarlet loomed before him, his face masked in a great white beard. The figure roared with laughter and reached out to grab the boy. Terrified, the child turned and ran. He tripped, hitting his head on the floor. He saw a trickle of blood--the same color as the giant's clothing.

The giant, of course, was the boy's father, a rough-and-ready type, who had dressed up to please his son.

Another incident flowed from the hypnotized patient. It was some days before Christmas of the same year. His family had taken him to a department store to visit Santa for the first time. The store was crowded, and the boy stumbled over a toy. He fell, cutting his scalp, and he was bleeding. Looking up into a blurry circle of strange faces, peering at him, he saw a beet-red face with a profuse growth of white hair. The strange man dressed in blood red was the department store Santa.

As the boy grew, he consciously forgot the earlier association of Santa with traumatic experience. But his subconscious did not. For 18 years, it never failed to nag him at Christmas.

His was a childish fear, easily coped with now by an adult who understood its basis. As a result, he enjoyed Christmas for the first time in years.

(Source: Family Weekly, December 8, 1968)

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest is you must, but never quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out,
Don't give up, though the pace seems slow--
You may succeed with another blow.

Often the goal is nearer than
It seems to a faint, faltering man--
Often the struggler has given up
When he might have captured the victor's cup.
And he learned too late, when the night slipped down
How close he was to the golden crown.

Success is failure turned inside out--
The silver tint of the cloud of doubt.
And you can never tell how close you are:
It may be nearer when it seems afar;
So stick to the fight when you're hardest hit--
It's when things seem worst that you musn't quit.

--Anonymous.