

If we were to ask the question:  
“What is human life’s chief concern?”  
One of the answers we should receive  
would be: “It is happiness”... even more  
in the religious life...happiness and  
unhappiness seem to be the poles round  
which the interest revolves.

(James 78)

For James it is all about the...



fruits!

Francis W. Newman says

“God has two families of children on this earth,  
the *once-born* and the *twice-born*”

(James 80).

“...the two ways of looking at life which are characteristic respectively of what we called the healthy-minded, who need to be born only once, and of the sick souls, who must be twice-born in order to be happy” (James 166).

# The Religion of Healthy-Mindedness (Once born)

Involuntary: “a way of feeling happy about things immediately” (James 88).

Voluntary (systematic): “an abstract way of conceiving things as good” (James 88).

## The “mind-cure” movement:

“The plain fact remains that the spread of the movement has been due to practical fruits..” (James 96).

Daoism = “Passivity, not activity; relaxation, not intentness...” (James 110).

Christianity = “What shall I do to be saved? You are saved now if you would but believe it” (James 108).

Buddhism= What we think we become...

The Secret = “...by virtue of a law that like attracts like...” (James 107).

# The Sick Soul

## (Morbid-Mindedness)

### (Twice born)

Passive (anhedonia): “There are people for whom evil means only a mal-adjustment with things, a wrong correspondence of one’s life with the environment” (James 134).

Active: “...a wrongness or vice in his essential nature, which no alteration of the environment, or any superficial rearrangement of the inner self, can cure, and which requires a supernatural remedy” (James 134).

# Healthy-Mindedness VS Morbid-Mindedness



## Healthy-Mindedness

“Live as if (it) were true...and every day will practically prove you right. That the controlling energies of nature are personal, that your own personal thoughts are forces, that the powers of the universe will directly respond to your individual appeals and needs, are propositions which your whole bodily and mental experience will verify” (James 119).

## Healthy-Mindedness

“In just the degree in which you realize your oneness with the Infinite Spirit, you will exchange dis-ease for ease, inharmony for harmony, suffering and pain for abounding health and strength. One need remain in hell no longer than one chooses to...” (James 101).

## Morbid-Mindedness

To ascribe religious value to mere happy-go-lucky contentment with one's brief chance at natural good is but the very consecration of forgetfulness and superficiality. Our troubles lie indeed too deep for that cure" (James 140).

## Morbid-Mindedness

“It seems to me that we are bound to say that morbid-mindedness ranges over the wider scale of experience” (James 163).

And the winner is...

## Morbid-Mindedness

“...(healthy-mindedness) breaks down impotently as soon as melancholy comes... (it) is inadequate as a philosophical doctrine, because the evil facts which it refuses positively to account for are a genuine portion of reality; and they may after all be the best key to life’s significance, and possibly the only openers of our eyes to the deepest levels of truth” (James 163).

But remember, for James it is all about the...



fruits!

## Tolstoy

“Since mankind has existed, wherever life has been, there also has been the faith that gave the possibility of living. Faith is the sense of life, that sense by virtue of which man does not destroy himself, but continues to live on” (James 184).