

THE WAY TO HEALTH, HARMONY, AND JOY

Introduction

What is termed 'Science of Thought' is based on the ancient truth that an interior harmony and order exists, that it is ever present, and that it is the eternal, unchanging reality. It follows that the disorders of life are due to a departure from this inherent harmony and order. Life is governed by certain laws which, if obeyed, bring forth health, wholeness, joy, and sufficiency of all good.

It is natural for life to be harmonious, orderly, and beautiful. We do not have to create these states by huge effort; they are the natural order of things, which will manifest as soon as we cease to distort life. We can distort a tennis ball by squeezing it, but as soon as we let it go it flies back to its original round shape, simply because that is its natural form. We do not have to make the ball round; all that we must do is to leave off distorting it.

It is the same with life: as soon as we leave off distorting it, it manifests its inherent order, beauty, and perfection.

The Idea Behind Life is Harmony



The original idea underlying our life is order, beauty, and harmony. All the discord of life, such as sickness, disease, poverty, and other negative ills, is due to a departure from the inherent and fundamental order and harmony, which are always present.

While in the external world of the senses we see many imperfections, yet, interiorly, there is ever present a hidden order and harmony. When a storm rages over an ocean, huge waves are lashed to fury. But this disturbance is only on the surface, a few yards lower down the sea is quite calm and undisturbed.

It is the same with life. If we go below the surface, we find an inner calm and a perfect order and harmony.

An Interior Harmony

Wise thinkers have always spoken of an interior *world of reality*. It is not a new idea by any means, although it may be new to the one who reads these words. Information on these matters does not come to us until we are ready to receive it. It is one thing, however, to know about an inner centre of harmony and order, and quite another thing to contact it, and bring our life into correspondence with it.

What these wise thinkers have not always said, however, is the centre of harmony is within us. They have not always told us that it is within ourselves that this realm of harmony and perfection exists. Nearly two thousand years ago Jesus said that the kingdom of order and harmony is within us.

If we discover the centre in us all, where truth abides in fullness, then we find that we are related to a universal interior harmony and order which underlies the world of appearance.



THE WAY TO HEALTH, HARMONY, AND JOY

Thinking in Harmony with Truth

Everything in our life is the result of thought, either conscious or subconscious. Mind is creative – thought rules the world. If the whole of our thought-life were to correspond with truth then our outward life would be orderly, harmonious, and perfect.

Therefore, Science of Thought teaches right thinking, i.e., thinking in harmony with truth. It is the intention of life that we should be happy, joyous, healthy, and truly prosperous and successful. This doesn't mean worldly success through a ruthless disregard of other people, but a life filled with blessing and harmony, order and the highest good. For instance, there are things so precious that no wealth can buy them. Happiness, peace, harmony, joy, beauty, order, love – these become ours, and greatly improved health, but no wealth can purchase them; they come because of living and thinking in harmony with the laws of our being.



Life is Friendly

One of the most difficult things to accept is that life is friendly towards us. Some might think that it's fine for us to make this statement, because our lives are harmonious, orderly, and filled with all possible good. They may think that it is easy for us to speak in this way because of our harmonious lives, but that if we had to live their life, we should sing a different tune. They may think, and even say, that if we were driven from pillar to post as they are, or if our lives were filled with discord, disappointment, enmity, failure, disease, ill-health, and other negative ills, as theirs are, that we would confess that life is far from being friendly, but rather the reverse.

Yet what we say is true. Life desires that your life should be just as harmonious and blessed as that of those who strive to live in harmony. It is the divine intention that your life should be filled with harmony, order, blessing and every possible good. That's not to say that your life should be dull and easy, without any experiences or difficulties, but that you should become victorious in every situation that arises.



Not Ease, But Strength

The object of this teaching is not to promise easy things, but to make people strong. To quote Phillips Brooks: "We do not pray for easier lives; we pray to be stronger men; we do not pray for tasks equal to our powers, but for powers equal to our tasks."

What we teach is how to live a life of power and overcoming. No such thing as an inferiority complex can exist when it is followed. Instead of hanging back, we go forward; instead of trying to avoid life's disciplines, we co-operate with them.

All this may seem to be impossible to many readers. They may say that they know what they ought to do, but that they find it impossible to do it. Science of Thought shows how the impossible can be achieved through the application

THE WAY TO HEALTH, HARMONY, AND JOY

Not Ease, But Strength (Contd.)

of right thinking (power of thought), through control of the emotions, and through calling upon the infinite powers which support the universe.

We teach no selfish dominance over others, but a loving co-operation with life and those around us. Just as nature can be overcome only by obeying its laws, so also, we can be victorious in life only through co-operating with its experiences and accepting its challenge.

Self-Created Trouble

People make their life difficult for themselves through ignorance of the laws which govern their being, through a wrong use of their imagination, through wrong thinking and wrong emotions, through wrong desires, and through focusing their powers and attentions upon wrong things. Harmony is brought into our life in place of discord when it is lived according to the laws of being, and when our thoughts and emotions are brought under control and the attention fixed upon a worthy goal.

All this may seem to be too difficult to most people, but it is not difficult, really. It is not difficult because we can call upon an infinite power, and an infinite intelligence, whenever we want. It is not *us* who do these wonderful things, but the infinite power and an infinite intelligence working through us and our circumstances.



More and Better Work, Without Fatigue

The average man cuts himself off from his source and is like a battery that is almost run down. He does his work with difficulty, and at the end of the day he is fatigued. Also, he has nothing to look forward to but a repetition of the same monotony.

One who knows what's true, and lives it, is like a battery that is recharged daily. He does his work without effort, and at the end of the day is not fatigued. Also, he receives ideas into his consciousness which, if followed, may greatly improve his prospects.

In addition to all this, everyday life becomes more harmonious and splendid. Instead of being buffeted about by life from pillar to post, life remains in a state of calm. Instead of life being filled with disorder, living in a state of orderliness and completeness becomes the norm.



***Source:** *Based on Simple Talks on Science of Thought No. 1*