

# Overcoming Nervousness

Dr. M.W. Lewis

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Mrs. Kennel and Mrs. Gonsullus play an organ duet on the .mp3 file.

Thank you very much. Very nice.

You might say this has been a busy week. I've been running up and down between here and Los Angeles. The Indian ambassador came to Los Angeles and visited Mount Washington Center – is a very, very nice gentleman – he was quite impressed; so, I know he felt the Spirit of the Master at Mount Washington. And last night there was a banquet in the Biltmore, and I'm glad to say that Self-Realization was given its just and due recognition at the head table. That is the first time that has been done, and I was very happy to see that. Certainly the Master's work should receive the greatest recognition. Even at a political meeting they should bring it in somehow. And so, it has been done.

So, I arrived in this morning, I think around three o'clock. I was thinking of this subject that I might be a good testimony, to give a good testimonial of "Overcoming Nervousness," which is the subject this morning. But I find that if you just let God do it, let Him take care of you, there's nothing greater than that in taking care of nervousness.

"Overcoming Nervousness" – I think that's a very prevalent disease, if we can call it that. Most everybody is nervous more or less. The definition, I notice, says that "nervousness is a state of consciousness characterized by depression and unrest due to the fact of the instability of nerve action." That is, the current in the nerves gets out of adjustment. There's an overstimulation there, and that overstimulation is what causes the trouble. It burns out the nerves, or, at least, injures them to a great extent. Now this nervousness may extend from just a little jitteriness, when you see some other lady with the dress you thought was the only one – you see her wearing that, you get jittery – to the fact of extreme nervous exhaustion. Anything in between comes under the category of nervousness. And so, we must learn, somehow, this morning to overcome that nervousness.

The nerves, you know, make up the communication system of the body, and in those nerves we find that there is a current flowing. Those nerves carry the

motor and sensory impulses of the body, and also the Finer Currents of the Astral Nervous System and the real Fine Subtle Currents of the Mental Nervous System. Those currents are overstimulated, or rather, the tissue that carry, that carries those currents is injured by the overstimulation of the inharmonious flow, remember, of the different currents in the different nervous systems. So that when we have this, when we have this, then we have the burning out of those nerves, or the impairment of them, so that they cannot carry the natural flow of Life Force, nerve energy, and subtle Pranic Energy.

Now remember this – this is important: the ultimate cause of disease depends on the amount of current in the nervous system. The ultimate cause of disease depends upon the amount of current in the nervous system. By that I mean, if the nerves are injured, and disrupted and burned out, how can, how can the current flow naturally? It cannot. We can see that. So remember, the greatest thing is this; that your bodily health depends on the amount of current in the various nervous systems.

Now in the Astral Nervous System we have those two currents: the Ida and Pingala currents. I remember the Master saying, distinctly, that the amount of current in the Ida and Pingala current depends, determines, rather, the bodily health. So that's why the nervous system is so important and we should understand a little bit about it.

How, how can there be an optimum flow of nervous energy, subtle current, when the nerves are burned out, or at least irritated? It's just like a water pipe. If the water pipe is kinked, disrupted, or filled up with rust, and so forth, how can it carry the water? It cannot. Just so, the nervous system cannot carry the nervous current, the subtle current, unless those nerves are repaired, allowed to be repaired, by the Great Forces within us so that the current can flow evenly.

Now, remember, that's all the cause of nervousness – just that one thing. The nerves do not carry, in a harmonious way, the subtle currents that are supposed to flow within them. So, we have to correct that condition, if we are over, to overcome, nervousness. That's the primary cause: overstimulation of the nerves. Overstimulation of the nerves causes the irritation, and finally, burns them out. They cannot stand the tremendous amount of Life Force. Not only stand the amount of it, but the quick flow of it back and forth. You get mad and the current flows back and forth, irritates the nerves; irritates not only the Physical nerves, but the nerves of the Astral Nervous System, and the Mental Nervous System. They're all connected together. They're all one.

So, just a little elaboration of the cause of nervousness; it means any, any overdone action. Remember, any overdone action – in sex, in eating, in working too hard, in temper, in extreme emotion. Those things cause what? An overstimulation, that's all, overstimulation that injures the nerves, and sometimes, in an extreme case, burns them out; and as you know, in the case of anger, anger can, can produce even death.

And so, remember, as the Master used to say: "We have one nervous system. We gotta take care of it for no electrician can repair it." He should have added: we have three nervous systems – we have the Physical, the Astral, and the Mental – or the right order is the Mental Nervous System, the Astral, and the Physical. Now, they're all interconnected. They're all interconnected. What affects one affects the other. That's why it's important to know just a little bit about these three nervous systems. They're all interrelated. If you can cure, if you can cure one, it helps the other. They all come from the Great Mental, or the Mind of God. Remember that. Now, in your dream you can produce the three sets of nervous systems, so by merging in His Presence, His Consciousness, realizing that they all come from the Great Mind of God, we can cure those. Why not? We just have to do it, that's all, and realize what we are doing, what we have to do.

There are three, as I have said, nervous systems: Mental, Astral, and Physical. Let's start with the Physical, just a few facts about each one so that you know what you've got to do. Now the Physical Nervous System you are somewhat familiar with. We have the brain, the spinal column, and the Sympathetic Nervous System around that spinal column, plus that telephonic system, made up of the different nerves of the body. Now, basically that's the background of the Physical Nervous System. Once more, we have the brain – but we have two brains. Every nervous system has two brains. Physical, Astral, and Mental; I will show you. Now, in the Physical Nervous System the two brains are the forebrain – the Cerebrum and the Cerebellum. The spine has, the deep spine, deep within the spinal chord, then, it has the superficial spine, made up of the Sympathetic Nervous System. And then, finally, we have the telephonic wires, or the different nerves of the body. Now, what is the function of the nervous system? You know, it is the communication system; it coordinates everything in the Physical. Now what is the matrix of the Physical Nervous System? Remember, it is matter, a material things. That's important.

Now, let us go on just for a moment to the Astral. The Astral Nervous System – there we have the same things, now. It has a brain, too, brain, the spine, the

Astral spine, with its two divisions, just like in the Physical, the deep spine, and the superficial. Then we have the telephonic system, the Astral telephone wires, so to speak, which conducts the Astral Current, or the subtle current. Now, the two brains of the Astral system are what – Astral Nervous System - what are they? Thousand-rayed Lotus, the current therein, and the Medulla Center. Now, you have your spine. What is the Astral spine? Corresponds to the Physical, or, I should rather say, the Physical is the counterpart of the Astral. I'm going from the gross inward. It's easier. But really, the Physical Nervous System is part of the Astral. Now that's what we must realize. If we take care of the Astral and the Mental Nervous System, the Physical will be helped. So the Astral Nervous System has the two brains, the spine – same as the Physical – with the deep part and the superficial. What's the deep part? It's the deep part of the Astral spine is the Sushumna, the Astral tube deep within. In that we find our subtle powers, which comes under the Mental Nervous System. Remember the Astral Nervous System does what? It conducts current, that's all. Only it isn't nervous energy like the Physical, it is Life Force.

So, going back to the spine, we have two parts to the spine: the deep spine of the Sushumna, in which we find the 5 Centers of the spine; the 5 Subtle Centers of the Astral Nervous System. They're real, they can be seen. The Astral Nervous System is made up of Life Force. The Centers can be seen; the Currents can be seen; it's not imagination. The deep part has the 5 Centers – the superficial part, which corresponds, or rather, with the Sympathetic Nervous System, corresponds to, are those two currents I spoke of – the Ida and Pingala current on the right and left side of the spine. And remember, the amount of current in those two big nerves of the Astral Nervous System, corresponding to our Sympathetic Nervous System, in the Physical Nervous System, the amount of current in those, determines your bodily health; determines how nervous you are. So you can see what I'm leading at. Take care of those two currents.

So, there you have the Astral Nervous System and the “telephone wires” of the Astral Nervous System, are the currents in the body, the 10 Senses.<sup>1</sup> Those are all Astral currents; those are rays of Light; the 5 of Knowledge, the 5 of Sensation, plus the 5 Pranas, those deep currents which take care of the vegetative functions of the body. So, we have those wires running all through it, just like the Physical, only they're Astral. They're made up of Life Force: the 5, the 10 Senses, Plus the 5 Pranas. Those constitute the “telephonic” system of the Astral Nervous System.

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<sup>1</sup> See the Lessons of Yoga Explained 16, 17, and 18, by Dr. M.W. Lewis [www.treasuresagainsttime.com](http://www.treasuresagainsttime.com)

Now, going on just a little bit, we come to the Mental Nervous System. Before that...what is the "matrix"? Remember these are important things. What's the matrix of the Physical Nervous System – material things, matter? What's the matrix of the Astral Nervous System - Life Force, Current. See?

Now, we go on to the Mental Nervous System. First the function of the Astral system is that, remember the Astral, the Life Force is behind all of your bodily activities; just like you have a spine, you have an Astral spine, which produced this Physical spine; you have a hand made of matter, behind that is the Astral hand. And so, remember, the Astral Nervous System is very important, because that is behind the Physical, and what affects that, affects your Physical Nervous System.

Now, we come to the most subtle, most subtle of the three systems is the Mental, the Mental Nervous System. There we have the same thing. I'm making it easy for you. Same thing; we have the brain, spine, plus the telephonic system. Now, how about the brains of the Mental System; what are they? There are two – just the same. They are the Cosmic Energy, or rather, the cos, Cosmic Consciousness of God. That's the, one of the brains of the Mental Nervous System. What's the other? Christ Consciousness. One we find where? In the region of the Thousand-rayed Lotus – Cosmic Consciousness is found at this point. The kingdom of God is within. Now, the other brain is the Consciousness of the Medulla Center, or Christ Consciousness. There you have the two brains.

Now what is the Mental spine? The Mental spine are the perceptions found in the Centers of Energy of the Astral spine. Like the 5 Centers in the spine, the perception of those, the knowing of those, the feeling of those, the willing in connection with those, constitutes the Mental spine. The Mental spine is made up of "perception" – perceptions in the form of very subtle currents flowing back and forth. So, there we have the Mental spine, made up of perceptions of these various parts of the Astral spine.

Now, the telephonic system simply means "the perception behind every form of energy flowing in the Astral Nervous System." How do you perceive sensation? Because, through the Physical "end organ," through the gross nervous energy that flows from the end organ back to the brain, behind that is the Astral Current of sensation, flowing from the sense organs to the Mental Nervous System, and

in there it is perceived.<sup>2</sup> It is not perceived in the other two at all. It is not perceived in the Physical Nervous System. It feels as if you do all right. If you touch a stove, it feels as if you're burned, but you do not feel it in the Physical Nervous System, you do not feel it in the Astral. You feel it where? In the Mental System; therefore, the function of the Mental System is perception. Perception! And the powers that you have, the subtle powers are located where? In the deep Mental spine, in the deep Sushumna, in the deep Sympathetic Nervous System. That's where you feel and perceive all things, right deep within.

So, in the Mental spine is the Mental perception of the deep Astral spine, and the superficial spine. That's how we know these things. And remember, your subtle powers depend, just like your power of the body, or the health of the body, depending on the Astral – the current in the Astral Nervous System – your subtle powers depend upon the current in the Mental Nervous System. Therefore, the function of the nervous, the Mental Nervous System is this: it is behind all the systems. No system could exist except that Mental System is there wherein the Power of God gives us the ability to know things, to perceive things.

You understand, now? In the Mental Nervous System we can perceive all things – we can perceive. We have the power in the Mental Nervous System to expand our consciousness to eternity and beyond. We have the power in the Mental Nervous System, in the Mental brain, to contract our consciousness to the smallest, to eternity. We have that perception. We also have the perception of the oscillation of thought. We can think. Why? Because of the Mental Nervous System. And finally, in the Mental Nervous System we have eternal perception – Eternal perception. We can know, through the Mental Nervous System, the contents of the Centers of the spine. We can know all those things. We perceive all sensations. We can know the Centers of the spine; what each Center of the spine, what it's there for, what it's doing. And finally, we have the Eternal perception of God's Omniscience through the Mental Nervous System. That's the function of the Mental Nervous System.

Function of the Physical is to coordinate the body. The function of the Astral is to cause a harmonious flow of Life Force so that the body will function properly. And the function of the Mental Nervous System is to give Eternal perception to all things, to life in general. So there you have the three systems in a few words.

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<sup>2</sup> See the series Yoga Explained 15, by Dr. M.W. Lewis [www.treasuresagainsttime.com](http://www.treasuresagainsttime.com)

We could talk hours on this. But in a few words, remember, those are the functions of the three nervous systems.

Now as I told you, the matrix, so you won't forget now, the matrix of the Physical Nervous System is what – material things. The matrix of the Astral Nervous System is what – Life Force. And the matrix of the Mental Nervous System is the Fine Subtle Perception of the Prana within us, which is the creative Life Force, the Intelligent Life Force. The currents in the Astral Nervous System are blind, but the currents in the Mental Nervous System, whereby you perceive and know your oneness with God, are active, are creative. So the matrix of the Mental Nervous System is that fine Presence of God's Great Mind within you so that you can perceive all things, if necessary.

So, now, we come to the, what you're all waiting for, is the remedy for this nervousness – the remedy. The point is this. Remember, whatever nourishes any system - Mental, Astral, or Physical – is its remedy. Isn't that so? Whatever nourishes it – whatever feeds it.

So, how about the Mental Nervous System? The cure for trouble in the Mental Nervous System is what? Is calmness – calmness – when you have calmness come over you, then the Bliss of God will flow through you. And so, the remedy for the Mental Nervous System is calmness. "Still the waves of the mind," you know we always say that; "still the waves of the mind so God's Great Power can flow through you." How to do this? We'll come to that in a minute. But through meditation, through proper meditation, like we read the scriptures, through that meditation on the 91<sup>st</sup> Psalm, and you can perceive yourself at this point [the Spiritual Eye between the eyebrows], and know that God is with you. You'll have all the calmness you need. That's the food for the Mental Nervous System – calmness.

Now going on, food for the Astral, food for the Astral Nervous System is what? The Astral Nervous System, perhaps is jittery, the current isn't flowing evenly. What's the remedy? Self-control, self-control; control those currents in the Astral Nervous System. How? You have the methods. One of the greatest methods is what? Hong Sau. Hong Sau calms down the flow, or rather, causes the flow in the Astral Nervous System from its brain through the spine through all the telephonic wires, Hong Sau smoothes it out, calms it, gives you self-control. And the greatest thing to remember is this: that, if the Astral Nervous System is calm, if the currents are flowing properly through the Centers of the spine, deep and, and superficial, through the different nerves I have spoken of in the Astral

System as the 5 Pranas and the 10 Senses, if the current is flowing evenly there, what happens to the Physical Nervous System – the Physical Nervous System is benefitted tremendously. That's the key.

Don't only try to heal your body and your bodily nerves, but heal the Astral Nervous System by the practice of self-control through the techniques of Self-Realization, the greatest of which is the Hong Sau technique. I've seen people, they couldn't sit still two minutes – jittery, jumpin' up and down, couldn't sit still. They do a little Hong Sau and you see them quiet down. Why? Because, the current in the Astral Nervous System is subdued, harmonized, it flows evenly, and the body falls in line. These are facts, I tell you. That's why what the Master has given us, through Self-Realization, the different techniques are invaluable, because they go not to the superficial cause in the, in the Physical Nervous System, but they go to the deep cause within, in the Astral, and in the Mental Nervous System.

So remember, the cure for nervousness of the Astral Nervous System is self-control through the following of the techniques of one who had that self-control, had control over his Astral Nervous System. And the important thing is that, if you control the Astral Nervous System, what happens – this is important, I forgot to mention this? If you control the flow of current in the Astral Nervous System, that allows the Physical nerves and the Physical Nervous System to cool off – they're overstimulated, they're burned up, they're irritated. It allows them to cool off. Then Nature, or God within us, heals them. The nerves can heal, there's no question.

They used to say even the kidneys and highly specialized organs would not heal. They do heal. They found out they will heal, if you remove the irritation – so, the same with nervous tissue. It's highly specialized, but, if you give it a chance, so to speak, by stopping the stimulation from the Astral Nervous System – that overstimulation – then the nerves will heal themselves. So, that's one of the greatest things, is to know how, how to remedy trouble in the Astral Nervous System.

And finally, we come to the Physical Nervous System. What are the remedies? Nerve food! I used to read the old ads: "nerve tonic, nerve tonic, nerve tonic." That's right, but what are they? They used to be phosphates, a lot of stuff. I've forgotten now. But the thing is the remedies for the Physical Nervous System are nerve food. What really, what really sustains and nourishes, as I said in the beginning, whatever nourishes the system is its cure. So nerve food, plus control

of Physical action. Remember, we're dealing, now, with material things, so we're gonna start right with the food.

Now the first thing: meat is not good, especially in highly nervous persons. Why? Right off we know that only a 65 percent, I believe it is, of the flesh proteins are digested by the body. The rest does what? Floats around in the bloodstream, and what's it do – irritates the tissue of the body. Nervous tissue is the part of that tissue, therefore, we should stop eating of meat, if we're going to help and cure our nervousness, trouble in the Physical Nervous System. That's the first thing. Now that's the negative thing.

Now, the positive thing is to eat live food – eat live food. You know, though, we've been all through that. Eat live food. Goat's milk is one of the greatest things. Goat's milk is a nerve food. These are the Master's words – goat's milk. Even cow's milk is good. But in this climate here, be careful of cow's milk. Goat's milk, cottage cheese, lettuce – lettuce is a nerve food, if you can digest it. Almonds; and the greatest thing is lime drink. Lime drinks are wonderfully cooling to the nervous system.

The Master came one summer – I remember, it was awful hot in Boston – and so he had Mrs. Lewis keep filling the pitcher up, and we drank the lime drink. It has to be made just right – not too sour, not too sweet. It's too sour, it'll irritate you. Not too sour, not too sweet. It's wonderful, cooling for the nerves. So, these are the foods we must eat. Juices, juices especially. Especially lime drinks.

Now, the second is control of physical action. That's very important. I said in the beginning, any excess of actions is bad for all nervous systems. So we must control action in remedying trouble with the Physical Nervous System. We must control physical action, but also mental action, because mental action gives off much more byproducts than does physical action – so, I'm including mental action. Physical action we must control. We must control the physical action in the form of sex. Breathe, breathe, and the Master always used to say: "Don't talk too much. Don't talk too much." It takes, it really irritates the nervous system. And when we used to ride with him, he wouldn't allow us to talk at all. That's right, because it, we must cure the Physical Nervous System by removing those irritants, one of which is too much action, too much action.

One of the greatest is, do not work too hard. In this life we find ourselves at this terrific pace. It's impossible to keep from burning the nerves out unless you watch these things. So, the remedy for all nervousness is to do those things – eat

those foods which nourish the different systems. Mental, Mental Nervous System through calmness; feel God in every action. You can do it. Astral Nervous System are self-controlled by the various techniques of meditation of Self-Realization. And the Physical Nervous System remedy is by following the eating of right food, live food, plus not too much over-action. Overstimulation, remember, is what burns out the nerves. So there you have in a few words all you need to know about curing nervousness.

Just to summarize it, obey the health laws. Be moderate in your action. Practice self-control, not only of the physical, but of all mental systems, of all nervous systems, Mental, Astral, and Physical. But finally, remember, what is the greatest nerve tonic? The greatest nerve tonic is the Realization of the Presence of God within you – God communion. That's the greatest nerve tonic for the Mental, Astral, and Physical. Feel His Presence; feel His Presence. That's the greatest nerve tonic. That's the greatest thing I can tell you. Always have that contact with God. God communion, that's the greatest thing.

Now, if you do these things, these few simple rules that I have given, then, jumpy nerves must succumb; fears and apprehensions must go; security and peace will come when His Bliss through us flows.

#### *Closing Prayer*

Heavenly Father, we thank Thee for Thy words through the beloved Master and his teachings. Help us to realize above all things; contact with Thee is the greatest healing agent for all trouble, including nervousness. Help us to depend on Thee more and more, entering into the secret place of the most High, Thy Great Love. Om, Peace, Amen.