

# **The “Be Well” Study Guide**

Is based on

**“The Science of Being Well”**

**by Wallace D. Wattles**

Includes Commentary and Suggested Activities

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## **Real Food and Drinks**

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## CHAPTER 1. The Principle of Health

1 In the personal application of the Science of Being Well, as  
2 in that of the Science of Getting Rich, certain fundamental  
3 truths must be known in the beginning; and accepted  
4 without question. Some of and these accepted truths we  
5 state here:—

6 The perfectly natural performance of function constitutes  
7 health; and the perfectly natural performance of function  
8 results from the natural action of the Principle of Life. There  
9 is a Principle of Life in the universe; it is the One Living  
10 Substance from which all things are made. This Living  
11 Substance permeates, penetrates, and fills the interspaces  
12 of the universe; it is in and through all things, like a very  
13 refined and diffusible ether. All life comes from it; its life is  
14 all the life there is.

15 Man is a form of this Living Substance, and has within him a  
16 Principle of Health. (The word Principle is used as meaning  
17 source.) The Principle of Health in man, when in full  
18 constructive activity, causes all the voluntary functions of  
19 his life to be perfectly performed.

20 It is the Principle of Health in man which really works all  
21 healing, no matter what "system" or "remedy" is employed;  
22 and this Principle of Health is brought into Constructive  
23 Activity by thinking in a Certain Way.

24 I proceed now to prove this last statement. We all know  
25 that cures are wrought by all the different, and often  
26 opposite, methods employed in the various branches of the  
27 healing art. The allopath, who gives a strong dose of a  
28 counter-poison, cures his patient; and the homeopath, who  
29 gives a diminutive dose of the poison most similar to that of  
30 the disease, also cures it. If allopathy ever cured any given  
31 disease, it is certain that homeopathy never cured that  
32 disease; and if homeopathy ever cured an ailment,  
33 allopathy could not possibly cure that ailment. The two  
34 systems are radically opposite in theory and practice ; and  
35 yet both "cure" most diseases. And even the remedies used  
36 by physicians in any one school are not the same. Go with a  
37 case of indigestion to half a dozen doctors, and compare  
38 their prescriptions; it is more than likely that none of the  
39 ingredients of any one of them will be in the others. Must  
40 we not conclude that their patients are healed by a Principle  
41 of Health within themselves, and not by something in the  
42 varying "remedies"?

43 Not only this, but we find the same ailments cured by the  
44 osteopath with manipulations of the spine; by the faith  
45 healer with prayer, by the food scientist with bills of fare,  
46 by the Christian Scientist with a formulated creed  
47 statement, by the mental scientist with affirmation, and by  
48 the hygienists with differing plans of living. What conclusion  
49 can we come to in the face of all these facts but that there  
50 is a Principle of Health which is the same in all people, and

51 which really accomplishes all the cures; and that there is  
52 something in all the "systems" which, under favorable  
53 conditions, arouses the Principle of Health to action? That  
54 is, medicines, manipulations, prayers, bills of fare,  
55 affirmations, and hygienic practices cure whenever they  
56 cause the Principle of Health to become active; and fail  
57 whenever they do not cause it to become active. Does not  
58 all this indicate that the results depend upon the way the  
59 patient thinks about the remedy, rather than upon the  
60 ingredients in the prescription?

61 There is an old story which furnishes so good an illustration  
62 on this point that I will give it here. It is said that in the  
63 middle ages, the bones of a saint, kept in one of the  
64 monasteries, were working miracles of healing ; on certain  
65 days a great crowd of the afflicted gathered to touch the  
66 relics, and all who did so were healed. On the eve of one of  
67 these occasions, some sacrilegious rascal gained access to  
68 the case in which the wonder-working relics were kept and  
69 stole the bones; and in the morning, with the usual crowd  
70 of sufferers waiting at the gates, the fathers found them  
71 selves shorn of the source of the miracle-working power.  
72 They resolved to keep the matter quiet, hoping that by  
73 doing so they might find the thief and recover their  
74 treasures; and hastening to the cellar of the convent they  
75 dug up the bones of a murderer, who had been buried there  
76 many years before. These they placed in the case, intending  
77 to make some plausible excuse for the failure of the saint to

78 perform his usual miracles on that day; and then they let in  
79 the waiting assemblage of the sick and infirm. To the  
80 intense astonishment of those in the secret, the bones of  
81 the malefactor proved as efficacious as those of the saint;  
82 and the healing went on as before. One of the fathers is said  
83 to have left a history of the occurrence, in which he  
84 confessed that, in his judgment, the healing power had  
85 been in the people themselves all the time, and never in the  
86 bones at all.

87 Whether the story is true or not, the conclusion applies to  
88 all the cures wrought by all the systems. The Power that  
89 Heals is in the patient himself; and whether it shall become  
90 active or not does not depend upon the physical or mental  
91 means used, but upon the way the patient thinks about  
92 these means. There is a Universal Principle of Life, as Jesus  
93 taught; a great spiritual Healing Power; and there is a  
94 Principle of Health in man which is related to this Healing  
95 Power. This is dormant or active, according to the way a  
96 man thinks. He can always quicken it into activity by  
97 thinking in a Certain Way.

98 Your getting well does not depend upon the adoption of  
99 some system, or the finding of some remedy; people with  
100 your identical ailments have been healed by all systems and  
101 all remedies. It does not depend upon climate; some people  
102 are well and others are sick in all climates. It does not  
103 depend upon avocation, unless in case of those who work

104 under poisonous conditions; people are well in all trades  
105 and professions. Your getting well depends upon your  
106 beginning to think—and act—in a Certain Way.

107 The way a man thinks about things is determined by what  
108 he believes about them. His thoughts are determined by his  
109 faith, and the results depend upon his making a personal  
110 application of his faith. If a man has faith in the efficacy of a  
111 medicine, and is able to apply that faith to himself, that  
112 medicine will certainly cause him to be cured; but though  
113 his faith be great, he will not be cured unless he applies it  
114 to himself. Many sick people have faith for others but none  
115 for themselves. So, if he has faith in a system of diet, and  
116 can personally apply that faith, it will cure him; and if he has  
117 faith in prayers and affirmations and personally applies his  
118 faith, prayers and affirmations will cure him. Faith,  
119 personally applied, cures; and no matter how great the faith  
120 or how persistent the thought, it will not cure without  
121 personal application. The Science of Being Well, then,  
122 includes the two fields of thought and action. To be well it  
123 is not enough that man should merely think in a Certain  
124 Way; he must apply his thought to himself, and he must  
125 express and externalize it in his outward life by acting in the  
126 same way that he thinks.

## CHAPTER 2 – ACTIVITIES AND QUESTIONS

1. Read chapter 1 again. Everywhere that you see the word 'principle' write the word 'source' above it.
2. Reach chapter 1 again, but this time substitute the word 'source' in place of 'principle' as you read it.
3. Write the "Principle" (or "Source") of Life on the lines below.

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4. Describe the "Living Substance" including where it exists.

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5. Where does life come from?

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6. What is man?

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7. Name some of the remedies for healing listed in Chapter 1 and include any additional remedies which you have tried or are aware of.

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8. Where does the “Principle of Health” reside? \_\_\_\_\_

9. What does the “Principle of Health” have to do with healing specifically in relation to healing remedies?

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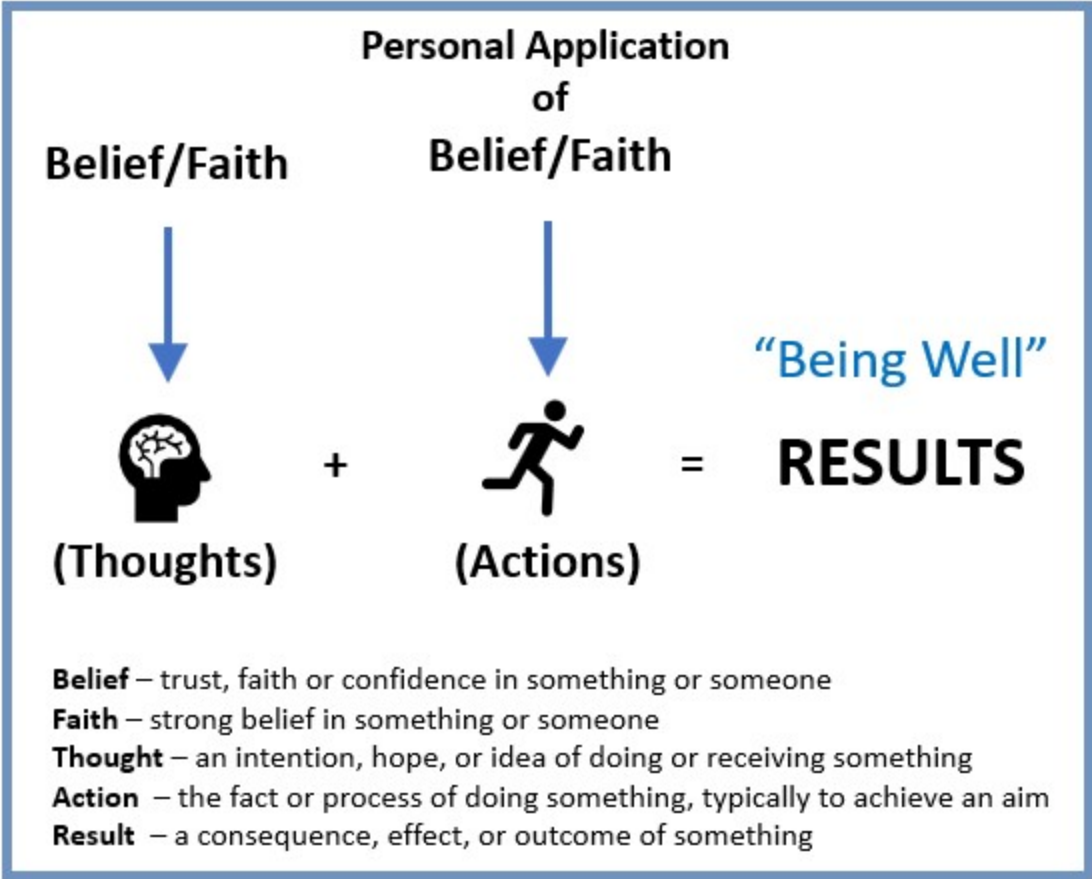
10. Fill in the following blanks:

The way a man \_\_\_\_\_ about things is determined by what he \_\_\_\_\_ about them. His \_\_\_\_\_ are determined by his \_\_\_\_\_, and the \_\_\_\_\_ depend upon his making a personal application of his \_\_\_\_\_.



11. On lines 105 to 106, we find the statement:  
“Your getting well depends upon your beginning to think – and act – in a Certain Way.”

The following diagram shows an expression of the same statement:



12. Re-write “The Science of Being Well” as described in lines 121 through 126 using your own words:

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13. What must you do and what must you believe if you are to apply the science of being well to yourself?

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