



NATURAL HEALING THROUGH THE LAWS OF HEALTH

“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

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THE 10 LAWS OF THE MIND

It is the duty of every person, for his own sake and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. (MH p. 128 (1905 / 1MCP p. 3.2)

All...should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed. (MH p. 128)

LAW OF THE MIND (1)

It is a law of the mind that it will narrow or expand to the dimension of the thing with which it becomes familiar. (1MCP p. 241)

The mental powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.-- (2MCP 417.5)

If occupied with commonplace matters only, it will become dwarfed and enfeebled. If never required to grapple with difficult problems, it will after a time almost lose the power of growth.

In the Word of God the mind finds subject for the deepest thought, the loftiest aspiration.

In the reverent contemplation of the truths presented in His Word, the mind of the student is brought into communion with the infinite mind. Such a study will not only refine and ennoble the character, but it cannot fail to expand and invigorate the mental powers.—*Patriarchs and Prophets*, 596-599 (1890).



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LAW OF THE MIND (2)

God designs that man shall not decide from impulse but from weight of evidence. (2MCP p. 417.3)

It is not the plan of God to compel men to yield their wicked unbelief. Before them are light and darkness, truth and error. It is for them to decide which to accept. The human mind is endowed with power to discriminate between right and wrong. (1BC 1120.5)

LAW OF THE MIND (3)

It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. (1MCP p. 242)

While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have—the great mercy and love of God—we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God...

...Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.—MH p. 251-253

LAW OF THE MIND (4)

It is an important law of the mind that when a desired object is so firmly denied as to remove all hope, the mind will soon cease to long for it and will be occupied in other pursuits. But as long as there is any hope of gaining the desired object, an effort will be made to obtain it. (2MCP p. 119.1)

Great harm is done by a lack of firmness and decision. I have known parents to say, You cannot have this or that, and then relent, thinking that they may be too



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strict, and give the child the very thing they at first refused. A lifelong injury is thus inflicted.

LAW OF THE MIND (5)

The consciousness of right-doing is the best medicine for diseased bodies and minds. (1T p. 502)

Isaiah 58:8 ...and thine health shall spring forth speedily....

The special blessing of God resting upon the receiver is health and strength. A person whose mind is quiet and satisfied in God is in the pathway to health. (Christian Temperance and Bible Hygiene, pp. 160-162)

To have the consciousness that the eye of the Lord is upon us and that His ear is open to our prayers is a satisfaction indeed. To know that we have a never-failing friend to whom we can confide all the secrets of the soul is a happiness which words can never express.-- (CH p. 628.)

LAW OF THE MIND (6)

Idleness weakens brain power. (2MCP p. 383.1)

The reason the youth have so little strength of brain and muscle is because they do so little in the line of useful labor. "Behold, this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy. And they were haughty, and committed abomination before Me: therefore I took them away as I saw good" (Ezekiel 16:49, 50).--4T p. 96 (1876)



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LAW OF THE MIND (7)

Irregular hours for eating and sleeping sap the brain forces. (2MCP p. 388.1)

The mental powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.-- (2MCP 417.5)

LAW OF THE MIND (8)

Let the will be kept awake and rightly directed, and it will impart energy to the whole being and will be a wonderful aid in the maintenance of health. (MH p. 246.1)

The power of the will is not valued as it should be... It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination and be a potent means of resisting and overcoming disease of both mind and body. By the exercise of the will power in placing themselves in right relation to life, patients can do much to co-operate with the physician's efforts for their recovery. There are thousands who can recover health if they will.

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LAW OF THE MIND (9)

Disciplined Minds Have Increased Powers of Retention.--Habits of negligence should be resolutely overcome. Many think it a sufficient excuse for the grossest errors to plead forgetfulness. But do they not, as well as others, possess intellectual faculties? Then they should discipline their minds to be retentive. It is a sin to forget, a sin to be negligent. If you form a habit of negligence, you may neglect your own soul's salvation and at last find that you are unready for the kingdom of God.--(2MCP p.417.4)

They should discipline their minds to be retentive. (1MCP p. 241)

LAW OF THE MIND (10)

Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat. (MH p. 128.3)

Pure healthful reading will be to the mind what healthful food is to the body. You will thus become stronger to resist temptation, to form right habits, and to act upon right principles.—*The Review and Herald*, December 26, 1882. (*Sons and Daughters of God*, 178.)

Guard the Avenues of the Soul.—We have a work to do to resist temptation. Those who would not fall a prey to Satan's devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts.



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The mind should not be left to wander at random upon every subject that the adversary of souls may suggest. (1MCP p. 113)

"They which run in a race run all, but one receiveth the prize." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these principles in the details of life is too often looked upon as unimportant --a matter too trivial to demand attention.

But in view of the issues at stake, nothing with which we have to do is small. Every act casts its weight into the scale that determines life's victory or defeat. The scripture bids us, "So run, that ye may obtain." Verse 24. (MH p. 129.1)

CONCLUSION

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our character may be developed in to the likeness of Christ." (Steps to Christ, p. 68)

For further guidance, read the Chapter on Mind Cure in the book Ministry of Healing.

**PLEASE COMBINE THIS SHEET WITH THE FACT SHEET
TO GET THE BEST RESULT.**

For further information, please visit our website at www.nhtlh.com
or call us at the above number.