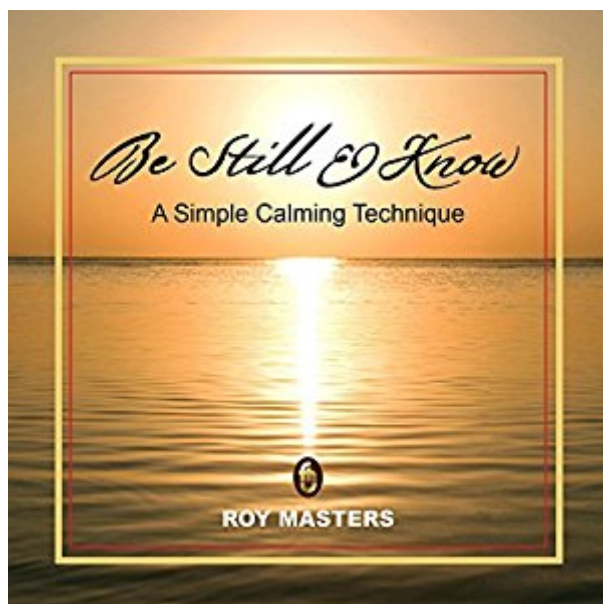


The book was found

# How Your Mind Will Make You Well



## Synopsis

"To break a habit or solve problems, stop trying. I know it is very important to you, but until now you have not succeeded your way, despite all your efforts. Put the same attention into your meditation exercise and you will find that problems will resolve themselves. In a very short while negative habits will give you up, beginning with the last habit to appear." (Roy Masters) The age-old practice of meditation brought up to date and redefined as an exact science for the purpose of helping the individual. Meditation is a technique of subjection to the inner self, which we know as conscience. The understanding you will gain from daily practice is so profound that you will never find the words to explain your experience to others. The practice of inner attentiveness will change your perspective on life so radically and rapidly that within a very few days many people will be astonished at your new attitudes and insight. This meditation contains all the ingredients for perfect self-control, which accumulates when practiced daily.

## Book Information

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## Customer Reviews

I guess I don't understand why Roy puts so much emphasis on being and getting well physically. I know we all want that, and I know we've all been told that stress is a killer, but how can we be so sure that stress is the killer when there is no real evidence, other than what someone told us? The experts tell us that stuff. Jesus was a man of many sorrows. He was sick and diseased. He was in contact with very sick people all day long for 3-1/2 years. He got angry and he turned over tables. And yet He never sinned. He was a lamb without spot or blemish. So sickness and disease and dying from it, even, is not the result of a carnal mind, because if that were so, how in the world did all those carnal men back in the days of old (thinking of Cain who killed his brother) live for how

many hundreds of years, and in fact, God even protected Cain from death by murder. And what about his father Adam? And Eve? They lived a very long time. It was Cain's brother who died relatively early. Being diseased or having an illness or infirmity is not always the result of some sin on the part of the sinner. (John 9:3) Anyway, I really do enjoy Mr. Masters. He makes you really use your head. Maybe a little too much. If I can make my self physically well through the works of meditation--great but who has ever kept themselves from dying? (I mean, I know we're told to first get the log out of our own eye so we can see clearly to be able to get the splinter (log) out of our brother's eye, but we're not promised a life of physical health by Jesus but the renewing of our minds -- we are transformed, not made physically well, because we are all dying (it is appointed to every man to die once and then the judgment). We're promised something far greater than no strokes or heart disease, etc.

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