The Cause and Cure of the Common Cold by Raymond Charles Barker

*Medicine treats disease.*

*We treat mental causation.*

**INTRODUCTION**

You cannot afford to have the common cold, viruses, sinus troubles, postnasal drips, etc. They are a tremendous waste of time, energy and money. They are of no value and they teach us no lessons.

“Americans will spend Three Hundred and Fifty Million Dollars ($350,000,000.00) on the prevention and cure of the common cold during the year of 1963.” This statement, from market research authorities, published in the March 1, 1963, issue of Forbes Magazine, is shocking.*

Another research report shows that twenty two million, eight hundred thousand Americans went to medical doctors in single year to be helped and cured of the common cold. Twenty-two percent of this great number made at least a second visit to the doctor.

These statistics are shocking. In addition, there is no way of estimating the number of days men and women have lost from their work, the financial losses to corporations for these lost man-hours, nor the cost to insurance companies for temporary hospitalization.

All this adds up to a startling need for this booklet written by man with several decades of factual experience in the field of Spiritual Mind Healing. That the common cold and its fellow-complaints will yield to spiritual/mental treatment is beyond question. Thousands of people in the last seventy five years have used mental and spiritual methods with consistent success.

Mental-emotional causes of our physical ailments are increasingly accepted by the general public as the result of more than a century of metaphysical pronouncement and decades of psychosomatic studies in the medical field.

The spiritual scientist makes a claim far greater than does psychosomatic medicine. He states that all colds, viruses, forms of pneumonia, sinus difficulties, etc. are the result of emotional confusion in the subconscious mind of the patient. To receive results from the study of this booklet and from the application of the simple methods outlined in it, the patient must be willing to recognize the basic premise that colds are caused by oneself. They do not come from material or external causes. The weather does not cause colds. Overwork and fatigue do not cause them. Exposure to others with colds does not cause them.

There is only one cause of the common cold. It originates in the mental-emotional constitution of the individual. It is an outer expression of an inner hurt. When you know this and are able to admit it to yourself that your mind and emotions alone have caused the cold, you can be cured by the spiritual ideas explained in the pages which follow.

*Present day, this report shows that Americans spend $2.9 billion on over-the counter drugs intended not to cure, but to relieve symptoms. And another $400 million on prescription drugs, also aiming to relieve symptoms. 41 million prescriptions for antibiotics totaling $1.1 billion, even though the medical community recognizes that antibiotics have no effect on the common cold.*

**THE CAUSE**

There is NO material causation of colds. Whatever their form, whatever their medical description, they are the result of emotional confusion of some kind. This emotional causation is often unknown to the victim, as it is always subconscious.

You will probably find in the following possible subconscious emotional patterns one which fits your immediate past thinking and experience. I say immediate, as colds are not the result of long-standing confusions. They begin their appearance generally within a ten-day period from the time of the subconscious disturbance. They are always the result of sudden, often dramatic and never permanent-emotional sprees, hurts or stoppages of self-expression.

Colds are usually caused by hurts, misunderstandings and unhappy situations in personal relationships. Things, offices, homes, etc. do not cause colds. Your reactions to people in these and other situations do. Neither do fears cause colds. Deep-seated fears will cause other types of physical disturbances, but not colds. Seek for your cause in your recent relationships with others, particularly relatives, fellow-employees, neighbors and friends. I often remark to patients: “Who is the matter with you?”

Read the following carefully. No list is ever complete, but it will start you seeking the confused cause and will usually make you aware of the cause of your particular form of emotional-mental congestion, which the Law of the Subconscious is now manifesting as a cold or similar condition.

**THE CAUSES**

**A Recent Argument**
Any argument you clearly remember in which you became emotional upset. Particularly any argument with a loved one. A job situation could cause colds if the argument involved a strong personality.

**A Recent Injustice**
The feeling of being imposed upon. A feeling of not being wanted. Others are getting what you should have. Others are more loved. Some personal situation where you feel you are unjustly treated by a member of your family or loves ones or fellow-employees. Your reactions to quarrels with close friends.

**Emotional Confusion**
A general term covering many years of personal relationships. Your definite annoyance with a person. Your resentment at being dominated. Your feeling that your opinions are not respected. Bitter, quick quarrels with loved ones. “Blowing up” at home or in the office.

**Emotional Hurts**
Not telling off the people who have hurt you. Hiding your hurt within yourself. Being the perfect lady or gentleman at all times. Refusal to see the faults of others, yet being hurt by these people. Trying not to admit the imperfections of relatives and friends. Not “Blowing up” but priding yourself on self-control. Deep subconscious refusal to speak up for your rights.

**Emotional Brooding**
Hiding your feelings from others through false pride. Maintaining a calm surface while boiling underneath. Gloomy thinking over a period of days or even hours. Feeling that no one appreciates you or wants you. Brooding over your death. Making fantastic funeral plans to get even with those who have hurt you. Enjoying your brooding because it makes you feel a martyr.
Sudden Rejection Feeling
“Nobody love me. I am all alone is the world. No one wants me around anymore.” Deep self-depreciation due to someone hurting you. Unconscious enjoyment of being hurt, as it makes you important to yourself. The hope that others will not accept you. Wanting others to understand how much they have hurt you.

Wanting to Get out of an Obligation
Unconsciously making your subconscious lie for you. Easier to have a cold than say no to an invitation or a responsibility. Unconscious desire to avoid a situation or group you don’t like.

Uncompleted Metaphysical Projects
Not following through on a line of treatment until the demonstration is made. Congestion resulting from having made definite treatments toward a specific end, then changing your mind and not continuing. The idea starting to move toward manifestation gets bogged down, and congestion of consciousness results in colds.

Miscellaneous Possible Causes
Emotional confusion, agitation, disturbance. Feeling of sudden loss. Jealousy, secret inner flight. Shocks, personal resentment. All the negative emotions taken to heart in the last ten days.

Attention-Catcher
An unconscious means of getting attention. Also, a cold can break up monotonous routines of living. Gives you something to complain about to relatives, friends, and fellow-employees. A secret enjoyment of martyrdom to gain sympathy.

THE CURE
Spiritual Mind Healing is accomplished through the use of specific denials and affirmations. Its whole purpose is to change patterns in the subconscious mind so that the inherent Spiritual and Perfect Man or Woman is again demonstrated. Treatment always destroys evil and reveals the good that has always been latent in consciousness, for consciousness is God.

You do not treat to be rid of a cold. You treat to get clear on the Allness of God. As you treat, the subconscious negative pattern which caused, created and is maintaining the cold dissolves and the corresponding physical effect disappears. We do not treat evil, we treat to know God, and evil goes as the knowledge of God is revealed. The only thing needed to clear a cold is to clear yourself of the inner negative emotion which started it. You are not fighting, arguing or lying. You are announcing to yourself what you are in God.

As you announce to yourself what you are in God, you casually decline to believe any longer what your subconscious has been believing about the emotional hurt. You are not fighting a belief when you deny it. You are merely using the denial as a dismissal of the belief, and it goes. Your denial of the emotional congestion is not an admittance of its reality. It is merely saying that it has no existence in your subconscious mind.

A Spiritual Mind Treatment to clear a cold is a simple one. If possible, do it audibly. Follow these simple suggestions in the exact order they are given:

THE METHOD OF TREATMENT
1. Begin by making audible statements convincing yourself of Perfect God, Perfect Man and Perfect Being.
2. Deny that there is any material causation. Deny any specific beliefs you may have, such as weather, overwork, fatigue or pressure. You are God’s Creation and these cannot operate in or through you. They never have and they never will.

3. Deny that medical opinion is true. Don’t let mercury in a thermometer determine whether you are sick or not. Your health is God cannot be diagnosed and opinionated. You are Spirit. Deny what others tell you is so. You look well, feel well, for you express the Life that is perfect. Deny that other people can talk you into sickness.

4. State a clear denial of the particular emotional pattern that you have discovered is the probable cause of the cold. Make clear in your thought that it cannot be so, for it is not spiritually true, therefore it cannot be real.

5. Now affirm the opposite of your denial. State that the person involved in your hurt is a spiritual being, a Divine Idea in the Mind of God. Keep thinking rightly of the person and the place and the situation that is involved in it.

6. State that all relatives, close friends, loved ones and employers or fellow-employees are true representatives of the Spirit of God. They are the means by which God reveals His goodness in your life. Keep on this way until you really feel it to be so –because it is so.

7. You are now ready to close your treatment. Reaffirm your faith in God, your faith in Truth. Declare you are Life, Love and Wisdom. Give thanks that you have never been sick, aren’t sick now and never will be sick. State the Allness of God and then say aloud “Amen.”

What follows is a treatment for colds. Use it only to start a flow of ideas. It has no magic in it. It is neither perfect nor complete. It merely starts your thinking in the right direction.

After using this treatment, start declaring one of your own-using your own vocabulary. Be certain it is positive, honest and clear. Write it out if that helps. But don’t be in bondage to written treatments nor to those of another person or teacher.

You are an individual in God. Be this by thinking out your own Treatments.

THE TREATMENT

There is only one God, one mind, one truth and one reality. I am the action of God in the perfect action of God. I am the love of God in the loving presence of God. There is no material or medical causation of colds. God is only cause and the only effect. I am spirit expressing as spirit by means of a spiritual body right here and right now. I know that the emotional cause of my momentary cold is now dismissed from my subconscious mind. No person, situation or reaction has caused it. It ceases at this instant. I love everyone. I cannot be hurt. I am never misunderstood nor rejected. I am needed, loved and appreciated by relatives, friends and co-workers. I am perfect life, perfect health and perfect vitality. I have no cold. My subconsciousness is now clear of all negative emotion and I am perfect. I praise the God that is, for I am that God in manifestation this moment and forevermore. Amen.