

ABIDING IN PERFECT HEALTH



“Health is harmony – a delicate balance and adjustment between spirit, soul and body. This harmony is dependent entirely upon the greater harmony between ourselves and God. So long as there is conflict of will: so long as there is hate or resentment: so long as there is selfishness, or while there is fear, this harmony cannot exist”.

HT Hamblin

“Within You is the Power”, chapter vi, page 50

Introduction

Health is inherent. It is as natural to be healthy as it is to breathe. We cannot become perpetually healthy by mental strain and effort, but only by abiding, or resting comfortably, in the health and wholeness that are inherent. A good start is to declare with vehemence and conviction: “I can be well, and I will be well.”

The will to be well

Instead of giving in to ill-health, a beginner can exercise their “will to be well”. This of course is a move in the right direction. Later on, they may gain more confidence and affirm: “I am health”. The subconscious mind may object to the affirmation, and the beginner may suffer from what is called reversed suggestion. Such setbacks make the determined beginner search all the more earnestly for the Truth.

A restful attitude

After many wanderings and searching the beginner realises that the strivings, effort and willpower which have served them, up to a point, are no longer necessary. Their willpower and positiveness have grown to such an extent that what they now need is more understanding and wisdom. The individual now needs to cultivate a restful attitude to allow the Divine Health and Wholeness to manifest in them. Rather than affirming “I am health”, the person realises that they are a channel of the divine life, health, wholeness and power.

Life is perfect

Now the life of God which we are privileged to express is perfect, whole, complete. Like everything that emanates from God, it is an expression of the divine order. While it is true that the finite mind cannot visualise the divine perfection, yet it is possible to form some sort of mental concept of divine order by imagining, as well as possible, a condition the very reverse of human disorder. We can form an idea of a perfectly whole, healthy, youthful, beautiful human in the mind.

A conception of a perfect human

When we have done our best in this direction, we must admit that our conception falls as far short of the perfection of the divine wholeness as the crawling of a snail falls short of the speed of a racehorse. But we have, by so doing, raised our thoughts to a higher plane, in the direction of that Perfection which is infinite and which God desires to express through us.

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In a previous talk we spoke of an inner world or realm of perfect ideation. This is the creation of God. It is at once the Logos and the Creation of the Logos.

The world of ideation

In this wonderful world of ideation, we have a part. We are each an idea in the mind of God; thought of in love before the foundations of the world were laid. In this world of perfect ideas, we are perfectly whole. When God thought us into being, it was with the thought of us as perfect. We can become whole only to the extent that we get back to God's beautiful idea concerning us.

Yet how far some of us have fallen from the divine idea concerning us!

Falling short

The history of so many families is a never-ending circle of disease, sickness, ill-health, illnesses, doctors, surgeons, consultations, operations, nursing-homes, hospitals, nurses, and so on. What a picture we could draw of this sad and seamy side of life, but we refrain. No sooner is one trouble overcome than another appears. It seems useless to fight against such troubles, and this is perfectly true, for by fighting the afflictions we do not remove the cause, but only change the form. Yet this state of affairs is not inevitable. While it is true that so long as we live in a low, negative plane of thought, negative ills will continue to assail us, it is equally true that if we rise to a higher plane of thought and think thoughts of health, wholeness, perfection and infinite good – then we become free, once and for all, from the miserable circle of negative evils which otherwise could never be overcome.

How then can we get back?

By raising our thoughts to the inner and higher realm of perfection, allowing the real idea of God concerning us to manifest. Simple! But not easy. Yet it is gloriously possible. It needs perseverance, persistence, staying power, in order to attain. It may need many metaphysical arguments, or much prayer, or meditation, in order to lift the consciousness out of its inherited sense-bound ideas of disease, sickness, infection, ill-health, and so on, to God's idea concerning us, but it can be done.

Starting out on the path of victory

When once we have mastered the art of lifting our thoughts away from our limitations to the Christ-realm of perfect ideation, we have started out on the path of victory. We then possess the key which opens the door to the wonderful, rich and spacious life which belongs, in the grace and love of God, to all the children of God.

Everything that we possess comes to us from God. There is only one source, and this is the ONE SOURCE without a source, the ONE CAUSE without a cause. Everything that comes from God is perfect, whole, complete. If, therefore, everything that we possess or receive comes from God, and everything that proceeds from God is perfect, then everything that we have is perfect

Our life is the life of God

We receive our life from God; it proceeds from God; it is the life of God, and this life is perfect. If the life that we express is imperfect, we have gone wrong somewhere. The life given to us is perfect; therefore, the cause of imperfect expression is our own. We have fallen short in consciousness of the divine ideal of health and wholeness, therefore what we have to do is to get back.

If we are to “get back” we must give up all negative thinking, all dwelling upon disease and sickness, all talking about such things, all acceptance in consciousness of their reality and inevitability. By thinking and speaking about disease, and by recognising it and giving it a place in our consciousness, we perpetuate it: we chain ourselves down to a never-ending circle of sickness, ill-health and misery.

The way out

Every time a suggestion of disease comes to us, or whenever the subject of sickness is discussed, our thoughts should be raised to our highest conception that we can conceive in the mind of the perfect health and wholeness of the reality. One of the great secrets is continually to reverse the thoughts in this way, affirming quietly that we are established in the eternal health and wholeness of God. If this is done persistently and perseveringly, and if it is made a habit, no suggestion of sickness can affect us, simply because it is not accepted.

Most people know enough about psychology to understand that when a suggestion is accepted by the inner mind it becomes true in the life and becomes a part of the life.

Thought reversal

By thought reversal we make the acceptance of negative suggestions impossible. And not only so: we also fill the mind with good suggestions, suggestions of truth, of that which is true in the real, ideal world of ideation, the realm of Spirit.

In this way, we learn to rest or abide in the Truth, and, because of this, to express that health and wholeness of God, who is at once the cause of all good and good itself. We abide and rest in perpetual health, for the health of God is eternal. There is no need, when this stage of consciousness is reached, for strain and effort after health. Health becomes a habit; it flourishes, and nothing can disturb it so long as we abide in the truth.

Perpetual health

Year by year our health becomes more stable and uniform. No super-robustness, perhaps, but quiet, uniform health without disturbances. When our health can be depended upon it becomes possible to achieve something worthwhile in life, to bear responsibility and render larger and higher service.

By looking ever to the source of life: by perpetually living in consciousness in the Christ-realm of perfection, we open ourselves to God's Eternal Life. The regenerative Life of Christ not only builds up within us the spiritual body which endures through the aeons, but it also changes our physical body, making it anew in finer substance, capable of resisting fatigue, disease and infection.

We must ever realise and acknowledge that all this comes from God.

Note: The original material for this article was sourced from Simple Talks on Science of Thought No. 7, by HT Hamblin, mystic, writer, and successful businessman. The text has been adapted in places to make it more accessible to a modern audience. The principles contained in the teachings remain as relevant today as they were when they were reaching thousands of his followers around the world until his death in 1958.

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