

## Questions and Answers

and what he defined as imagination was faith. And so he treated all his patients in this way: they had to make a kind of imaginative formation which consisted in thinking themselves cured or in any case on the way to being cured, and in repeating this formation to themselves with sufficient persistence for it to have its effect. He had very remarkable results. He cured lots of people; only, he failed also, and perhaps these were not very lasting cures, I don't know this. But in any case, this made many people reflect on something that's quite true and of capital importance: that the mind is a formative instrument and that if one knows how to use it in the right way, one gets a good result. He observed — and I think it is true, my observation agrees with his — that people spend their time thinking wrongly. Their mental activity is almost always half pessimistic, and even half destructive. They are all the time thinking of and foreseeing bad things which may happen, troublesome consequences of what they have done, and they construct all kinds of catastrophes with an exuberant imagination which, if it were utilised in the other way, would naturally have opposite and more satisfying results.

If you observe yourself, if you... how to put it?... if you catch yourself thinking — well, if you do it suddenly, if you look at yourself thinking all of a sudden, spontaneously, unexpectedly, you will notice that nine times out of ten you are thinking something troublesome. It is very rarely that you are thinking about harmonious, beautiful, constructive, happy things, full of hope, light and joy; you will see, try the experiment. Suddenly stop and look at yourself thinking, just like that: put a screen in front of your thought and look at yourself thinking, off-hand, you will see this at least nine times out of ten, and perhaps more. (It is very rarely, very rarely that one has in the whole day, suddenly, a dazzling thought about what is going to happen or the state one is in or the things one wants to do or the course of his life or world circumstances — it depends, you see, on your preoccupation). Well, you will see, it is almost always foreseeing