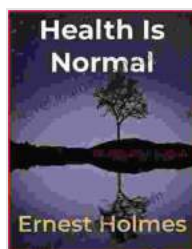


Health Is Normal: Ernest Holmes on the Power of Mind Over Body

In his book *The Science of Mind*, Ernest Holmes writes, "Health is normal. Sickness is abnormal. Health is the natural state of man. Sickness is the unnatural state." This is a radical statement, especially considering the fact that most people believe that sickness is the norm and health is the exception. But Holmes's statement is based on a profound understanding of the nature of reality.

Holmes believed that the mind is the master of the body. He said, "The mind is the builder of the body. The mind is the healer of the body. The mind is the keeper of the body." This is not to say that the mind can cure all diseases. But it is to say that the mind has a powerful influence on the body's health and well-being.



Health Is Normal by Ernest Holmes

★★★★★ 5 out of 5

Language : English

File size : 20 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 4 pages

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There is a growing body of scientific evidence that supports Holmes's claims about the power of the mind over the body. For example, studies

have shown that people who have a positive attitude towards their health are more likely to be healthy than those who have a negative attitude. Additionally, studies have shown that people who practice meditation and other mind-body techniques are more likely to experience improved health outcomes.

So, what does it mean to have a healthy mind? Holmes believed that a healthy mind is one that is filled with love, joy, peace, and harmony. He said, "The healthy mind is one that is in tune with the Infinite. It is a mind that is open to the good and the beautiful. It is a mind that is free from fear and worry." A healthy mind is a powerful mind. It is a mind that can create a healthy body and a healthy life.

If you want to improve your health, start by working on your mind. Fill your mind with positive thoughts and images. Practice meditation and other mind-body techniques. And most importantly, surround yourself with people who love and support you.

When you have a healthy mind, you will have a healthy body. It's that simple.

Ernest Holmes's Teachings on Health

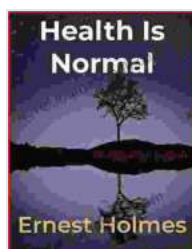
Ernest Holmes was a pioneer in the field of mind-body medicine. He developed a system of thought called the Science of Mind that emphasizes the power of the mind to heal the body. Holmes's teachings have helped millions of people to improve their health and well-being.

Here are some of Holmes's key teachings on health:

- Health is normal. Sickness is abnormal.
- The mind is the master of the body.
- A healthy mind is one that is filled with love, joy, peace, and harmony.
- You can create a healthy body and a healthy life by working on your mind.

Holmes's teachings are a powerful reminder that we have the power to create our own health and well-being. By filling our minds with positive thoughts and images, practicing meditation and other mind-body techniques, and surrounding ourselves with people who love and support us, we can create a healthy body and a healthy life.

Health is normal. Sickness is abnormal. This is a radical statement, but it is one that is based on a profound understanding of the nature of reality. The mind is the master of the body, and a healthy mind can create a healthy body. By working on our minds, we can create a healthy body and a healthy life.



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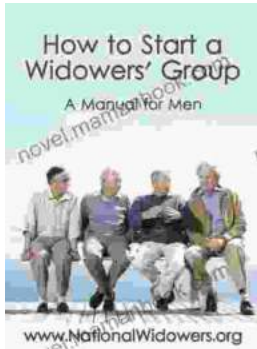
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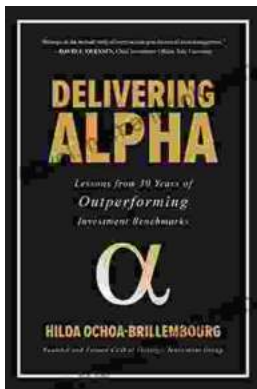
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