



# HARMONY

## THE NERVOUS SYSTEM

### **BELOVED VICTORY**

The first and easiest way for the sinister force to disturb your feeling is through the power of sight. And so, since that touches your emotional body so easily, the next easiest point for the sinister force to touch you is the feeling at the solar plexus, the feeling at your stomach. The destructive forces know this, and that is why I wish to set up a Guard.

Compact Disc 01212

### **BELOVED GODDESS OF PURITY**

How many pictures do you suppose in one year you photograph into the flesh of your bodies, into the energy of your feeling world, into your affairs, through the pictures that the eyes rest upon? Answer Me that! How

many, do you suppose, of the pictures of imperfection in the outer world you have absorbed through the physical sight alone in the course of one year, into your bodies and into your affairs? Rather an infinite number, isn't it?

*The Voice of the "I AM," 1999.8:7*

### **BELOVED CHARITY**

When your attention, through the sight, focuses upon a picture and that is photographed through the optic nerve into every cell of the body, into your nerves, the energy of your feelings, into the atomic structure of the body—and naturally that goes into your affairs—when that takes place, that which you see *out* here has come to live *in* here. That's a very serious thing! Therefore, it is vitally necessary that you keep your attention off of pictures that are destructive unless you want that destruction to live in your bodies.

Record SG 2043 AB

### **BELOVED SAINT GERMAIN**

I am bringing you this Knowledge tonight to help you free yourselves from the connection of that which does not belong to you; for I can say clearly that seventy-five percent of the things you have photographed into your world were suggested to you by the destructive forces of the outer world, and they were not, therefore, of your own creation.

Cassette 6 0380-2

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Your feeling about persons, places, conditions, and things affects the health of the body, particularly your digestion and your nervous system, as well as the brain structure and your mind.

Back of the stomach is a ganglionic mass of nerves called the solar plexus. It is like a Sun to the body. Those nerves go out from the back of the body and flow around the stomach. They are just like antennae to a radio. They are like feelers on a fly, or at least an insect. They go out, reach ahead, sense and feel things in the atmosphere about you. They are always looking for something. That is the feeling which is generally going out. The moment you come into a vibratory action you don't like or that opposes your desire or your will, hundreds of those nerves pick up the vibratory action of what is around you. When that takes place, there goes forth a rate of vibration from your spine into whatever is around you—which is a repellent force. The moment you don't like something, there is a wave of energy passes through those nerves into the atmosphere about you.

*The Voice of the "I AM," 1950.8:8-9*

### **BELOVED LADY MASTER NADA**

Now the attention of the mind will draw your Life energy everywhere that it goes; but the Life energy is the Life in your feeling, and your feeling is the Liquid Light in the nervous system. Therefore, the attention will make your Life flow into anything upon which your attention rests, and it is the pull of the feeling that changes the decision in the mind.

Cassette 6 0119-2

## **BELOVED MARY**

All day long you hear all kinds of things that do not produce Perfection in your world; and you hear so much that is not the Truth, that unless you take the stand, as the Messenger does, to demand the Great Central Sun's Fiery Truth to come forth and consume everything else, the constant vibration of imperfection that surges through the atmosphere of Earth from the activities of mankind's discord enters into the brain structure as you hear it. It passes through your nervous system. It radiates out into your atmosphere, and it leaves there its record of discord. That is why the Beloved Saint Germain has been so insistent on your use of the Violet Consuming Flame.

*The Voice of the "I AM," 2000.12:14*

## **BELOVED GODFRÉ**

You can improve your eyesight very much by simply the absorption of blue, by looking upon clean, deep blue. You can strengthen the nervous system by the absorption of the vibratory action of certain colors that can go right into your feeling world and place there the blessing of its Perfection to Life. And in the absorption of the Violet Consuming Flame as you gaze upon It, you can draw It into the emotional body through the sight alone.

Compact Disc 00879