



How to Live Forever: The Science and Practice

Harry Gaze

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Contents: Is Life Worth PerpetuatingThe Science Of Living ForeverEternal RenewalThe Delusion Of AgeLife A Union Of Birth And DeathConscious Evolution The Key To ImmortalitySexual LawTraining The ChildHealth And BeautyThe Art Of BreathingConcentrationBody CultureBathingRelaxation And Rest NutritionNatural PurifiersSunshineGarments Of The ImmortalsThe Laws Of SafetyThe True Religion an excerpt from the beginning of the first chapter: To the question: "Is life worth living?" every healthy mind responds in the affirmative. Only those who are in some measure insane depreciate the value of life. When it is suggested, however, that life may be perpetuated, many people deny their inclination thus eternally to continue existence. Is the desire to live forever born of a natural state of mind or a disordered imagination ? Which is the true aspiration ? A rational, clearly defined desire is the first impulse toward its own successful attainment; hence the importance of this question. It is generally admitted that at times one feels like living forever. What is the condition of mind on these occasions ? When the mind is buoyant and happy, and the body is full of ease and health, continued life is desired. But when the mind is depressed, and the body weak, the very suggestion irritates and is dismissed as a ridiculous and fallacious notion. It would not be logical to use the sorrows and pains that accompany a condition of mortality, as an argument against the desirability of immortality. Suffering and immortality cannot walk together. Nature only temporarily endures any form of suffering, for pain indicates the effort to restore equilibrium. The desire to survive is strongest in the minds of those prepared for it. Emerson wisely says, "Immortality will come to such as are fit for it." The aspiration for natural immortality is incidental to a healthy appreciation of life, and a thorough recognition of man's latent possibilities. Living forever does not mean the preservation of that which is crude and undesirable, but the permanent survival, in ever changing forms, of all that is sweet, true and beautiful. Watch the progress of this wondrous world as months, years and centuries roll by. Slowly perhaps, at first, but nevertheless surely, crude and limited conditions will give way to greater refinement and freedom.

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