

Nervousness – Its Cause and Cure

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Before our subject this morning I would just like to say that we have with us our energetic, one of our energetic ministers from Long Beach, and his family, Mr. Gene BenVau. We're very happy that you are here and other members from Hollywood Church, we welcome you. And Gene, would you just say a word? Just say, "You're happy to be here." "I'm happy to be here."

Gene, I must say he, he does so much for the Fellowship. Course he will say, "I do nothing," but still, I do know, that he does lots for the work, Master's work, and we all appreciate it, and we're very happy that you are with us.

The subject this morning is: "Nervousness – Its Cause and Cure."

Most people say, "Well, I'm not nervous, ya know." And inside they're all aflutter. Like the fellow who says, "Pork. I never eat that stuff. 'Course I have a little bacon every morning, you know." But, I think nervousness is quite general, and, I think, in some way, or another, most of us are a little bit nervous at times. So it's good to know about its cause and cure.

Now, nervousness is a state characterized by restlessness and depression. And, it is, it is due to the inharmonious flow of Life Force in the Physical Nervous System, and the inharmonious flow of the subtle pranic currents of the Astral and Mental Nervous System. We have not only the Physical Nervous System, but we have these underlying, subtle currents within us, and the subtle nervous system. And so, the nervousness is caused by that uneven flow, or inharmonious flow, of this Great Life Force of God, which is the Cosmic Energy that is within us. And that Cosmic Energy, being Cosmic in nature, is very powerful. The voltage is very high. And when it does not flow in a harmonious way, it produces undesirable results.

Now, our Master has said this: "That nervousness, though also physical in its manifestation, is primarily of mental origin; a restless mind vibrating through the nerves." Now, there you have the two main factors about nervousness; the restless mind, plus the Cosmic Energy vibrating through the nervous systems. It is just like you take an electric light, for instance. If you put too much current

through it, what happens? The light burns out; or through an appliance, the wires leading to the appliance, burn out, or become overheated; and, in the case of the nervous system, become very much irritated; and even sometimes, the nerves become burned out. It is due, as you can see, to this burst, so to speak, of too much energy in our nervous systems, which destroys the wires, so to speak, and makes it impossible to function. Let us realize those are two main factors of nervousness: The restless mind plus, as the Master says, "...the vibration, vibrating through the nerves."

The restless mind, and mind is Life Force, moving in a disorganized way; and that movement, being reflected through the different systems, causes nervous system...causes nervousness. Now, it may be simply a case of the jitters. Or it may be a case of extreme depression – nervous breakdown. So, let us realize that nervousness extends through many factors; from simple jitters to complete breakdown. And we must know the cause of these things, and the remedies.

Now, the cause of nervousness, the basic cause, is, as I have said, the uncontrolled Life Force flowing in an inharmonious way through the various nervous systems. That's the basic cause, but there are contributing causes. For instance, the restless mind, as I have pointed out. The lake of the mind, instead of being calm – peaceful, is, has, on its surface, many waves of distraction. Also, emotional outbursts are a very determining factor of nervousness; emotional outbursts; anger, and such things. And then, also, overstimulation, or lack of moderation in many ways; of the appetites of the body, sex, and such things – greed. These all produce nervousness, and we should, of course, control them.

Another important factor is work. Too much work. And in these times we have that habit of too much haste. Pell mell – everybody's running. Coming down the other night on the highway, and we were going in such a pell mell race that one fellow came up behind us, and luckily he didn't do much damage. But the haste is terrific. And I was going about as fast as I could, and, but he was going faster. For what reason, I don't know, just to get there, I guess. Get where? Oh, anywhere! So that's what we have. That habit of haste nowadays. And so, we must moderate it. Breaking of health laws is another factor. Too much work – too little work. Too little work is just as bad as too much work. And, of course, excesses in any form.

So those are known as contributing causes. But the main cause is this inharmonious flow of the Life Force within us. That causes restlessness of the

mind and the overloading of the nerves, so that they become burned out, or useless, and you cannot use them.

Now, this result of restlessness, and overloading of the mind, or the nerves, rather, is very important, and we have to know how to correct it; how to cure these various ills of the various nervous systems must be understood, because remember, we have only one nervous system – only one nervous system. And it is very highly specialized, and no electrician can repair it like they can a house circuit. And so, we must preserve it. It's the only one we're gonna have, and this body's the only vehicle whereby we can reach God. Let us preserve this nervous system.

Now, for the cure of nervous system, of nervousness; the cure of it. We have three nervous systems: Physical, Astral, and Mental. Now, remember, the cure of each nervous system lies in its correct food. The correct food for any nervous system will cure it. And so, let us take first the cure of the Physical Nervous System.

In passing, I'd like to say, that the amount of pranic energy in the subtle Astral nerves, the Ida and Pingala nerves, which feed, so to speak, the auto, autonomic nervous system, or sym, sympathetic nervous system within us; the amount of current in those two nerves de, determines your bodily health. So it behooves us to keep the Astral Nervous System in good form. And another important thing to remember, in passing, is this, that, if you have a strong nervous system, it is a great deterrent against disease. I've seen people, perhaps you have seen people, who eat, and eat anything, and do about as they like, and are perfectly well and healthy – at least on the physical plane. Why? Because they have a strong nervous system, and the flow of the Life Force is in a harmonious way, and, therefore, their bodily health is good.

All these three nervous systems are interrelated and all come from the one Consciousness and Cosmic Energy of God. And, therefore, if you have a, a healthy body, it reacts on your Mental Nervous System, and, of course, the Mental Nervous System reacts, surely, on the Physical Nervous System. And the Astral Nervous System, that system of subtle energies within us – Life Force – underlies the function of the Mental and the Physical Nervous Systems. They're all interrelated, because they're from the One Consciousness of God. Let us realize that.

Now, so, first let us take up the Physical Nervous System. What heals it? It is healed by nerve foods. The nerves are sustained by the right food, because this is a Physical Nervous System, and it carries, of course, nerve energy, which is a form of Life Force. Now what are those foods? They are, of course, live foods. Live foods are very essential as food for the Physical Nervous System.

In passing, let us take – we talked about meat in the beginning. Just realize, that flesh foods are utilizable only to 65 percent, so to speak. And so, the other 35 percent floats around in our systems as toxins. And these toxins affect the tissues of the bodies, body, and nerve tissue is a tissue of the body. And so, the nerve sheaths become irritated by the deposit of toxins – the residue of flesh products. And so, these things are not good for our Physical Nervous System. Understand that.

Now, on the other hand, what are the positive foods, or the foods that supply nerve tissue? The first is milk. Milk is a nerve food. And, if you can stand the goat's milk, it's better. It's better. It is one of the best foods for nervousness of the Physical Nervous System; also, other things – cottage cheese. Every time I move, I come up against cottage cheese. One of the best foods for everything it seems. Well, it is a good food for the Physical Nervous System; good old cottage cheese. Don't talk to me about it; but, nevertheless. Lettuce is another one. Lettuce is a wonderful nerve food; and almonds. Almonds, of course, nuts are a natural food; but almonds, almonds especially, because they are alkaline in reaction, and mixed with fruit juices, they are most wonderful. And another thing which we must remember is lime. Lime drinks are very beneficial as nerve food. So, there you have just a few things that are, are good foods, for, to supply, and nourish, and sustain your Physical Nervous System.

One other thing we must realize in keeping our nervous system in, in good order is to have proper action. Not too much work. Not too much work. Also, be moderate in everything we do: eating, and such things. And in running, and all exercise, there must be control of action. So, in sustaining the Physical Nervous System, the right food plus controlled action, because our Physical Nervous System is in the physical body, and it is subject to the laws of the physical body.

Now, going on to the Astral Nervous System; the Astral Nervous System, or that system of which I spoke, which controls the Life Force in the body – a very important function. It is behind all physical nerve action, is this Astral Nervous System. It is, remember, the system through which the Life Force flows within

us. Now what is the remedy for that? What will heal a diseased Astral Nervous System? Self-control! Self-control!

Let us take for instance anger. Anger means there is a disturbance in the flow of Life Force. First, we have a terrific restless mind. You take and look at anybody who is angry, and their face is anything but calm. They show there's a great disturbance in the mental aspect of that person. The mind is very restless; is not controlled at all. And the second thing is that this lack of control of the mind gives forth bursts of Life Energy – Life Force – which flow through the motor nerves, giving rise to physical action of violence sometimes, and this, of course, can do only one thing; and that is to burn out the physical nerves. So, there is a good example how the Astral Nervous System has its effect on the Physical Nervous System. And this, these bursts of energy, cause an irritation of the nerves, and sometimes burn them out. And so, anger does give a wonderful illustration of the lack of self-control of the Life Force in the body.

Now, control of Life Force, those of you who do the different techniques of Self-Realization, is attained by the techniques of Self-Realization; especially the first one, the highest technique of concentration, the Hong Sau technique. Because in that, in that you control the Life Force, which regulates your breath, your heart action, and the sensation, and these are all connected by nerves; and they do not function, except the nerve tissue connects them, and the function is carried on through the nervous tissue. And so, by controlling the Life Force, through this Hong Sau technique, it produces a great calmness in the body. And that, in turn, causes a harmonious flow of the Life Force in the Astral Nervous System, and also, in the Physical Nervous System. And so, that's one of the greatest techniques to feed your Astral Nervous System, because it controls the Life Force in you which flows through the Astral Nervous System. The highest technique of concentration, many of you know it, the Hong Sau technique. Do not belittle it. Do not overlook it. It is one of the greatest techniques which the Master has given to us.

Now, there are other things which feed and nourish the Astral Nervous System. And one is the use of bangles – astrological bracelets – which offset the planetary destructive pull, which plays upon each and every one of us, whether we like it or not. And, as you progress in age, the cells are held with less force together – held together with less force. The cohesive power is less. And so, these destructive forces play upon us, and the effect is greater; especially, in disease and as age comes on. And so, these are very useful. And those who have

nervousness, restless mind, and such things, the use of an astrological bangle is very helpful to nourish and sustain the Astral Nervous System.

Another point which feeds the Astral Nervous System is cold. Some of the great yogis knew certain cold exercises, exercises employing cold. Which did what? They cool down the nerves and allowed them to repair themselves. Cooled irritated nerves, so that, even nerve tissue can repair itself. They used to say that the highly specialized tissue, as nerve tissue, kidney tissue, and such specialized organs, could not repair themselves. But they can. It has been shown. And if you give the kidney a chance, even, and keep away these floating toxins from the use of meat and such things, you keep those away from the kidney, the kidney will regenerate. And so, will the nerves regenerate, if you keep the poisons away from them, and allow the Life Force to flow. Remember, Life Force exercises self-control, and then you can control these various functions of the body and the poisons that are affecting you. And so, the exercise of cold, in the right way, is very beneficial to, not only the Physical Nervous System, but also the Astral Nervous System, because it allows them to cool down and then repair themselves.

Now, the Mental Nervous System; the Mental Nervous System, the food for that is what? We've been talking about it all morning. And that means how can we heal psychological nervousness? The problem with the Physical Nervous System is called physiological nervousness. But who cares the difference? We're nervous, we're nervous. But the healing the Mental Nervous System means to heal psychological nervousness; psychoses; and funny ideas, that we all have, which are far from truth. We must know how to heal the Mental Nervous System.

How to heal the lake of the mind, and what is that food? Calmness! Calmness. "Be still, and know that I am God."¹ Calmness is the food to nourish and sustain your Mental Nervous System. And, if we can attain calmness, if in the silence within we can feel the Presence of God. And then, His Bliss will flow through us, allowing our nerves to cool off; regenerate; even the nerves of the physical body; even the Astral nerves; even the Mental paths of energy will be rectified, and will function properly; if you allow the Peace and Calmness of the Presence of God within you to flow in a natural way, by stilling the waves of the mind.

¹ Psalm 46:10 "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

And how are they stilled? Especially, through great, two great techniques of Self-Realization Fellowship, known as the highest technique of meditation; the Om technique, and Kriya Yoga; these two techniques take us into the Presence of God. How can we expect God's Great Calmness to flow through us until we first get into His Presence? These two techniques will take you into the Presence of God, and in His Presence, His Great Calmness will flow through you, repairing all damages.

And remember one thing – that there's no nerve tonic; there's no nerve tonic, and there's no substance, or condition, that will take away nervousness like the conscious contact with the Presence of God within – Conscious God Communion. Then, whether there's a Physical Nervous System, or an Astral Nervous System, or a Mental Nervous System, doesn't make any difference, because they all come from Him. And when you feel His Presence within you, everything is rectified. Everything must be harmonious from the Mental Nervous System, through the Astral, and through the Physical. Such is the Power of God.

And so, if you want to know in a short way [how] to cure your nervous system, know the Presence of God in a Conscious way. And when His Song flows through you, whether you're living or whether you're dead, doesn't make any difference; whether you're nervous or whether you're calm doesn't any difference; because, as Master used to say, "When Thy song flows through me, then life is sweet and death is sweet."

And so, you can see, don't pay too much attention to nervousness. Take the ordinary precautions: the right food; be natural; be moderate in your action. But above all, get the contact of God. That's the way to heal nervousness. Let us not forget – go to the Fountainhead; as Master used to say, "If you know the Storekeeper, He can give you everything." He can give you everything that He has. And He has Cosmic Calmness, which is the food for your Mental Nervous System.

And so, to sum up, or first, let me just give you a Bible reference, which is most interesting here in the light of the fact that Conscious Communion with God, feeling His Great Love within you, no inharmony can remain. And we read in Isaiah, the 35th Chapter, the 10th Verse: "And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: ," and "they shall obtain joy and gladness, and sorrow and sighing..." and I'll add – nervousness, "shall flee away."

Now Zion is right within each and every one of us. Zion is the Holy Mountain, the Thousand-rayed Lotus, which is in each and every one of us, and in that State of Consciousness, in the Region there is no inharmony. There's nothing but the Peace and Bliss of God. That's the nerve tonic we want. Let us not be sidetracked by these other things. I have to give them to you. But why not go to the Fountainhead and feel the Presence of God within, and all inharmony must leave. All nervousness must depart. And so, it's a bo, a beautiful reference in Isaiah.

And to sum up, let us obey the health laws for nourishing the different nervous systems. Let us practice self-control in all action – Physical, Astral, and Mental. But finally, never forget, that there's no medicine, there's no medicine that you need for nervousness, or any ill of the body, that will equal the Conscious Presence of God. And we can do it. We can attain His Presence, because we're made in His Image. We're made specially. We have a special brain and nerve centers of the spine. Special creation for what purpose? To consciously know God, and feel His Presence within us; that's why we're made that way. We're made in the Image of God, and let us know His Conscious Oneness with us, and that will take care of all our bodily ills, and, surely, take care of nervousness.

In closing, I'd like to read from the AY [Autobiography of a Yogi]², Master's reference to Lahiri Mahasaya, given by Swami Kebalananda; giving us the illustration of one who was not nervous, who'd overcame nervousness, and who was peaceful, and blissful, because he was in the Conscious Presence of God.

And this is what we read; an example of Lahiri Mahasaya as a living temple of God. We must be a living temple of God. We must have our temple so purified and made ready that God can come into us and give us His Peace and His Bliss, and this is what he wrote: "An indescribable peace blossomed within me at the Master's glance." Why? Because God's Consciousness was in him. "I was permeated with his fragrance, as though from a lotus of infinity. To be with him, even without exchanging a..." words at all, "To be with him without exchanging a word for days, was" an "experience which changed my entire being." Because each one of us, as Lahiri Mahasaya is made in the Image of God, and His Consciousness can come into us, and we can be a temple of God, "If any invisible barrier rose in" my path "in the path of my concentration, I would meditate at the guru's feet."

² Chapter 4, Page 39, Revision 1951

You have, right within you, the feet of the guru. And the Guru is God Himself – and none other. “There’s only one Guru,” Master always said that. In his book, The Master Said, someone said I was the first disciple. He said, “They say so.” But there’s only one Guru.” He says, “I have no disciples. God has the disciples.”

And so, God is in each and every one of us, and we are His disciples. And, if we meditate at His Feet at this point, point where His Spiritual Consciousness can be realized, then all our troubles will vanish, as they did for Swami Kebalananda. “If any invisible barrier rose in the path of my concentration, I would meditate at the guru’s feet. There the most tenuous states came easily within my grasp. Such perceptions eluded me in the presence of lesser teachers. The master was ~~the~~ [a] living temple of God, whose secret doors were open to all disciples through devotion.”

So, if you want God, which is the supreme remedy for all of our ills, including nervousness, have that devotion. Have it daily. Have it hourly, so that you keep in contact with Him, and make yourself a real temple of God.