

# ***What You Think Upon Grows***

*What you think upon grows.* This is an Eastern maxim, and it sums up neatly the greatest and most fundamental of all the Laws of Mind. What you think upon grows.

*What you think upon grows.* Whatever you allow to occupy your mind you magnify in your life. Whether the subject of your thoughts be good or bad, the law works and the condition grows. Any subject that you keep out of your mind tends to diminish in your life, because what you do not use atrophies.

The more you think about your indigestion or your rheumatism, the worse it will become. The more you think of yourself as healthy and well, the better will your body be.

The more you think about lack, bad times, etc., the worse will your business be; and the more you think of prosperity, abundance, and success, the more of these things will you bring into your life.

The more you think about your grievances or the injustices that you have suffered, the more such trials will you continue to receive; and the more you think of the good fortune you have had, the more good fortune will come to you.

This is the basic, fundamental, all-inclusive Law of Mind, and actually all psychological and metaphysical teaching is little more than a commentary upon this.

***What you think upon grows (Phillippians 4:8)***



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