

On Worry

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If we may explain somewhat the principle that "mind is the builder"... that it is a knowledge of the heart. And yet, due to cultural influences and due to false evidences apparent in the life, the body/personality in this lifetime has grown to be something of a worrier in the belief. For it has been taught. that those who love express concern as worry, even bordering at times on a sense of pessimism born of fear in the belief that worry and fear and concern, somehow, are beneficial. Or that being concerned for the future, being concerned even for the present is believed somehow a technique for influencing conditions for the better. It is confusion of the principle of prayer.

But it has been taught throughout your culture so that while the heart knows that "mind is the builder," yet the mind has carried a belief that it cannot quite comply with this knowledge of the heart. And in the resultant dissatisfaction--the conflict between the mind and the heart--the body is literally drained of its creative force and energy....

All the thoughts and the beliefs that say worry is a necessary part of being a mother or a loving being-- these thoughts, these beliefs need to be rearranged and rebuilt in the mind. And when such is accomplished in the thoughts, you will find the healing of the body.

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