

Everything in existence, of both a physical and a spiritual nature, must be and is constantly in motion. The human brain is no exception. It was created to receive, organize, specialize, and express the power of thought. When the individual does not use the brain for the expression of positive, creative thoughts, nature fills the vacuum by forcing the brain to act upon negative thoughts.

There can be no idleness in the brain. Understand this principle and you will come into a new and important understanding of the part environmental influences take in the lives of human beings.

You will better understand, also, how the law of hypnotic rhythm operates, it being the law which keeps everything and everyone constantly moving through some form of expression of either negative or positive principles.

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*“Nature will not tolerate idleness or vacuums of any sort. All space must be and is filled with something... When the individual does not use the brain for the expression of positive, creative thoughts, nature fills the vacuum by forcing the brain to act upon negative thoughts.”*

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I find this so true particularly when I think of children who have too much idle time on their hands. Don Green, CEO of the Napoleon Hill Foundation, remembers, “As young people we were constantly kept busy with the admonition that idleness was the devil’s workshop.” Interesting parallel, don’t you think?

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