

joy, to be followed by the reflex action or low tide, and to keep your poise during the low tide is a matter of fine strategy.

Worry is the negative or opposite to the positive, peace.

If we are sensitive to worry, it will harm us; if we are sensible about worry, it cannot harm us. The best way to be effectually sensible about worry is to learn to make ourselves insensible to it.

You cannot kill worry by blows or fighting it directly — you cannot rid yourself of worry by simply saying "I will not worry."

We Can
Think Only
One Thing
At a Time.

The weapons to fight worry with, are substitution, strategy and elimination.

Worry is eliminated by substitution of confidence thought. We can only think one thing at a time, and if we think faith or courage or joy or peace we cannot think worry thoughts at the same time. Remember this point well — I say you cannot think two things at the same time, but later on I will show you how you can do several things at the same time; there is much difference between thinking and doing.