

How to Overcome Restlessness and Worry

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Opening Prayer

Heavenly Father, in Thy Holy Presence, we feel Thy Security and Thy Love. Help us to take this realization, with us, in every action. Help us never to forget that if we have to leave other things, we have to leave them, but never to leave Thee, never to leave Thy side. Om, Peace, Amen.

Subject this morning: "How to Overcome Restlessness and Worry."

That's a great subject. We often get up and say, "Boy, am I jittery today. What is the matter with me?" Nothing is wrong with you except the thought processes are not controlled. The mind is taking you over, instead of you taking the mind over.

So this subject, "How to Overcome Restlessness and Worry," I think, is a universal subject. We all need help on it. And yet, the answer is very simple. If you stop breaking the law, and then do those things which will alleviate the karma that you have laid up, which produces these things within you, if you'll do those two things, and then finally, as we often say, "unite yourself with God's Presence, commune with Him, be one with His Spirit," if you do that, you'll soon see that restlessness and worry are things of the past.

One thing we should never forget is that, as long as we are in the body, we have a little delusion. Master said, "No matter how great the saint, whenever he takes on the body, he takes on a little delusion." It's impossible not to. As Jesus said in the cross, "Father, why hast Thou forsaken me?"¹ He, with his realization – if it bothered him just a little – we shouldn't worry too much about it. But the thing to worry about is, that you haven't that God contact. Worry over that; be restless over that – not worldly things. So, first let us understand something about the cause, the causes of restlessness and worry, and then a little about the effects of restlessness and worry on our system, on our consciousness, on our being. And then, perhaps, we will understand the necessity of doing something real about it, that we may be rid of these undesirable things – restlessness and worry.

¹ Matthew 27:46

Now the causes of restlessness and worry are divided into three causes: physical, mental, and Spiritual. Don't think it's just your mind. Oh no. Don't think it's your body. If you had a good healthy body, you wouldn't be restless. You might be. And don't forget the Spiritual side, which is the greatest thing perhaps. And so, the causes of restlessness are found in the three states of consciousness: physical, mental, and Spiritual.

Now let us take up first, that we may have some semblance of an order in our discussion, the physical causes of restlessness – physical causes of restlessness. It is nervousness that causes restlessness. In other words, from the physical state of consciousness, we are not obeying health laws. We have broken health laws. We are not practicing cleanliness, proper exercise, and getting enough oxygen. These are the simple things we have to begin with. We are breaking the health laws.

And then there is that case of food – food. There is so much misunderstanding about food. I understand that you had a big lecture on food not long ago, so, I will not burden you too much with that. But one or two things just to point out, because this has to do with the cause of restlessness and worry. The food, as the Master's Master said, "Must be natural food, natural vital food, and non-irritating to the system." That's one thing we forget. As he said, "Any food that is a natural, simple, food containing the elements necessary, and which your digestion, or system, can handle, is the right food for you."

Now, for instance, you might start on eating raw food. Some people cannot handle it. But it says in the book, we must eat raw food. So down it goes; indigestion comes; and restlessness comes in. You must have the food "non-irritating." If you cannot eat the raw food, it distresses you. Why do it? Cook it a little bit. Be reasonable. That's why I love the Master's Master so much. He was very wise.

So, remember, these simple laws of food, to keep from breaking the health law of food. Have the food natural. You know what natural food is. Have it vital. But have it conducive to assimilation in your system. That's very important. If you have tendencies toward an irritated stomach, don't put the fried food in there, because you'll only suffer. You'll be more restless than you are right now. And so, on food, be natural – have natural food – and have it non-irritating.

Now there's one thing I want to point out, then I'll be through with this food question. It is this. You must get plenty of protein in your system. Vegetables are wonderful. They do not build up in the system. They're very healthy for you. But you must get protein. You must get protein. If you have to have protein, if you have to have animal protein, have it in the form of dairy products – not flesh foods, for this reason. I said a few minutes ago, that the food must be non-irritating.

Now flesh protein and dairy product protein have the same chemical composition. Yet, one is very irritating. Flesh foods are irritating. Why? Now, this is the point, because only 70 percent of the flesh foods are usable by the body. What happens to the other 30 percent? It floats around in the bloodstream, undigested, as a toxin. That is very irritating to the system. But the dairy products – dairy products, same protein, same chemical composition – but there's a difference there; there's an irritation there in the flesh foods.

Now in the dairy products, 90 percent and more, usable by the body. So, there's not that waste floating around. Remember that. These are facts. That's why Sri Yukteswarji said, "The food must be non-irritating." But the strange fact is, the chemical composition is the same; but the end result is entirely different.

I had that illustrated in the World War [II]. We used camphor, gum camphor, which came from Java. The supply was cut off, and du Pont made camphor – same chemical composition exactly – because my druggist wrote and asked them. But in the system, the physiological action was entirely different. It was sporadic instead of being a soothing agent; same chemical composition.

So with protein, the flesh protein, the rate of vibration is different, even though the chemical composition is the same. And the result is irritating. I will not go into the causes, except to say, that the vibration is different due to the fact that the animal's nervous system is highly developed, and when it is killed, there is a vibration that enters into the flesh food. So much for that. It must be, the food must be, "non-irritating."

Now, going on just a bit, to the physical cause of nervousness and worry, and so forth – overstimulation; this is the worst thing. Overstimulation in eating; overstimulation in everything you do. Overwork, mental stimulation, overstimulation in sex. What happens? The nerves become irritated, sometimes burned out, because the Life Force does not flow in a smooth, harmonious way, but in a jerky way, irritating the nerves. And sometimes, there'll be a big surge

as in anger, of Life Force, which burns the nerves out – can even cause death. So, remember, overstimulation is one of the physical causes of restlessness.

Overstimulation in any form: in food, in mental activity, or working, and watch the sex. Watch the sex. I will not go into that. It's a subject by itself.

And so, the nerves become irritated – sometimes burned out. But never mind. *[Tape noise is too difficult to filter out for .03 seconds]*... Never mind. Remember, it takes a long time to break the body resistance down. Nature is very good to us. We get away with it, so to speak, for quite a few years. Then suddenly, we begin to get jittery. We can't seem to get over it. But be patient. Be patient.

Remember, as it says in Daniel – this is a great thing to remember – in the 10th Chapter [12th Verse], "From the very moment you set your heart to understand and to chasten yourself before God, thy words were heard." So if you are restless – never mind. Start – start now to correct these things; the physical, the mental, and Spiritual things. Do that. Remembering that God knows what you're doing, and that, with patience, soon it will pass away. It will absolutely pass away, when His Great Love comes into you. When you feel your oneness with God, restlessness and worry must, must leave.

Now, the causes of restlessness in the mental side; that's an important thing – why is it? I said just a few words about the physical side, now how about the cause of restlessness on the mental side? What's it due to? What is the cause?

The cause is simply this: uncontrolled thought processes. That's all.

Uncontrolled thought processes. Instead of we running the mind, the mind runs us. That is not right. Instead of our thoughts being under the control of our will, and our ego, and the Spiritual consciousness within us, those thoughts are running us. Uncontrolled thought processes.

What happens? Nervousness! The mind is irritated. The nerves become irritated, and because of this, they lay us open to the ingress of physical disease. Remember that. The amount of current, flowing normally in your nervous system, is the greatest antiseptic – the greatest power against disease – that you have. That's an important thing to remember – that one thing. And unless the Life Force is flowing harmoniously in the nerves – the physical nerves – they become irritated. And likewise, in turn, they lay us open to physical disease, and such things.

So, on the same way, the mental activity, the thoughts, the thoughts running you: uncontrolled thought processes. You look, and introspect within yourself, and see they're telling you what to do, or, if you can in an instant say, "That's

enough. I've had enough restlessness. I've had enough worry. Stop! That's the end of it." Can you do that? If you cannot, then the thought processes are running you. That is the cause of, the mental cause, of restlessness.

But, going on a little bit further; these mental causes, undisturbed, or thought processes which are not controlled, lead to a nervous breakdown basically because the fact that the mental system is not under our control. It has got out bounds, so to speak, and that leads to phobias, and such. You have heard, we all have heard, about phobias, or people going up in tall buildings – how they feel, and something comes over them. Why? Because the thought processes are not controlled, that's all. Others can go up in the tall building, nothing happens to them. Why cannot that person who has the phobia? Simply because they have not control of the thought processes – the mental processes.

Likewise, going within subways; there was a lady in Boston, I remember. It took Mrs. Lewis 20 years, 20 years to get her to go in the subway. Why? I suppose there was that phobia that thing would fall in on her. But there are millions of people go. Millions of people that use that subway, and are not harmed. So, these phobias are simply uncontrolled mental processes.

There's one little story comes to my mind, at this time, about uncontrolled mental processes as the cause of restlessness and worry. In College we had a fraternity initiation, and you know the horseplay that goes on, and so forth. And right behind me was a great big [*Tape noise*]. He was six feet. So I went up, and, well, I knew that they, the only thing they could do, the worst, was to kill me, or something like that. So I went through, and had a good time, and enjoyed it. But this great big, tall fella, came up, and began to cry – weep and cry. Well, they had to kinda [*ease up? Tape noise*]...on him a little bit. So they cut down the ritual and let him through. This is fact – the great big six-footer.

But the irony of it is this, it wasn't more than two or three weeks after that, that I was over in Chelsea. They had a great Chelsea fire, perhaps some of you heard of it. And there in the middle of the street, with a uniform of the militia, and a big gun, parading back and forth was this fellow, the six foot, six foot boy. Nothing but a phobia, uncontrolled mental processes that he couldn't, he couldn't make himself go through with that simple initiation. So that is the cause, the mental cause of restlessness.

Now the Spiritual cause is another thing. What is the Spiritual cause of restlessness is this: we have broken the Spiritual law, that's all. Instead of

realizing that we are not only animals with a body that the animal had, has. That demands, certain nourishment, and has to follow certain laws; we've forgotten the Spiritual part of us. We have accepted the body as the Reality. We have neglected, we have neglected to feed, and nourish the Spiritual side within us. And as the result, not knowing what we really are, that we are children of the most High, made in the Image of God, we've forgotten that. What's the result: [*Tape noise*]...restlessness and worry. If you know you are God's child – really know it – is there any place for restlessness and worry? No. We've forgotten that. So we've broken the law. We have to rectify that that we may know our birthright – oneness with God.

And so, in the case of worry, similar to restlessness, what is the cause of worry? Why do we worry? Uncertainty, that's all. Why do you worry? Think it over. Introspect yourself. Because you're uncertain; you're not sure of certain things. And behind that is fear – fear – fear of this, that, and a million things. On the physical plane we're afraid. We're afraid that we're going to have ill health. We're afraid the body will give us trouble; perhaps, we'll be unable to carry on, our work, take care of our children. There are a million things. Why: because of fear. On the mental side, we have fears that our desires will not be fulfilled. Our children will not come out as we want them to come out. On the Spiritual side is the worst thing. We're afraid of what's coming after we're through here. We're afraid of death with its uncertainty. But behind the whole worry is fear. Fear of what? This is important. Fear that we will suffer pain. That's the whole thing behind everything. Fear that we will suffer pain in the various states of consciousness: physical, mental, and spiritual. That's the cause of worry. If you had no fear, the fear could not touch you. No one can touch you. Worry will be a thing of the past. Fear is the basic cause of worry.

Now as to the effects of restlessness; the effects of restlessness and worry are simply, as I have said, they prevent the harmonious flow of God's Presence within us as the Life Force. On the physical side they lay us open to disease. On the mental side, what happens? What does fear and restlessness do to us takes away our peace, doesn't it? You don't have any peace when you're restless and worried over this, that, and a million things. And on the Spiritual side, is the worst thing. It prevents us from knowing and realizing that we are children of God, made in His Image, and that it is He, who is in us, doing all things. That's the real effect of restlessness and worry.

So, going on just a little bit for a few interesting things. Remember, that unless you know the Bliss and Security of God you have nothing. Unless you know

that, you cannot eradicate restlessness, and fear, and worry from your system, having that. As the Master used to say, most beautifully, "When you bring in a light into a darkened room, the darkness disappears, like a dark bird, flies away." So, bring in the Light of God. Restlessness and worry will pass away.

Now, one or two interesting physiological effects of restlessness and worry, behind which is the cause fear, are these. You know that restlessness and worry leads us to irritated nerves, nervous systems, with the result that we may fly into emotions, paroxysms of emotion, and these, absolutely, without question of a doubt, pour into our bloodstream, poisons and toxins, which bring us ill health. Even paralysis of function, and, as I said in the beginning, even death can come from the paroxysm of uncontrolled mental processes, leading to the putting into the bloodstream of toxins. So we cannot afford to be restless, and to have worries.

I have one or two illustrations here of unnecessary restlessness and worry, which I think, would interest you. You know most of our worries, 99 percent of them, never materialize, but while they're with us they're very real. But you look it over. How many of your worries came true? Very few. I think one illustration of, of worry, unfounded worry, is this one, which comes to my mind.

There was a lady lived downstairs in a house back in Boston. And this fine morning, I was out on the front stoop, and a little girl was there – just a little thing; four years old, or five, I think. There was an airplane circling around. I was talking to the little girl; pretty soon the lady came out, and she grabbed the girl by the hand, and she says, "Ann, come in here," she says, "before that airplane falls on you." This is a fact. And the vision I had was the youngster going in the door with the mother pulling, "Come in before the airplane falls on you." Well, it might have fallen on her, but it was a big chance, wasn't it? So that's a case of unfounded worry. But I'll never forget how the vision remains of the youngster going in the door, and the mother pulling her by one arm, and the kid strung out going in through the door. So let's put away those things anyway by common sense.

Another case that comes to my mind is a patient of mine who owned a taxicab. This is much to the point, because this is more sensible. He had this taxicab business, and it was taking most of his time – 24 hours of the day – and he was snatching sleep in-between calls. He came to my office for treatment, and I remember, I tried many things, but he wouldn't respond. He wouldn't respond. Tissue wouldn't respond at all. And it was simply because of his worry over that

taxicab business. So he understood it. I explained to him, and we worked along doing the best we could. One fine day, he came in, and he was all smiles. He said, "I've sold the taxicab business." And do you know, from then on, this is a fact, he responded beautifully, and his ailment left him, he was all right. Why? Because that worry had kept his nervous system in a state of confusion; the Life Force would not flow naturally through his nerves. And, of course, nature cannot heal when the Life Force is not flowing harmoniously. It is the Life Force which heals.

And so with those two illustrations let us go on to the final and the most important part of the discussion. It is how, how to overcome restlessness and worry. You know, in treating all disease there are two main things to do. It is this. First what? Remove the cause. Isn't that so? Remove the cause. As Jesus said, if you have "a thorn in the flesh,"² get it out. So first, in treating restlessness and worry, remove the cause. Secondly, aid in healing and repairing the tissue. Aid in healing and repairing those burned out nerves, irritated nerves. Remove the cause is the first thing.

Now, on the physical side – we have physical, mental, and Spiritual causes to remove. Don't forget that. Now, on the physical side, remove the cause. Follow, as I've said in the beginning, follow health laws. Do not overstimulate the body – irritating the nerves. Remove the cause, first thing. Then, then aid in the healing of those irritated nerves, burned out nerves, and inflamed tissue. Now, how can we do that? On the physical plane we must watch the diet. We must use nerve food. Remember, the basic cause of restlessness is irritated nerves – nervous tissue. So we must eat those things that will sustain them. Allow nature to repair the tissue. Eat what? Eat milk, drink milk. Goat's milk is one of the best things. Buttermilk is wonderful. Also lettuce is wonderful for the nerves. Almonds; almond milk; cottage cheese; lime drinks, is one of the greatest cooling things for the nervous system.

The Master, when he first came, he made a drink of lime, and water, and sugar. The proportion has to be just right. You know when it's right. It isn't too sour; it isn't too sweet; it's just right. That's one of the greatest things to heal, help the nerves heal themselves. So we must first remove the cause. And then sustain, by proper food, the physical system – in this case the nerves – by these proper foods.

² II Corinthians 12:7

Now, on the mental side – before I take the mental side, let me say this one thing. How important proper food is. First, remove the cause, on the physical side. Now in the case of diseased kidneys, they have found that, if they remove the irritating cause as the undigested protein floating in the bloodstream, remove that, and then feed the body, so that the kidneys will receive it, proper food, the kidneys will heal. So they remove the cause first. Stop eating the proteins – 30 percent floats around in the bloodstream undigested. Stop that, and then, if you feed the proper protein to the kidney will heal up.

Dr. Kempner of Duke University found that protein of rice is almost 100 percent usable by the body. There are no waste products left, so when he stopped the meat eating, when he stopped the flesh protein, then he fed the patient wholly, for awhile, on rice. And that protein left no residue, and he found the kidneys healed. So remember that. Remove the cause, first. Then sustain the body. Remove those things which allow waste products to flow through your bloodstream, and then eat the proper thing. Nature will heal you. The Life Force will heal you, and bring you back to health. So much for the physical remedies to overcome nervousness, and worry.

Now, how about the mental? What are you going to do to repair your mental tissue? First, as I have said, remove the cause. Do not practice overstimulation. But the remedy for mental restlessness and worry is calmness. Calmness, which comes from what: self-control. Calmness, which comes from self-control is a remedy for your nervous troubles – your mental troubles. How to attain that self-control? By practicing, by practicing the methods of self-control of Self-Realization; you have there in the Recharging Exercises, there you control the Life Force. There you control the Life Force so that there is harmony in the physical, and likewise harmony in the mental side – control the Life Force.

And secondly, practice the Hong Sau technique, which is the greatest art of concentration – one-pointing the mind. Remember, I told you the cause of mental restlessness is what? Uncontrolled thought processes. The methods of Self-Realization will give you self-control, producing calmness, which is the medicine for mental restlessness. If you have control of the Life Force, even your thoughts cannot function. Do you realize that? That's why these methods are so wonderful. If you have control of the Life Force in the body, the thoughts will cease, because the thoughts are Life Force in motion. And when you, when you withdraw the Life Force from that restless mind, then calmness comes. Calmness how: by self-control.

That's the important thing, now. These are scientific methods. Will is not enough. But the scientific control of the Life Force, which operates the mind, and the thoughts, and all functions – withdraw that. And then calmness is yours. Calmness is the food, the remedy, for mental restlessness and worry.