

Nervousness – The Cause and Cure

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San Diego, 7-5-59

I won't keep you very long now, because I know it's hot, too. Can we have that door open a little bit and the back one too? But it's just habit of thinking it's hot. How can the Soul, how the Light of Spirit, how can the Love of the Father be hot or cold? So just feel His Presence and I know you'll be much more comfortable. I won't keep you long, because I was informed one day by somebody who knows, that one of the greatest ministers, St. John of the Divine Church, I think it is, his sermons are never more than 15 minutes. So, I know you wanna hear something good, but I'll try and keep it very short this morning. But it's an interesting subject, "Nervousness - The Cause and Cure."

One boy I was talking to was gonna preach this morning, he says, "I don't know what to say." He says, "I guess I'll just get up there and say "Look about me and you'll know all about nervousness." But we can't make it quite as short as that. But that was a pretty good thing, wasn't it? But our Master has given us this definition...well that's good...everybody feels better now. No nervousness left at all. That's one of the ways to get rid of it is to get rid of it. Tell somebody about it, but be sure you tell the right one. Otherwise you'll increase the nervousness of the other one.

So, our Master has given us this definition about nervousness. He says, "A restless mind vibrating through the nerves." Realize that. The restless mind is the key. If your mind is calm, then the impulses which arise from your calm mind will flow through the nervous system in a harmonious way. But with a restless mind, then the impulses, impulses of nerve energy flowing through the nervous system are uncontrolled, and they are not flowing in a harmonious way – therefore, you have nervousness. If you remember just those two things, then you can do something about your nervousness. And, if the nervousness ranges from ordinary jitters, you know – nervousness, worry – to complete collapse, or a nervous breakdown. And we should realize that if we are nervous, we cannot perform whatever function we are doing in this life. Whatever our work is, we cannot perform it to the best of our ability, if we are nervous.

And so, this subject is very important, and we must understand it. And understanding it we must do something about it, and doing something about it, we will do away with nervousness.

Now the cause of nervousness is – there is one basic cause, as I have said – the flow of nerve energy is not smooth and harmonious in the nervous system. That's the basic cause. But there are contributing causes to that. And the first is, as I have said: A, an uncontrolled thought process. Uncontrolled thought processes allows this energy in your nervous system to flow in an interrupted way – back and forth – irritating and stimulating your nerves. And when it goes on to the greatest extent, it burns out the nerves, it irritates them; and when the nerves are in an irritated condition, the nervous energy flows in just that same way. That's why you're jittery, because that's the fact, that's the truth.

And so, the first contributing cause, you must remember, is that you have an uncontrolled mind. And what does that lead to? Apprehension; apprehension, and, finally leads to fear, and from that fear comes all sorts of conditions. You analyze yourself and you'll find that most of your fears are unfounded, unwarranted, need not have been dwelt on at all. Why? Because your thought processes were uncontrolled, and you knew you shouldn't think of those things. You knew you shouldn't fear, but you didn't do it, because you didn't control your thought processes. So that's the first contributing cause.

Then comes emotional outbursts. They are not good, for the simple reason, when those emotional outbursts come; they eliminate into the bloodstream certain toxins, which in turn irritate the whole nervous system. These emotional outbursts release, one thing comes to my mind, is adrenalin. Adrenalin into the bloodstream – what happens? Your whole metabolism goes and jumps up, and you're burning up tissue, and you're throwing carbon and toxins into the bloodstream. No wonder, no wonder that you are jittery. No wonder the nerves are irritated and sometimes burn out. So that's the second thing, is emotional outbursts.

Then we have the third, is overstimulation – over stimulation – first on the physical plane. We know we eat too much, sometimes, and we eat those foods we shouldn't. We'll come to that a little later. But what does that cause? That causes an over stimulation, and that disrupts the nervous flow. Also, we have on the mental side, we have riotous living. One of the boys was telling me one day about some fellows went to New York. No...they lived in New York, and they were engaged in unbecoming living – riotous living. So, they got on the plane, they got on a plane, and when they came-to, they found they were in Los Angeles. They said, "What place is this?" "Los Angeles." "We don't live in Los Angeles, we live in New York." So, they got on another plane, and they went

back to New York. Well, such living; no wonder they're jittery; no wonder, no wonder they have lots of trouble. This is a fact I told you. This happened. I don't know, they must have been awful something, awful nervous, or something, to wake up in Los Angeles..."We don't...We live in New York." So they got on the plane, went back to New York. This is an actual happening. So we must live naturally, not that way.

And so, the last thing, as our Master gives us, is over-work. Over-work is not good. Over-work simply overloads the Mental and Nervous systems. You, they cannot stand it. Your mind cannot stand it, especially, if there's tension with your work. We must do away with that tension. That's why we have so much mental trouble now. We do not have so much physical trouble, because people are educated in proper foods and so forth; but the mental side has been neglected. That's why there's so much trouble, mentally, because of the over-stimulation due to too much work – with tension. If you can work without tension, you can do lots of work.

So, those are the main contributing causes to the basic cause of nervousness, which is an uneven, inharmonious flow of God's Cosmic Energy in us as Life Force, life energy. So remember that, that one thing that the uncontrolled thought process, perhaps, starts the whole thing off. And then, naturally, the nerves are irritated by the uneven flow of Life Force, which is energy – electricity, back and forth through the nerves in an inharmonious way. No wonder the nerves become irritated. Finally, sometimes, burn out. We must understand these things.

And so, these above things, produce, as I have said, an uncontrolled, inharmonious flow of Life Force, plus – and the worst thing is – irritated and sometimes burned out nerves. And the higher the tissue in the body, the harder it is to regenerate. And so we must watch these things.

The Master has given us a, something along this, I give you at this time, from his Lessons¹ of which I have spoken: "Any violent or continued mental or physical excitement causes a disturbance of the balance in the flow of Life Force or nervous energy through the sensory motor mechanism and the bulb of the senses, bulbs of the senses." It is as if you put a 2,000 volt current through a 50 watt lamp – one of these lamps. It can't stand it. It burns out. That's just what happens to our nerves. So realizing that, we'll be more careful how much

¹ Praecepta Lessons available in their original release from the Amrita Foundation.

current we put through our nervous system. "In the same way, too great a stimulation upsets the functioning of the nervous system." And so, our Master has said, in definite words, the things which I have tried to point out to you.

Now, another thing is environment. Environment is very important. If you mix with people who are not harmonious, and who are irritated and jumpy, you'll become jumpy; especially, if you are of a nervous temperament and an emotional temperament. It's all right to be an emotional temperament, but don't mix with those people, because you will be just like them. If you mix with people – bad people, worldly people – you become like them. You cannot help it. But, if you mix with calm, and serene, Godly people, saintly people, such as I'm sure you find in Self-Realization, you'll become like them; and the greatest thing, if you mix with the Presence of God, you become like Him. Environment is very important. Environment is one of the greatest things, especially in the beginning when you're starting to overcome your nervousness, you must mix with calm, serene, saintly people.

Now Master has this to say: "Association with strong, happy, serene, kind, and Spiritual people is a great benefit to the mentally and emotional nervous person. Even a few moments in the company of a saint can work wonders in producing calmness and quiet." The Great Kabir said you mix with saintly people, you are doing something real; all other time is wasted. Now that's how important environment is. And that's how important it is for us all to mix with calm, serene, and Godlike people. It's very important, especially in overcoming nervous system.

And so, a few facts to remember about this nervous system is this; that the amount of energy, or God's Great Cosmic Energy in the Great Spiritual Nerves within each and every one of us called – the Ida and Pingala on each side of the spine – the amount of current in that, which comes directly from God's Cosmic Energy in us as Life Force, life energy; that current determines your bodily health. Now realize that. And it is that current that supplies your physical, your mental, and your nervous systems, or, rather, your Physical, Astral, and Mental Nervous System. We have those three, and they're all interrelated. Don't think that you can have a healthy body, and a restless mind, and an ignorant Soul, and be free from nervousness. You cannot do it. They're all interrelated. Therefore, they must all be corrected, and taken care of, if you are to be free from nervousness.

And with this, if we have this condition within us, of an inharmonious flow of God's Great Cosmic Energy – His Life Force within us, our very life – how can we escape irritated nerves? But the main thing to remember is that we have one nervous system – one nervous system. We speak of the Physical Nervous System – one nervous system. It is the vi, very highly specialized system. It is not easily repaired, and we have only one. We must take care of it. that it last us, and that it give us peace instead of unrest and restlessness. These are important things. We must realize these particular things.

Now going on; the cure of nervousness – I know you're all interested in this. What is the cure of nervousness? Well, we have three nervous systems. The Physical and the underlying nervous system, we have this brain inside this cage; that can be dissected and understood. But, underneath that is the Astral Brain, the Spiritual Brain; and that's more real than this one we're quite familiar with. Now, those different systems – and behind the Astral is the Mental Nervous System – those different nervous systems, the cure for them is what they need; what nourishes them is the cure. Understand that.

Now let us begin with the Physical Nervous System. What ner, what nourishes the Physical Nervous System? I mean physiologically, not psychologically – physiologically. First: live food; live food, plus right physical action, is the cure for the diseased Physical Nervous System - live food; live food.

Now let us take for instance, meat. Meat is not, meat is a dead thing, isn't it? Meat is a dead substance. If you eat meat, you use only 65 percent of it. The rest floats around in the bloodstream as toxins, carbon. Now that gets into all tissues of your body and the nervous tissue is a tissue of your body. And so, if you live on wholly dead food, so to speak, you are putting into your nervous system toxins, which irritate them, too. So let us realize that. So the cure for the Physical Nervous System is to eat live foods. At least part of your food must be live foods.

Now what is live food? Natural food, natural food, for instance, milk; milk is a natural food, but some people find it mucous-forming. Therefore, the best nerve food is goat's milk. Now don't say, "Ohhh!" We know that sometimes it doesn't smell good, and sometimes it's almost difficult to get it down, but these are facts. And if you're specially, if you have trouble with sinus trouble, and so forth, take the goat's milk for awhile and see. Goat's milk is one of the nerve foods. Also, other things – cottage cheese – you know cottage cheese. Listen, I've heard so much about cottage cheese, I don't wanna hear it again! But it's a very good food

for the nerves. Cottage cheese, that's a natural food for it's from milk. Lettuce, almonds, and fruit juices – now these are the main. I'm not gonna give a lecture on foods, because the time is slipping by. I've got to go fast to keep within that limit. But those are natural foods, and especially on the fruit juices, lime juice is one of the gra, greatest. Lime, lime is the greatest cooler of the nervous system, the physical nervous service that there is. And so, understand just in a few words, eat live foods, and especially, goat's milk is a direct tonic for the nervous system, the Physical Nervous System.

Also we must act in the right way. We must control our physical actions. That is, we must not have too much work, too much indulgence in greed, too much indulgence in sex. Those things are very important to sustain your Physical Nervous System. And so, just a few words about the Physical Nervous System.

Now the Astral Nervous System. How is that helped, how is that cured? By self-control – self-control. How can you control your self? By controlling the Life Force in the body; controlling the Life Force in the body. Life Force is the life energy of your Spiritual part, and that energy also filters through into the Physical Nervous System – Life Force. Self-control is the cure for the Astral Nervous System. How? Well, one thing is to perform the technique, the highest technique of concentration of Self-Realization Fellowship. It's a very simple technique. It controls the Life Force in your body, and that in turn feeds and smoothes out your Spiritual or Astral Nervous System.

Another thing is the use of bangles – bangles. Perhaps you've seen some of these folks who wear bangles. Those offset the destructive pull of Life Force in the body. I haven't time to go into it, but just to say that offsets the pull. And when there's too much down pull on you, or destructive pull, your building-up Force is not enough. But, if you neutralize that pull, then the life-giving, building-up Force within you is normal. So that's another way.

Another thing, of helping, or curing a diseased Astral Nervous System is the use of cold, or ice, which has to be told personally. But through the Life Force that flows through the nerves of our nervous system, that cold goes in and stimulates, stimulates the Astral Nervous System so that it be better, so that it be healed.

And then finally, finally we come to the Mental Nervous System. The Mental Nervous System; what is, what heals the Mental Nervous System? What heals a restless mind plus its jittery Mental Nervous System? What heals it? It's very simple – calmness. Don't you think it's necessary to meditate every day? Don't

you think it's necessary to feel the calmness of the Presence of God? That's the food which you need for your jittery Mental Nervous System – calmness. Calmness is the greatest thing. And there's no, there's no greater antidote, so to speak, for a diseased Mental Nervous System than calmness. Now what will give us calmness? One thing that comes to my mind is the technique of Self-Realization Fellowship known as the highest technique of meditation in which you contact the Presence of God within without question of a doubt. Contacting His Presence, don't you think you'll have calmness enough to take care of all things? I'm sure you will.

So there you have in just a few words how to cure the three nervous systems within you: Physical, Astral, or the underlying real nervous systems. Just like behind those flowers is the Life and Light of God, vibrating. And in that Light is the Intelligence that makes the flower. So within us, behind the Physical Nervous System is the Spiritual Nervous System, the Astral Nervous System – the Electronic Nervous System, whatever you wanna call it – the Presence of God within us. That, if we can touch that, if we can be one with that, and practice the techniques which give us contact with it, then we can heal that Astral Nervous System. And the Mental Nervous System, remember, is healed by calmness, and the greatest calmness comes by meditation of the Presence of God and contacting Him within us – then we will heal the Mental Nervous System.

And so, to sum up, sum up just in a few words, nervousness can be cured, first by analyzing yourself. Finding out what's the matter with you. Analyze yourself first, and then remove the cause. Remove the cause of your nervousness – which is very simple. There are four things which we must do, just four simple things. Remember these. First, obey, obey the health laws. Obey the health laws for nourishing their tissue. Secondly, be moderate in your actions. Be temperate. Jesus said the same thing. All true religions say the same thing. Be temperate. Be moderate in your action. And the third is to practice self-control. Self-control, especially, by knowing the techniques whereby you control the Life Force in the body, which controls all nervous systems. The Life Force is God's Cosmic Energy in you, in me. It's the Force of His Power. If you can control that, you can rectify any disturbance in any of the nervous systems.

And the final thing is this. The greatest thing is the greatest nerve tonic, the greatest nerve tonic. Don't forget this, if you forget all the others. The greatest nerve tonic is to contact, consciously, the Presence of God within you. Nervousness cannot remain in any of these systems, if you feel the Presence of God. Such calmness will flow over you. It will not take long. It may be

instantaneous, that nervousness is a thing of the past, because there's no healing agent, there's no nerve tonic like the Conscious Presence and the knowing that you and your Father are one, and nobody can take it away from you, and you are not separated from Him – there's no tonic like that. That's the greatest thing in overcoming nervousness.

And so, all nervous systems are from God. There'll all from Him. Why not go to Him? Why not go to Him by following one who had overcome nervousness? One who was a man of God, and knew the Presence of God, and lived in it as our Master Paramhansa Yogananda. Do that. Do that. You owe it to yourself, because our great goal here in this life is to go back to home to God. If we're nervous and jittery and upset all the time, we cannot get back home to Him, because He is not of this jittery world, He is beyond it. And so follow, follow one man who had overcome nervousness, and knew his oneness with God, as our Master. Do that and I know that nervousness will be a thing of the past. I've seen it in the lives of many. I've seen it in my own life. Otherwise, I wouldn't be up here talking to you. The Presence of God is the greatest thing. Get that! That's what we all need.

And I'll close by reading one more little passage from our Master's work, and one from the Bible. "Criticize and reform yourself..." analyze yourself. See what's the matter with yourself. "That is where your greatest problem lies. Affirm divine calmness and peace and send out only thoughts of love and goodwill, and you will want to live...and goodwill, if you want to live in peace and harmony without nervousness."

Finally, as it says in Isaiah, 26th Verse: "I will keep him in perfect peace whose mind, whose consciousness, is stayed in me..."² (*sic*), because he did not forget me. That's the answer to nervousness. Know God, be one with Him. Nervousness must go.

² Isaiah 26:3, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."