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New York



JEREMY P. TARCHER/PENGUIN
An imprint of Penguin Random House LLC
375 Hudson Street
New York, New York 10014



For original dates of publication see table of contents.
First Tarcher/Penguin anthology published 2016.
This anthology © 2016 Penguin Random House.

eBook ISBN 9781101983553

LIBRARY OF CONGRESS CATALOGING-IN-PUBLICATION DATA

Murphy, Joseph, 1898–1981, author.

The miracle power of your mind : the Joseph Murphy treasury : includes The power of your subconscious mind ; How to attract money ; Believe in yourself ; Fear not ; Riches are your right, and many more.

Power of your subconscious mind. | How to attract money. | Believe in yourself. | Fear not. | Riches are your right.

New York : Jeremy P. Tarcher/Penguin, 2016
LCCN 2015038720 | ISBN 9781101983256 (pbk.)
LCSH: New Thought.
LCC BF639 .M8434 2016 | DDC 299/.93—dc23

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Cover design by Tom McKeveny

Version_2

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[FEAR NOT \(1946\)](#)

[LOVE IS FREEDOM \(1948\)](#)

[RICHES ARE YOUR RIGHT \(1952\)](#)

[HOW TO USE THE POWER OF PRAYER \(1953\)](#)

[THE MIRACLES OF YOUR MIND \(1953, revised 1955\)](#)

[MAGIC OF FAITH \(1954\)](#)

[THE MEANING OF REINCARNATION \(1954\)](#)

[HOW TO ATTRACT MONEY \(1955\)](#)

[BELIEVE IN YOURSELF \(1955\)](#)

TRAVELING WITH GOD (1956).

PRAYER IS THE ANSWER: THE MEANING OF THE SACRAMENTS (1956).

PEACE WITHIN YOURSELF: THE MEANING OF THE BOOK OF JOHN (1956).

HOW TO USE YOUR HEALING POWER: THE MEANING OF THE HEALINGS
OF JESUS (1957).

PRAY YOUR WAY THROUGH IT: THE INNER MEANING OF THE REVELATION
OF ST. JOHN THE DIVINE (1958).

QUIET MOMENTS WITH GOD (1958).

THE HEALING POWER OF LOVE (1958).

STAY YOUNG FOREVER (1958).

LIVING WITHOUT STRAIN: THE INNER MEANING OF THE BOOK OF JOB
(1959).

TECHNIQUES IN PRAYER THERAPY (1960).

YOU CAN CHANGE YOUR WHOLE LIFE (1961).

NUCLEAR RELIGION (1961).

WHY DID THIS HAPPEN TO ME? (1962).

THE POWER OF YOUR SUBCONSCIOUS MIND (1963).

About the Author

PUBLISHER'S NOTE

The twenty-four books that compose *The Miracle Power of Your Mind* appear largely as they did at the time of their original publication. Other than minor adjustments made to bring the text in line with contemporary typography standards, the publisher has retained the original spellings, usage, and style of the author. As these works were written in the early twentieth century, they occasionally contain an antiquated reference or word choice. For purposes of historical accuracy, the publisher has left these intact.

THIS IS IT
*THE ART OF METAPHYSICAL
DEMONSTRATION*

(1945, revised 1948)



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CHAPTER 1

DIVINE GUIDANCE

“If thou knewest the gift of God, and who it is that saith to thee, Give me to drink, thou wouldest have asked of him, and he would have given thee living water.”

—JOHN 4:10.

The living water means inspiration. The word inspiration comes from the Latin “Spiro,” meaning I breathe into. We breathe air without effort, likewise we must let the Divine Light or creative essence of God flow through our intellect without tension. The subjective mind in us perceives by intuition. It does not have to reason or inquire as it is all-wise, infinite intelligence. If you say to your subconscious, sometimes referred to as the subjective mind (being subject to the conscious mind), “Wake me up at seven o’clock,” you know that you awaken exactly at the time specified. It never fails.

We must realize that herein lies a source of power which is omnipotent. Many good people have erroneous ideas about being inspired. They believe that it is an extraordinary event to be experienced by mystics or highly spiritual people, and they think it applies to prayer and the Bible only. This is not true.

Any business man or woman may be inspired by turning to God, and information or divine guidance may be received for any problem. Your business problem can be solved by turning to God for the answer and your information may be general or specific. For example, if you are an executive of a commercial organization and

you want a new idea for your sales program, try the following technique. If you are in business, have a private office where you will not be disturbed; close your eyes; be still; think of the attributes and qualities of God, which are within yourself. This will generate a mood of peace, power and confidence. Then speak in the following, simple manner to the Father within who doeth the works, "Father, thou knoweth all things, give me the idea necessary for a new program." Begin to imagine that you now have the answer and that it is flowing through you. You must not pretend; really believe it; accept it and then drop it. The latter is most important and is the secret of the whole process.

After the silence, get busy; do something; become preoccupied with routine matters. Above all do not sit around waiting for the answer. It comes when you think not and the moment you expect not. The inner voice of intuition speaks like a flash—it is always spontaneous and unannounced. You may get any type of information which will help you along the road to success.

Intuition, which means being taught from within, knows the answer and does not require previous experience. We must realize that God has no problems, if He had, who would solve them? Therefore, when we pray, we know that God has only the answer; He knows no problem, hence we rise to the point of recognition of the answer. The answer flows through the problem and there is no problem. No reasoning power is involved and the amazing suddenness with which the solution comes, sometimes is startling. In our Young Peoples' Forum we now teach intuition and inspiration; they find it fascinating and illuminating.

Intuition is the soft tread of the unseen guest. We must welcome this King of Kings and sing His praises; then He will make frequent visits. The abandonment of the intellectual reason for the wisdom of God is intuition. We abandon our objective reasoning only in the sense of deferring it to a higher guide. After we have received an intuition, we use reason in carrying it out. You may get specific information about anything.

For example, you may be writing a book and require special data, perhaps written 1000 B. C. The information may be in the British Museum or in the New York Public Library. It might take you days or

weeks to find it, if you do not know specifically what you want. In such instances, relax; be still and say silently and quietly to your Father (your subconscious), "Thou knowest all things, give me this information." Drop off to sleep with the one word "answer." In that relaxed mood you repeat the word "answer."

Your subjective is all-wise; knows what type of answer you desire and will answer in a dream, as a hunch, or feeling that you are being led on the right track. You may get a sudden flash to go some place—a person may give you the answer. "I have ways that you know not of." Many are led to an old book store, where they pick up the very book that gives them the desired data. We must be ever watchful for impressions as Divine guidance, for when a feeling or idea comes to us, we must be able to recognize it.

There are two reasons why we may not acknowledge our hunches. These reasons are tension and failure to recognize them. If we are in a negative, despondent, bitter mood, Divine guidance is impossible. As a matter of fact only negative guidance will prevail. If we are in a happy, confident, joyous mood, we will recognize the flashes of intuition that come to us; moreover, we will feel under subjective compulsion to carry them out. It is necessary, therefore, to be still and relaxed when you pray for guidance; for nothing can be achieved by tenseness, fear or apprehension.

Who has not had the experience of being unable to remember a name, then dropping the search, have the name come to him later during repose? If you try too hard to hear a telephone ring, you cannot.

Let us consider the failure to recognize the voice of intuition. For example, suppose we are gazing idly into a store window. An eccentric millionaire puts a \$500 bill in our hand. We throw it away thinking it is an advertisement for a dance hall or a beauty parlor. We must be on the alert for Divine ideas or feelings that come to us, and be able to recognize them. In emergencies guidance comes immediately, because we lean all our weight on the Christ within; thus we place all our burden on him and are free; then comes salvation. The answer to everything is within. "You would not have sought me, had you not already found me."

For business and professional people the cultivation of the intuitive faculty is of paramount importance. Intuition offers instantaneously that which the intellect or reasoning mind of man could accomplish only after weeks or months of monumental trial and error. When our reasoning faculties fail us in our perplexities, the intuitive faculty sings the silent song of triumph.

The conscious mind of man is reasoning, analytical and inquisitive; the subjective faculty of intuition is always spontaneous. It comes as a beacon to the conscious intellect. Many times it speaks as a warning against a proposed trip or plan of action. We must listen and learn to heed the voice of wisdom. It does not always speak to you when you wish it to do so, but only when you need it.

If we will only believe, and not pretend to believe, that God is guiding us now in all our ways, in all our thoughts, words and deeds, we shall be led along the right road. Artists, poets, writers and inventors listen to this voice of intuition. As a result they are able to astonish the world by the beauties and glories drawn from this storehouse of knowledge within themselves.

Become still, relax, close your eyes and say, "Father, thou knowest all things. I am writing a novel. Give me the characters, names, locations and setting." Rejoice that the answer is flowing through you now; drop off to sleep with the word "novel" on your lips, silently repeating it until you are lost in the deep of sleep. The word "novel" is etched in the subconscious. In the morning or a few days later, you will sit down to write; the words will flow; ideas will come in an unending stream and you will say, "Thank you, Father."

The word "intuition" also means "inner hearing." The oldest definition for "revelation" meant "that which is heard." Jesus said, "As I hear, I judge." Hearing is not the only way to nurture intuition. Sometimes it comes as a thought, but the most common way is to "hear the voice." Many times it is a voice whose texture, color and substance you can hear as plainly as the voice over the radio. The scientist uses his wonderful gift of imagination and in the silence he sees fulfillment. His intuition relates to his particular science.

Intuition goes much farther than reason. You discard reason; then comes intuition. You employ reason to carry out intuition. When you

receive intuition, you will often find that it is opposite to what your reasoning would have told you.

This is how one young lady in the advertising business produces her wonderful slogans. She drops off to sleep with the word “slogan” on her lips, knowing that the answer will be forthcoming. It always is —“He never faileth.”

CHAPTER 2

POWER TO CHOOSE

Theology has always accounted for the presence of evil in the world by the invention of a devil. The inner meaning of the Old Testament clearly indicates that its writers did not believe in the devil. You are told—several times openly, and always secretly—that the Lord was responsible for evil as well as for good. The Lord, or law, referred to is the law laid down by man, because of his foolish beliefs in sickness, disease, fear, death, old age and all other ills. This is the law decreed by man, and is different from the laws of the Lord God. The laws of electricity, motion, physics and mathematics are example of these laws. We are learning the nature of these laws and specializing them in numerous ways. These laws are neither good nor bad—they are facts in nature.

In reading the Gospels the word *devil* is not found in the earlier versions. It is mentioned therein “as a spirit of evil.” In the teaching of Jesus there is no mention of the theological devil. This was later invented by certain writers. Furthermore, let us realize that the word we have translated as “devil” is “a” spirit of evil, not “the” spirit of evil.

Thus Jesus taught that there were many spirits of evil. Constantly the narrative states that He went around expelling the devil from human beings. The spirits of evil spoken of are the moods of hate, jealousy, revenge, remorse and fear. The many phobias, fixations and other destructive negative thoughts which man is capable of conceiving are also spirits of evil.

Jesus is symbolized in the Scriptures as the great teacher of Truth. He explained the laws of life by recounting parables, allegories and fables to the multitude. “But without a parable spake he not unto them.” He healed all men by seeing them as perfect as their Father in heaven. He proved to them that any man can overcome any

obstacle—be it what it may—that besets his path. All that was necessary was for man to believe that the God within could do all things. Jesus' whole mission was to teach people how to find the Christ within, or the true self, which does all things in the name of the Father. In those days man thought that it was too good to be true. Today we still find millions believing in powers apart from themselves and living in dread of the unknown. Countless millions are victims of belief in war, crimes, disease and the power of environment and circumstances to hold them down.

It might be said that the devil is God upside down. The devil is God as He is misunderstood by the so-called wicked or ignorant. God is all, and all there is God. He is absolute, the only One, and everything is made inside and out of the Absolute. He has created all things and nothing exists apart from God. He is infinitely good and perfect and the author only of perfect good.

The devil is everything that God is not; therefore, the devil is not. The devil is wrong thinking and feeling; these powers result in wrong action or expression. Man having free will—that is, the freedom to choose happy or despondent moods—creates his own good and his own evil. He is not compelled to love, but he has freedom to love. Love is joyous and spontaneous and we have the freedom to give or retain it. God did create a being out of Himself but did not decree that he must love Him. No, that would not be love, because man would then be an automaton, and all of us would be truth students.

You will realize there would be no joy unless we knew the opposite. How could man know what joy is except he could experience the opposite? Man is conditioned into this world and becomes conscious of opposites—such as north and south, east and west, hot and cold, positive and negative, darkness and light, male and female, night and day, ebb and flow. These constitute man's evil or limitation. He finds that he has to travel from New York to Chicago due to his belief in travel. He will continue to do this until he awakens from his dream of limitation, and finds that all he has to do is to feel that he is in Chicago; really believe it, and he will be there; for Chicago is within himself. He does not go there—he brings "thereness" here. When we find God or the Oneness, all opposites or sense of duality disappear.

The first thing we must realize is that there is no power to challenge God for His throne. If this were true, God would not be God. He is omnipotent, omnipresent and all-wise. He is infinite intelligence. "Ye shall know the Truth and the Truth shall make you free." Understanding of Truth frees man from want, fear, sickness, all superstitions and false beliefs of the race. The devil has been created by people who were unable to account for the apparent evil in the world. They reasoned in this fashion: God was omnipotent, but was powerless about the devil.

If any man is now dwelling in hate, that is his personal devil and it will hurt him. If any man believes in external forces capable of injury or destruction, this man is really saying, "God is supreme, yet He is not supreme." He creates a devil who becomes His successful rival. God asks you to forgive your enemies; yet He cannot forgive His own; for he has created a place of everlasting punishment for them, even though admittedly He is all powerful; this of course is an absurd position.

From the foregoing analysis it might be said that the only evil is the belief in evil. All things and all activities are from One source—God. It must follow, therefore, that there can be nothing intrinsically evil. The evil comes from our incomplete state of consciousness—from our seeing things incorrectly. Reflect that what we call evil in humans we do not call evil in animals, but it is the conditioned responses to natural instincts. Our incomplete state of consciousness, our misapplication and our misapprehension of Universal laws constitute what the world calls evil. We insist upon doing things that will hurt us, even after we have discovered that they hurt us. We prefer the immediate gain though it blinds us to the consequent pain.

The hell spoken of by some is not the punishment dealt out by an angry God. It is the consequence of man's own acts, brought upon himself. He can free himself from this hell, when he is willing to take the necessary steps and undergo the self-discipline of right thinking, right feeling and right action.

What greater self-discipline is there than the constant application of the Golden Rule? "As you would that men should do unto you, do you also unto them in like manner!" Likewise, as you would that men

should feel about you, feel you also about them in like manner. As long as man refuses to believe that God is good, there remains but one way out—the Via Dolorosa—undergoing pain and suffering.

The word that means “devil” in Hebrew is a word meaning “slanderer” or “a liar.” The devil is one who tells lies about reality. A slanderer tells lies about man. The eye slanders a fact because it deals only with the outside appearance of fact. People say, “The sun rises and the sun sets,” but it neither rises nor sets. We see nothing as it is in reality, because our eyes are geared to see according to our beliefs. If, for example, our eyes were geared in any other way, we would see things differently. We would see circumstances differently, and they could become something else in our sight.

According to the Ancient wisdom the word “mirth” is connected with the letters AYIN, which means the eye. The reason for this is that the surface appearance is different from the reality. AYIN is associated with what seems rather than what is—with illusion rather than reality; this is the most mirthful thing about the “devil.” The real meaning of “devil” in the Hebrew language is the “slanderer”—one who tells lies about the Truth.

We might point out that as man awakens, he builds a finer and finer instrument until he no longer needs an instrument—he sees without eyes; then man sees reality, because the illusion of the thing does not stand in his way. With the mind’s eye, he sees beyond the form to the reality behind. In other words, he sees divinity beyond the mask. Without eyes the spiritual man sees “Truth” everywhere. He knows that One and not two is the beginning and end of all. However, two—good and evil—are the aspects One presents to mankind, because men are subject to the illusion of duality.

Fools, deluded by outward appearance, create a demon out of the web of their folly. The awakening is that divine understanding which comes to a man who succeeds in meditation, and “the last day” is the time of that achievement. The wise man sees and knows that the demon is the shadow of the Lord. “Happy is the man that findeth wisdom, and the man that getteth understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof, than fine gold.” (Prov. 3:13-14).

The belief that desire is a personal affair is due to a misunderstanding of the Divine urge present in all men. The urge towards growth which everyone feels, is not from the personality; nor can this urge be satisfied by accumulating things of the world. Man's desire for power, authority, possessions and fame are mistaken desires, *the reason being they are all for limited forms*. They set up the law of contraction instead of expansion. Let us have the desire of being rather than of having; then we will unite ourselves with a source of power that no degree of expression can diminish.

It is true, however, that our subjective mind fulfills or grants mistaken desires also, and this is often the cause for our bitter experiences. The desire to get things such as hats, automobiles, fur coats and houses is a disappointing one. When one gets what he desires in the material way, he must then desire something else, but in this way he does not grow spiritually. Eventually he must look for something which will not fade when he gets it. There is only one such desire—that is to give life, love, peace, wisdom and beauty to mankind. “I am come that you might have life and have it more abundantly.” As with all other desires the more we get, the more we want.

We must remember, it is more blessed to give than to receive. We do this by seeing the “Untouchable glory of God” in others. The more we see It in others, the more It will shine out in ourselves. By doing this daily, we are preaching the Gospel or good news. The more we give in this manner, the more we have. The true gift is that which we give ourselves in consciousness by feeling the reality of the wonderful state we desire to see manifested in the other. To take our desires from the world of limitation—which is eating of “the fruit of the tree of knowledge of good and evil”—brings us disillusionment and pain. It is by these “stripes” we are healed—made whole in consciousness.

The innermost nature of Being is the tendency to give more life, therefore, all desires may be tested in this manner. Let man ask himself if the realization of his desire will enable him to give out more life, love and beauty to his world. If this is true, it is a desire that is never disappointing. “The more you give the more you have.” On the lower scale we find that the more you get, the more you want.

There is an inexhaustible storehouse in man, from which he can draw forth security, peace and happiness—this is the Kingdom of Heaven spoken of in the Bible. Having found peace and happiness within, all other things are added to him. The only time is NOW. All experience is *now*. All Action is *now*. Let us experience the Kingdom of Heaven *now*, for God or our Good is the eternal *now*.

CHAPTER 3

REBIRTH

It is often asked, “Why do we have dictators, despots and tyrants in the world?” These are extensions in space of the dictator complex present in the hearts and minds of all human beings. Instead of trying to force our opinions on others, we must learn how to change ourselves and we will change the world.

What is the world? The world is ourselves in aggregation. Napoleon still lives, Ghenghis Khan still lives, as do Caesar and all others. They live in the consciousness of the race. Our boys and girls learn about them at their mother’s knees, at school and in college. They burn with resentment and rage at the apparent wrongs committed by these men. They read avidly of the crimes, atrocities, and acts of violence. These states are impressed on their subconscious minds. All of these moods, feelings and thoughts which are entertained become objectified as living realities. Moreover, these boys and girls suffer from nightmares, hysteria and various complexes because these moods of fear, hate, anger and resentment become the ghosts that walk the gloomy galleries of their minds.

Living in these states of mind—dwelling on dictators and tyrants, realizing that whatever is impressed in consciousness must be expressed in the world—man should not be surprised when these tyrants of the past are reborn into our society, because we actually call them forth. It is true in a sense, therefore, that Ghenghis Khan is reborn or reincarnated. He is an embodiment of the state of consciousness of the people, nation, race or world, whatever the case may be. The reader will see, that it is not a man who lived a thousand or two thousand years ago who is being reborn. It is a state of consciousness that is born again.

When a mother places a child on her knee; whispers in his ear that he is God walking the earth and tells him that he can do all that Jesus did, she is seeing her boy as God had planned. If the mother believes her statements, her belief will be automatically transferred to the child's subjective consciousness, and he will become her ideal. "I was young, now I am old, yet never have I seen the righteous forsaken nor their seed beg bread." If parents live the Law, if teachers teach the Law of life—the Truth of Being to the young; then their seed shall never beg bread. This means these children shall never become the beggars, outcasts, thieves and tyrants of the world. No, they shall fulfill the ideals of the parents. They must fulfill the prayer of the parents because true prayer is always answered.

If parents will impress their subjective minds with wonderful dreams for their boys or girls, then according to their *belief*, "will it be done unto them." By changing our opinions, beliefs, ideas and ideals by teaching the youth of the nation who they really are, by showing them the way, the truth and the light, we can build the Kingdom of Heaven on earth; then we will prevent the rebirth of dictators, despots—former undesirable states of consciousness—which are perpetuated by prejudices, racial hatreds and fear of the unknown.

Let us teach children of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers and others. Let them emulate these great men. There is so much for a child to learn about the great writers of the world and the giants of world literature, that the beautiful works of man cannot be exhausted in what is ordinarily called "a lifetime." After he is taught good, the child will emulate good.

In reality we are all dreaming; when man fully awakens he knows that planets are thoughts, suns and moons are thoughts, and his own consciousness is the space which sustains them all. He begins to realize that the whole world is a thought. For example, he becomes aware of the fact that the body is not real, but it is a thought or idea held in consciousness. The body has no life apart from consciousness. He realizes that there is absolutely no reality to matter or the body of man; it is a group of ideas and opinions. Man gives life to ideas and opinions as long as he believes them. When he disbelieves the errors, these ideas have no life in them.

Man was never born and he will never die. There is no death. Death is an idea that exists in the minds of men. As long as man believes in death, he must witness and experience it. Man has no beginning and no end; he always was, just as God always was, is and shall be. "God and man are one." "I and my Father are one."

The man who is always quoting so-called authorities to prove the modern theories of reincarnation is himself without authority. He is still crying in the wilderness and calling other men masters and adepts. Call no man master. "Salute no man on the highway." Salute the God within. The Kingdom of God is within, and if someone tells you it is "Lo here; lo there," believe him not. The Kingdom of Heaven is within man.

Where is the Truth? *It is within yourself.* "Look within—search the Scriptures," said Jesus. (John:5). This means that all has been written in your subjective mind "from the foundation." All knowledge is within; all wisdom is within; all beings that ever lived are within you *now*. You can project the likeness of any living being, past or present; for all men are states of consciousness—qualities of mind expressed. *All moods, tones, qualities and vibrations are within you, because God is within and He cannot be divided—all is contained in the part.* Christ cannot be divided, and Christ means consciousness. The subjective Self of man—the Christos or Christ-man, the so-called Jesus Christ or God-man knows all men are within himself. He knows that, objectively speaking, all beings are projections in space of himself—the One Man.

Are there not thousands of cases over the world of men who have completely lost their former identity and personality; assumed new lives; entered different professions, and in many cases even remarried? These men were victims of amnesia, or loss of memory concerning their former selves. They could not remember their former wives or children. They had no recollection of their former professions or occupations. They assumed a new role in life. They were changed men entirely, because they had changed their consciousness. There is only consciousness!

Let us stop quoting authorities on spiritual subjects. As long as we quote authorities, we cease to be THE authority. All power is given to us in Heaven and on earth. Let us use it. In the spiritual sense we

are all victims of amnesia. We have forgotten who we *really* are, and we tell ourselves that we are worms of the dust.

Take, for example, a man who goes to sleep and when he awakens he has completely forgotten who he is, and gravitates to the slums. His social world becomes the slums. His friends, knowing what has happened, try to coax him back to his former status. Because of amnesia his former way of life is entirely blotted from his memory. He believes his place is in the slums; he only smiles at these old acquaintances whom he no longer knows. He accepts as true the role he now plays.

The day comes when his memory is restored and he awakens to his rightful status. With certainty and promptness he returns to the environment consonant with the dignity of his upbringing. He wonders why he is in the slums. What has transpired is all a dream, a dream of the unreality. "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." (Eph. 5:14). Let us awake to the Real and return to our Father's house. "Everyone that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." (Is. 55:1)

Man does not have to become a victim of amnesia in order to change his consciousness. He can read the 10th Chapter of Samuel, book 1, and learn how he can be turned into another man. This is accomplished through prayer. Take the story of the boy born of lowly parents, in a manger, having all the handicaps socially and financially that any child could have at that period in history. It was said, "Can there anything good come out of Nazareth?" (St. John 1:46). The word "Nazareth" symbolizes to sprout or grow, and man should be ever watchful not to despise the day of small beginnings.

This boy Jesus walked the earth and imagined himself to be the perfect man, capable of seeing only perfection in everything. He felt the reality of the wish within him and it became a conviction. Having imagined the state he wished, and having felt the reality of the state imagined, all the necessary qualities for the fulfillment of that state came from within himself. They were always there, but they had to be recognized before they became manifest in the world of man. This boy did as Samuel said man should do, which was, "Go up into

the Hill of God—thou shalt meet a company of prophets coming down from the high place playing music, and thou shalt prophesy with them,—and shalt be turned into another man.” (Samuel 10:5)

The Hill is a high state of consciousness; the other prophets represent the eternal trinity employed in the creation of all things—consciousness, idea and the joyous feeling or conviction that it is done. *The “feeling” is the conviction that unites consciousness desiring with the thing desired.* The joy of answered prayer is the music of the three prophets. It is the inner silent knowing of the soul. Therefore, any man can turn his back completely on the past;—forget all the old beliefs and foolish ideas of the race mind; enter into the joyous thrill of being Jesus (saving consciousness) and do his work. If he remains faithful to this mood and sustains it, he will automatically develop all the qualities necessary to do “even greater work.”

The story of Jesus is a portrayal of what all men should be. It is a complete refutation of all age-old beliefs regarding man’s handicaps of race, national origin, environment and circumstance. All these things are as naught when man discovers who he really is; so let us keep our eyes on God. It is there, where man sees no obstacle. When he takes his eyes off God, or his good, he sees his limitations and obstacles. NOW is the day of salvation; let us see the light now; for God is the Eternal Now—since time is an illusion of the senses. The awakening takes place now.

We know that everything exists in the Infinite. There is nothing that any man can think of, no matter how fantastic, that does not already subsist in the Infinite. It may be said to exist when we acknowledge it or witness it. *Nothing is made; nothing becomes; all is and all is God.* We are wedded to the belief in time, so we conceive of ourselves conditioned by time. Yet the Bible tells us, “For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night.” (Psalm 90:4).

If time is a belief, which it really is, the common belief of reincarnation cannot be true. The theory tastes good and looks good, but let our prayer be: “lead us not into temptation.” God tempts no man, but our conscious mind and five senses are tempted to believe this false doctrine. It becomes a panacea assuaging our

wounded pride or feeling of inferiority. Moreover, it causes us to turn back or tempts us to eat of it. "But in the day that thou eatest thereof thou shalt surely die," because we are eating of the fruit of the tree of knowledge of good and evil. This tree means world belief, power in other gods hence the breaking of the first Commandment, "Thou shalt have no other Gods before me."

We must eat of the tree in the midst of the garden, which is man's consciousness—God dwelling within him giving all power to Him. We "eat" of Him by taking part in a psychological feast of being a noble, dignified and Christ-like person. We must see the Christ in all men, sermons in stones and good in everything. When we do this, all other things shall be added unto us. Man's life on this plane is like the several stanzas of a poem or the scenes of a play, because it really is the One Being dramatizing Himself as the many. Common sense is the most uncommon sense, because it is God's or good sense. Wisdom or common sense teaches that illumination or the great awakening to our Godhead can happen here and now. "If it be not now, yet it will come; the readiness is all."

In order to elucidate this point, take a solid, metallic substance and heat it. The temperature rises, but for a while it looks as if no change were taking place. However, the moment that degree of heat is reached, which denotes its melting point, it begins to liquefy, thus changing its shape and seemingly its nature also. Likewise, water can be turned into steam which is invisible—pure steam cannot be seen. Water also becomes snow, ice and hail—all different rates of vibration of the one substance. When a liquid is changed into a gas, these changes are brought about by an increase in the rapidity of vibration of the constituent particles whether they are solid or liquid. The same applies to man. What is true on one plane is true on another, for God changes not. The rebirth comes to that man here and now—not in after life. There is no transforming power in death. Man raises his rate of vibration by lifting himself up to a high state of awareness, by entering into the thrill of being that which he longs to be, and by feeling the joy of accomplishment.

Man is a porous being, plastic and pliable, capable of being moulded into any state he can imagine. He is nothing but "liquid light." In the meditative mood he stills the mind, thereby immobilizing

the senses by focusing his attention exclusively on the one ideal—only one. He suggests sleep to himself by feeling sleepy, being careful not to fall asleep, however; the mystic in meditation must always keep control. In this mood he knows, feels and sees himself as being bathed in a sea of liquid light. A flame or lights appear all around him and he knows that in this floating liquid state he can mould, fashion and shape all that he longs to be, to do and to possess.

In this state he contemplates the joy of the answered prayer. The feeling of accomplishment fills him, and he dwells on the reality of his desire for perhaps five minutes, two minutes or ten minutes. By constantly praying in this manner, there is an expansion of consciousness—it is like the heat that melts the solid. The day comes when man melts away all inhibitions, fears and doubts, and becomes the God man here and now. To such a man, physical laws and time disappear. This change may come in the twinkling of an eye like the volatilization of a liquid into a gas.

The reason the modern theory of reincarnation is popular is because man, using his five senses only, is like the five foolish virgins—he has no oil or wisdom in his lamps. He finds that this explanation gives him solace and tells him what he wants to hear. At the same time it seems to unfold many unexplained phenomena. Such acceptance retards spiritual progress, checks the awakening process and is a destructive, superstitious belief. The modern accepted belief in reincarnation is very old; as is the belief in purgatory, hell and the devil.

The Bible mentions reincarnation several times and some of these references are explained in this book. The Scripture informs us that Herod believed in reincarnation. Herod represents the world or the five-sense man, the man ignorant of spiritual laws who subscribes to tradition and family beliefs. A man who believes that John, Elias, or some prophet long since dead, is risen from the dead, is symbolized by Herod. What this type of man fails to see is that it is always God coming forth as a quality, tone, or mood of man himself.

Mozart, Bernini, Lincoln, Shakespeare, and Napoleon left their impressions with mankind. We read of their works in history, song and prose. All of them live in the hearts or subjective minds of man.

A man's son is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires and dwells on the qualities and attributes of Napoleon, and would love to give birth to such a son, "as within so without." During the creative act a Napoleon-like character appears resembling the mood of that man. In other words, it is the tone struck during conception or creation that determines the nature of the child.

The worldly-minded man called Herod in the Bible, believes in a physical reincarnation, and he desires to see Jesus, or the Truth as told in the ninth chapter of Luke. However, the Truth student will readily see that such a man cannot see him, "as no man hath seen the Father." The latter is always a subjective perception or feeling within man. Man awakens by degrees, slowly or quickly. On arising from bed in the morning, he rarely awakens all at once. It takes him a minute or so. The thermometer, however, does not skip any degrees. Before man fully awakens from his dream no necessary step in unfoldment will be omitted. All limitations and inhibitions will be dissolved.

The following article about the violinist Zimbalist appeared in "The New Yorker" some years ago: "Nobody told Zimbalist he was supposed to play the piano, too; during the final examinations in his eighteenth year, they handed him a Beethoven Sonata to be read at sight in the presence of the whole faculty. He had never touched a piano except to get his 'A.' He sat down, however, got his breath and played. When he finished he was told to close the book and repeat the whole Sonata from memory. He did so. After a moment of silence the room broke unanimously into applause—an unheard-of demonstration."

The man of the world would not conceive of this as being possible. The power within man is capable of setting at naught all human beliefs and man-made laws. We must begin to take our attention away from the limited, human concept of ourselves; then we shall, like Mozart, compose music at six, statues at seven, and at the age of twelve we will confound the wise men of the world. Many cases are reported where cripples invalided for years leap and run in the presence of fires. In emergencies mothers lift automobiles to extricate their children. Where is this power? It is within themselves.

Fires and emergencies are not needed to stir the gift within. Man can do this in the quiet of his own soul. We create in “silence.”

CHAPTER 4

THE BIBLE AND MAN

Man cannot interpret the Scriptures in their proper light until he is at a point of spiritual development comparable to the writers of the Bible. Man must get into the meditative mood. He must ask the All-Wise within himself what He, Himself, meant when He (consciousness) wrote that Bible passage thousands of years ago. The reader of this book must realize that he wrote the Bible but he has forgotten it. His subjective mind knows and remembers all. It knows the truth about reincarnation and all other so-called mysteries of life.

Dwelling on the past like Lot's wife, we are turned slowly but surely into a pillar of salt. In other words, we are preserving the past. We are wedded to it and are held in bondage to false beliefs or Karma (evil that has to be expiated here in life), and to many other strange and weird ideas. As long as man believes those things, he must suffer the consequences of his beliefs, ideas and opinions. Disease is ignorance, and the modern, accepted conception of reincarnation is similar to a disease. It is worse than the effects of opiates, alcohol, or hashish, because it paralyzes the mind and destroys the body.

The writer's experience with people who believe in these ideas is that they are nearly all sick. However, they have perfect alibis which act as anesthetics to dull their senses, and to render them both numb and dumb to the truth. The anesthetic they inhale is not ether but much worse, since the effects of the former wear off. Likewise, the opinions, beliefs and foolish race concepts continue in the minds of these well-meaning but misguided people.

One will tell you that the reason she is now a cripple suffering from rheumatoid arthritis which cannot be cured, is that it is a Karmic

debt, which she must pay, for a sin or error committed in a former life. Man must see the foolishness of all this. It is a complete contradiction of all the teachings of the Bible, which portray that man is God, individualized—One with the Father. “When you have seen me you have seen the Father.” “I and my Father are one.” Yes, truly, when you look at any man, you see God.

The Truth is that when man discovers that he is God, and that his unmodified consciousness or awareness is the invisible creator of all things, he will learn to overcome all obstacles, such as disease, suffering and frustration. In overcoming these he will awaken to his true power and his divinity, because he seeks the aid of no man. He then goes forth and proves his Godhood.

Man is both unconditioned and conditioned. The life principle—subjective or subconscious of man—is the awareness of being, or unconditioned consciousness. Man expressed is conditioned consciousness—or God expressing Himself as man. Man becomes that which he believes himself to be. “Whom do men say that I, the son of man, am?” Will you the reader, give the same answer that the world does by saying: “Some say that thou art John the Baptist; some Elias; and others Jeremiah, or one of the prophets?” (St. Matthew 16:14). That is the belief of the world.

Read these words again in the Bible, ponder on their meaning. It will then reveal itself to you and you will not have to ask anyone what it means. “Peter” in the Bible means your inner voice, the Rock of Truth, which cannot be moved or swayed by the opinions of the world. This inner quality of mind is an attribute of God expressed in man. It is the disciplined hearing of the Truth student which reveals that you are Christ, the son of the living God. Now Jesus said, “Flesh and blood hath not revealed it unto thee, but my Father which is in Heaven.” (Matthew 16:18). Yes, it is true that flesh and blood will never tell us who we are. It can never reveal the story or truth of re-birth. The flesh and blood spoken of is the world and its opinions, race consciousness, traditional beliefs and the attitude such as, “the old religion is good enough for me.” The old religion is not good enough for anyone who seeks the truth on these matters. Blood means life. You give life to your ideas and to the opinions and concepts of the world as long as you believe them. Jesus tells us

that Heaven is within ourselves. The Voice speaks and tells man, as it did Simon Peter, “Thou art Christ, the son of the living God.” (Matthew 16:16).

The son is the offspring of the Father and must be like the Father. Is he not the image and likeness of the Father? Man is God conceiving Himself to be man—then man appears. We are here to discover who we are, to awaken from the dream of limitation and ignorance and to prove ourselves to be God. When we discover who we are, we will express the will of God, which is life, beauty, peace and love.

In the seventeenth chapter of Matthew we read: “But I say unto you, Elias has come already and they know him not.” Elias means my God Jehovah. It is always God being born. Man does not believe it—neither does he know it. He thinks it is another person being reborn. Man is trying to divide the One, and by so doing he limits the Holy One of Israel.

It is always Elias that is born in the world—the spirit of the one God. Let us awaken here from the dream of limitation and separation. There is no other place or planet for us to go. Man cannot go outside himself. I am you and you are I—for there is but One. The hero and the most degraded criminal are really I also. One Being, God, is incarnated in two and one-half billion persons called the “human race.”

People have inverted and distorted the Truth for thousands of years, but that is no reason why man should continue to do so. There are still people living on this globe who believe the earth is flat and that the sun rises in the east. There are millions that subscribe to the belief in disease. Let not man be blinded by his former beliefs. Rather, let him open his mind to the Truth of life.

If he approaches the study of the Bible,—which is purely allegorical, figurative and psychological—, he must not approach it with a closed mind. If he does he will color it to meet his former opinions which are fixed within him. Such a man can never find the Truth. You cannot pick up anything if you are holding something in your two hands. If you hold fast to your former beliefs, you are turning back and limiting the Holy One of Israel. A closed mind is unable to grasp the Truth.

When man sheds the garment called the body, he continues to live subjectively in a dream state. All the moods that he carried over with him into this present state are experienced in the form of a dream. Some of his experiences may be those of nightmares based on the subjective impressions of anger, hate and resentment. In this life man is expressing moods, feelings and ideas which he takes to sleep with him every night. Upon awakening he fulfills the impressions of his subjective mind. He has forgotten many of the moods or feelings that he took into the deep of himself a month ago or a week ago, and he now looks upon any injury as an accidental occurrence. He calls incidents which occur matters of chance or coincidence.

This, of course, is not so. All is Law. "Nothing is lost in my Holy Mountain." Our objective experiences on this plane are the manifestations of subjective impressions. The law is the same on all planes. When we leave the objective plane, we have subjective experiences based on all subjective impressions carried over by us. This is a dream state, just as real as the plane you left.

CHAPTER 5

SUBJECTIVE MIND IMPRESSIONS

When we speak of mind, we usually refer to two phases of the one mind, objective and subjective. In broad general terms the difference between man's two minds may be stated in the following terms. The objective mind reasons, analyzes, dissects, divides and chooses. It takes cognizance of the objective world through the media of the five, physical senses. It is the outgrowth of man's physical necessities. Furthermore, it may be said to be his guide where his material environment is concerned. Its highest function is that of reasoning. *It is not creative.* "I can of mine own self do nothing." (John 5:30). It is "the Father that dwelleth in me, he doeth the works." (John 14:10).

The subjective mind of man is that which creates and gives form to all impressions made upon it through suggestion or feeling. This phase of man's mind takes cognizance of its environment by means independent of the physical senses. It perceives by intuition. It is the storehouse of memory and the seat of the emotions. It is the Father that doeth the works. It performs its highest functions when the objective senses are in abeyance, as in meditation. It sees without the use of the natural organs of vision. It can leave the body and assume another body and travel to distant lands.

In the absolute sense, man's subjective mind does not have to travel anywhere as the whole world is within it. "Be still and know that I am God." (Ps. 46:10). God does not travel—He is Omnipresent. The subjective mind has the power to read the thoughts of others in the minutest detail. It can read the contents of sealed letters and of books locked in a safe. All wisdom and knowledge are locked within it, because it is the Higher Self of man or God.

For purposes of clarification we will say that the real distinction between the two minds consists in the fact that the “objective mind” is merely the function of the physical brain. On the other hand, the “subjective mind” is a distinct entity, possessing independent powers and functions. It has a mental organization of its own, and is capable of sustaining an existence independent of the body. In other words, it is the Soul. The most important point to remember is that the subjective mind accepts every suggestion given to it, no matter how good, bad or absurd without the slightest hesitation or doubt.

Man must, therefore, learn to entertain only good suggestions, ideas and moods. This is imperative due to the fact that man’s subjective mind is amenable to the control of his objective mind, as well as to the suggestions of others. Through discipline he learns to reject all suggestions at variance with that which he wants to hear. The subjective mind expresses the feelings impressed upon it. This is the Law of cause and effect. The cause is the mood, and the effect is the manifestation of the mood.

In the subjective dream state we meet loved ones and we visit places thousands of miles away. This is real, because man is a psychological being and not bounded by space or time. Other people may tell us important things in our dreams. Tigers, lions and other wild animals talk in foreign languages to us, and it seems natural and logical while we are dreaming. However, it is when we awaken to this world of “make-believe,” that we think our dream experiences are illogical or unreal. Life on this plane is truly a dream and nothing but a dream.

Is it not foolish to say man is suffering? Can God suffer; can God grow; can God expand; can God contract? It is the illusion of growth, the illusion of travel, the illusion of time and the illusion of suffering or death. If you have a toothache, who is suffering, you or the tooth? If you are hypnotized, for example, and the suggestion is given that “there is no pain,” immediately the pain leaves you. On awakening you have no sense of pain. Where did it go? It was only an idea, belief or opinion accepted by your consciousness. A counter-suggestion removed it.

People talk about thousands being killed. Can God die? Can man die? God cannot be slain; neither can man be slain. God as man will

come again. When we awaken—and we are beginning now to remove the scales from our eyes—we will truly become one with God, and shed His light, Love and Beauty to all the world.

We can only conjecture as to the length of time the process of awakening will take. On the other hand if time is not, it must only be the illusion of time. It may appear to be a year or a day, or eight hundred years—for in consciousness a thousand years are as a day. God is the eternal now. He is the God of the living and not of the dead.

Let us reason together. If the world is within you, where can you go? The world you will experience for a time in the after-life will be that of your crystallized beliefs. It will be a dream-world peopled by your prejudices, ideas, opinions and beliefs about peoples and things. Our ideas and beliefs are like individuals—they live and exist as long as we sustain them in our consciousness.

“Why seek ye the living among the dead?” There are no dead. All your loved ones, closest friends, all men, women and children who make their exit from this plane are very much alive and functioning fourth dimensionally. They cannot be seen by the three dimensional mind of man.

This recalling of the lost preserves the beauty of thought without limitation. In other words we must never grieve or mourn for loved ones. On the contrary we must give, “. . . Beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness.” (Isaiah 61:3).

By dwelling on the qualities of love, kindness, inner beauty and nobility of thought that was theirs, we resurrect these qualities within ourselves. This is what is meant by praying for the dead. It is a “holy and wholesome thought to pray for the dead.” Recognizing the Oneness or Wholeness, we realize that the loved one who has passed on is still alive and dear to us. Meditating occasionally on the fact that the departed are dwelling in a state of peace, beauty and love, we change any nightmares they may be experiencing (due to subjective impressions carried over with them) to lovely experiences.

We make them whole or “holy” by our prayer which is scientific prayer. This is what is meant by giving the oil of joy for mourning. Instead of feeling that they are dead and gone—that their grave is

where the body is—let us, by our inner mood, see them dwelling in a state of indescribable beauty; then we truly give the dead “Beauty for Ashes.” Under no circumstances must we ever dwell in the mood or feeling of lack, limitation or regret.

CHAPTER 6

HEARING AND SEEING

Every day of our lives we are only meeting our beliefs. Let us not be fooled, cajoled or tricked by any seemingly miraculous stories or strange phenomena. Many so called strange occurrences, projections and voices are nothing but subjective manifestations. The ghosts we fear are those that walk the gloomy galleries of our mind.

To the intuitive or sensitive person the subconscious is an open book. He reveals the contents of your subconscious to your conscious or waking self. The thoughts and feelings of man can also be read by a deck of cards, sand or other devices. From time immemorial man has given certain values to cards and other symbols. Since man has given authority and power to these things, they must confirm his beliefs symbolically. By getting into a partly subjective or passive state, it is possible to reveal the contents of the subjective mind of a person. The cards, or the marks on the sand serve as an alphabet which, when pieced together intuitively, give a language that will be understood.

We are surprised many times that what is delineated is true, and many of the predictions do occur. To read the character of any individual, it must be done intuitively or in a partially subjective state. If a person is highly intuitive, he tunes in with you and reveals the contents of your subjective mind. Your conscious mind becomes aware of what you formerly were not aware.

As long as man worships at the shrine of graven images and molten idols, so long will he be a slave to his beliefs. Like the surge of the sea, he will be tossed to and fro—"a double-minded man, unstable in all his ways."

What Isaiah or the prophet of God says is only too true, “Thou art wearied in the multitude of thy counsels.” (Isaiah 47:13). He is looking for a God outside of himself; he is worshipping constantly at the shrine of the false gods. Whatever man accepts as true becomes a subjective reality. The subconscious mind of man, being absolutely impersonal, no respecter of persons and non-selective, accepts whatever man believes to be true and gives it form. The latter becomes an embodiment, an experience or condition in that man’s world.

He is impressed by a suggestion that he will have an accident on the 15th of next month, and that he should avoid auto travel or train travel. This man lives in fear until the 15th; then he decides to lock himself in a room. Having impressed his subconscious with the belief in an accident, and having actuated it by fear, he knows it now must come to pass. He cannot escape. Something happens—he slips in the bathroom and hurts himself or he cuts his hand with a knife—perhaps a fire breaks out; something *must* happen.

Now, if man knows the Law of life and the Truth of Being—that “I and the Father are one” and that “whatsoever ye shall ask in prayer, believing, ye shall receive” (Matthew 21:22)—this man will shape and mould his own destiny. He will laugh at all dire predictions because he knows his consciousness to be God. What he feels as true of himself must come to pass. Not liking what he has heard, he says to himself, “How would I feel were the opposite true?” Then he enters into the spirit of it—gets into the mood that all things are possible to him who believes—enters into the conviction that it is so, and thrills to it. This man has actualized a new state subjectively, and this must come to pass.

If a man believes that he must get hay fever this year, as he always has in the past, let him dispel all such beliefs in powers apart from himself. Let him turn his attention to the God within—yes, turn inward, towards the Real. *This is the internalization of consciousness.* In this state let him dwell in the feeling of perfect health—enter into the spirit or mood of being healed—and he will express health.

God is truly the known God. As Paul says, “If haply they might feel after him and find him . . .” Yes, all that man has to do is enter

into the feeling of the answered prayer. His eyes, ears and all his faculties must be turned inward and focused on the One, the Beautiful and the Good. While man is still in this meditative and relaxed mood, he will write on his consciousness the words of Scripture, "It is finished!" We must walk the earth knowing and believing perfect health is ours.

There is absolutely no one who can predict with accuracy for the spiritual man, or the man who "dies daily" through scientific prayer. It cannot be done because this man predicts for himself. The mystic sees the fallacy of fear of the unknown and belief in evil. The mystic, the truth student, who believes in God as taught in the Bible and prays scientifically to the God within himself, is the true prophet. Truly he prophesies for himself all the good that is to come. He is the master of his fate and the captain of his soul. He knows that God shall wipe away all tears and that there shall be no more crying.

When man awakens to the truth, he realizes that Christ is his consciousness. Then he recognizes the great Oneness wherein all men are One. Moreover he knows and understands the meaning of the greatest commandment, "Hear, O Israel; The Lord our God is one Lord." (Mark 12:29). What such a man feels as true of himself, he feels as true of the other. He only sees and feels the good for every living creature.

Such a man is a type of Christ and is capable of seeing or hearing only good for all men. He knows that negative feelings towards another disturb the harmony of the whole or oneness of which he is a part. The whole of God is in the part, for consciousness cannot be divided. "And all mine are thine, and thine are mine; and I am glorified in them." (John 17:10). "And for their sakes I sanctify myself, that they also might be sanctified through the Truth." (John 17:19).

The true prophet or mystic enters into the mood or feeling of the answered prayer. He has the feeling that it is done, and closing his eyes and ears to the world, he comes before His presence with singing. He enters into His gates with thanksgiving and into His courts with praise. Contemplating the reality of the wish fulfilled, he rests. This is the Sabbath or rest of the Lord or Law. By sanctifying himself he makes others whole.

The mystic walks the earth unmoved, unchallenged and unshaken in his conviction that his feeling, “thy will be done,” must be manifested. In a little while, perhaps he is still speaking, it appears—the divine image becomes visible on the world’s screen. For the first time he becomes consciously aware of it. He has looked “within” and not “without” and found the wisdom, the power and the glory.

Man does not believe that it is possible for him to extend his faculties of sight so that he may actually see, for example, one of his loved ones thousands of miles away, and carry on a conversation as if they had met on the street. Neither does the average so-called wise man of the world believe it possible to carry on a conversation at a distance of thousands of miles without the aid of all the well-known mechanical inventions for this purpose.

In the chapter on “Time and Space” is outlined the remarkable ability of an Indian boy to stop the flow of blood. This same boy, in addition, had the amazing capacity of projecting his voice thousands of miles to Colorado. He did this quietly, and at the same time replies came back through the air in the voice of his brother. It was just as if two persons sat in their living room and conversed.

This is how he did it. He would sit down, close his eyes and begin to talk to his brother named Two Moons. The conversation concerned family ties, health of the mother, death of some friends and some local news. All of his comrades thought he was faking. Some accused him of being a ventriloquist and said they could prove it. They decided to have him ask three questions rapidly which would require a fairly lengthy reply. They stuffed his mouth with a handkerchief, and sealed his lips with adhesive tape. The answers came clearly over the air. These answers were heard by many men present, including the author.

After a lapse of a few minutes his brother in Colorado said, “Why don’t you reply?” In answering he had asked him a question regarding a dog named “Sanco.” No answer could be given as it was physically impossible for him to open his mouth. To sum it up, this Indian boy believed that he could talk and be heard at a distance *only* by his brother and father. This was a childhood conditioning based upon belief.

If he could project his voice thousands of miles over mountains, through fog, winds and waves, certainly he should also be able to project his vision and actually see his brother. He could not do that since he had not been informed when he was a boy that he could. His father believed that he, the first born in their family, could talk over distances to male members of the family only, and that their replies would be heard; yet his brother did not have the power, according to him, of initiating a conversation.

This may all seem peculiar and somewhat weird, but it shows in a striking manner what belief can do. If we would believe now that we could walk on the waters, we could do so. Most of us would *like* to believe or want to believe. However we do not really believe we could, simply because our mother and our teacher said, "That is impossible." Now it is a fixed belief in our subjective mind.

The storms at sea, the tempests, cyclones and hurricanes are within man himself. When we are truly at peace others will say, "What manner of man is this, that even the winds and the seas obey him?" (Matthew 8:27).

CHAPTER 7

PRAYER AND FORCE

Many ask this question, “What shall I do after praying?” “What physical footsteps are necessary?” If you listen to the Voice within, and subjectively hear the answer, which is the feeling, “that it is done,” “that it is finished”; then you have literally heard the answer to your prayer. A prayer is a wish to which you have acceded.

When you have fixed the things you want in consciousness (it may be health, peace of mind, love, wisdom or material things), the subjective mind of you will compel you to take all the necessary footsteps to the fulfillment of your dream or wish. You will actually be compelled to do all that is necessary to the fruition of your ideal. You will not ask Tom, Mary or anyone else, as to what you shall do or what you shall wear. No, you will do everything automatically, led by the SELF within. You can call it “being intuitively led,” “divinely guided” or whatever term you wish to use. It is a compelling force which, if listened to, is the “divinity that shapes our ends.”

After meditation or prayer, if you are still in a quandary, and feel like asking others for advice as to what you should do or where you should go, it means you have not believed. You have not fixed the reality of your desire or prayer in your consciousness. You will know what to do, where to go and what questions to ask. Whatever you do will be exactly according to the “Pattern on the Mount.”

When man ascends into the Mount (a high state of consciousness), and enters into the joy that would be his if his ideal or dream were now realized, he has created a Pattern in the Mount. The likeness and image of the pattern appears. Man being both objective and subjective, will do whatever is objectively necessary to the fulfillment of his divine goal. He may seek a teacher. If he does it will be the proper one. He may be led to a library and find the book

that will give him the desired information. He may overhear a conversation that will answer his prayer.

These are the objective manifestations of subjective impressions. "I have ways ye know not of." ". . . neither are your ways my ways . . . For as the Heavens are higher than the earth, so are my ways higher than your ways." (Isaiah 55:8-9). "His ways are past finding out!" (Romans 11:33). The disciplined man, the sincere truth student, does not ask how, or when, or in what manner or through what source his good will come. When the gift appears, he instinctively and intuitively recognizes it, accepts it and says, "Thank you Father." "Father, I thank Thee that thou hast heard me and I knew that thou hearest me always." (John 11:41-42). Many pray to God and then ask others to predict the future for them. Had they prayed believing, they would know the future. They would have prophesied for themselves. They would have had the silent inner knowing of the Soul—the awareness that it is—the sensation of having touched "something" within.

Man may not be able to describe his feeling in words as it is a subjective mood, which is the language of the Soul, but he knows that he knows. How can you describe a fourth-dimensional feeling in a three-dimensional language? When he perceives it objectively, he uses the King's English to describe it. This is the experience of everyone who has prayed successfully, whether on the battle field, in the streets or in the privacy of his home.

"Go (tell no man,) and shew John." (Mt. 11:4). John is the world. When your prayer is answered objectively, you show it to the world and your outer senses confirm the conviction that you have entertained within. Such a person does not consult anyone as to the outcome of his wish. He knows himself what the outcome is. He has prophesied and being the true prophet, not the false one, he knows that "HE never faileth."

Those who are consulting strange gods as to their destiny are looking for a sign. You are told in the twelfth chapter of Matthew, ". . . There shall no sign be given to it, but the sign of the prophet Jonas." This refers to the eternal trinity by which all things are created—consciousness, your ideal and the feeling or nail that joins it. The mystic steps to be taken in all metaphysical demonstration

include consciousness desiring, uniting with the thing desired and loving it. These steps will fulfill the Law and take you into the Holy of Holies.

CHAPTER 8

FALSE PROPHETS

The false prophets are those people who tell us there is a way out by cheating, lying and by brute force. The way out is through PRAYER; this is the way to overcome all obstacles, impediments and the challenge of the world. “All things, whatsoever ye shall ask in prayer, believing, ye shall receive.” (Matt. 21:22).

Inasmuch as prayer accomplishes all things and is the answer to all problems, man’s whole life should be prayer. There is nothing but prayer. We do not gain the ear of God by vain repetitions. By entering into the “secret place,” which is our consciousness, and communing with our Father Who sees in secret, He will reward us openly. We must touch, through feeling, the reality of the desire for which we pray.

On hearing Truth for the first time, many maintain their old beliefs and still wish to accept the new. As a result, there ensues a quarrel in consciousness and they become neither hot nor cold. This double-minded man, who is unstable in all his ways, cannot hope to receive anything from God.

Man must leave the old with all its works and pomp. He must forget all the idols and false prophets and become the true prophet. The false prophet believes his future depends on circumstances, conditions, environment, influences and forces outside himself over which he has little or no control. The man who believes in powers outside himself is calling God “Baali”—a God of caprice and vengeance, a God of wrath and an inscrutable being whose playthings we are. This type of man conjures a being dwelling in space who must be appeased by sacrifices, fastings, pilgrimages and repetitions of various prayers.

Man must begin now to call God “Ishi,” which means “my husband, my lover.” Yes, God must be your true lover. You must be close to Him, you must embrace Him. He is a God of love, of justice, of wisdom and power. We must look upon the God within us with love, understanding and absolute trust. We must not regard Him with a sense of fear, doubt and apprehension. He is not the unknown God. “In Him we live, and move, and have our being” (Acts 17:28). Let us look upon Him as the known God.

A question often asked is, “Why is it that predictions regarding future events in my life have come to pass?” Follow the answer to the question carefully and it will be easily understood, and not appear mysterious and strange.

“I am the Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was and which is to come, the Almighty.” It is possible for an intuitive person who is in a psychic, passive or receptive state, to tap the contents of the subconscious of another and reveal these “secrets” to the conscious mind or waking self of man. In other words, in a passive state, a sensitive or highly intuitive person tunes in with the fears, phobias, fixations, desirable states, subjective acceptance of marriage, divorce and various other impressions in the other—be they what they may. The individual who is tuning in with your subjective feelings translates moods and beliefs in his language and foretells accordingly.

We must remember that the subconscious mind is a storehouse of memory, and many suggestions have been accepted of which the conscious mind is wholly unaware. These are brought to the surface by an intuitive individual, and we may become aware of them for the first time. Many times, of course, these things come to pass—for whatever the subconscious has been impregnated with will be objectified in man’s world sooner or later unless changed by prayer. Any man, receiving a suggestion or prediction regarding himself of an undesirable nature, can prevent this prediction from coming to pass by prayer. In this way he becomes the true prophet.

The intuitive person who made the prediction saw or felt the beginning and having seen the beginning saw the end; for the beginning and the end are the same. “I am Alpha and Omega, the

beginning and the end.” (Rev. 21:22). There is no mystery about it, no trick and no phenomenon. All is according to the laws of mind.

It is possible to predict with a certain degree of accuracy for a person, a group, a race, a nation or the world, because the majority of human beings do not change very much. They live with the same old beliefs, same old traditions, race concepts, the same hates, phobias and fears. They follow more or less a set pattern, which can be easily read by one tuning in psychically or intuitively with the mass consciousness.

What is strange about men such as Nostradamus who tapped the consciousness of the race in the 16th Century and, from the fixed beliefs and moods of the race mind, saw the beginning and the end? Today we are witnessing the drama of the end—at least to some extent. Why should not man be able to peer through the unnumbered centuries and see all?

The prophecies of Nostradamus—or any other man—would mean nothing and could be defied and proved untrue, if men knew how to pray. Through prayer they could change their subconscious and consequently their destiny. Prayer eliminates fear, doubt and hate from the subconscious of man. That is how he weeds his garden so that only beautiful flowers may grow.

The spiritual man refuses to hear something he does not want to come to pass; he changes the beginning by a new concept of himself and, therefore, he changes the end. This is done by the law of substitution or prayer. *Instead of praying something out of existence, he prays the condition he wants into existence.* He becomes a producer.

By illustration, suppose a man is informed that someone dear to him is very ill and may die within a certain time. If he has accepted this as a fact of consciousness and sustains the belief, it must come to pass. Let us further assume the man hears of this principle and applies it, believing in the Law of Reversal. Immediately the false prophecy is nullified and the true prophecy of Life is fulfilled. The prophecy was false because it foreshadowed gloom, doom and disaster. In this way he changes the prediction and defies all the dire prophecies of man concerning things to come.

This is the process to use: first, he must change his conception of the loved one and feel and see him as a radiant being, perfect in health. This is done in a silent meditative mood by calling the subjective image of his loved one before him. He causes the person to smile, to tell him that he never felt better in his life, and that the spirit of God is permeating every atom of his being. He thrills to this annunciation and is happy because “it is so.” Dwelling on the joyous answer to his prayer, he goes off to sleep in the arms of the Lord, who receives his gift and objectifies it in a little while. This man has replaced the fear of sickness and death for his loved one with the realization of perfect health. It must be fulfilled.

Whether for good or ill, the Law of the Lord is perfect. It is “a Tree of Life” to those who know how to pray. It is the “Valley of the Shadow of Death” to those who pray amiss.

Let me give you another example: A man heard the false prophecy that his child had only a few hours to live. “The thing I fear most has come upon me.” The fear of death causes death. The fear of loss is “Alpha” and death is “Omega”; the beginning and the end are the same. Man changes the beginning and brings about a new end by seeing, feeling and believing his child to be perfect.

In the subjective mood of prayer he lifts the child up—actually sees him running around, playing, enjoying himself and radiating health and happiness. He actualizes this state by feeling and contemplating the psychological reality of it. He rests on this conviction. The new “Alpha” or beginning is that silent inner knowing, the conviction that all is well. It is the joy of the answered prayer. The new “Omega” or ending must be perfect health. The fear is replaced by love. “As within, so without.”

By changing our mental attitude, the outer picture must change, too. “Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” (Ro. 12:2). “Thou shalt love thy neighbor as thyself.” (Matt. 19:19). *This is the law that will change your world.* No one can prognosticate for a spiritual man. He shapes his own ends, because “he dies daily” to the untrue. He prays unceasingly. The mystic, or spiritual man, through prayer and meditation, changes the subconscious part of his mind. Prayer wipes out fear and purges the subjective Self of all

false ideas and superstitions which have been causing all the trouble. Let us face the facts and realize that every condition, circumstance, or experience in our lives is the outpicturing of a belief in the subconscious.

We must also realize that all sickness, accidents and disease of every nature are the embodiments of negative ideas or fears in our subconscious. Always remember, “. . . Though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool.” (Isa. 1:18).

CHAPTER 9

FAR-SEEING

The following is an experience of the author, which may answer many questions in the minds of the inquiring reader. He wanted to go to a certain city in the Orient in the capacity of a chemist for a large, international, chemical organization with which he was at that time associated.

This is the procedure that he used: he relaxed in an armchair in the back of an old church which still stands; closed his eyes and became still. The writer imagined himself in the Orient by an inner perception of a typical Oriental setting. He felt the tropical breeze on his face and actually felt his toes being cooled off by the salt water on the sands of the seashore. He dwelled on this realization for two or three minutes, and felt the joy of being where he wanted to be. At the end of five minutes contemplation, the words of the prophet Isaiah came to his mind: "So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it." (Isa. 5:11).

The sequel to this prayer is very interesting. A short time afterwards, the opportunity came to the author to visit the Orient. All arrangements were made to proceed by plane. However, the morning preceding his departure for the Orient, in a dream, came the vivid realization of things to come in two or three years hence. A friend appeared in the dream and said, "Read these headlines—do not go!" The headlines related to war. The writer "dreams literally."

The subjective mind of man always projects a person whom you will immediately obey, because you trust and love that person. To some people a warning may come in the form of a mother who appears in a dream. She tells them not to go here or there, and gives

the reason for the warning. Your subjective is all-wise. It knows all things. It will speak to you only in a voice that your conscious mind will immediately accept as true. It would not be someone whom you distrusted or disliked. Oftentimes the voice of a mother or loved one may cause you to stop on the street, and you find if you had gone another foot, a falling object from a window might have struck you on the head. This is not the voice of your mother, or teacher or loved one. It is the voice of your subjective and it speaks in a tone or sound that you instantly obey.

As proof of this, I questioned my mystic friend. He assured me that he knew absolutely nothing about the warning “he” had given me subjectively. No, it is man’s subjective that is ever portraying the drama of its contents in the form of a dream or a vision of the night. If man suggests to himself that he will remember and understand the symbolism portrayed therein, he will know the outcome of many things. He will also learn to change the dreams; for by changing his consciousness he changes the dream, and as he dreams, so shall he become.

Joseph was warned in a dream. God spoke to Solomon in a dream and offered him his choice of gifts. Solomon chose wisdom, and God added long life and riches. With all our getting, let us get understanding of this principle; then our pillars of strength will be the two great pillars—“Boas and Jachin”—Wisdom and Understanding.

Possessing the wisdom which the Bible teaches, and the understanding to apply the psychological principles therein, man’s inner righteousness will show itself in his world. He will need no man-made rules of conduct to guide him; for he will be led by the wise Power within him. If the thing that you now want will bless yourself and others, it is the Divine Will. “I am come that they might have life, and that they might have it more abundantly.” (John 10:10). “Heretofore have ye asked nothing, . . . ask and ye shall receive, that your joy might be full.” (John 16:24).

In prayer realize the great oneness and feel the end of the answered prayer. The Being within you sees the beginning and also sees the end. It shows you the end in a feeling, “In a dream, in a vision” or by a voice. Listen to It. It will talk to you. Obey It, because It is Wisdom speaking to you. “In a dream, in a vision of the night,

when deep sleep falleth upon men, in slumberings upon the bed; then He openeth the ears of men, and sealeth their instructions.” (Job 33:15-16). “. . . He giveth to his beloved in sleep.” (Ps. 127:2).

The writer, in consequence of his dream, immediately cancelled the trip, cashed the tickets and sought no reason. He was under subjective compulsion to do so. A subsequent event—the tragedy of Pearl Harbor—proved the truth of the Inner Voice. “Trust in the Lord with all thine heart.” (Prov. 3:5). Thus shall ye walk in the land, verily ye shall be fed. Let him be a “lamp unto my feet.” (Ps. 119:105).

CHAPTER 10

MISSING THE MARK

Our sin is in missing the target of perfection. Though in the beginning the archer misses his target a thousand times, he gains skill through the practice of aiming again and again at his mark. So does the fruit of sin, which men call punishment, perfect the skill of His chosen one. An ancient meditation points out, “Sin and punishment are one and the fire of punishment is the fire which refineth My works.” “Even in the sinner I AM the actor and I, too, am the sufferer, in the experience of punishment. Thy pain is My pain, thy suffering My suffering. Thy sorrows pierce My heart, thine anguish is My anguish. I stand not aloof, unmoved, watching my handiwork as a potter watcheth the clay upon its wheel. Nay, not so, for I am clay, and the wheel, and the potter too. I am the work and the worker, and the means of working.”

“The delusion of separateness passeth with the completion of the work for which I enter into manifestation and because nothing can prevail against Me even the worst of sinners shall come in their appointed time to liberation.”

Yes, all men shall see the Light. When man awakens to his true Self, he will experience the radiance of the Light Limitless, and from the field of sin and punishment he shall pass into the boundless freedom of the divine perfection. Let us realize the Truth of the following verse from Arnold:

“Never the spirit shall die.
The spirit shall cease to be never.
Never the spirit was not.
End and beginning are dreams.
Birthless and deathless and changeless—

Remaineth the spirit forever.
Death hath not changed it at all.
Dead though the house of it seems.”

CHAPTER 11

ONENESS WITH GOD

I AM the Lord, and there is none else, there is no God beside Me.” (Isaiah 45:5). You, the reader, are the one and only being there is. When you say “I AM,” that means the sum-total of all the personalities in the world. All other conceptions are projections in space of the one being, yourself. In the Bible, which is a text book on psychology—metaphysics and man’s moods and feelings—the “I AM” is constantly referred to as, “I am the way, the truth, and the life.” (John 14:6). “I am the Resurrection and the Life.” (John 11:25). “I am that I am.” (Ex. 3:14). These and similar sayings shine forth in all their true brilliance when once we see that Jesus, the Christ, was not speaking of Himself personally, but of the principle of Being inherent in all mankind.

What Truth students fail to see is that there is only one man, for the same reason that there is only one God. God and man are one —“I am in the Father, and the Father in me.” (John 14:11). You cannot divide the One; infinity cannot be divided or multiplied. The seeming divisions are the illusions of separation. We must give recognition to that innermost Self which is pure Spirit, and which is not subject to any condition whatsoever. We feel that we are conditioned by time and space, but these conditions have no place in essential Being. The true recognition of the “I AM” is the acknowledgment of the Self within you. God, the Father, eternally subsisting in His own Being, sends forth all forms of His will. Likewise, all forms return to the formless One, according to an immutable law.

You, the one man, can comprehend the infinite Self within you by a limitless expansion of your conception of God. You thus return to the Universal Being as a son coming home to his father. The more

we study the Bible the more we realize that, by the art of meditation—i.e., by going inward—we become greater in our knowledge and comprehension of the mysteries contained therein. The road inward is the road to greatness, the Royal Road of the Ancients, and for all men who desire to become united with the Supreme Cause, the root and substance of all.

Rebirth means to ascend inwardly from the lesser to the greater by an inner realization, or by the lifting up of consciousness from one step to another. The consciousness, being lifted up by contemplation, dwells on the fact that I am now the being I long to be, and to make it real I must feel it. This realization is an inner awareness of the new state of consciousness or rebirth.

There is not a single note that was ever played that any man cannot play. Anything that has ever been felt by any holy man, any man can feel. There are no facts or secrets hidden in the dim past that any man cannot bring to light. You are the only Being there is. You have a memory of all that has passed, consequently all tones, moods, vibrations, knowledge and wisdom are within you. There is no language that ever was spoken that you cannot speak. There is no voice that you cannot reproduce, because all is within you.

YOU have always lived! “Before Abraham was, I AM.” (John 8:58). “When all things cease to be I AM.” You, man, wrote the Bible! You may have forgotten it, but if you meditate on its passages, the subjective self within you will reveal to your conscious mind what you meant, when YOU wrote it thousands of years ago.

Time is an illusion; God is the eternal NOW. Thousands of years are as an instant. Aeons are as a day. Therefore, shed now the belief in time and the idea that we have to come back again and again to this earth plane—one time as John, another visit as Mary—in order to gain more experience, to perfect ourselves and become as Jesus, the Christ.

We are sometimes told that it is almost impossible for us to become as Jesus, or Moses, or Elijah in one lifetime; it takes several lifetimes; moreover, many say that we have some “karma” to work out in this life. In other words, we must expiate for the sins and crimes committed in past lives before we can be purified. Some state that it is almost impossible to change certain physical conditions in

this life, particularly, if one happened to be born with a congenital disease or deformity.

This teaching is false and a contradiction of everything the Bible teaches, namely, "Behold, I am the Lord, the God of all flesh: is there anything too hard for Me?" (Jer. 32:27). "I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord." (Jer. 30:17). ". . . Who healeth all thy diseases; Who satisfieth thy mouth with good things, so that thy youth is renewed like the eagle's." (Ps. 103:3, 5). "I will ransom them from the power of the grave, I will redeem them from death." (Hosea 13.14).

A cripple is not instantly healed because of his or your belief. Likewise, if a man's leg is amputated, the reason he does not grow another leg is because his father and mother, the authorities of certain text books, plus tradition and race belief, all contributed to the false belief and teaching he received as a baby. He holds a firm conviction within himself now that God cannot grow another leg for him. He firmly believes that nothing can be done for him except to wear an artificial leg. "Thy faith hath made thee whole." (Luke 8:48).

Regarding the belief of some people that we must suffer for errors of the past or for sins committed centuries ago, there is no basis for this false concept. If a person believes that he must suffer for something he has done, he will suffer. It is all based on belief.

The only loss, limitation, restriction or evil in the world is our belief in loss, our belief in limitation, our belief in restriction and our belief in evil or disease. This is known as "the son of perdition" or sense of loss spoken of in the Bible. "Come now, let us reason together, saith the Lord: though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool." (Isaiah 1:18). "And their sins and iniquities will I remember no more." (Hebrews 10:17). "For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee." (Ps. 86:5).

The reader should stop, think and realize for a moment that a God who says, "Love your enemies, do good to them that hate you," by necessity of His greater Love, blots out all of the past. He wipes away all tears, and forgives you immediately. Can you imagine a God asking you to forgive those who trespass against you, and in another breath refusing to forgive Himself? "He shall call upon me,

and I will answer him.” (Ps. 91:15). “I, even I, am he that blotteth out all transgressions for mine own sake, and will not remember thy sins.” (Isaiah 43:25).

Man completely detaches himself from the past by partaking of a great psychological and mystical feast of peace and happiness. Realizing the presence of God within him, he rises in consciousness to the joyous conviction that he is NOW the being he longs to be. Having fixed this state within him, a silent inner knowing possesses him; all former doubts and fears pass away and shall be remembered no more. By sustaining this silent inner feeling, that which he felt inwardly becomes expressed outwardly.

CHAPTER 12

FORGIVENESS

Your consciousness is God and there is no other God. If a seeming wrong or injury has been committed against you, therefore, you must forgive. Now, there is no other—so there is no other to forgive. You give something for the feeling of resentment or hate that you now hold in your consciousness. You give way to a feeling of love, peace, harmony and joy.

In other words, it is the age old law of substitution in consciousness. To “forgive” means to give something for. If you have a headache, and you take a pill for the condition you are giving yourself something for the headache. Likewise a person who happens to be in a mood of resentment must replace this mood he is entertaining by forgiveness. The only way he can forgive himself for entertaining such a negative mood is by the indwelling gift of love and peace within his own consciousness.

You must radiate this feeling to all around you. When you think of John or Mary, who formerly was what you thought the “cause” of resentment, you will see the Christ in him or her and rejoice. You become exceedingly glad that they are expressing all they long to be. You are seeing the Truth behind the form, the Divinity behind the mask. “Love thy neighbor as thyself,” says Jesus. Your neighbor is yourself. All love is to oneself. All treatment is to oneself, consequently all hate, jealousy and bitterness is to oneself. If you decide to hate someone, or injure someone, whom are you injuring? Yourself only! “I am The Lord that is my name: and my glory will I not give to another. (Isaiah 42:8).

As is well known, many people are healed by absent treatment, and the teacher or healer does not know anything about the details of the case in question. The blending of the patient with the healer is

not essential. The Scriptures point this matter out clearly. Jesus raised Lazarus who was dead four days. A dead man cannot ask you to pray for him or blend with him; neither can the insane ask you to heal them; yet the Scriptures reveal that they were healed.

The only reason the disciples could not heal an insane child was because of their unbelief. If you wish to treat a person at a distance, even though he has not requested you to do it, you must feel the reality of the healing within yourself. You actualize this state within your subjective mind. Since there is only one subjective mind, what you have felt as true of the others, must be manifested in the other's world. There is no other, for there is only the One.

This question comes up occasionally wherein someone says, "Oh, I had a remarkable spiritual healing, but some weeks or months later there was a relapse to the former state." No teacher or healer can guarantee the continuance of the healed state, due to the simple fact that man is not an automaton, but has freedom to choose. He has freedom to be sick or well as he chooses. The day following the healing, he may re-infect himself by accepting a suggestion of fear or by entering into an emotional outburst of anger or hate.

Man must change his habits of thought and adopt for his rule and guide: *right thinking, right feeling and right action*. Teaching is healing; consequently a very important function of the healer or teacher is to point out to the sick person the cause of his trouble and how to eliminate it. The sick person, realizing that all his troubles of whatsoever nature were effects of causes set up within himself, must decide to discontinue the wrong thinking which produced the ill effects in his world. He learns that the Christ within can accomplish all things. Having learned the causes for the misfortunes and chaos in his world, he will then maintain the consciousness of health, peace and harmony. He will, thereby, prevent a relapse or re-infection of former destructive moods.

In the eleventh chapter of St. Mark, we read these wonderful words: "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them". (Mark 11:24). There are no conditions laid down. It is not necessary that one be a holy man or a great mystic to manifest the innermost desires of his heart.

The man we call the murderer, thief, or the person of ill repute could, if he desired, become Jesus, the Christ, instantly. Shocking as this may sound, all that such a being would have to do—according to the law of spiritual consciousness—is to forget completely the past by turning within; feeling with all his heart and soul that he is the Christ and is doing the works of Christ Jesus on earth. As a man thinketh in his heart, so shall it be done to him. In the twinkling of an eye he could be changed.

Paul, according to the New Testament, persecuted his fellowmen, testified against them, and had them put to death. He is a shining example of the state of consciousness that can be attained instantly if desired. Paul was illuminated on the road to Damascus by turning within, changing his conception of himself, and finding that he really was the Christ. We can do this! If this is not true, the whole teaching of the Bible collapses and is false. *But it is true*,—"the same yesterday, today and forever."

The truth is we are all that we ever will be now, but we fail to recognize it. The mass murderer or the violent assassin can in one moment become the Christos, the illumined one. This person need merely rise in consciousness to the conviction or feeling that he is the Christ, and doing the works of Him that sent him.

We are told the story of the boy born in the stable, of lowly parents. We are informed that He was a carpenter. It was said, "Can there any good thing come out of Nazareth?" (John 1:46). Yet this boy, born with all the social and worldly handicaps, became one with the Father. He walked the earth the God man, seeing only perfection, beauty, order, symmetry and proportion in everybody and everything. Why? *Because by uplifting his consciousness these qualities were established and made manifest within himself.* "What thou seest, that thou beest." The meaning of the story of Jesus is that any man, woman, boy or girl can become the Christ. The command is, "Go thou and do likewise." The Jesus Christ state of consciousness is not born of woman, but comes *out of* the imagination of man. We must refuse to believe the idle, foolish statement that it takes man one hundred or one thousand years to become a Jesus. There is no time in God. "That which is to be hath already been." In other words, you are all that you will ever be NOW

—yes, this very instant. Even fifty million years hence will not make any difference to the Reality within you.

Do you not realize the everlasting Truth of the ages that you are God, individualized in a fleshy body? All conceptions that you ever conceived or will conceive, all growth, learning, wisdom, expansion and contraction are the illusion of growth and expansion. God cannot learn or become wise. He is All-wise. He knows all. Hence it must be the illusion of evolution. It is simply the grand masquerade of the One.

Yes, there are deep, heavy scales on our eyes. If we will let the scales fall, we will see the light within. Our prayer should be, “God give me eyes to see the Light.” “Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” (Eph. 5:14). If you think for one moment that you are unworthy to see the Light and become the perfect man, then dwell on these words: “But if the wicked will turn from all his sins that he has committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die, all his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live.” (Ezekiel 18:21, 22).

CHAPTER 13

OUTPICTURING MAN

All outer manifestations of man's life are projections of an inner state or image contained within his consciousness. Man must learn that the only way to create a better world is to build the constructive images within his consciousness that he wishes to see expressed in the world. The world is an outpicturing of our mental beliefs and attitudes.

We look at a man and we say that he is lame, deaf, blind, ragged or poor. We have clothed him in rags, in garments of blindness, deafness and poverty, but in absolute Truth he is God and can never be any less than He is. Let us awaken from the dream, and clothe every man in the garment of Christ, the Anointed One. "Who is blind as he that is perfect and blind as the Lord's servant?" (Isaiah 42:19).

The perfect man cannot see a blind man or a deaf man; neither can he see any man in rags. He sees only divine perfection, the divine idea behind all form. He sees the everflowing reality, justice and beauty in all things. In other words, he sees God in all things. He does not see another. His command is that of a King: "Take ye away the stone." (John 11:39).

The perfect man, giving complete, recognition to God and realizing that all things are possible to Him, cannot see any lack anywhere. Hence his request for abundance is automatically granted. He is blind to all evidence of the five senses and worldly beliefs or powers outside of himself. His eyes are forever turned inward towards the Real.

If you have a lesion on your face, and a friend prays for you, the latter does not inwardly see the lesion on your face. On the contrary he hears you telling him that you are overjoyed that God has granted you a perfectly beautiful, smooth face. If he succeeds and the scar

disappears, “he saw the perfect face.” This manifestation may have occurred the same moment you were telling him the foolish details of the difficulty you experienced so far in treating it, and all the resultant failure. Where did the lesion go? Where did it disappear to? The truth is that it existed only in your imagination and belief.

When you have learned these great truths, you have “reincarnated” indeed. To learn these truths is to *know* them, and to know them is to live them and witness them. Man is playing a role in the great drama of life. When the curtain comes down, he puts off his garment, hangs it up and disappears from sight. He ultimately returns to the Source. From Him we all come forth—to Him we all at last return. There is no other place to go. “They shall not hurt nor destroy in all my holy mountain.” (Isaiah 11:9).

When John or Mary “dies”—as we usually employ the term—it means that John or Mary, as the case may be, lives on in each one of us. A person never dies. The quality, tone, or mood of the Infinite, which was his always existed and always will. The subjective afterlife may be a nightmare or a lovely dream—depending entirely on what man has impressed on his subjective mind before passing over. Let us play the melody of God here, and listen to the overtones of life. In this way we will be better equipped to play the game of life in the next dimension.

All things subsist in the Infinite and when we call forth the expressions by our feelings, then it may be said to exist. “I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.” (Rev. 1:8). “. . . I girded thee, though thou hast not known Me.” (Isaiah 45:5). We fail to see that it is always God coming into the world when a child is born. That child is its own father and mother. There is only the One Father and He is “Our Father.” “It is He that hath made us.” (Ps. 100:3).

CHAPTER 14

INEQUALITY OF MAN

It does not make any difference whether man was born deaf, dumb or blind, the “works of God” can now be made manifest. The Divine Love of God in action is omnipotent in healing. It is invincible; therefore, Jesus or the illumined consciousness can enter into the realization, “It is done.”

Many ask this question: “Why is an innocent child born blind, deaf or crippled?” Obviously, they have not read the Scriptures, for the same question is asked in the ninth Chapter of John: “Master, who did sin, this man, or his parents, that he was born blind?” Jesus answered, “Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.” (John 9:2-3).

The work of God is the nature of God, which is goodness, truth and beauty. Man’s conscious mind is “father” and his subconscious “the mother.” Man creates by his feelings or moods. In the creative act, the mood at the moment of conception determines the nature of the child. “I form the Light, and create darkness, I make peace and create evil: I, the Lord do all these things.” (Isaiah 45:7). This means the Lord (law) can be used two ways, but through our ignorance we misuse it. Our moods create! What is the nature of our mood? What tone do we strike during the creative act? If there is someone in the parent’s world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression must be brought forth. A blind or deaf child will be born—as within so without—as above so below—as in Heaven (consciousness) so on Earth.

The law is impersonal and no respecter of persons. It gives to all men that which they ask according to their mood or belief. The nature is the feeling or conviction within man. If man feels he is

healthy, realizing his state of consciousness as the determining factor, he cannot express illness. The child be it deaf, dumb or blind is judged good and very good, because it is the perfect image and likeness of the consciousness which produced it. “. . . Every creature of God is good.” (I Tim. 4:4). “His work is perfect.” (Deut. 32:4). “And God saw everything that He had made, and, behold, it was very good.” (Gen. 1:31).

You will see that whatever “tone” is struck by the parents, a corresponding voice or mood comes forth by the law of reciprocal relationship. No child is subject to so-called laws of heredity. “What mean ye, that ye use this proverb concerning the land of Israel, saying: ‘The fathers have eaten sour grapes, and the children’s teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel.” (Eze. 18:2-3).

Yes, the father may be insane, tubercular or criminal, but the only thing passed on to children is the spirit or mood of the father and mother. It is possible for a so-called criminal to have a son who becomes a Beethoven, a Shakespeare, a Lincoln or a Jesus. It depends on the moods of the parents or the states of consciousness at conception. “I, if I be lifted up from the earth, will draw all men unto Me.” (John 12:32). If you are lifted up in consciousness to the point of acceptance or belief that your son will be the noble, dignified, Christ-like being you dream of, according to the law of reciprocal relationship a corresponding mood or quality of the Infinite comes forth.

If man realized that God walked and talked in him, he would change the whole course of his life. God is indivisible. There are not two Infinities, but only One. It is impossible to divide infinity. The whole of God, therefore, is in the seeming part of man. All beings in the world live and have their existence only in the consciousness of man.

Let us get away from any idea of separateness. Some wish an eternal continuance of themselves as John, Mary or Joe, coming back again and again for more experience. They do not realize they have experienced everything—have seen all things and have always lived.

“ . . . The works were finished from the Foundation of the world.” (Heb. 4:3). It is not the personality known as John, Mary or Joe coming back. It is always the spirit of the one God. “Elias is come already.” (Matt. 17:12).

The personality, John or Mary, is simply the mask of God—it is the sum of the appetites, moods, feeling and beliefs of each of us. In other words, we tincture or color the one Spirit by our beliefs and impressions. God does not repeat himself; therefore, objectively, we look different. Subjectively we are all one. The subjective is the Real—the objective—the mask. John, for example, might have lived in New Orleans. We will say he died; then the quality which was John lives on in all beings throughout the world.

Now, during the creative act, in some part of the globe the tone or quality that was John is struck. This could be in China or Japan or elsewhere and that quality or mood of the One God comes forth. It is not the personality we knew as John; it is ever the spirit of God. The same instant that John died, instantaneously, the same vibration could come forth in a member of another race and country.

Cycles of 500, 800 or 1,000 years have nothing to do with this law. God is timeless; all tones are in the one. When we are playing on the grand piano, it will respond according to the notes we strike. Man is the one who measures, and “the measure he metes shall be measured unto him.” “Whatsoever he sows, that shall he also reap.” You sow the seed in consciousness and you reap the fruit of the seed; it will be the exact likeness of the seed sown. *Let us sow beautiful thoughts; let our hands play divine melodies; let our eyes see the beauties of God; let our voices be those of praise and thanksgiving. Then surely we will reap what we sow.*

CHAPTER 15

TIME AND SPACE

A question frequently propounded is this: “Why do I say I have been here before; I have seen this place before?” Is there any place in which you have not been? The world is within you. You do not have to travel to any point in order to describe any place, country or area in the minutest detail. God is omnipresent; He does not travel. You are both God and man. You are both unconditioned and conditioned—the unconditioned or formless awareness is God Almighty. This is the Real Self of you.

You have forgotten who you are, and you believe that you must travel to India in order to see it. You can sit still and see all of India. “Be still, and know that I am God.” (Ps. 46:10). Your “I AM-NESS” is God. God is everywhere and in all things. There is nothing outside yourself. You are the center of all creation and all revolves around you. As long as we believe in travel, time and disease, we must experience them. In other words, we must have proof of our convictions.

Consider this explanation: John wishes to take a trip to Killarney. He dreams about the trip and plans for it. He buys a ticket; arranges for passage and passport. He knows that he is going to take the trip. John goes to his Father every night and takes all his moods, feelings and beliefs with him as gifts. The Father always acknowledges whatever his son etches on consciousness.

While asleep, John’s subjective has taken the psychological trip to Killarney, visited his friends and heard their voices and comments. John awakens and takes the trip physically. Eventually he motors to Killarney from Cove and does not need to ask directions from anyone. WHY? He was there before; he visited it a few weeks ago, psychologically, while asleep on his couch. Now he knows the way.

He hears a voice and stops suddenly, saying loudly and excitedly, "I've heard that voice before, even that same expression." "Why I know this cottage, I've lived here before!" A dozen different expressions pour forth from him. Consciously, he has forgotten, but the subconscious is the storehouse of all memories and experiences—the seat of all knowledge.

His experience has nothing to do with previous incarnations. John has been visualizing a wonderful trip, impressed his subconscious and "went to sleep on it." His subjective, knowing all, accepted the suggestion and dwelt there psychologically. When the conscious mind arrived there, it experienced all the subjective states. "I go to prepare a place for you, and if I go, I will come again and take you unto Myself, that where I Am there ye may be also."

When he hears the voice and feels the loving caress of a dear one, it is the objectification of his own desire and then it registers. "I come to make the blind see and those that see blind." This means that all things exist now but we refuse to believe it and accept it.

For example, the writer some years ago met a boy who was considered ignorant and stupid by his comrades. This boy could not read or write, neither did he know the classics. Yet he could stop the flow of arterial blood, which flows freely, by closing his eyes and saying, "Stop it." When he opened his eyes, the bleeding had ceased. He believed that his prayer would always be answered and even though others mocked, he never failed. "Charity (love) never faileth." (Cor. 1: 13-8).

That is why belief is not necessary on the part of the sick person. Yes, truly the woman can have an issue of blood for twelve years, and by touching the hem of His garment, she shall be made whole. To touch the hem of His garment means to feel the thrill of accomplishment on the inside of the subjective self.

It is the inner silent knowing. It is the feeling within that "It is done." We must always seek the end. Having felt the end, we have already determined the means to that end.

How did the so-called ignorant boy mentioned in a previous chapter have this ability? His explanation was as follows: As long ago as he could remember, his father told him that the power to staunch blood was a tradition in the family, and was handed down

from father to son. The first born in the family had the gift, but the other members, such as sisters and other members, such as sisters and other brothers did not possess this power.

The boy grew up in this belief and fully accepted the fact that he could stop the flow of blood. If he saw it, he closed his eyes to it, and issued the command which was always obeyed. He really did not know how or why it should stop. He knew practically nothing about God. The reason the blood stopped flowing was because of his *belief*. (He stated that at home in Colorado he frequently was called upon to stop cases of hemorrhage.)

A very peculiar thing about this healing capacity was that he believed that he had to be present and see the blood flow, and so he could not heal anyone out of sight. Not aware of the laws of mind or the working of the conscious and subconscious faculties of man, this shows what could be accomplished with a youth if conditioned properly by someone who knows and understands the laws of life and the Truth of Being. For example, no amount of words or explanation would convince this Indian boy of the fact that he could stop the flow of blood at the request of a third person—even though he did not see the patient. This was a belief implanted in his subjective mind at an early age and he accepted it as a part of the tradition of his tribe or family.

Children, particularly under seven, are living mostly in the subjective state and very amenable to suggestion, especially from parents whom they trust and love. This boy was unconscious of the “fact” that it could not be done, just as many of us believe that the technique of stopping the blood-flow is only possible through the use of blood coagulants and a tourniquet. It is all a question of how “free consciousness” has been bound and conditioned by belief, opinion and custom.

CHAPTER 16

THE JOURNEY BEYOND

Frequently is the author asked: “Will we meet our former parents, brothers and sisters in the after-life?” In the 22nd chapter of Matthew, the question reads like this: “Therefore in the resurrection whose wife shall she be of the seven? for they all had her?” (Matt. 22:28). Jesus answered them, “In the resurrection they neither marry, nor are given in marriage, but are as the angels of God in Heaven.” (Matt. 22:30).

We must not think that our former wives or husbands will be lined up to greet us. Family relationship is for this three dimensional plane. Believing in the old concept of reincarnation, just imagine what it would mean! Maybe two million wives would be waiting for us. Where there is a deep, unselfish love of a mutual nature, there will be a meeting and a joyous reunion.

When you learn to love, and are prepared to serve others, your solo will cease, as Dunne says in “New Immortality,” and become part of a duet. Thus you join through love other players and produce orchestral effects. Finally one day we will discover we are playing in the symphony of all creation. There is no lost Soul and even the child that dies in the womb, still lives. Yes, it grows; expands and through love it goes from “glory to glory.”

When we awaken, all are one in consciousness. In the absolute state, all tones are one. There is nothing but a great Oneness. “There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female.” In God the sinner and the holy man are one. Black, white, yellow and brown races are all one. He “. . . hath made of one blood all nations of men for to dwell on the face of the earth.” (Acts 17:26).

“I am the resurrection, and the life.” (John 11:25). Your I AMNESS is the only living Reality. “In Him we live and move and have our being.” (Acts 17:28). An angel is an attitude of mind, a voice, a tonal quality or mood. God, being infinite, consists of an infinite number of angels or “angles.” Man is God in infinite expression. There is no end to his expansion of consciousness, because God is without beginning or end.

All our friends, relations and all those people who are past and gone, are within ourselves. They are angels of heaven—and where is heaven? Jesus says, “The Kingdom of Heaven is within you.” There is, therefore, no place for them to go except within our consciousness, which is God, the Absolute. “Do not I fill heaven and earth? saith the Lord.” (Jer. 23:24).

“There is but one God, the Father, of whom are all things, and we in Him.” (I Cor. 8:6). Our Father is in heaven and heaven is within us. All your loved ones, when they finally awaken, subsist in the eternal stream of consciousness as angels of God, in perfect peace, and they are one with their Father. All men, women and children in the world are notes in a vast musical composition. Let us become lost in the unity of the whole, and all sense of separateness leaves us. The sum total of all creatures does not comprise unity,—no more so than the fractions contained within the number, one, bring about the fundamental unity of that number, by being added together. We may regard multiplicity as a way of experiencing that unity. When we enter the world of Reality by a process of withdrawal into the enduring self (“I die daily”), we no longer persist as individuals, surrounded by a world which is not ourselves. *We are all that is*, and our individuality has merged in the *all*. We are the life of all creation.

The eternal continuance of John or Mary Smith as a personality is the nemesis of the uninformed. This is the point where foolishness and wisdom hopelessly divide. As long as John desires to be separate, he desires to be separate from that Universal One, who is the root and substance of all things. The universe of the foolish man is one containing spheres, planets and planes through which he passes forever—a universe becoming greater all the time.

The Truth student looks at things somewhat differently. He knows that this Spirit within him, which he is trying to individualize, is not an

individual at all. He knows that the life within him has never been separate from God and never can be. What the illumined one calls “being alive” is eternal Life living in him. Man is playing against fate when he wishes to be John Smith forever. He might be referred to as an egoist, who thinks that as personal self, he is sufficiently important to subsist for aeons of time.

Let us be real Truth students. Let us realize that that which lives and abides in us, is eternal Life. If it were true that the personal John Smith was the Thinker—if it were true that he was the Life—it would be different. These are appearances due to the illusion of the material state.

In contemplation and in deep meditation, we realize these profound truths about man. It is Thought thinking him. He is not thinking thoughts. Is it not LIFE living in him? He is not living LIFE. Is it not eternity concealed or hidden within non-eternal natures? All of us are an inevitable part of the unity of God and inevitably destined to be reabsorbed into His unity. We need not fight on forever. We can “stand still, and see the salvation of the Lord.” (Ex. 14:13). The absorption of the particular by the universal is the end of individual existence, as we know it on this plane of consciousness. We could liken it, as the return of the spark to the flame, the return of the water to the sea.

Man is forever asking, “What shall I be in the afterlife? What will Mary be? What will all individuals be?” We are victims of centuries of false beliefs. Over thousands of years we have begun to believe in a strange complex of separation or apartness from our Father. Yes, man is always asking, “Will we lose this individuality of ours.” The word “individual” means that which is indivisible. The answer must be, “What is individuality?” Is it not the One Life looking out through the countless windows and eyes? This Life is ever at one with Itself and It shall not be anything less. Man is not an individual; he never was. His emotions, beliefs and intellect tried to make him something apart. All things in this relative world of ours are expressions of the absolute. The one life is expressed in countless modes. It is all One Reality. The one in the many, and the many in the one. The apparent separate manifestations are notes in a grand symphony. There is a difference in the notes, and they are grouped differently into chords

and harmonies; yet, we must remember the symphony is One. Grace notes, somber notes and notes used to form part of a magnificent opening chord are not separate; they all are the symphony and the symphony is one and indivisible. The composition is one Reality. Every note shares the joy and beauty of every other note, and shares the Life of every other note. The life of the whole is in each note. The part is in the whole, and the whole is in the part. You are the Grand Symphony. You are the Creator and the Hymn of Creation. We are the Supreme Reality sharing the life of all things.

“Everywhere in heaven is Paradise. Even though the grace of the Chief Good does not reign there after one only fashion!” Does not this mean that the mystery of the ultimate Reality is multiplicity in Unity?

The reason for all the chaos and misery in the world today is given to us in Chapter 2 of Jeremiah: “For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water.” (Jer. 2:13). Millions of men today pray to a God in space whom they look toward as some being living in the skies, consequently, their prayers are not answered, because they do not know how to pray. They have forsaken the God within, and have created a God outside of themselves. They also have given power and authority to conditions and circumstances.

Instead they must realize that rather than permit the world to control, influence and frighten them, they should control what now controls them. We have the choice to control our outer manifestations or be controlled. The world with all its pomp and ceremony is the cistern that holds no water and if man drinks of this, he will thirst again. He must go back to the fountain of living water and drink of it in order to become free of the limitations of matter and circumstance. Man must leave the world of sound; go back to the “Silence,” and dwell in His peace, strength, wisdom and power.

CHAPTER 17

FINDING ONESELF

Let us once and for all awaken from the dream of being separate. Actually, we never have been separate and never have been individuals. When we completely die to all of our false beliefs, we are back again in the Garden of Eden. “Thou hast been in Eden the Garden of God; every precious stone was thy covering.” (Ezekiel 28: 13). This is the illusion removed and the Fact made known. The ancients called it the awakening from a dream. It is an awakening from the recurrent dream of self to find the “Selfless One.”

“. . . Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” (Eph. 5:14). This means that when you awaken, you learn all has been a dream—all wars, crimes, one’s mistakes and misfortunes. All the chaos of the world is a nightmare—unreal, to be forgotten and remembered no more. The reality of this awakening is to find oneself in a kingdom of love, peace and happiness with the Light of Truth always shining. Beholding the Truth, dwelling upon it, accepting and rejoicing in it, we realize that the streams of “manyness” all lead to the Oneness.

The Gospel of Good Tidings is the realization that the One alone lives, and that the One alone is the end all men are seeking, the one Self that stands supreme midst the illusions of the not-selves. Then man knows for the first time what the ancients meant in their meditations, when they said: “Neither is there anywhere injustice, and the semblance of it is the delusions of separateness. The strife, the quarrels, the contentions that thou witnesseth day by day are the plays of light and darkness which I am. All sense of effort, all semblance of exertion—know these as illusions and with thy mind’s eye see Me entering into all.”

One man, a friend of the writer, who has read twenty or thirty books on reincarnation, is no longer worried about which wife he will meet in after life. He said, "You know I must have had millions of wives, also fathers and mothers." He is now at peace, having read the 22nd Chapter of Matthew. He is no longer worrying about which one to claim. He was under the impression that there might be strife in heaven over him.

Man is told what the true reincarnation or rebirth means in Chapter 3 of John, "Except a man be born again (of water and the spirit), he cannot see the Kingdom of God." (John 3:3). Millions have read this chapter, however like Nicodemus, they fail to see the light or true meaning. They say, "How can these things be?" (John 3:9).

Obviously pouring water on the head of a person does not bring about a spiritual awakening or change of consciousness. There must be another meaning. The simplicity of Truth is its greatest stumbling block. Children who believe in Santa Claus operate this law very successfully, because they believe in "make-believe." That, after all, is what the whole world is and all things contained therein—a vast "make-believe—nothing more and nothing less.

At one time a little Spanish girl lived a few doors away from the author. He knew the family well, and often visited at the home of the little girl's parents. She was about eight years of age and attended the local parochial school. For months she had been asking her parents for a bicycle to ride in Central Park. The mother's constant answer was: "Stop bothering me. You know there is a war on and no bicycles are available." She continued to ask, however, much to the annoyance of her parents.

This little girl was a typical tom-boy, fought with the boys in the neighborhood and "got a black eye" occasionally. One night the writer of this book said to the little girl: "Mary, you can get a bicycle, and I know where." Immediately her eyes expanded and she was all ears and exclaimed, "Where?" The following dialogue took place between us:

TEACHER: "Go to bed immediately and close your eyes. Now imagine clearly that your boy and girl playmates are riding your bicycle in Central Park, and just see their smiles."

MARY: "I won't give my bicycle to anyone if I get it."

TEACHER: "Then, Mary, I am afraid you can't get the bicycle.

The person who is willing to give you the bicycle wants you to share it with your playmates who have no bicycle, so that you can make them happy. He insists that you make your friends joyful and merry."

MARY: "Oh, all right, if that's the kind of person he is. I suppose I must agree."

TEACHER: "Fine, Mary, that is the proper feeling. Now, Mary, Christmas is coming shortly and there is a big boss over all the Santa Clauses, who tells them what they can give to little girls and boys who are good."

MARY: "Mother said Santa Claus could not or would not bring a bicycle."

TEACHER: "Now, Mary, your mother is very busy; you annoy her too much and she does not always realize what she says. This is the way you can get the bicycle before nightfall tomorrow."

MARY: "Really, promise?"

TEACHER: "Mary, you know I always keep my promises. I take you to the movies when I promised, and buy you ice cream when I promise."

MARY: "I believe you. Tell me how."

TEACHER: "Mary, close your eyes and imagine yourself riding a bicycle in Central Park."

MARY: "I can see the bicycle I want!"

TEACHER: "See your playmates riding the same bicycle, one at a time. See them smiling and laughing and full of fun. Now the Big Santa Clause is listening to you and is pleased, because you believe he has the power to give it to you. He is glad, also, because you are going to share it. He will give it to you tomorrow, before nightfall. Go off to sleep, sound asleep, deep, deep sleep."

About six o'clock the next evening Mary was at Woolworth's—78th Street and Broadway, New York City—when she suddenly began to cry. A lady nearby noticed this and speaking gently said to

her, "Little girl, what is the matter? Did someone hurt you?" Mary replied, "No, but there was a man at our house last night and he told me the boss over Santa Claus would give me a bicycle before nightfall. It's getting dark now and there is no bicycle." The lady was moved and said: "That man had no right to promise such a thing." She took the little girl to her apartment nearby, and gave her a bicycle, which her daughter, who had died two years previously, had used. She told Mary that she always wanted to give it to a child who loved God.

This is all that prayer is—simply "make-believe." That is all "reincarnation" is. If you do not like what you are, make-believe you are that which you long to be. Accept it, sustain the mood or belief and you will embody that state. The water spoken of in the Third Chapter of John is "consciousness," and the spirit is the spirit of joy in possessing that which you long to be or to do. The Kingdom of Heaven is the peace and stillness that follows the answer to your prayer.

We are here to experience the joy of living and for no other purpose. Out of the great silence comes God, appearing as man. Man has dreamed a dream away from reality and found that which he calls evil and sin—to be an illusion of the senses. Man must return to the Silence, and in the presence of Truth all these so-called evils fade away, since they never really existed.

CHAPTER 18

RENEWAL OF THE MIND

You may transform your mind, body and affairs through the water and the spirit (3rd John) by re-educating the subconscious (water). One way of getting at the subconscious is by affirmation; that is, saying a thing over and over again. This is the way with some; but all these affirmations are only abstractions. What is needed is something concrete—an inner perception, a firm conviction within yourself. You must actually feel yourself as the Doer and the Seer. This is the “Spirit”.

If your desire is to be a great teacher of the Law, the following suggestions could be used. Close your eyes, which shuts out the evidence of your senses; still the mind by dwelling on God; ask yourself, “What does God mean to me?” The answer automatically comes—God is Love, Beauty, Infinite Intelligence, Omniscience, Omnipotence, Omnipresence and All Wisdom. Then feel yourself to be the great teacher. You must feel the reality of it; the joy and thrill must course through your veins with the mood of actual accomplishment.

It is as if you went to the theatre, came home, sat down on the couch, closed your eyes and began to review all the scenes in a contemplative mood. You hear the voices, and you see the beautiful scenery, lights and costumes. You are witnessing that which has already taken place. Prayer is contemplating the reality of the wish fulfilled and reacting to the joy that, “It is finished.” (John 19:30). “Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him—and bless his name.” (Ps. 100:4). **NOW YOU ARE BORN OF WATER AND THE SPIRIT.**

When we pray, it is essential that we realize nothing is achieved by desperate effort. We grow, not by trying to grow, but rather by

permitting the fact of growth to assert itself or be manifest in ourselves. Man cannot become the Great Teacher or Healer by any direct effort. "The father that dwelleth in me, he doeth the works." (John 14:10). The result is due to an attitude or mood of the mind that the Wisdom, which is ever present, is made manifest in us. We do not create wisdom, virtue and knowledge. We reform and reverberate these attributes by a renewal of the mind, thereby releasing ever-existing principles and qualities into manifestation.

MEDITATION

The discipline of looking inwardly is Meditation. What we understand we do naturally. What we do not understand we force ourselves to do. Students so often tell the teacher how hard they tried. The very effort meant failure, for meditation is always effortless. Tension, exertion or force result in failure.

An excellent way to still the mind is as follows: imagine yourself on a mountain top, looking into a lake. In the placid surface you see the sky, the stars, the moon and those things above the earth. If the surface of the lake is disturbed, the things seen are blurred and indistinct; thus it is with you. You are not “still”—not at peace—and the answer to prayer comes only to the man who dwells with all tranquility on the joy of already having received that for which he prayed.

Meditation is the internalizing of consciousness. It is the pilgrimage within. If an eight year old child can operate the Law successfully, we can. We first must become as the little child. Half an hour a day spent in meditation upon your ideals, goals and ambitions will make you a different person. In a few month's time the gentle, silent acknowledgement comes that God is within you, that the spirit of Almighty God is now moving in your behalf and that which you long to be, to possess or do is already a fact of consciousness. Man actualizes this state by feeling the thrill of accomplishment; when he has succeeded, he will no longer be worried, anxious or apprehensive.

Moreover, he will not ask anyone for advice, because he will be under compulsion to do that which is right. His subjective mind compels him to take all the necessary steps to the completion of his goal or objective. After prayer, if a man is still doubtful and begins to

argue with himself as to which course to pursue, it means that he has not fixed the desired state in consciousness; then let him go back again and dwell in the reality of it.

“Verily I say unto you, Among them that are born of woman there hath not risen a greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he.” (Matt. 11:11). This means that any man who prays successfully and touches Reality by getting into the proper mood or feeling is greater than the wisest man. Most of us live life looking outwardly. The wise learn to look inwardly. The disciplines of looking “inwardly” are termed together, “Meditation.”

Detachment is the key to meditation. That is, we must sever ourselves completely from all worldly beliefs and opinions, and focus silently upon our ideal state. It is the effortless-effort which causes us to flow towards that which we realize without conflict. Detachment does not mean that we give up what few earthly possessions we may have. It means that we must give up possessiveness in ourselves, or release the attachments that peculiarly limit us to a human viewpoint in all matters.

“Be still and KNOW.” Stillness is not only keeping quiet; it means that the causes within the Self, by which the inward life is rendered discordant, have been removed. It indicates that there must be no inner dissonance, but rather when man goes within himself, he must find perfect and abiding peace. Knowing that God is within himself makes man live in a world that is ever peaceful. The lack of it makes him live in a series of conditions which grieve him to the end. He fusses about things which, if he saw them differently, would not cause one moment of unhappiness.

Every day of our life we should meditate on beauty, love and peace. We should feel that these qualities are being resurrected in us. As we meditate daily on this inner beauty, let us feel that we are Jesus the Christ, the illumined man. Let us actually conjure the mood that would be ours were we actually doing his works and healing the blind, the halt and the lame. As we walk the earth, we must sustain this mood or conviction that we are Jesus and those qualities, which he portrayed, will be resurrected within us. They were always within us! This state of consciousness is not born of woman. *Jesus is born*

out of the imagination of man and nowhere else. It is the second birth or spiritual awakening of man. The birth of Jesus the Christ truly takes place in man as he practices the disciplines and meditates on the ideal state.

By moving inward, the mystic finally finds the Real. As he goes inward he realizes first that this thing called the body is very unreal, and this earth upon which we are seated becomes unreal. The external life becomes the dream; the internal life awakens and moves further and further inward. Finally it seems to merge, and suddenly the meditating Self perceives that, by going inward, it has found the Universe. The suns, moon, stars and planets are within. For the first time he knows that planets are thoughts; that suns and moons are thoughts; and also he apprehends that his own consciousness is the realization which sustains them all. Temporarily in space are moving the dreams of the Dreamer; worlds, suns, moons and stars are the thoughts of the Thinker. His eyes are closed; He is meditating, and we are His meditation. It is CONSCIOUSNESS meditating on the mysteries of Itself!

This inward journey ultimately leads man to the Real. It leads man away from the sense of the small “I” to the realization of the eternal Self. The mystic’s mind, through meditation, finds the peace, the strength and fortitude for further steps. The practice of the discipline of meditation bestows beauty, love, peace, grace and dignity upon every impulse, every attitude and every act.

In conclusion, let us meditate on these lines, written by the finger of God, the Ancient of Days, which have come to us, down through the ages—ever the Ageless Wisdom:

“Of all existence I am the source, the continuation and the end. I am the germ, I am the growth, I am the decay. All things and creatures I send forth. I suppose them while they yet stand without, and when the dream of separation ends, I cause their return unto myself. I am the Life, the “Wheel of the Law, and the Way that leadeth to the Beyond. THERE IS NONE ELSE.”

FEAR NOT

(1946)



FEAR NOT

“The Lord is my Light and my Salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?”

PSALM 27:1.

“For in the time of trouble he shall hide me in his pavilion: in the secret of this tabernacle shall he hide me: he shall set me up upon a rock.”

PSALM 27:5.

Who is your Lord and master this very moment? Your Lord is your predominant, mental attitude; it is your conviction or belief about yourself, people, and things; this Lord can be a tyrant. For example, if your mood is now one of resentment, that is your Lord or tyrant that governs all of your actions and all phases of your life. If you want to invest some money, buy a new home, or some property, while in this attitude, you will do the wrong thing and say the wrong thing, because your predominant mood is negative. The law is: “As within, so without.” You are fearing your good, and you would react negatively. Fear is a lack of faith or trust in God, which is a denial of His Omnipotence.

“The Lord is my light and my salvation.” “The Lord” referred to is the Lord God, or the law of God or good. To put the law of good into operation,—thereby banishing fear once and for all,—enthroned in your mind the thoughts of power, courage, and confidence. These thoughts will generate a corresponding mood or feeling, which will banish the arch enemy of your success and health.

Fear, this self-made enemy of yours, must be completely destroyed before the Lord God can shine through you. Your fear is the cloud that hides the sunshine of God. Men have made personal devils out of fear of the past, the present, and the future. They fear friends, gremlins, elementals, banshees, and other strange things. There are no ghosts, werewolves, gremlins, or banshees; they exist only in the gloomy galleries of man's mind.

It is our attitude toward life that determines the experiences we are to meet. If we expect misfortune, we shall have it. Knowing the law of God or good, the truth student expects only good fortune. The world is not harsh; it may seem to be, because we fail to affirm or claim the Presence of God. Men fear criticism so much, that many of their most beautiful thoughts never see the light of day. To the man who believes that God is the only Presence and the only Power, there is no past; he knows that if he believes in the power of the past, he is disbelieving in God. God is the Eternal Now; there is no future and no past.

This is the Gospel—the good tidings. There is no such thing as past karma; there is only man's foolish, stupid, false belief in it. "*Now is the day of salvation!*" The Kingdom of Heaven is at hand. Your good, your health, and your success are here now; feel the reality of them; thrill to them. Enter into the conviction that you are now the being you long to be.

The only guilt there is, is the consciousness of guilt. "If your sins are as scarlet, they shall be white as snow, though red like crimson, they shall be as wool." This is the Christ message. The only moment that matters is the present. You can live only in the now, experience in the now, plan in the now, and think in the now. Whatever you are planning or dreading, you are planning it now. When you realize that every form of lack and limitation is the result of your wrong thinking and feeling, you shall know the Truth that sets you free. The mountains will be removed.

Aboriginal tribes and primitive man feared nature. Modern man fears his fellow man. To a great extent we have dispelled the ghosts of ancient days. We have combatted the plagues, and we will soon control the elements. Man is doped by modern propaganda. Some men are afraid to live, and afraid to speak. Mothers fear for their

children. All this is due to a superstitious belief that there is another power to challenge God.

The only evil there is, is due to a lack of knowledge of the laws of life. If we put our hand on an open wire, we get a shock, but if it is insulated properly, we do not. The evil or shock was due to our ignorance; yet any man will admit that electricity is not evil; it blesses humanity in countless ways. Electricity is used to play music, drive trains, fry eggs, vacuum the floors, and light the world. Evil or fear is our misapplication and incomplete comprehension of the Omnipresence of God or good. Where fear is, love cannot be; for error cannot dwell with understanding.

The wealthy fear they are going to lose; the poor fear they shall not gain. The only wealth and the only security are found in the consciousness in which we abide. If we are conscious of being wealthy, nothing in all the world can stop us from being prosperous in our bodies and affairs. The things men fear are unreal. Only the One alone is real; only the One alone is Law; only the One alone is Truth.

The jungle doctor of old has passed on many of his superstitions; consequently, countless cults today instill fear into the minds of many individuals. The various creeds have, like humanity, ignored the one fundamental truth and stressed differences, so that today so called religion is a ghastly travesty of the name religion. They say, "Our Father" and have forgotten the brotherhood of man. I and my Father are One—One Man, One God, One Truth, and One Law. Let us face the facts. The cause of most fear is man's fear of his fellow man. Many men pray together on Sunday, and prey on each other on Monday.

The answer to the fear problem is understanding. All fear is due to ignorance. In order to express harmony, we must think and feel harmonious thoughts. When we enter into the mood of success, confidence, and happiness, we will express similar results in all phases of our life. When man knows that every form of discord, sickness, and lack is due to wrong thinking, he will know the Truth which sets him free.

Learn to imagine the thing desired, and then feel the reality of the state sought. This is the easiest and quickest way to get results.

Some get results by convincing themselves of the Truth—that God is the only Presence and the only Power; this is one of the most wonderful things in all the world to know.

Regardless of the cause of the fear, you have no one to treat or heal but yourself. You have to convince yourself that you are now expressing Life, Love, and Truth. Let us not fear anything or anybody; let us be busy radiating courage, confidence, and power. In this way we will crush all obstacles in our path, and the mountains will be cast into the sea.

We are one with Infinite Strength. If we say we are weak or infirm, we are telling a falsehood about God. Fear turns the love of God or good away from us in the same way that a poverty consciousness attracts poverty in health, money, business, and love relationships. Man must stop preaching fear to his fellow man, and unite in teaching all of the Truth.

The Truth is that there is no hell, devil, purgatory, limbo, or damnation of any kind; moreover, there is no past karma for which we must expiate here; there is no future evil. God is the Eternal Now! This is one of the most dramatic and significant statements in the whole Bible: “Now is the day of Salvation.” This very moment all that you do is turn to God and claim for yourself that which you long to be; accept it; believe it, and go thy way rejoicing. “Though your sins be as scarlet, they shall be white as snow, though red like crimson they shall be as wool.” “Forgive till seventy times seven.” “This day thou shalt be with me in paradise.”

Let us stop instilling fear into the minds of the youth; let us teach them the real facts. We must not preach religious tolerance except we live it. We must teach the Truth. We must not distort the Truth, so that we may hold a position, or because we are afraid that the people will not come back; this type of fear results in spiritual stagnation and frustration. Shall we give a lasting message on Truth or condition it on crowds of people? We must keep our eye on the Kingdom of Heaven, not upon the kingdom of earth. We must teach man to know the Truth, and the Truth shall make him free. The Truth is: Man is belief expressed!

There is no fear where faith in God rules. There is no fear of man where integrity rules in one's consciousness. There is no fear of

criticism where the consciousness of kindness enters into the mind of man. Religion is integrity in action or the application of Truth. We have seen, therefore, that fear is man's basic weakness, and it is based solely on ignorance.

"In time of trouble he shall hide me in his pavilion; in the secret of his tabernacle shall he hide me: he shall set me up upon a rock."

"The pavilion" is a canopy or covering; this means the covering shall be the garment of God (mood of good). Think about God. Begin to ask yourself, "What does God mean to me?" Realize that God, or I Am, is the Life in you, your own consciousness, and It is Omnipotent.

For example, if a man is in prison, he automatically desires freedom. God and good are synonymous. He begins to think of this Infinite Power and Wisdom within him; he knows that It has ways of freeing him which he knows not of. He imagines, therefore, the opposite which is freedom. Though he is behind bars, in meditation he imagines that he is at home talking to his loved ones. He hears familiar voices, and feels the welcoming kisses of his children on his cheek. This is hiding in the *pavilion*. The prisoner actualizes this state by feeling the joys of being home. It is possible to rise high enough in consciousness in five or ten minutes to bring about a subjective conviction. This is the meaning of, *"In the secret of his tabernacle shall he hide me."* The law is: Whatever is impressed is expressed; consequently, the prison doors are open for him in ways that he knows not of. "My ways are past finding out."

We read in the Scriptures: "Fear not, little flock, it is your Father's good pleasure to give you the kingdom." Jesus tells us this Kingdom is within us—this Kingdom of Heaven or harmony is within every one of us. Infinite Wisdom, Divine Intelligence, and Infinite Power are available to all men, because God is within them, and He is the very Life of them. Any one can prove to himself that the Kingdom of Heaven is at hand. It is right here now; Jesus saw it, and lived in it; we are color blind; that is why we do not see it; the blindness is due to ignorance and fear. We are blinded by centuries of false beliefs, superstition, creeds, and dogmas. The Truth is so shrouded by false dogmas, that we have created God and a heaven of our making. God is to us what we believe Him to be. Man has created a horrendous creature in the skies; he visualizes a God of caprice and

vengeance, or an inscrutable being who sends wars, plagues, etc. We create our own hell and our own heaven, based upon our concept of God. Anyone can prove that the Kingdom of Heaven is at hand.

Let me tell you the story of a young girl who proved it. She was living with a father who came home drunk every night, and sometimes treated her brutally. She lived in constant fear of her father. She kept house for him. Due to frustration, her face was covered with acne.

We are not living with people; we are living with our concept of them. Realizing this truth, the girl in meditation closed her eyes and dwelt on the God Power within her. She no longer clothed her father in the garment or mood of a drunkard. Instead, she saw a loving, kind father, who had perfect balance, poise, and equilibrium. She clothed him in righteousness, and her judgment was “a robe and a diadem”; which means that she saw her father as he ought to be. The fact that her father was drinking heavily, meant that he was seeking escape to conceal an inferiority complex or a subjective sense of loss. In other words he was trying to run away from himself.

This girl spoke the word which healed him. She relaxed her whole body, closed her eyes, and began to say to herself, “How would I feel if my father was loving, kind, and peaceful?” She dwelt on the solution, which generated a mood of peace, confidence, and joy within her; this was clothing him in righteousness. Her judgment was a “robe and diadem.”

When you pass judgment, you come to a decision. It is the final verdict, and you are the judge passing judgment; “As I hear, I judge.” Her verdict was an inner hearing or feeling, wherein she saw her father smiling, happy, and joyous; she imagined he was telling her how wonderful he felt, and that he had found peace, balance, and poise. She also heard him telling her how wonderful she was; she thrilled to the fact that her father was healed and made whole. “He wore a seamless robe”—no holes, no patches, and no seams; this means she meditated on the mood of love, peace, and oneness with her ideal. All doubts and fears were absent (judgment as the robe). “Judgment as the diadem” means she gave “beauty for ashes,”

which signifies she saw beauty in her father and felt it. Beauty was expressed on the screen of space.

After one week's treatment her father was completely healed; moreover, he was a changed man. His attitude was completely transformed, and they are devoted to each other. She proved the Kingdom of Heaven (harmony and peace) is at hand NOW. What are we afraid of? "If God be for us, who can be against us?" The thing you fear does not exist.

For example, a man lives in fear that his business will fail. His business is not failing; neither is he in bankruptcy. Business is as usual, and it may be booming; the failure does not exist save in his imagination. Job said, "What I fear most, has come upon me." Job is every man that walks the earth. Therefore, as the successful business man continues to sustain the mood of failure, sooner or later his mood crystallizes into a subjective conviction or impression.

Any feeling impressed on the subconscious mind is made manifest by an immutable law of life. The subconscious, being impersonal and no respecter of persons, says, "John wants to fail in business." So it proceeds in ways that he (John) knows not of to bring this failure to pass. Everyone realizes that he brought this failure on himself through imagination and feeling.

I know a lady who read of an aeroplane wreck. She was contemplating a trip by air to Los Angeles, but she lived in fear of an accident. A negative thought cannot do you any harm, except it is energized by a charge of fear. It must be emotionalized before it becomes subjective. This lady did not know what she was doing; she was ignorant of the laws of life. This ignorance is the cause of all of our accidents and misfortunes. Having imagined herself in an aeroplane accident and having emotionalized this negative thought with fear, it became a subjective state. When she took the trip two months later, she had the accident that she *knew* she would have.

If a woman fears her husband is going to leave her, this is how she conquers her moods. The fear is a negative feeling which is communicated to him. If he does not know the laws of life, her conviction of him will be made manifest. In other words, he will do the thing she feared he would do, because this was her conviction of him. Instead of this fear, she supplants it by seeing her husband

radiating peace, health, and happiness. In meditation morning and night, she radiates the mood of love and peace, and feels that her husband is the most wonderful man in all the world. She feels that he is loving, kind, and devoted. She imagines he is telling her how wonderful she is, and how happy, free, and balanced he is. Her mood of fear is now changed to a mood of love and peace. This is the Spirit of God moving in her behalf. As she continues to do this, this mood jells within her. She now knows, "He never faileth," and that "Perfect love casteth out fear."

Our daily prayer or daily mood must be one of joyous expectancy or a confident expectancy of all good things; this is our greatest prayer. If we expect the best, the best will come to us. It is our mood that is vital.

The modern metaphysician of today teaches that God is *pure feeling*. If you feel full of confidence and trust, this is the movement of the Spirit of God within you, and It is all powerful. "None shall stay its hand and say unto it, What doest thou?" Man's own consciousness is God; there is no other God. By consciousness is meant existence, life, and awareness.

You, the reader, know that you exist. This knowing that you exist is God. What you are aware of is your concept of God. Each man must ask himself, "What am I aware of?" The answer to this question is his belief about God. It is what he knows about God. When he says, "I am aware of want. I am fearful. I am sick," these are lies and have no truth in them. When man says, "I am fearful," he is saying God is full of fear which is nonsensical. When he says, "I am in want," he is relating a lie and a denial of God's abundance and infinite supply. His faith is in failure, and he succeeds in being a failure. He believes in a lie, but he cannot prove the lie. The false condition seems real as long as he dwells upon it. When he ceases to believe it, he is free and healed.

LOVE IS FREEDOM

(1948)



Dedicated to Vere Brunt who suggested the title of this book.

FOREWORD

True mysticism is the ability inwardly to sense the invisible things of Spirit and through feeling, present them to the intellect.

In discerning the deep things of the Spirit, the intellect must follow the intuition—and it will never follow it in vain, for that which the intuition reveals, the intellect may later analyze. It is this feeling back toward spiritual prototypes that marks the work of the true mystic in any age.

In this book Joseph Murphy, one of the outstanding mystics in the metaphysical field, has presented a depth of feeling seldom expressed through the written word.

Those who have had the privilege of listening to the discourses of Dr. Murphy have felt that which was not spoken, the impartation of a spiritual essence which can only be felt. I am certain that the readers of this book will find a response in their consciousness to that invisible and ineffable beauty which it suggests.

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INTRODUCTION

By Joseph Murphy

The Bible has been said to have seven layers of meaning:

1. The physical and historical. All Scripture was held (by ORIGEN) to be written “ab intus,” from the inward mystery, and not “ab extra” with a mystical sense *put into it*. In every case the historical account is the rind or coating, the mystical meaning being the essence of Holy Scripture—not the former *the* essential truth containing a mystical sense. As St. Paul says (I Cor. 2:14), the truth of the Scriptures must be ‘spiritually discerned’. This implies that the inspired element is underneath the phraseology rather than on it. We must drill beyond the merely semantic layers and sands before “the oil” of the Spirit “is struck” and “a gusher” is brought in.
2. The solar—dealing with the garden in which man finds himself.
3. The phallic—concerning the throb of life coursing through all animate beings.
4. The mental—which is ruler over many things, but not all.
5. The psychic—which approaches the Holy of Holies, but does not always “make it” because of astral distractions in the forest of illusion. (Hindu Maya)
6. The mystic—in which the seeker longs for God as “the heart panteth after the water brooks”. Many falter on the way here as they get stuck in the mire of the mere play of mental operations, which practice often misses the “manna” falling

from the Throne of God. (I and the Father are one type of consciousness.)

7. The absolute spiritual consciousness in which God functions through the God-man outlet.

We must remember that there are many overtones in the field of consciousness. "There are many mansions in my Father's House." There is an atomic science of the spirit also, with its own wavelengths and electronics. Let us enter into the high oscillations of the spirit by focusing our attention on "He who Is". "If thine eye be single, thy whole body is full of light." "With mine eyes stayed on Thee, there is no evil in my pathway." This viewpoint requires skillful "mountain" climbing with the mystics' sure-footedness like "hinds' feet" and not mere elementary psychology or hypnotics. We must seek reality "In Him whom to know aright" is the highest wisdom. For God is—He was not made.

CHAPTER ONE

The scripture says, “God is love, God is all, over all, through all, all in all.” Therefore, love is resident in all men and in all things. And so let us seek it in all. “Seek and ye shall find.” Yes, if you truly look for the God love in the other it will shine forth in all its pristine glory. The first thing we do when we see another is to look for that Divine Love to radiate through his thoughts, words and deeds. If we truly recognize it as being within him, it must certainly appear on the without. “As within, so without.” “As above so below.” “As in heaven (consciousness) so on earth (manifestation).”

We must not let fear step in—for it is the opposite of love. There is only Love, and fear is the inversion of Love, or Love turned upside down. If man recognizes Love in a dog, the animal responds in kind. When we fear the dog or any other animal, the latter senses it and it strikes up a similar response in him.

When we are faced with a problem let us become still and feel within ourselves that the Divine Love is working through the situation now and that only harmony and peace prevail, and then dismiss it from our minds knowing that it is so. We will find a perfect solution is offered us which blesses all.

A woman told me a few years ago that her son was an aviator during the war. Each night while he was away, all she did was simply to take her son in her arms in meditation, realizing that Divine Love enfolded him in the midst of the chaos of war. The aura of His Love surrounded the plane, always making it invisible to the so-called enemy. The boy was never attacked; the enemy planes never “saw” him, so how could they attack him.

Jesus disappeared in the multitude. Yes, the multitude of human thoughts and false beliefs disappear when the shining armor of Truth comes rushing in, lighting up the whole house. Then the dawn appears and the shadows vanish.

CHAPTER TWO

“Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.”

—(I COR. 13:1)

This is the greatest Love Epic ever written. If men and women were to meditate on the inner meaning of this chapter, one of the greatest in the Bible, their lives would be transformed. It is only too true that men use high-sounding words, write beautiful poetry and give wonderful sermons, yet unless these words be permeated with love and feeling they are empty.

For example, a man told me recently that his mother was dying in the hospital. His sister visited him, and together they went to the hospital, where the girl began to pray audibly. He said the words were beautiful, poetic and flowery. When she had finished she said to him, “Were the words not lovely?” And he replied, “Yes, my dear, they were.” On their way down from the ward, his sister turned to him saying, “Mother hasn’t got a chance, poor thing. She will die shortly.” He told me how stunned he was with surprise.

Here is a perfect illustration of what this verse means. Love is Freedom. The words used by this good lady were beautiful and she was sincere enough in her own way. Nevertheless, they were as sounding brass and tinkling cymbal. In order to make words effective, they have to be felt as true. It is necessary to pour life, love and feeling into our words and statements of truth.

This girl had not Charity (Love). Charity, in the Bible, means Love. Love is the cement that binds. It is that sense of Oneness with the Father of all—the Almighty Power. Therefore, Love being a deep sense of our unity with God, with Life, with the All Powerful, we must in prayer become one with our ideal of perfection.

In the case of a woman who is sick in the hospital, we must not “see” her sick or in pain. No, we must have Charity—or Love—and see her as the perfect being, an offspring of the Infinite, clothed with all the qualities and attributes of God.

Love frees, it opens prison doors, sets free the captives and them that are bound. It gives beauty for ashes, the oil of Joy for mourning and the garment of praise for the spirit of heaviness that we may become trees of righteousness.

A simple treatment used by a son for his crippled mother in Rochester recently was as follows: He did not see her as a cripple—he had Charity, which is the Love of God, or Good. This boy healed his belief about his mother through Divine Love. He decided that he would become as a little child and shed all his preconceived notions and beliefs about medicine, doctors’ verdicts, mother’s attitude, etc.

Twice daily he prayed in this simple, direct and spontaneous manner: “Mother’s life is God’s life and it flows through her now as harmony, health and peace. There is only the One Life and that is God and God is Life.” Then he would say to himself, “How can the flow of life be impeded?” And he reasoned that, “In Truth it cannot be. Mother is believing a lie and she is experiencing the results of her false belief. Now,” he said to himself, “the truth is God walks and talks in her. She is healed; made whole and perfect now—this instant!”

Then every night before going to sleep, in his imagination he would kiss his mother and feel her warm embrace. He would hear her say to him, “Son, a miracle has happened. God has healed me and I walk. Isn’t it wonderful?” He would reply, “Yes, mother, His Name is wonderful!” Then he would go off to sleep into the arms of the Absolute Lover.

Truly this man spoke with the tongues of angels. The angel means the new attitude of mind, a new perception of God or Good. The angel is “the angle” at which we look at God. This boy’s angle was that there is only One Presence and One Power and It is now moving in his behalf. “None shall stay its hand and say unto it what doest thou.” Love frees.

CHAPTER THREE

“And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity I am nothing.”

—(I COR. 13:2)

Love is that subtle emanation that streams forth from man wherein he has a feeling of oneness with all life. Many people are gifted in countless ways, but often there is something lacking. They fail to radiate the mood of peace, harmony and love.

When we see the growing corn, grass, trees, fruit and buds on the branches, and when we observe the sheep and cattle grazing in the valley, or when we hear the song and laughter of children at play—all these should remind us of the love of God. Infinite Providence is running the show and we can rest assured that Love rules the world. Although men cannot see God and live, they may look upon His Cosmos and His works and if they seek Him, they shall find.

If man seeks for love in the other, he will find it. Therefore, if we look rightly at the world we shall find the abundant life spoken of by Jesus. The world represents God thinking. Love is a symbol of the Oneness of God, and life, and all things.

It is the urge of all entities to go back to the Source. The journey back to God is the road back from relative love in this plane to the ultimate—or Absolute Lover—God. All the forms in the world that we see are simply an infinite variety of the thoughts of the One, the Beautiful and the Good. Love sustains and ensouls them all, for it is the Universal Solvent or solution which binds all things together in harmony, order and symmetry.

There is nothing but beauty in the world. Every atom of space is of indescribable beauty because God is Beauty. Moreover, every atom in space dances to the rhythm of the gods. The stars, the planets and the earth on which we move are purely symbols of the bow in the sky portraying God's covenant with all men whereby He sets forth order, precision and proportion.

The world and all things contained therein is the language of God in His handwriting. He that hath an ear let him hear and he will become still and listen. He will hear the music of the spheres. He will understand the profundities of the Law and when he looks out upon the world he will see and hear differently. He will realize that all men are garments of God which He wears as he moves through the illusion of time and space and that all of us are on a journey of self-discovery.

All the stars, suns, moons, seas, mountains and all things we behold are symbols of still greater things—the archetypes of a transcendent perfection, witnesses of Truth—the same yesterday, today and forever. Therefore, if we are very smart and intelligent in the ways of the world even though we may write great works admired by all the world—all this is empty if we have not love in our hearts.

Honor is not of man, it is of God. It is like the soldier in the recent war who won so many honors for his valor and prowess in battle. His chest was covered with medals and everyone thought he was most happy and proud. Yet at one of the ceremonies in his honor, he confided to friends, "All this means nothing to me; all I want is the love of the girl who no longer wants me. I love her and want to be loved by her." His heart was hungry and he knew instinctively and intuitively that pinning medals on him for killing other human beings was not the Love of God. He must have felt that we cannot live until we love, and love must have an object.

Live in livingness and givingness. It is the outward flow of life—and this flow must be harmonious, joyous, rhythmic and peaceful. This cosmic urge must be expressed in a positive, constructive manner. Man must be in tune with the Infinite. He must find the thing he loves to do in life and then do it. Then he is happy. This brings with it a sense of freedom and joyous expectancy. Such a man no

longer watches the clock. His joy is in accomplishment and service. His work is not drudgery now. It is a pleasure.

A man recently chatted with the author aboard a plane. This man is considered a great prophet. Many of his prophecies have come true in recent years. He is an internationally known writer. He has great faith in himself and has made remarkable demonstrations. Yet he openly confessed his antagonism to members of a certain race, and was very bitter toward them.

However, as you see in the second verse of I Corinthians, 13th Chapter, even though he had all these wonderful gifts, he had not love. Therefore, it says, "I am nothing." "In Him there is no Greek, no Jew, no bond, no free, no male or female." Love knows no barriers of race or creed. Love is universal—it frees, it gives. It is the Spirit of God or Goodness, Truth and Beauty. This man admitted he lacked this impersonal love which is peace on earth and good will to all men.

We must love everyone. This we must do. We do not have to like them. The love spoken of is in this wise—we rejoice that all men are growing righteously, that the peace of God fills their souls and that they are being prospered in mind, body and affairs. We are glad the Law of God or Good is working for them, through them and around them.

This is love or that impersonal good will which we should radiate to all beings. It is like a fire in the kitchen, the warmth or glow from the coals does not favor but one side of the room. It shows no favoritism. It gives its heat to all, be they who they may. It has neither height nor depth, it neither comes nor goes, it fills all space, "IT IS". The ancients called it Love. God is Love. There is no true happiness and I am as nothing, until I learn to love and practice the presence of God. I begin to live life joyously when I see "sermons in stones, tongues in trees, songs in running brooks and God in everything."

CHAPTER FOUR

“And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, is profiteth me nothing.”

—(I COR. 13:3)

Let us explain this verse by the following true story. A woman came to the author about four years ago when he was lecturing at the Park Central Hotel in New York City and said to him, “I work for the Red Cross every day, I give money to all charitable organizations, and belong to the Sewing Club. I visit hospitals and conduct drives for veterans, etc. Yet misfortune after misfortune comes to me. Look at my fingers. They are inflamed and I can’t take the rings off. The doctor calls it rheumatoid arthritis. Why? Why? I love so much and give so much!”

But, actually she had not love and so it profited her nothing. After talking with her a little while I discovered she wanted to be praised by the multitude. She wanted her picture in the paper. She craved the flattering remarks of her associates. She forgot the common caution, “Let not your right hand know what your left hand doeth.” Verily, they shall have their reward. Which means, yes, man will receive the praise of man—they will say what a fine fellow he is, how generous he is, how unselfish. And this satisfies the ego of the worldly-minded man. “But there is no reward of my Father in Heaven.”

This woman’s acts, though well-intentioned and good, were not really of the heart. She did not do these things for the joy and love of doing them and for the thrill of making others happy, joyous and free. Her motives were not pure and holy. She forgot there is no honor or glory of man. All honor and glory comes from God. Let us always examine our motives.

In the case of the woman cited, she was thinking in terms of lack and limitation and when she gave her gifts she was looking forward to tragedy, pain, cyclones and misfortunes of all kinds. This is absolutely wrong and certainly cannot be called Divine Love. Oftentimes people will do something for another and then say, "Aren't you grateful?" You see, then they are expecting something in return—and if I am grateful to you, I am under an obligation to you. When we do something for another, if it is what we call a love gift, then we should not place the other under any obligation whatever. "And though I give my body to be burned."

When this woman gave a gift, did some work for the Red Cross or any charitable organization it should have been done freely, gladly and for the joy of giving, expecting nothing in return. If she gave a gift and expected something in return it was not a gift. The gift of love has "no strings" of any nature whatever attached to it. It is as free as the wind. A gift given in this manner—whether work, service, money, or thoughts—comes back a thousand fold, pressed down, shaken together and running over.

Let me cite another case I treated some years ago. A very possessive mother (thirty years in Truth) came to me complaining that she had scrubbed floors in order to send her daughter to a finishing school where she could become a little lady like the other girls in the neighborhood.

"I worked my fingers to the bone. I pinched pennies and sold rings which my dead husband had given me. And what do you think this ungrateful daughter did? She ran off and married a young doctor and they have gone to South Africa! She never even sent me a postcard. I'm so mad I could choke her!"

I asked her what she had expected her daughter to do. "Well," she said, "after all I did for her I expected her to come home and wait on me in my old age, get a job and support me. Or if she got married to a rich man I would expect her to take me with her and live with her. You see, my daughter needs me and I love her so!" I healed, or rather my explanation of the Truth, healed this woman and she went off smiling with the radiance of the Light Limitless shining out through her eyes.

I explained to her that if she really loved her daughter, she would rejoice in her new found happiness and pray for her by knowing that love ensouls her, surrounds her and permeates every atom of her being. Moreover, that if she loved her daughter instead of feeling “burnt up”, and instead of giving her body (her idea) of her daughter to be burned—in other words entertaining the idea of resentment—she should send love forth. The mood or feeling of love and peace for the daughter would automatically remove the feeling of resentment.

Love casts out hate. Hate and love cannot dwell together. “Perfect love casteth out fear.” Hate is fear. She realized that love is freedom and that if she really loved her child, she would free her in the arms of God, knowing that Divine Love goes before her daughter to make safe and instant and perfect her way. She understood also that having done all she did for the girl was a labor of love and that she rejoiced doing it just because it was good and very good. She rejoiced in seeing her daughter grow up radiating peace, health and happiness.

Moreover, to love her daughter meant to “loose her and let her go”, knowing that God is her father and God is her mother also, and God is round about her. She “saw the point” and rejoiced in her daughter’s new found freedom. She was happy because her daughter was happy. She wired her congratulations and prayed sincerely from the heart for her peace and security and integrity.

What is harmony for the part is harmony for the whole, because the whole is in the part and the part is in the whole. Therefore, common sense dictates that in the case of this young daughter, love came on the scene. It was right, good and true that she accept it. This was the harmony of the part—and so it was harmonious for the mother and right for everyone in the world. Moreover, by its very nature it could only bless and make others happier. Instead of depriving the mother of anything, this realization of love and harmony for the good fortune of the daughter would bring blessings manifold to the mother.

To love is to release. “What I love I release, what I hate I bind.” Mothers must be like the mother bird. When her young are ready to fly, she pushes them out of the nest and they learn to fly themselves.

Mothers must give up this possessive attitude towards daughters and sons. They must cease thinking that they know best.

Parents must teach their children the Truth of Being—teach them how to pray successfully and scientifically and to stand on their own feet. Mothers must not expect their daughters to sacrifice home and children of their own just to stay with them and feel sorry for them. This attitude of mind on the part of child and parent has caused endless confusion and blighted the lives of many thousands.

This is why He said, “Leave father, mother, brother and sister and follow me.” Yes, the “me” is the Truth. Truth is the way, the life, the quest and the goal. Truth brings good tidings to the meek, binds the broken hearted and proclaims liberty to the captives. Mothers and fathers must never worry about their children. This is a mood of fear, lack and limitation, and if the children do not know the laws of life they get the vibration or feeling of the parents and it drags them down.

The blind lead the blind and they both fall into the ditch. “I was young; now I am old. Yet never have I seen the righteous forsaken and their seed beg bread.” (37th Psalm.) This means that if parents live the Truth, they will see their children as noble, dignified, Christ-like beings. They will have the conviction that their children are growing righteously, and according to their conviction will it be done unto them.

They will clothe their children in the garment of salvation and the robe of righteousness. Their children then will never beg bread—meaning they will never do anything to dishonor God or their parents. They will truly grow in the image and likeness of the mood or conviction held by the parents. The parents clothed them with Divine Love. The aura of God ensouled them, encompassed them, fed them. Surely they could reflect only love.

“What thou seest, that too become thou must; God if thou seest God, dust if thou seest dust.” Having seen and felt love for their children, the latter must reflect it by an inexorable, changeless law—which is, “Seek and you shall find.” See God or Love coming forth in your children.

CHAPTER FIVE

“Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up.”

—(I COR. 13:4)

Recently a man told a little girl that her father, who had made the transition, had gone on a trip and that she would see him again in the future. Others criticized this man and said he lied. No, he did not lie. He did the kind thing and made the girl happy. Moreover, what he said was true. Her father had made a journey in consciousness to the fourth dimension, and through love the child will again see him and talk with him. They will both play, as Dunne says, in the symphony of all creation.

Charity suffereth long and is kind. Yes, love endures forever. It is indissoluble. Nothing breaks it up or severs it because it is a quality or attribute of God—the same yesterday, today and forever. It is not changeable and variable. Love is, and all there is love. When we do the kind thing it is always love in action. Let us ask ourselves what is the kind thing to say or do—this is the Truth.

Charity envieth not. The man who knows the laws of life never envies another. Neither is he jealous, because he knows that he can go to the same Fountain as the other and claim all the good that he wants. And if he believes, it shall be given him. A man, understanding this, cannot be jealous. He knows that God is impersonal and no respecter of persons.

“Come ye to the waters and drink. Yea, come ye, buy wine and milk, without money, without price.” The only price we pay is belief, and belief costs nothing. Therefore, the qualities of mind in the other—his riches, his wife, his home or his estates—are not to be

coveted. You, the reader, may also have any or all of these things by going to the same source as the other and ordering them.

“Regarding the works of my hand, command ye me.” Your command is simply to appropriate the mood of possessing that which you desire and then rest in the Silence, knowing that what you prayed for is a fact in the Kingdom of Reality. Walking the earth in the light of this assumption, in the moment you think not it will appear as a quality of mind, object in space as a home, a wife, etc.

“Vaunteth not itself.” The sophisticated man, lacking knowledge of Truth, parades before himself time and again a whole procession of motives which he does not have, in order to conceal from himself that he is what he does not wish to be. He is proud, opinionated and arrogant. If he does a thing with an unworthy motive he claims it is a good one because it would shame him to recognize how bad the motive is. We must expose these spurious motives to ourselves and get rid of our false pride so that we can be proud of our relationship with God, the only Presence and the only Power.

“Is not puffed up.” We must get rid of the sense of our own importance, pride of rank, class distinction, or family tree. We must rid ourselves of this false intellectual pride. The great man is always the humble man. The greatest doctor is usually gentle, kind, loving and understanding.

The really great mystic is the humble man, knowing that all wisdom, power and intelligence comes from the One—the Father of all. So when he says “Our Father,” he means it. He knows we have a common Father and that we are all brothers and sisters. He also knows we are descended from the Royal Family, that we have the greatest family tree in the world—I AM.

Yes, the tree of Life is in the midst of the Garden of God. This is the one indivisible tree and all members of the human family eat, live and have their being rooted in this Eternal Tree, fed by the sap that comes from the wisdom of the Father. It is the Christmas tree and we the children are gathered around to feast from the gifts—or manna—that falls from its branches.

The meal we eat is the realization of the Almighty Power; the bread we eat is the manna, or Divine Ideas that flow through us; the wine we drink is the inspiration from on High and the fruit we eat is

the joy of the answered prayer. We know that Law waits on God and man, and that we are always sitting at the banquet table of God and that the feast is always prepared.

CHAPTER SIX

“Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth.”

—(I COR. 13:5-6)

The one living in the consciousness of Love always does that which conforms to the good of all. He contributes to the betterment of society and never does anything that would disturb the harmony of the whole. His behaviour is always gentlemanly, courteous and kind. His presence is soothing, comforting and conducive to peace.

Wherever such a man goes he will always meet the White Brother, regardless of race or creed. He loves people, realizing God indwells all men so he is one with the God of All. Others, regardless of the color of their skin, sense this and respond in kind. “Seeketh not her own.” If a man returns love to one that loves him, that is not enough. He must cease to be possessive in his love and let it become universal, so that his love for all men becomes all-inclusive.

A man must not behave unseemingly because his wife had dinner with another man. Neither should she hesitate to tell her husband about it. Love is freedom and also respect. If he truly loves his wife, he will trust her and have perfect faith in her honesty and integrity. He will not question her or “make a scene”. No, he behaves as he should. He remains poised and calm, knowing that “Whom God hath joined together, no man can put asunder”, which means their marriage was a spiritual union, “made in heaven”, and therefore, no man or woman or power can break it up. This knowing and understanding is immediately felt by the wife and she responds in kind. She must remain true to his conviction of her.

What does he believe about his wife? Let him always see her as he first saw her. Let him always clothe her in the robe of glory and beauty, yea, the seamless robe. Let him say to his heart, "Thou art all fair my love, there is no spot on thee." Then she must reflect the Christ to him because he has seen and felt the Christ in her, "What thou seest, that thou beest."

Let me tell you the story of a woman who behaved herself unseemly. She was married, had two children and a devoted husband. They never quarreled. One day a gossiping neighbor said that she had seen the husband twice with a strange woman in a restaurant and that she thought he was "running around". The wife got so excited that she left her home, leaving a note with one of the children to give the father when he came home. Filled with rage and jealousy she ran off to Reno to get a divorce.

She obtained a Reno decree, never listening to any explanation offered by the husband. Months later she found out that the woman in question was her husband's sister, whom he was befriending. "Love is not easily provoked." She did not have the understanding of God, which is also Love . . . "thinketh no evil". Yes, if married people would cease suspecting each other, happiness would reign.

A boy and girl get married. They seem to be the perfect couple. Yet oftentimes in a few months they are separated and divorced. Why? This, for example, may be one of the reasons. The young wife might visit her husband's office and see a pretty girl there. Some evening he might come home late. Instead of trusting him, she begins to suspect him. Silently she begins to fear that he is going to "run around" and that he is not going to be faithful to her.

She says nothing to him, and since neither of them understand the laws of life, what she continues to fear comes to pass. Her conviction about him is communicated to him and he feels it subjectively. He becomes restless and does the thing she was convinced he would do. Then she becomes frantic and goes home to mother and the law-suit begins.

Love thinketh no evil. Love sees the Christ Truth always. Love is faithful to the end and the end is always good, because God is Good.

I have a letter from a woman in London who had been married twenty years when suddenly there was a flare-up and a break, and before she realized it they were on the verge of a divorce. People told her that her husband was running around with other women, and he was. She said nothing but this is what she did. She prayed that her husband be divinely guided in thought and action and that only right action prevail. She loosed him and let him go, realizing that the love of God flowed through his thoughts, words and deeds, that peace filled his soul and that Infinite Spirit revealed to him the perfect way of life. "I am the way, the truth and the life."

He gave up the other women and came back to her in love and peace. She was a wise woman. She knew that love frees and that his happiness was her happiness. She gave him an impersonal treatment, rejoicing that all good was his now, not telling God what to do but rather *realizing* the truth about it. It was a perfect demonstration of the healing power of love. Love joined them together. How could anyone sever that love? They could not if it were real love, for real love is almighty and indivisible. Who can sever it?

"Rejoiceth not in iniquity, but rejoiceth in the truth." The Truth student or the Christian (the latter word means anyone that practices the principle of Truth) never rejoices that a nation is vanquished. Never, under any circumstances, does he have a desire "to get even" or rejoice over the misfortunes of others. Iniquity means unbalance, lack of firm balance or equilibrium. The Truth student never listens to anything that will not contribute to his good or the good of another.

Some people, through gross ignorance, seem to rejoice in gossiping about others, attacking their character, backbiting, etc. To talk about and dwell upon the imperfections of another (whether true or false) is to attract limitation and loss to oneself. The Law is "As you would that men should talk about you, speak you also about them in like manner." This is the rule of a free, happy life. The person who spreads spicy gossip is thinking it and feeling it, so what is going to happen? It is easy to answer: "As a man thinketh in his heart, so is he." To imagine evil of another is to lie.

Let us rejoice in the Truth now that all men are expressing the truth. The Truth is God indwells each man and let us bear witness to that truth by knowing that *those* who would criticize and condemn *are now dramatizing, portraying and expressing love, peace and harmony*. Once a thief came to murder a man but the man's little daughter *did not* see a murderer. She saw a "nice" man who maybe would give her candy. She played with his trousers and sang for him. He left with tears in his eyes and was healed. Love rejoices in the Truth.

CHAPTER SEVEN

“Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.”

—(1 COR. 13:7-8)

Love creates and gives birth to all forms. For example, when two forces such as hydrogen and oxygen meet, water forms. Love, likewise, is a union, an emotional attachment. Love is the cement that binds. Let us become one with our ideal by loving it, then we will give birth to the new man.

Truly love beareth all things. When we treat or pray, we must have love in our hearts because we must accept as true that which our five senses deny. This is real love also. Love is the fulfilling of the law. When we are so convinced of the Truth which we affirm, there is no room for the opposite.

The man with love in his heart does bear the so-called burdens of the world on his shoulders because he knows wisdom rules the world, and that an Infinite Providence guides it on its course. The man of understanding knows that all men—beggar, thief and holy man—shall, at their appointed time, come to see the transcendent glory which He is.

No one is lost—there is no such thing as a lost soul. God cannot lose himself, neither can he destroy himself. “They shall not hurt nor destroy in all my Holy Mountain.” (Isaiah 11:9) Hope springs eternal in the breast of the Truth student, but this hope is an abiding faith in an omnipresent and ultimate good.

The mental scientist endureth all things in this sense. He knows that whatever problem presents itself to him, that God has the answer. He, therefore, casts his burden on the Christ within, which means the Truth—i.e., he does not take the problem to God because Infinite Intelligence has no problem. He goes to God with the answer. Behold God flows through his problem and there is no problem.

The sincere Truth student is not weighed down by problems and vexations of the day. He refuses to bear these burdens. He knows there is a way out and his joy is in overcoming his problem. He knows that the so-called trials which beset him are his opportunities to discover the God-power within. He tastes God and he finds Him good. He has become acquainted with the one Power. Therefore, he walks along the highway of life smiling, a song in his heart—the song of the Lamb (Victory).

If the crossword puzzle was all figured out for man and he were asked just to fill in the blank spaces, life would be drab. No, the thrill of accomplishment comes in working out the problem. The engineer rejoices in building a bridge where others failed. There is great satisfaction in overcoming.

We are here to prove our Divinity, so we endure all things and experiences gladly, knowing that he who perseveres to the end shall be saved. This means that man, instead of attacking and fighting his problems, simply lets go and becomes still and says to the Father within, “Now Father, this is what I want. The right answer is mine now. Infinite Intelligence has revealed it to me now. Thank you Father.” If a man will say this silently or audibly to himself (because prayer is basically man talking to his higher self), and say it knowingly and feelingly, the answer will come and bring peace with it.

Man is here to discover the joy of living and awaken from his dream of limitation to claim his sonship. He can use the law of life two ways. “I form the light, and create darkness: I make peace, and create evil: I, the Lord do all these things.” (Isaiah 45:7) When he gets tired using the law of life negatively—in other words, when he is tired of being “pushed around”—he begins to ask questions about why, where, whence and whither. Then his dissatisfaction leads to satisfaction and he deduces a law from all his experiences. The thrill

is in discovery. The reader of this book would not give up his unpleasant experiences. I'll wager each man is glad he has had them even though they were unpleasant, because through them he found the Light. "Sweet are the uses of adversity, like a toad, ugly and venomous, yet wears a precious jewel in his head."

Man's extremity is God's opportunity. We do not have to suffer, but we undergo pain and misery due to our ignorance. As Emerson says, the only sin is ignorance and the only punishment the inevitable consequence. When man truly finds God, he becomes serene, poised, balanced. He has found that to be in tune with the Infinite is to discover that all His ways are pleasantness and all his paths are peace.

Here in the objective world we are conscious of opposites, such as north and south, night and day, male and female, cold and heat, love and its opposite, joy and sorrow. How would we know what love was except we were able to shed a tear of sorrow! Opposites are necessary for our growth so that all of us may experience the joy and significance of positives. The positive affirmative attitude towards life, believing in all good things, is what Quimby called Christ. Christ is the wisdom which Jesus, Moses, Buddha and the illumined mystics found. This wisdom is the knowledge of God and the way He works. Then, knowing the law of life we apply it scientifically, wisely and judiciously to bless ourselves and others.

We have found that the opposites are not irreconcilable. We can always go to the Garden of God or the Holy of Holies within ourselves and pray, believing that peace, health, harmony and happiness are ours just for the asking. God is the gift and also the giver. Man is the receiver. Our prayer, therefore, is walking in the light of the assumption that our prayer is already answered. We know it exists in the Kingdom of Reality and if we wait yet a little while, it will appear on the screen of space.

Love never faileth. For how can God fail? The predictions, statements and idle talk of men fail, but the consciousness of love protects, guides, guards and illumines man. The love spoken of here is the inner silent knowing, a movement of consciousness, welling up from the heart. The consciousness of being one with your ideal will win. This is the mood that demonstrates. The mood of love or

oneness with your ideal never faileth. This power, or mental attitude is omnipotent, because it is the spirit of God moving in your behalf. It is the formless moving into objectivity.

It is true that the prophecies of men fail, because these many times are based on the evidences of the senses, race belief, doctors' verdicts and scientific facts dependent upon objective analysis. But to this subjective self of man "All things are possible". Therefore, if he will not judge according to appearances (prophecies of man) but only believe that the God-power has fulfilled his request and then rest in that conviction, he will find that love (oneness with his idea) never faileth.

"Whether there be tongues they shall cease." Man, in a hospital bed, crying with pain, is speaking in the tongue or mood of limitation and lack. He does not know God or Truth, because to know Truth is to be free. Hence, this tongue or mood of lack must cease and he must change his consciousness. It is of no use to pray to God and at the same time believe that some other power can overturn, neutralize or destroy the action of God. This form of prayer is useless. Moreover, it is a waste of energy.

We must remember that it is our inner feeling or mood that will be manifested regardless of all the statements of Truth that we use. Therefore, our affirmations or statements of Truth must be permeated with love, feeling and conviction. This mental attitude or state of consciousness is to pray believing, and according to our belief "it will be done unto us." The consciousness or feeling of being healed is the Almighty Power that heals.

Let man close his eyes, think of God, then realize that all the God-like qualities and attributes are within himself. That his own consciousness or awareness is the Almighty Power that demonstrates and materializes. Let him now contemplate on the fact that he is healed and perfect. Let him rejoice that every tissue, muscle, bone, electron and atom of his being is now conforming to the pattern on the mount. Let him realize that the Holy Spirit, which moves through him now, is the Spirit of Omnipotence and that the spiritual man is now being revealed.

As man continues to do this he moves from fear and anxiety to the mood of love and peace. His fear is changed to the feeling of

confidence in an Almighty Power which acts according to his feeling or belief. Then the tongue of man (limitation) ceases and the tongue of God (mood of love and peace) decrees triumphantly.

“Whether there be knowledge, it shall vanish away.” Yea, the wisdom of man is foolishness in the eyes of God. All the pioneers, artists, inventors, scientists were at one time ridiculed by the world. They were considered dreamers, visionaries. The world said radio, electric lights, telephones, etc., were impossible, these and many other inventions being looked upon as impossible of practical achievement. Yet, the dreamers believed the unbelievable. They believed that the impossible was possible. They knew that love, a feeling of oneness, of conviction with man’s good or ideal would win. Infinite Intelligence revealed the way.

CHAPTER EIGHT

*“For we know in part, and we prophesy in part.
But when that which is perfect is come, then
that which is in part shall be done away.”*

—(I COR. 13:9-10)

In John 3:2 we read, “Beloved now are we the sons of God and it doth not yet appear what we shall be, but we know that when he shall appear, we shall be like him for we shall see him as he is.” We are here to awaken to our Divine perfection, and as we die to all our false beliefs and race concepts we will have purified our subconscious mind and then the Christ, the illumined man, will appear as the Anointed One. The conscious mind (Jesus) and the subconscious mind (Christ) will become one, united in perfect harmony. The two become one. Then the part is done away with, the limited man is now dead and the perfect man, the Christ, is revealed. We now see ourselves as sons of God in the bosom of the Father. We are awakened.

*“When I was a child, I spake as a child, I understood as
a child. I thought as a child: but when I became a man, I
put away childish things.”*

—(I COR. 13:11)

We must not be ruled by childish thought, nor by dead thoughts. Millions walk the earth, still in bondage to the beliefs and opinions accepted by them in their infancy or youth. Their childish belief in the boogie man under the stairs, or a devil with horns, or hell and damnation, all these foolish beliefs must be discarded. We must be governed by the idea of the Son of man or Son of God (The Truth).

Our governing idea must be that we are Sons of God. Therefore, we must have the same qualities and attributes and capacities as the Father. Let us go forth and make ourselves equal with God and we shall not feel it robbery to do the works of God. "He made himself equal with God and found it not robbery to do the Works of God." We must identify ourselves as one with the Father and cease to identify ourselves in consciousness with childish things, such as fearing and believing in things and powers that do not exist.

When a child becomes a man, he must cease transferring the power that is within himself to things outside himself. In other words, he must cease worshipping the false gods of sickness, disease, pain and poverty. He now knows the laws of life and that these things are brought on by man himself by his own wrong thinking, his fears, and false beliefs. Now the man knows he is a son of God and entitled to all good things; so he goes forth, claiming his sonship and finds that all his ways are pleasantness and all his paths are peace.

We must grow up in our love nature also. It would seem that we are very immature in our emotional nature. We must cease to be vain, arrogant and boastful. God is Love, therefore, love is good in all its forms and modifications. If we see faults in the husband or sister, it is not a part of love. Jealousy is a counterfeit phase and so is resentment.

Let us consider the following. A certain man objected to his wife's expressing herself as a creative artist. She could create new, attractive designs for hats. She wanted to take a position in a nearby establishment. The opportunity presented itself, yet the husband was so possessive that he said to her, "No, your place is in the home. Be there when I come back!" They had no children. She was frustrated and unhappy because she did not want to go against his wishes.

This man was ruled by a childish thought and did not know what love is. His idea of love had failed to grow up. Love is freedom and does not deny the right of expression to the other. If he really loved his wife, he would have daily encouraged her, rejoiced that she had found a measure of happiness in designing hats.

If I truly love the other, I want to see the other happy and prosperous. There is that Cosmic urge within us, constantly seeking to express itself at higher levels of consciousness. Man must never

limit, circumscribe or put chains on love and say, "Your attention is to me only, never mind your artistic ability." This is selfishness based on fear of loss. Man loses what he will not let expand, grow and unfold.

This case ended up in the divorce court. The woman became a great artist and has contributed much to the world. She found her ideal husband through prayer and of course he encouraged her and brought out greater beauty than ever before.

The sense of personal freedom held by husband and wife portray the real spiritual marriage, wherein each is wedded to God (Good), and one with Him in livingness and givingness. Wives and husbands should learn to free each other instead of binding one another. Then they have truly grown up and have put away childish thoughts. The love of God in their thoughts, words and deeds will guide them in all their ways. His name is "inscribed on their hearts and written in their inward parts."

Let us broaden our horizon and enlarge the borders of our tent, so that gradually our love becomes the love which Jesus had. His love was not limited to his mother, father or those around him. No, he loved all humanity. This is the universal love which includes the beggar and the holy man. Yes, even the thief on the cross.

We must realize that God is the Absolute Lover, the Impartial Universal Divine Giver. He gives to all men, regardless of creed and color, that which they feel as true of themselves. He never questions them and says, "What are you going to do with the thousand dollars you want?" God is the Giver and the Gift. Man is the receiver.

The love of woman for a man is a reciprocal mood in which the subjective nature of the woman is complemented by the objective nature of the man. She finds the image and likeness of her subjective desires in a man. Her subjective feeling realizes its objective fullness in a marriage "made in heaven" (spiritual consciousness).

Our understanding of God increases as we fail to see the parts and begin to see the underlying unity behind all things, a unity in diversity. Then love in action is the desire of diversity for unity. Our journey here is a journey back to the One and the glory which we had with Him before the world was. "Thou hast been in Eden, the

Garden of God and the ruby was thy covering.” When a man and a woman marry it brings them up further in the scale of unity.

CHAPTER NINE

“For now we see through a glass, darkly; but then face to face: now I know in part; but then I know even as also I am known.”

—(I COR. 13:12)

We cannot see without eyes, nor hear without ears, nor apprehend without the power of thinking. So the act of becoming the perfect man, here and now, would be impossible if the perfect ideal has not already been created within us. We see through a glass darkly now. We do not see this Divine Presence within us, which is absolute perfection, but we instinctively and intuitively sense something divine welling up within us.

Nature provides signs which indicate future happenings. Consider the fledgling before it flies in the air. It flutters and shakes its wings. This is a promise of its power to fly. The same process takes place in man. He reads the story of Jesus who awakened here on earth, who claimed His Oneness with God, translated his body and went back to dwell in the bosom of the Absolute Father like an arrow that is lost in its mark.

Men turn to God in prayer and adoration, which is a reverent or mystic awe in contemplating our own IAMness. In this meditative mood, man contemplates his good and rejoices in anticipation. Then he may be said to feel joy before joy, to feel beauty before beauty, to feel happiness before happiness. The tree about to bear fruit puts forth shoots, flowers and leaves in anticipation. Observe the vine, a piece of God's handicraft, with its tendrils, suckers, leaves and petals which speak to man their own language and proclaim their joy at the forthcoming fruit.

Likewise, the dawn appears and the shadows flee away. Let us become illumined by the Holy Spirit. This will lead the way to the

birth of the Savior, because as Mary (the subjective) is constantly being impregnated by Christlike thoughts and ideals, the Garden of God is freed from all weeds. Then comes forth the Jesus Christ state of consciousness.

Each time we pray aright our prayer is answered. Then we see God (our good) face to face. When I see your face, I recognize you. Each time we turn to the Truth and recognize it, it recognizes us and we become one with the Truth and are free. It is the story of the prodigal who returns to his father (conscious mind realizing God-like powers within him and has the answer to all). The father does not condemn or criticise, but as the son turns to the father, the father turns to him and kisses him. He does not berate him or ask him why he ran away from home. No, he is the Absolute Lover who gives all and is no respecter of persons. If we complain about our lot the answer is, "Son, thou art ever with me and all that I hath is thine."

The scripture says "The pure in heart shall see God." We are told that no man can see God and live. Whoever dwells on virtue and beauty sees virtue and beauty and sees God or Good. The pure in heart see God every day.

"Peace is the power at the heart of God." With peace in our hearts we sit at the banquet table of the Lord, presided over by the God of Love. God never forgets his children. When the children forget their Divine Origin and vainly search for their good elsewhere, they have a sense of separateness from God, but they have only to return to find themselves in the Changeless Presence that always indwells them. The love of God illumines the darkness. Let us smile, the smile of love to another illumines his heart.

All of us reflect the glory of God in some degree. When our thought is uplifted, we reflect His Glory. When the subjective state of our thought is governed solely by the Holy Spirit it reflects this reality in all that we say or do. "But then shall I know as also I am known." The reader is known now as the Son of God. "Beloved, now are we the Sons of God."

As the birth of God takes place in us by dying daily to all the false beliefs of the race and anointing all our thoughts with the Holy Spirit, we then come into the light of the Spirit and realize that God is within

us, and the life of us all the time. As we go from glory to glory we will some day awaken and discover our inner self.

This higher self is now hidden, due to the darkness of our thought which covers it. As we wash the windows of our soul, the light and sunshine, inspiration and divine illumination will illumine us. Then we shall see spiritually. We can see only perfection, order, symmetry and proportion. We will see Divinity behind the form, the Truth behind the mask. Opposites will disappear and we will see only the Unity, or Oneness of all things.

We shall see ourselves as we really are, identities in the bosom of the Father, lights making up the one Great Light, the Absolute, the Silent, Brooding Presence, changeless and ageless, "Without beginning or end, older than night or day, younger than the babe newborn, brighter than light, darker than darkness, beyond all things and creatures, yet fixed in the heart of all of us." "Who is born of love is born of God, for God is Love." "Love is the fulfilling of the Law." "Much is forgiven him, because he hath loved much."

If a man is full of the Divine Fire, radiating that subtle essence of love to all, then to such a man all things are possible. His desires are fulfilled and the gift of God is made. This gift is the more abundant life, a celestial love and an abiding peace. We come close to the presence of "the Ancient of Days", through love that wells up in our hearts toward all men and our Father.

CHAPTER TEN

“And now abideth faith, hope, charity, these three; but the greatest of these is charity.”

—(I COR. 13:13)

Hope is the expectation of all good. The expectancy of the best is truly a great prayer. “Faith is the substance of things hoped for, the evidence of things not seen.” Faith is your inner knowing or feeling of confidence or trust, containing within itself the mold of expression. Love is our union with our ideal, the fulfilling of the law. The law decrees that whatever we idealize and feel ourselves to be, the formless awareness within us takes form according to our belief. This is accomplished through love, which in prayer means becoming filled with the feeling of being what we long to be.

Loving our ideal and becoming one with it brings about that inner certitude or satisfaction that follows true prayer. Through Divine Love, a love for Truth and the mysteries of life, we perceive intuitively great truths without any process of reasoning. As we begin to contemplate our unity with Life, with God and with the Universe, we will become more and more aware of the Divine Presence.

We must experience Holy Communion frequently. This can be accomplished by disciplining our five senses, stilling the body and mind and realizing our communion with “He who is”. “Speak to Him thou, for He hears.” Sometimes man is blinded by this light of illumination. This is the Divine Fire spoken of by the mystics, which illumines the whole house (man’s mind). In such a moment others present are dazzled by the radiance of the Light Limitless.

The illumined, or partially illumined man has had glimpses of reality and knows that man is immortal and his individuality endures forever. He knows that each person is a manifestation of the One

Life and that whatever happens to one is impregnated and recorded in the universal subjectivity common to all of us.

The individual called John Jones is one of the many that make up God, for God is the one in many, and the streams of “manyness” are all flowing back to the Oneness where they sense this Oneness with the original stream, the Source. Having found the All, we think in terms of God and are His co-workers in the Grand Symphony of all Creation. We rejoice in the growth and unfoldment of all men. This is an attribute of God called Love, because what we possess is the possession of all. When I rejoice in the good fortune of my fellow man, good fortune comes to me. “For love never faileth.” “This is the Divine Measure which is pressed down, shaken together and running over.” In the same way when we criticise or injure another we injure ourselves. Why should we therefore not love, when the love we give to others we really give unto ourselves? Then comes our liberation and our freedom.

Man himself is the giver, the gift and the receiver. Man’s body is an idea in consciousness. Man’s consciousness is called I AM. The I AM, for example, in Mary, Tom or Jack is the same that which says “I AM” in the reader. When we say “I AM”, that is God. In Him we live, move and have our being. Let us, therefore, realize our essential unity. This is loving one another, or becoming one with each other in wisdom and understanding. Let us stop fighting shadows, the darkness of our minds, and let us realize that God is within. Let us turn to Him smilingly and say “Father, I have come home.” As we become still, we will feel and sense the soft tread of the “Ancient of Days” and He will welcome us with a kiss of love. In His Presence we will discover that His life is the life of all our brothers and sisters in the Cosmos.

Contemplating this Divine Truth, we become every other creature, for they all say “I AM” in varying degrees. We have discovered that all other beings are extensions of ourselves, the One Self, our own I AM or Life, the reality of every creature. God is Life and His life is the reader’s life and as long as God lives, the reader will live. God is that which was, is and shall be. Therefore, we live forever. Furthermore, we know that the planets are thoughts, that suns and moons are thoughts, and that our own consciousness is the reality which

sustains them all. Temporarily, in space, are moving the dreams of the dreamer and the Cosmos and all things therein contained are thoughts of the thinker. We have touched the All and He is meditating and we are His meditation. It is our own consciousness meditating on the mysteries of itself.

The student of Truth, having had a glimpse of Reality is no longer full of fears and forebodings. He does not fear life, nor death, nor anything in the past, present or future. Love has cast out all fear. He throws off the old garments of pride, the arrogance and tinsel of his creeds, dogmas and superstition. He now knows the Glory from on High, and feels and realizes that he dwells in eternity. He knows that once upon a time his own consciousness, that thing within him which makes him say "Father", moved upon the face of the waters and said "Let there be light." Moreover, he knows that following the desire of his own consciousness "All the stars sang together and the Sons of God shouted for joy."

Yes, man has played all roles, has been everywhere and seen everything. Furthermore, the I AM in man created everything. "Where wast thou when I laid the foundations of the earth." We are God, walking the earth in a dream of limitation, and we have forgotten our Divine Origin. Yet, when we awaken, we find that the whole world is a projection of the thought of our deep self. Only in Truth is there Divine Freedom. Only in God is there power.

We are dwelling in Eternity now, immortal beings, and in order that we may bring the love of God to all men, let us rebuild our temple in the silence, without "sound of hammer" or "voice of workmen". Let us enthrone in our mind a government of divine ideas, mothered by the Holy Spirit. This will be a government of the wise. Our tomorrows are the reflections of our todays. Yes, they are the image and likeness of today. God is the Eternal Now. "Now is the day of salvation."

Let us live lovingly today and the pulse beat of the Holy Mother that throbs in us today, will animate ourselves and those around us tomorrow. The mood of love that emanates from us now, will speak through the boys and girls of a generation yet unborn. We shall one day read their words, which will be "apples of gold in pictures of

silver”, to God, which is our true self, that which is to be, which must be.

Now, let us this day consecrate and dedicate our thoughts and feelings. Let us become clothed with immortality and the Garment of Love. The Song of the Lamb now wells up in our hearts, the angels and the archangels join us in the Celestial Choir and Jesus, the Great Conductor, leads, and all of us, through Love, are now playing in the Divine Orchestra. “And yet another commandment I give unto you. Love ye one another.”

CHAPTER ELEVEN

“The Pharisees also came unto him, tempting him, and saying unto him, ‘Is it lawful for a man to put away his wife for every cause?’

“And he answered and said unto them, ‘Have ye not read, that he which made them at the beginning made them male and female?’

“And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh.

“What therefore God hath joined together, let not man put asunder.’

“They say unto him, ‘Why did Moses then command to give a writing of divorcement and put her away?’

“He saith unto him, ‘Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.

“And I say unto you, Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery.’

“His disciples say unto him, ‘If the case of the man be so with his wife, it is not good to marry.’

“But he said unto them, ‘All men cannot receive this saying, save they to whom it is given.

“For there are some eunuchs, which were so born from their mother’s womb: and there are some eunuchs which were made eunuchs of men: and there be eunuchs, which have made themselves eunuchs for the kingdom of heaven’s sake. He that is able to receive it, let him receive it’.”

—(MATTHEW 19:3-12)

Have ye not read that he which made them at the beginning made them male and female?” This refers to the dual aspect of consciousness—the two phases or functions of mind, namely, the conscious and subconscious. The conscious is referred to as the male and the subconscious as the female aspect of creation.

The conscious mind is personal and selective; the subconscious mind is impersonal and nonselective. The conscious mind has the power to impress ideas and concepts on the subconscious mind through feeling. The subconscious mind receives all ideas felt as true and gives form and expression to them in its own way, by “ways ye know not of.”

Knowing this to be true, the truth student or mental scientist is very careful of the thoughts he chooses. For when we dwell on a particular idea or concept of ourselves, we find our emotional nature becoming stirred either positively or negatively. It is the law of life that any idea—good, bad or indifferent—which is emotionalized becomes subjectified, and in due course objectified. When we realize this, we will become very careful of our moods and feelings.

Our moods give birth to our children (conditions, events, circumstances, etc.) Children possess the qualities of the parents.

We must be very careful, therefore, that the mother (mood or feeling) of our children is pure and holy.

“For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh.” Yes, man must leave father and mother, which means the old beliefs, superstitions and race thoughts. He must no longer have false gods such as fear, doubt, worry, resentment, etc. He must not look to the world for peace, guidance, illumination, supply or strength.

Rather must he look to the God within—the source of all supply whose bounty is ever present. His faith must not be in his father or mother, friend or brother. His faith and reliance must be on the Indwelling Christ, Emmanuel—the God in us—his own I AMness. Only then is his faith well founded for “HE that loveth father and mother more than me is not worthy of me.”

Man likes to cling to his old creeds, dogmas and doctrines for sentimental reasons only. Though he has outgrown the old concept of things, yet for social, political or family reasons, he hesitates to throw them away and consecrate himself solely to the Truth of Being. Such a man has a conflict in consciousness and cannot have a full realization of the Presence of God. There is a quarrel in his consciousness—his false pride causing him to refuse the Truth which sets him free.

“Man shall cleave to his wife.” This means man must be true to his ideal—his desired objective—by consciously claiming himself to be that which he longs to be, and feeling the reality of his desire. Man must not permit himself to react negatively to suggestions of fear, lack or doubt. For such suggestions, if entertained or believed, become conditions in his world. No, he remains faithful to his beloved (ideal, desire).

“They twain shall become one flesh.” In prayer, when man withdraws from the world and contemplates the joy and happiness that would be his on realizing his objective, he enters into a fixed psychological state. Now he has become one in consciousness with his defined objective or ideal and he is at peace. Now the two (man and his desire) have become one. His inner feeling of joy indicates that he has passed over from the former state to the present state of consciousness.

Man's bride or wife is his concept of himself. She should be a bride of the Lord, a noble, dignified, Christ-like state of consciousness. Let us cleave to this state of consciousness and contrive to sustain it until we are married to it. As we grow from glory to glory we will reach the Jesus Christ state of consciousness.

"What God hath joined together, let no man put asunder." When man reaches the absolute conviction that his prayer is answered, or that the other is healed, and this conviction is unshakable, then God has joined them together and the two become one. The spiritual man knows that the subjective embodiment must come forth in the scope of spiritual creative activity. This spiritual issue is inevitable.

"They say unto him, 'Why did Moses then command to give a writing of divorcement, and put her away?'" Moses here refers to a state of consciousness whereby man subscribes to man-made laws, and is schooled in unholy beliefs.

The creeds and beliefs of the world are mostly determined by the flesh rather than the Spirit. This worldly, materialistic minded individual wedded to his past does not know that God is within him and that his own unconditioned Consciousness or awareness of Life is God. Neither does he know that the solution to all problems is within him. Inasmuch as his desires for peace, happiness, security and integrity come from within himself, if he knew the law of life he would accept these desires in free and unconditioned consciousness and Infinite Intelligence would bring them to pass.

Man, not knowing the law, rejects these desires and ideas that come to him as being impossible. He says, "I'm too old, don't have the right connections, haven't sufficient money, etc." He sets up thousands of reasons why he can't realize the cherished desires of his heart. Therefore, he gives these ideas and aspirations that well up with him "a writing of divorcement" and puts them away.

This rejection is due to his ignorance. He does not know there is a power within him which is capable of bringing all things to pass, and "None shall stay its hand and say unto it, What dost thou?" Moreover, asleep within man and merely waiting his recognition and claim are inspiration, divine guidance, and illumination. These too he puts away due to ignorance and seeks his guidance from the world.

So the Scripture says that “Moses out of the hardness of your heart suffered you to put away your wives.” This refers to the man whose concept of God is that of a tyrannical Being living in the skies. He makes a God out of his own imagination and says that He is a God of vengeance and caprice—a Being who plays favorites, a sort of horrendous creature that we can’t depend on since he might at any moment send a cyclone, tornado or earthquake.

Man’s concept of God hardens his heart. When he awakens and finds out that the subjective self or Life in himself is God, then he leaves the Moses state of consciousness which represents the state of mental development relative to the law of his being from the negative side. He is now beginning to learn of Truths and comes out from the maze of old theological concepts of existence. The exact opposite of man-made laws is most often true and “fact” evidence is oftentimes false.

“Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery.” This is easy to interpret if we will dispense with these silly, outlandish ideas that God instituted marriage laws and that we must adhere to the letter of them.

God never instituted any marriage laws. All the ceremonies and rituals that we have today are all man-made and vary in every part of the world. Obviously, God couldn’t have all these conflicting and varying ideas about marriage. “In Him there is no Greek, no Jew, no bond, no free, no male, no female.” “In Heaven there is no marriage or giving and taking in marriage.”

The adultery spoken of in this verse means idolatry—the worship of false gods. For example, if man gives power to any external condition, he is adulterating his thought. He is, in effect, implying that the God Power in him does not have the power to overcome the circumstance or condition. In other words, he is becoming charged with fear, and fear is a lack of faith in God.

If a man conditions the realization of his desire on external conditions, he is adulterating his thought. If a man conditions the realization of his desire on money, influences, etc., he is adulterating his thought. He is saying, “I have to help God out.” If he begins to

wonder when, where, how and through what source, he is also an adulterer. Therefore, when we put away our wife (our highest ideal) and marry or become one with fear, doubt, hate, sense of failure or dependency on others, we have “committed adultery.”

“And whosoever marrieth her that is put away committeth adultery.” Yes, if man begins to broadcast his prayer of supplication and beseeching to a God in space somewhere, he is postulating a God outside himself and has a sense of separateness. “He marries her that is put away and likewise commits adultery.” This belief in a God apart from man is false, hence an adulterated concept. He is never sure whether God will hear the broadcast or not. He has no way of knowing. Such a man is begging God as if He were hard hearted—he is cringing before Him as though God were withholding.

“God is the Gift and the Giver.” “I am a gift unto you.” “Come ye to the waters and drink, Yea come ye, buy wine and milk without money and without price.” The only price for all divine gifts, be they what they may, is “belief.” It costs nothing. No one can make you believe something that you don’t want to, for there are no conditions or specifications laid down. “Canst thou believe?” “All things are possible to him that believeth.”

“His disciples say unto him, ‘If the case of the man be so with his wife, it is not good to marry.’” The disciples are our attitudes of mind, our twelve faculties. In most cases they are not disciplined and are governed by world beliefs. So the worldly man cannot understand that that which he marries is a state of consciousness, his own mental concept.

He finds it difficult to believe that his wife is that which he is conscious of being, his dominant mental attitude. He finds it hard to comprehend that the conscious state in which he dwells is his wife or mother of his children. Their children are his body, affairs, finances, health, etc. So man, looking out into the world says, “It is not good to marry. There is so much divorce, separation, and unhappiness.” He looks upon marriage as a game of chance, not knowing that he attracts to himself a wife, conditioned exactly upon his inner mood or conviction.

“But he said unto them, ‘All men cannot receive this saying, save they to whom it is given.’” All men cannot see this Truth. They

believe in chance, coincidence, accidents, good luck and bad luck. They cannot receive the saying “all is Law and all is Love.” There is only Law and there can’t be chance, coincidence or bad luck in a world ruled by Law.

An unhappy marriage or divorce is a perfect working out of a given state of consciousness. It simply is the external manifestation of the discord in the man and his wife. Therefore, it is good and very good—a perfect working of a Law which never changes, which plays no favorites. We see a part of the process and condemn it, but if we could see spiritually we would see the perfect ending. “All men shall see the transcendent glory which I am.” When we learn that the law is really one of freedom and cooperate with it, then we find it is a Law of Love.

“For there are some eunuchs which were so born from their mother’s womb: and there are some eunuchs which were made eunuchs of men: and there be eunuchs, which have made themselves eunuchs for the Kingdom of Heaven’s sake. He that is able to receive it, let him receive it.” Eunuchs are our desires, concepts or ideals which are asleep or dead within us. We are eunuchs when we fail to animate and realize our God given desires.

We are here to radiate peace, love, and happiness. In other words, as Sons of God we are here to express God in thought, word and idea. Our actions must be God-like, we must begin to live the Truth and let our light so shine before men that they will see our good works. “By their fruits ye shall know them.”

Are our thoughts Godlike? Millions of people are eunuchs as they live in the world and its problems. They are building treasures on earth where the moth and rust doth consume and thieves break through and steal. We are eunuchs in the sense that because of our fear and foolish beliefs, we lose the capacity to create spiritually. We fail to partake of that mystic or Holy Communion with the Father and shed the radiance of the Light Limitless all around us.

“For there are some eunuchs which were so born from their mother’s womb.” This means millions follow the old theological pattern of hell and damnation, race mind beliefs, prejudices, and opinions. They are slaves to conditions, traditions and victims of the race thought. They fail to create spiritually and “Come out from

among them and be separate.” Consequently they are subject to collective or mass thoughts.

“And there are some eunuchs which were made eunuchs of men.” We listen to the negative suggestions of others, thereby neutralizing our desire or probability of attainment. A doctor says you will die in six months from heart disease and we accept and believe and prepare to die in six months. We fulfill his verdict “according to our belief is it done unto us.”

“And there be eunuchs, which have made themselves eunuchs for the Kingdom of Heaven’s sake.” This is the man abiding in the pure, illuminated spiritual consciousness. He is constantly in holy communion with the Father within. He wears the seamless robe, the Robe of Glory, the Garment of God which the mystic wears as he moves inward towards the Real. It is the pilgrimage within to the Holy of Holies and no one may enter except he wears the wedding garment. Many are cast out because they have holes, seams and ragged edges in their garments.

When we don white gloves and aprons and appear before the Great White Throne wearing the badge of innocence and purity, the Truth knows us because we know it. Then we inhale the incense always burning there and the precious perfume of His inmost Essence illumines our minds and bodies and we awake whole, complete and perfect. Our healing is instantaneous.

“He that is able to receive it, let him receive it.” He that is open minded and receptive enough will realize that this whole drama takes place within himself, in his own consciousness. Such a person then receives or perceives the Truth. Anyone who looks upon this parable as so many rules and regulations laid down by a man called Jesus is wallowing in the mire of the world beliefs and confusion. “He is worshipping the letter of the law.” “The letter killeth, the Spirit giveth life.”

In prayer, when man contemplates the joy of having or being that which he desires to be or have, he is performing the spiritual marriage act. Man at peace in this state of mental receptivity, may be likened to the wife or womb, for it is this phase of mind which receives impressions. That which man feels himself to be during prayer is the groom, for it is the name or nature he assumes and it

therefore leaves its impregnation on his subjective consciousness; so one dies to what he is as one assumes the name and nature of the impregnation. The joy of the answered prayer plus the inner satisfaction that follows the appropriation of man's desire is the proof of his marriage.

CHAPTER TWELVE

Let us see these great truths in this new light. The writer has talked to many in various parts of the country who think it is a great sin to dissolve their marriage because the Bible says “What therefore God hath joined together, let not man put asunder.” Yet many of these people with whom I have talked live and have lived in hate for many years. This is not a marriage, but a mockery and rank hypocrisy.

Surely common sense dictates that because a man said a few words—“I now pronounce you man and wife”—that such a ceremony was not the meaning of “What therefore God hath joined together, let not man put asunder.” This means, instead, man’s spiritual convictions, his absolute faith in that for which he prayed. “I and my Father are one.” Man, realizing his oneness with the Father within, begins to do the works of God and no power or agency or man can break him asunder from his spiritual knowing or oneness with God.

How often is marriage really a spiritual union? How often is it merely a legal ceremony against which the parties to the contract begin to chafe in a week or so in some cases? Man marries a state of consciousness. A true spiritual union between two people (God hath joined) no one in all the world can put asunder even if he tried his utmost to do so.

To obviate making the wrong choice, man should pray scientifically when desiring a wife. There is no religion without science, and no science without religion. These are two arcs of a circle that meet and become one.

This is the scientific way he should go about selecting a wife. Let him close his eyes, be still and imagine that he is now married to a noble, dignified, loyal, spiritual, wonderful woman. Let him state the qualities or attributes that he admires in a woman and feel that he now is married to such a woman. Then he should go off to sleep

knowing that Infinite Intelligence will see to it that he is irresistibly attracted to the right woman.

In such cases he will immediately recognize her and she him. It will be mutual. There will be no confusion. It will be a perfect spiritual union. They will bend spiritually, physically and mentally. Praying in this way, he is not deceived by the evidence of his senses which are nearly always fooling him.

When a man plans to get married, he must never judge according to appearances. Let him “judge righteous judgment.” A man came to the author and said the woman he was going with for three years refused to marry him and he was going to commit suicide if he couldn’t have her. After being taught to pray scientifically for a wife, this man met a waitress in a hotel where he was staying, fell in love with her and married her. They are supremely happy.

What about the woman that he could not live without? In the interim it was revealed to him through friends that she had already been married six times, never taking the trouble to get a divorce. She was also an ex-convict and had been convicted of several crimes and while keeping company with him was living with another man.

When we pray aright, it does not bring grief or pain to anyone else. Some people think they have the right to break up the homes of others. They say “That’s the man I want”, and they are perfectly willing to break up the home to gain their point. It is true they may succeed, but what kind of a bargain have they? They have impregnated themselves with limitation and the result is dissatisfaction and unhappiness in many instances.

What has happened to the Golden Rule? Where is it? Have they applied it? “As ye would that men should do unto you, do you even so to them in like manner.” This is the whole law of a happy and successful life. In selfishness and greed this is forgotten. What does the woman want the family of the man that she weaned away from his wife to think about her? What does she want them to feel about her? She wants his wife and family to think of her as a noble, gentle, dignified lady who is Christlike. Then let her apply this principle and see if she still desires to wreck their home.

We must stop working in a finite way for an absolute state. Marriages are made in heaven—in other words, harmony and peace.

“Peace is the power at the heart of God.” God is peace. Jacob, when he prayed for a wife, saw angels ascending and descending. The angels ascending and descending represent the qualities and attributes that man admires in a woman.

“As within, so without.” Having felt the reality of the state it becomes subjectified and whatever is subjectively accepted is made manifest. Therefore, he meets the image and likeness of his inner conviction. If man strikes a note on the grand piano, all notes in harmony with it strike in response. They may be higher or lower but similar. So man attracts to himself people based on his moods or concepts of himself. It is affinity or attraction depending on the chord I strike. Man may strike a discord but he does not take all the discords out in order to make a harmony. When he disciplines his mind in prayer, he can play a divine harmony.

Suppose a man “cheats” on his wife. If he had love and respect for his wife, he would not want any other woman. When man has found his true spiritual ideal in marriage, he has no desire for any other woman. Love is a oneness, not a duality or a multiplicity. Man running around with many women—which are but the many adulterous moods within him—is marrying many concepts such as frustration, resentment, cynicism, etc. When man has found love with his mate he has found fullness of life.

The reader may say “Why do some men have many wives?” The reason is that at one time the earth was depopulated and the earthly fathers, not knowing anything better, suggested this method. But today we are more spiritually awakened and know that the earth is populated enough. Therefore, if a man “cheats” on his wife, he is frustrated and never really has had a love or feeling of oneness. He has a profound inferiority complex and is striking that tone. So what is he meeting? He is meeting himself—in other words, his inner mood or concept of himself.

Inevitably, then, the women he meets are vacillating, neurotic women, confused and marrying many concepts. He is but seeing and hearing his own inner vibrations. The women in the case are just as frustrated and unstable as the man. “Birds of a feather flock together.” “Like begets like.”

Now let us take the case of a woman who is “running around” with a married man. The reason for this is simple to see. She gets a vicarious thrill because she takes him away from his wife—he pours out his troubles and makes disparaging remarks about his wife. She has been unable to demonstrate a husband or boy friend and gets a pseudo-satisfaction, or false thrill in stealing another woman’s husband. She too has an inferiority complex and is unstable. She talks of the many proposals she has—it is because she is aching for them.

Now a man who knows the laws of life will always see his wife as he first saw her. In his thought and feeling she will always be clothed with the garment of salvation and the robe of righteousness. Then she will always be to him what he believes her to be. We are not living with people so much as we are living with our concept of them.

If a man never loses faith in his wife, she will fulfill his conception of her. If she becomes dejected, tired and worried and he becomes one with her in feeling, they both fall into the ditch. But if he rejects this mood and knows and feels that she is healed, wonderful and perfect, no matter how despondent or gloomy she may become, he lifts her out of it.

Man demotes himself by feeling his lack. His fear is transmitted to his wife and she reacts in kind. She cannot see him in the way she formerly did as he has not the same feeling about himself. She can see him only in the way he sees himself. Likewise he can see her only in the way she sees herself.

If a man feels himself to be dignified, he commands respect and gets it. One man having the predominant mood of success and happiness, knits all the members of the household together. He influences them and dominates them mentally. When he dies, quite often the members of the family fight between themselves. He was a cementing influence. He felt harmony and peace in the household. Your dominant conviction makes others see what you see.

“He is not dead—he sleepeth.” He realized the Truth and saw life there. He caused the so-called dead man to vibrate. Then they all saw Lazarus alive. “The damsel is not dead, but sleepeth.” We are asleep to God. All tones are within us. Men ask, “Should I get a divorce?” This is an individual problem and cannot be generalized. In

some cases divorce is not the solution, no more so than marriage is the solution of a lonely man.

Friction between husband and wife can be solved by prayer. Let the wife see the Christ in her husband. Let her see him as he ought to be, happy radiant and peaceful. Let her hear him, in the meditative state, tell her how wonderful she is, how kind she is and how happy he is with her. If she is faithful to this treatment, he will be transformed and peace is restored.

In some cases, of course, there never was a real marriage. Because a man and woman have a marriage license and live in a home, it does not follow that that is a real home. Perhaps it is a place of discord and hate. When a child is present and the parents do not know the law of life, it is better to break up such a union than have the mood of hate stifle the minds of the children. Many times a child's life and mind are dwarfed by the mood of the parents, resulting in neurosis, crime, etc. It is far better for a boy to live with one parent who loves him, than to live with two who hate each other and fight all the time.

Divorce may be right for one person and wrong for another. "There is now no condemnation of them that are in Christ Jesus." Where there is no consciousness of guilt, there is no guilt. A divorced woman may be far more noble and Christ-like than many of her married sisters who are living a lie, rather than face the Truth. Such a married life is a sham and a farce though they manage to keep up appearances. They are afraid of what the neighbors will say. Others are afraid that it would be bad for John's business. Others stay married for political reasons, etc.

This, of course, is making a mockery of marriage. Marriage on the physical plane is symbolic of the spiritual, esoteric union of two souls seeking their way back to the heart of Reality which is Love. God is love.

To say that a divorced person is under divine condemnation is a mockery and a sham and shows a complete lack of understanding. In many cases it is the decent, honorable thing to do. In some cases where a couple find they are hopelessly incompatible, spiritually and mentally, then let them do as a friend of the author's did recently. He said to his wife, "Goodbye and God bless you." She replied, "Goodby

and God bless you, Harry.” They both meant it. They were blessed and there is absolutely no guilt because they have no consciousness of guilt.

Man forgives himself. There is no one else to forgive him. “Hath no man condemned thee? Neither do I condemn thee.” We can divorce each other and yet love one another. Love is the fulfillment of the law. Love is an impersonal law. The love spoken of is the impersonal good will, rejoicing that the law of God or good is working for the other and through him that the peace of God is in his home, heart and affairs. Anyone can do this. This is God’s love. Love gives—it frees—it is the Spirit of God. Love is the key that opens the treasures of heaven.

True marriage finds its bliss, its happiness in an accord of ideals, a harmony and purity of purpose. Let us stop blaming God for the abuses that go on under the name of marriage. The name to many means sounding brass and tinkling cymbal—a mockery of the word. Let us awake and discover the true impersonal and universal love, then marriage will be a happy state or union, blessed by the fire of Divine Love.

Love seeketh not her own. Love is and all there is, is Love. Love is the knot that binds man and woman (thought and feeling) in the endless cord of life, binding past and future in the eternal present. All that was, and all that shall be now is, for in Love’s eyes time is not. Love is the end of the quest and the goal thereof and Love is the way of life. Take heed that ye despise not God in human form. He may be at your side in the person of your beloved one, through the working of God’s grace.

The desire for freedom is oftentimes a desire to marry another. A lady gets a divorce, for example, and she is bitter and resentful towards her former husband. She remarries without forgiving and what does she find? The second is worse than the first. She tries a third and a fourth and a fifth. Each is worse than the preceding one. All the while she does not know that her inner mood of resentment caused her to attract similar types of men based upon the laws of attraction.

The cure is to give herself a mood of love and peace for the mood of resentment, then she has forgiven (given for) herself. She has

given the mood of love for the mood of hate and is at peace. Living in the mood of resentment over supposed wrongs committed by a former husband caused her to attract lack and limitation because she was living and moving in the attitude of lack.

Her ideas of love and marriage have to change if she seeks to find true harmony. She must lift love to a spiritual basis. Let's not limit love, bind it or circumscribe it. Love, freedom, and respect, these three are one and the one is three. If any of them is absent, there is no love present. The three are synonymous.

The contemplation of divine ideals—the study of the mysteries of life—a common purpose and plan and personal freedom bring about that mystic marriage, the wedded bliss, that holy union where the two souls become one. Each is wedded to God. Let us remember who we are—sons of God on a journey of self discovery.

The journey we take is the pilgrimage within to the Holy of Holies and the God we seek is the subliminal essence or the perfumed presence of our own I AMness. “Had I not come they would not have known sin.” Our sin is our failure to realize our desire and live a full and happy life. To live the life, let us sing the Song of the Lamb. I am Christ is the song. Feel it. Believe it. Act it! For its word must become flesh!

The esoteric meaning of “the grand passion” is true marriage. The inner meaning of sex on its psycho-mystical side may be, in a manner, described as a craving for subconscious respiration of loftier levels of Reality. The divine alchemy of the grand passion functions through and beyond its mechanisms and rituals and makes possible the approach and experience of the Beloved One.

Katherine Mansfield in her journal says, “A sudden idea of the relationship between lovers—We are neither male or female, we are a compound of both. I choose the male who will develop and expand the male in me; he chooses me to expand the female in him. Being made “whole”—By love serve ye one another.” Jesus in the New Sayings is reported to have answered the query as to when the Kingdom of Heaven will come by the words, “When there shall no longer be male or female” (in a divided undisciplined state of consciousness).

In the gospel of the Holy Twelve Jesus says, "Verily I say unto you, In God there is neither male, nor female and yet both are one, and God is the Two in One. He is She and She is He. The Elohim our God, is Perfect, Infinite and One."

RICHES ARE YOUR RIGHT

(1952)



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HOW TO APPLY THE HEALING PRINCIPLE

“I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.” The God in me has limitless possibilities. I know that all things are possible with God. I believe this and accept it wholeheartedly now. I know that the God-Power in me makes darkness light and crooked things straight. I am now lifted up in consciousness by contemplating that God indwells me.

I speak the word now for the healing of mind, body, and affairs; I know that this Principle within me responds to my faith and trust.

“The Father doeth the works.” I am now in touch with life, love, truth, and beauty within me. I now align myself with the Infinite Principle of Love and Life within me. I know that harmony, health, and peace are now being expressed in my body.

As I live, move, and act in the assumption of my perfect health, it becomes actual. I now imagine and feel the reality of my perfect body. I am filled with a sense of peace and well-being. Thank you, Father.

PRAYER FOR HEALTH

Jesus said, “Thy faith hath made thee whole.”

I positively believe in the Healing Power of God within me. My conscious and subconscious mind are in perfect agreement. I accept the statement of truth which I positively affirm. The words I speak are words of spirit and they are truth.

I now decree that the Healing Power of God is transforming my whole body making me whole, pure, and perfect. I believe with a deep, inner certitude that my prayer of faith is being manifest now. I am guided by the Wisdom of God in all matters. The Love of God flows in transcendent beauty and loveliness into my mind and body, transforming, restoring, and energizing every atom of my being. I

sense the peace that passeth understanding. God's Glory surrounds me, and I rest forever in the Everlasting Arms.

WEARING HIS GARMENT

I have found God in the sanctuary of my own soul. God is Life; that Life is my life. I know God is not a body; He is shapeless, timeless, and ageless; I see God in my mind's eye. Through understanding I see and look upon God in the same way that I see the answer to a mathematical problem.

I now rise to the awareness of peace, poise, and power. This feeling of joy, peace, and goodwill within me is actually the Spirit of God moving within me; It is God in action; It is Almighty. There is no power in external things to hurt me; the only Power resides in my own mind and consciousness.

My body is the garment of God. The Living Spirit Almighty is within me; It is absolutely pure, holy, and perfect. I know that this Holy Spirit is God, and that this Spirit is now flowing through me healing and making my body whole, pure, and perfect. I have complete power over my body and my world.

My thoughts of peace, power, and health have the Power of God to be realized within me now. "Blessed are the pure in heart: for they shall see God." I have seen and felt His Holy Presence; it is wonderful.

THE QUIET MIND

God dwells at the center of my being. God is Peace; this Peace enfolds me in Its Arms now. There is a deep feeling of security, vitality, and strength underlying this peace. This inner sense of peace, in which I now dwell, is the Silent Brooding Presence of God. The Love and the Light of God watch over me, as a loving mother watches over the sleeping child. Deep in my heart is the Holy Presence that is my peace, my strength, and my source of supply.

All fear has vanished. I see God in all people; I see God manifest in all things. I am an instrument of the Divine Presence. I now release this inner peace; it flows through my entire being releasing and dissolving all problems; this is the peace that passeth understanding.

MENTAL POISE

“Whither shall I go from thy Spirit? Or whither shall I flee from thy Presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea: Even there shall thy hand lead me, and thy right hand shall hold me.” I am now full of a Divine enthusiasm, because I am in the Presence of Divinity. I am in the Presence of All Power, Wisdom, Majesty, and Love.

The Light of God illumines my intellect; my mind is full of poise, balance, and equilibrium. There is a perfect mental adjustment to all things. I am at peace with my own thoughts. I rejoice in my work; it gives me joy and happiness. I draw continually upon my Divine Storehouse; for It is the only Presence and the only Power. My mind is God’s mind; I am at peace.

THE PEACE OF GOD

All is peace and harmony in my world, for God in me is “The Lord of Peace.” I am the consciousness of God in action; I am always at peace. My mind is poised, serene, and calm. In this atmosphere of peace and goodwill which surrounds me, I feel a deep abiding strength and freedom from all fear. I now sense and feel the love and beauty of His Holy Presence. Day by day I am more aware of God’s Love; all that is false falls away. I see God personified in all people. I know that as I allow this inner peace to flow through my being, all problems are solved. I dwell in God; therefore, I rest in the eternal arms of peace. My life is the life of God. My peace is the deep,

unchanging peace of God; “It is the peace of God, which passeth all understanding.”

THE GIFT OF GOD

“A merry heart maketh a cheerful countenance.” The spirit of the Almighty pervades every atom of my being making me whole, joyous, and perfect. I know that all the functions of my body respond to this inner joy welling up within me. I am now stirring up the gift of God within me; I feel wonderful. The oil of joy and illumination anoint my intellect and become a lamp unto my feet.

I am now perfectly adjusted emotionally; there is a Divine equilibrium functioning in my mind, body, and affairs. I resolve from this moment forward to express peace and happiness to every person I meet. I know that my happiness and peace come from God; as I shed His light, love, and truth to others, I am also blessing and healing myself in countless ways. I radiate the sunshine of God’s Love to all mankind. His Light shines through me and illuminates my path. I am resolved to express peace, joy, and happiness.

CONTROLLING MY EMOTIONS

When a negative thought of fear, jealousy, or resentment enters my mind, I supplant it with the thought of God. My thoughts are God’s thoughts, and God’s Power is with my thoughts of good. I know I have complete dominion over my thoughts and emotions. I am a channel of the Divine. I now redirect all my feelings and emotions along harmonious, constructive lines. “The sons of God shouted for joy.” I now rejoice to accept the ideas of God which are peace, harmony, and goodwill and I delight to express them; this heals all discord within me. Only God’s ideas enter my mind, bringing me harmony, health, and peace.

God is Love. Perfect Love casteth out fear, resentment, and all negative states. I now fall in love with truth. I wish for all men

everything I wish for myself; I radiate love, peace, and goodwill to all. I am at peace.

OVERCOMING FEAR

There is no fear, as “perfect Love casteth out fear.” Today I permit Love to keep me in perfect harmony and peace with all levels of my world. My thoughts are loving, kind, and harmonious. I sense my oneness with God, for “In Him I live, move, and have my being.”

I know that all my desires will be realized in perfect order. I trust the Divine Law within me to bring my ideals to pass. “The Father doeth the works.” I am divine, spiritual, joyous, and absolutely fearless. I am now surrounded by the perfect peace of God; it is “The peace of God which passeth all understanding.” I now place all my attention on the thing desired. I love this desire and I give it my whole-hearted attention.

My spirit is lifted into the mood of confidence and peace; this is the spirit of God moving in me. It gives me a sense of peace, security, and rest. Truly, “perfect Love casteth out fear.”

THE HOLY TEMPLE

“Those that be planted in the house of the LORD shall flourish in the courts of our God.” I am still and at peace. My heart and my mind are motivated by the spirit of goodness, truth, and beauty. My thought is now on the Presence of God within me; this stills my mind.

I know that the way of creation is Spirit moving upon Itself. My True Self now moves in and on Itself creating peace, harmony, and health in my body and affairs. I am Divine in my deeper self. I know I am a son of the living God; I create the way God creates by the self-contemplation of spirit. I know my body does not move of itself. It is acted upon by my thoughts and emotions.

I now say to my body, “Be still and quiet.” It must obey. I understand this and I know it is a Divine Law. I take my attention away from the physical world; I feast in the House of God within me.

I meditate and feast upon harmony, health, and peace; these come forth from the God-Essence within; I am at peace. My body is a temple of the Living God. "God is in His Holy Temple; let all the earth keep silent before Him."

ACCEPT ABUNDANCE



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GOD IS THE ETERNAL NOW

(USING THE SUBCONSCIOUS MIND)

I know that my good is this very moment. I believe in my heart that I can prophesy for myself harmony, health, peace, and joy. I enthrone the concept of peace, success, and prosperity in my mind now. I know and believe these thoughts (seeds) will grow and manifest themselves in my experience.

I am the gardener; as I sow, so shall I reap. I sow God-like thoughts (seeds); these wonderful seeds are peace, success, harmony, and goodwill. It is a wonderful harvest.

From this moment forward I am depositing in the Universal Bank (my subconscious mind) seeds or thoughts of peace, confidence, poise, and balance. I am drawing out the fruit of the wonderful seeds I am depositing. I believe and accept the fact that my desire is a seed deposited in the subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner I accept the fact that the seed deposited in the ground will grow. I know it grows in the darkness; also, my desire or ideal grows in the darkness of my subconscious mind; in a little while, like the seed, it comes above the ground (becomes objectified) as a condition, circumstance, or event.

Infinite Intelligence governs and guides me in all ways. I meditate on whatsoever things are true, honest, just, lovely, and of good report. I think on these things, and God's Power is with my thoughts of Good. I am at peace.

THE WAY OF PRAYER

“Thou shalt make thy way prosperous, and then thou shalt have good success.” I now give a pattern of success and prosperity to the deeper mind within me, which is the law. I now identify myself with the Infinite Source of supply. I listen to the still, small voice of God within me. This inner voice leads, guides, and governs all my activities. I am one with the abundance of God. I know and believe that there are new and better ways of conducting my business; Infinite Intelligence reveals the new ways to me.

I am growing in wisdom and understanding. My business is God’s business. I am Divinely prospered in all ways. Divine Wisdom within me reveals the ways and means by which all my affairs are adjusted in the right way immediately.

The words of faith and conviction which I now speak open up all the necessary doors or avenues for my success and prosperity. I know that “The Lord (Law) will perfect that which concerneth me.” My feet are kept in the perfect path, because I am a son of the living God.

HOW TO REALIZE THE ABUNDANT LIFE

I know that *to prosper* means to grow spiritually along all lines. God is prospering me now in mind, body, and affairs. God’s ideas constantly unfold within me bringing to me health, wealth, and perfect Divine expression.

I thrill inwardly as I feel the Life of God vitalizing every atom of my being. I know that God’s Life is animating, sustaining, and strengthening me now. I am now expressing a perfect, radiant body full of vitality, energy, and power.

My business or profession is a Divine activity, and since it is God’s business, it is successful and prosperous. I imagine and feel an inner wholeness functioning through my body, mind, and affairs. I give thanks and rejoice in the abundant life.

THE PRAYER OF FAITH

“The prayer of faith shall save the sick and God shall raise him up.” I know that no matter what the negation of yesterday was, that my prayer or affirmation of truth will rise triumphantly over it today. I steadfastly behold the joy of the answered prayer. I walk all day long in the Light.

Today is God’s day; it is a glorious day for me, as it is full of peace, harmony, and joy. My faith in the good is written in my heart and felt in my inward parts. I am absolutely convinced that there is a Presence and a perfect Law which receives the impress of my desire now and which irresistibly attracts into my experience all the good things my heart desires. I now place all my reliance, faith, and trust in the Power and Presence of God within me; I am at peace.

I know I am a guest of the Infinite, and that God is my Host. I hear the invitation of the Holy One saying, “Come unto me all ye that labor, and I will give you rest.” I rest in God; all is well.

THE ABUNDANT LIFE

“Consider the Lilies of the field; they toil not, neither do they spin; yet Solomon in all of his glory was not arrayed as one of these.” I know that God is prospering me in all ways. I am now leading the abundant life, because I believe in a God of abundance. I am supplied with everything that contributes to my beauty, well being, progress, and peace. I am daily experiencing the fruits of the spirit of God within me; I accept my good now; I walk in the light that all good is mine. I am peaceful, poised, serene, and calm. I am one with the source of life; all my needs are met at every moment of time and every point of space. I now bring “all the empty vessels” to the Father within. The fullness of God is made manifest in all the departments of my life. “All that the Father hath is mine.” I rejoice that this is so.

IMAGINATION, THE WORKSHOP OF GOD

“Where there is no vision, the people perish.” My vision is that I desire to know more of God and the way He works. My vision is for perfect health, harmony, and peace. My vision is the inner faith that Infinite Spirit leads and guides me now in all ways. I know and believe that the God-Power within me answers my prayer; this is a deep conviction within me.

I know that the mental picture to which I remain faithful will be developed in my subconscious mind and come forth on the screen of space.

I make it my daily practice to imagine only for myself and others that which is noble, wonderful, and God-like. I now imagine that I am doing the thing I long to do; I imagine that I now possess the things I long to possess; I imagine I am what I long to be. To make it real, I feel the reality of it; I know that it is so. Thank you, Father.

GOD’S WILL FOR ME

“God opens for me the windows of heaven, and pours me out a blessing.”

God’s will must be God-like; for that is the nature of God. God’s will for me, therefore, is health, goodness, harmony, and abundance.

“If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.” I am now enlightened by the truth; each day I am growing in wisdom and understanding. I am a perfect channel for the works of God; I am free from all worry and confusion. Infinite Intelligence within me is a lamp unto my feet. I know I am led to do the right thing; for it is God in action in all of my affairs.

The peace that passeth understanding fills my mind now. I believe and accept my ideal. I know it subsists in the Infinite. I give it form and expression by my complete mental acceptance. I feel the reality of the fulfilled desire. The peace of God fills my soul.

ABIDE IN THE SILENCE

Jesus said, "God is a Spirit: and they that worship him must worship him in spirit and in truth."

I know and realize that God is a spirit moving within me. I know that God is a feeling or deep conviction of harmony, health, and peace within me; it is the movement of my own heart. The spirit or feeling of confidence and faith which now possesses me is the spirit of God and the action of God on the waters of my mind; this is God; it is the creative Power within me.

I live, move, and have my being in the faith and confidence that goodness, truth, and beauty shall follow me all of the days of my life; this faith in God and all things good is omnipotent; it removes all barriers.

I now close the door of the senses; I withdraw all attention from the world. I turn within to the One, the Beautiful, and the Good; here, I dwell with my Father beyond time and space; here, I live, move, and dwell in the shadow of the Almighty. I am free from all fear, from the verdict of the world, and the appearance of things. I now feel His Presence which is the feeling of the answered prayer, or the presence of my good.

I become that which I contemplate. I now feel that I am what I want to be; this feeling or awareness is the action of God in me; it is the creative Power. I give thanks for the joy of the answered prayer and I rest in the silence that "It is done."

TO BE, TO DO, AND TO HAVE

At the center of my being is Peace; this is the peace of God. In this stillness I feel strength, guidance, and the love of His Holy Presence. I am Divinely active; I am expressing the fullness of God along all lines. I am a channel for the Divine, and I now release the imprisoned splendor that is within. I am Divinely guided to my true expression in life; I am compensated in a wonderful way. I see God in everything and personified in all men everywhere. I know as I permit this river of peace to flow through my being, all my problems are solved. All things I need to fully express myself on this plane are

irresistibly attracted to me by the Universal Law of attraction. The way is revealed to me; I am full of joy and harmony.

LOVE, PERSONALITY, HUMAN AND FAMILY RELATIONSHIPS



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GOD'S BROADCAST

"All ye are brethren, for one is your father." I always bring harmony, peace, and joy into every situation and into all of my personal relationships. I know, believe, and claim that the peace of God reigns supreme in the mind and heart of everyone in my home and business. No matter what the problem is, I always maintain peace, poise, patience, and wisdom. I fully and freely forgive everyone, regardless of what they may have said or done. I cast all my burdens on the God-self within; I go free; this is a marvelous feeling. I know that blessings come to me as I forgive.

I see the angel of God's Presence behind every problem or difficult situation. I know the solution is there and that everything is working out in Divine order. I trust the God-Presence implicitly; it has the *know-how* of accomplishment. The Absolute Order of Heaven and His Absolute Wisdom are acting through me now and at all times; I know that order is Heaven's first law.

My mind is now fixed joyously and expectantly on this perfect harmony. I know the result is the inevitable, perfect solution; my answer is God's answer; it is Divine; for it is the melody of God's broadcast.

SPIRITUAL REBIRTH

Today I am reborn spiritually! I completely detach myself from the old way of thinking and I bring Divine love, light, and truth definitely into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, "I see the God in you and I know you see the God in me." I recognize the qualities of God in everyone. I practice this morning, noon, and night; it is a living part of me.

I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing,—whether I am walking

the street, shopping, or about my daily business,—whenever my thought wanders away from God or the good, I bring it back to the contemplation of His Holy Presence. I feel noble, dignified, and God-like. I walk in a high mood sensing my oneness with God. His peace fills my soul.

LOVE FREES

God is Love, and God is Life; this Life is one and indivisible. Life manifests Itself in and through all people; It is at the center of my own being.

I know that light dispels the darkness, so does the love of the good overcome all evil. My knowledge of the power of Love overcomes all negative conditions now. Love and hate cannot dwell together. I now turn the Light of God upon all fear or anxious thoughts in my mind, and they flee away. The dawn (light of truth) appears and the shadows (fear and doubt) flee away.

I know Divine Love watches over me, guides me, and makes clear the path for me. I am expanding into the Divine. I am now expressing God in all my thoughts, words, and actions; the nature of God is Love. I know that “perfect Love casteth out fear.”

THE SECRET PLACE

“He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.”

I dwell in the secret place of the most High; this is my own mind. All the thoughts entertained by me conform to harmony, peace, and goodwill. My mind is the dwelling place of happiness, joy, and a deep sense of security. All the thoughts that enter my mind contribute to my joy, peace, and general welfare. I live, move, and have my being in the atmosphere of good fellowship, love, and unity.

All the people that dwell in my mind are God’s children. I am at peace in my mind with all the members of my household and all mankind. The same good I wish for myself, I wish for all men. I am

living in the house of God now. I claim peace and happiness, for I know I dwell in the house of the Lord forever.

OVERCOMING IRRITATION

“He that is slow to wrath, is of great understanding: but he that is hasty of spirit exalteth folly.” I am always poised, serene, and calm. The peace of God floods my mind and my whole being. I practice the Golden Rule and sincerely wish peace and goodwill to all men.

I know that the love of all things which are good penetrates my mind casting out all fear. I am now living in the joyous expectancy of the best. My mind is free from all worry and doubt. My words of truth now dissolve every negative thought and emotion within me. I forgive everyone; I open the doorway of my heart to God’s Presence. My whole being is flooded with the light and understanding from within.

The petty things of life no longer irritate me. When fear, worry, and doubt knock at my door, faith in goodness, truth, and beauty opens the door, and there is no one there. O, God, thou art my God, and there is none else.

PRAYER OF GRATITUDE

“O give thanks unto the Lord; call upon His name; make known His deeds among the people. Sing unto him, sing psalms unto him: talk ye of all his wondrous works. Glory ye in His holy name: let the heart of them rejoice that seek the Lord.”

I give thanks sincerely and humbly for all the goodness, truth, and beauty which flow through me. I have a grateful, uplifted heart for all the good that has come to me in mind, body, and affairs. I radiate love and goodwill to all mankind. I lift them up in my thought and feeling. I always show my gratitude and give thanks for all my blessings. The grateful heart brings my mind and heart in intimate union with the creative Power of the Cosmos. My thankful and exalted state of mind leads me along the ways by which all good things come.

“Enter into his gates with thanksgiving, and into his courts with praise: Be thankful unto him, and bless his name.”

HOW TO ATTRACT THE IDEAL HUSBAND

I know that I am one with God now. In Him I live, move, and have my being. God is Life; this life is the life of all men and women. We are all sons and daughters of the one Father.

I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There is mutual love, freedom, and respect.

There is one mind; I know him now in this mind. I unite now with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in Divine Mind. I see the God in him; he sees the God in me. Having met him *within*, I must meet him in the *without*; for this is the law of my own mind.

These words go forth and accomplish whereunto they are sent. I know it is now done, finished, and accomplished in God. Thank you, Father.

HOW TO ATTRACT THE IDEAL WIFE

God is one and indivisible. In Him we love, move, and have our being. I know and believe that God indwells every person; I am one with God and with all people. I now attract the right woman who is in complete accord with me. This is a spiritual union, because it is the spirit of God functioning through the personality of someone with whom I blend perfectly. I know I can give to this woman love, light, and truth. I know I can make this woman's life full, complete, and wonderful.

I now decree that she possesses the following qualities and attributes; i.e., she is spiritual, loyal, faithful, and true. She is

harmonious, peaceful, and happy. We are irresistibly attracted to each other. Only that which belongs to love, truth, and wholeness can enter my experience. I accept my ideal companion now.

DIVINE FREEDOM

“If ye continue in my word, then are ye my disciples indeed: And ye shall know the truth, and the truth shall make you free.” I know the truth, and the truth is that the realization of my desire would free me from all sense of bondage. I accept my freedom; I know it is already established in the Kingdom of God.

I know that all things in my world are projections of my inner attitudes. I am transforming my mind by dwelling on whatsoever things are true, lovely, noble, and God-like. I contemplate myself now as possessing all the good things of Life, such as peace, harmony, health, and happiness.

My contemplation rises to the point of acceptance; I accept the desires of my heart completely. God is the only Presence. I am expressing the fullness of God now. I am free! There is peace in my home, heart, and in all my affairs.

PRAYER FOR WORLD PEACE

Peace begins with me. The peace of God fills my mind; the spirit of goodwill goes forth from me to all mankind. God is everywhere and fills the hearts of all men. In absolute truth all men are now spiritually perfect; they are expressing God’s qualities and attributes. These qualities and attributes are Love, Light, Truth, and Beauty.

There are no separate nations. All men belong to the One Country—the One Nation which is God’s Country. A country is a dwelling place; I dwell in the Secret Place of the Most High; I walk and talk with God—so do all men everywhere. There is only One Divine Family, and that is humanity.

There are no frontiers or barriers between nations, because God is One; God is indivisible. God cannot be divided against Himself.

The love of God permeates the hearts of all men everywhere. His Wisdom rules and guides the nation; He inspires our leaders and the leaders of all nations to do His will, and His will only. The peace of God which passeth all understanding fills my mind and the minds of all men throughout the cosmos. Thank you, Father, for Thy peace; it is done.

EXPRESSION



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PREDICTING MY FUTURE

“Thou madest him to have dominion over the works of thy hands.” I know that my faith in God determines my future. My faith in God means my faith in all things good. I unite myself now with true ideas and I know the future will be in the image and likeness of my habitual thinking. “As a man thinketh in his heart so is he.” From this moment forward my thoughts are on: “Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, and of good report;” day and night I meditate on these things and I know these seeds (thoughts) which I habitually dwell upon will become a rich harvest for me. I am the captain of my own soul; I am the master of my fate; for my thought and feeling are my destiny.

MY DESTINY

I know that I mold, fashion, and create my own destiny. My faith in God is my destiny; this means an abiding faith in all things good. I live in the joy-out expectancy of the best; only the best comes to me. I know the harvest I will reap in the future, because all my thoughts are God’s thoughts, and God is with my thoughts of good. My thoughts are the seeds of goodness, truth, and beauty. I now place my thoughts of love, peace, joy, success, and goodwill in the garden of my mind. This is God’s garden and it will yield an abundant harvest. The glory and beauty of God will be expressed in my life. From this moment forward, I express life, love, and truth. I am radiantly happy and prosperous in all ways. Thank you, Father.

IMPREGNATING THE SUBCONSCIOUS MIND

The first step in the mental acceptance of your idea, desire, or image is to relax, immobilize the attention, get still, and quiet. This quiet, relaxed, peaceful attitude of mind prevents extraneous matter and false ideas from interfering with the mental absorption of your ideal; furthermore in the quiet, passive, receptive attitude of mind effort is reduced to a minimum. In this relaxed manner affirm slowly and quietly several times a day the following:

“The perfection of God is now being expressed through me. The idea of health is now filling my subconscious mind. The image God has of me is a perfect image, and my subconscious mind recreates my body in perfect accordance to the perfect image held in the mind of God.”

This is a simple, easy way of conveying the idea of perfect health to your subconscious mind.

THE BALANCED MIND

“Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusteth in thee.” I know that the inner desires of my heart come from God within me. God wants me to be happy. The will of God for me is life, love, truth, and beauty. I mentally accept my good now and I become a perfect channel for the Divine.

I come into His Presence singing; I enter into His courts with praise; I am joyful and happy; I am still and poised.

The Still Small Voice whispers in my ear revealing to me my perfect answer. I am an expression of God. I am always in my true place doing the thing I love to do. I refuse to accept the opinions of man as truth. I now turn within and I sense and feel the rhythm of the Divine. I hear the melody of God whispering its message of love to me.

My mind is God’s mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. God’s ideas unfold within my mind with perfect

sequence. I am always poised, balanced, serene, and calm; for I know that God will always reveal to me the perfect solution to all my needs.

THE CREATIVE WORD

“Be ye doers of the word, and not hearers only, deceiving your own selves.” My creative word is my silent conviction that my prayer is answered. When I speak the word for healing, success, or prosperity, my word is spoken in the consciousness of Life and Power, knowing that it is done. My word has power, because it is one with Omnipotence. The words I speak are always constructive and creative. When I pray, my words are full of life, love, and feeling; this makes my affirmations, thoughts, and words creative. I know the greater my faith behind the word spoken, the more power it has. The words I use form a definite mold, which determine what form my thought is to take. Divine Intelligence operates through me now and reveals to me what I need to know. I have the answer now. I am at peace. God is Peace.

THE SCIENTIFIC PRAYER

“Before they call, I will answer; and while they are yet speaking, I will hear.”

When I pray, I call on the Father, the Son, and the Holy Ghost; the Father is my own consciousness; the Son is my desire; the Holy Ghost is the feeling of being what I want to be.

I now take my attention away from the problem, whatever it may be. My mind and heart are open to the influx from on High.

I know the Kingdom of God is within me. I sense, feel, understand, and know that my own life, my awareness of being, my own I Amness, is the Living Spirit Almighty. I now turn in recognition to this One Who Forever Is; the Light of God illumines my pathway; I am Divinely inspired and governed in all ways.

Now I begin to pray scientifically in order to bring my desire into manifestation by claiming and feeling myself to be and to have what I long to be and to have. I walk in the inner silent knowing of the soul, because I know my prayer is already answered, as I feel the reality of it in my heart. Thank you, Father; it is done!

THE DIVINE ANSWER

I know that the answer to my problem lies in the God-Self within me. I now get quiet, still, and relaxed. I am at peace. I know God speaks in peace and not in confusion. I am now in tune with the Infinite; I know and believe implicitly that Infinite Intelligence is revealing to me the perfect answer. I think about the solution to my problems. I now live in the mood I would have were my problem solved. I truly live in this abiding faith and trust which is the mood of the solution; this is the spirit of God moving within me. This Spirit is Omnipotent; It is manifesting Itself; my whole being rejoices in the solution; I am glad. I live in this feeling and give thanks.

I know that God has the answer. With God all things are possible. God is the Living Spirit Almighty within me; He is the source of all wisdom and illumination.

The indicator of the Presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle; I trust the God-Power implicitly. I know that all the Wisdom and Power I need to live a glorious and successful life are within me. I relax my entire body; my faith is in His Wisdom; I go free. I claim and feel the peace of God flooding my mind, heart, and whole being. I know the quiet mind gets its problems solved. I now turn the request over to the God-Presence knowing It has an answer. I am at peace.

PRAYER FOR YOUR BUSINESS

I now dwell on the Omnipresence and Omniaction of God. I know that this Infinite Wisdom guides the planets on their source. I know this same Divine Intelligence governs and directs all my affairs. I

claim and believe Divine understanding is mine at all times. I know that all my activities are controlled by this indwelling Presence. All my motives are God-like and true. God's wisdom, truth, and beauty are being expressed by me at all times. The All-Knowing One within me knows what to do, and how to do it. My business or profession is completely controlled, governed, and directed by the love of God. Divine guidance is mine. I know God's answer, for my mind is at peace. I rest in the Everlasting Arms.

RIGHT ACTION

I radiate goodwill to all mankind in thought, word, and deed. I know the peace and goodwill that I radiate to every man comes back to me a thousand fold. Whatever I need to know comes to me from the God-Self within me. Infinite Intelligence is operating through me revealing to me what I need to know. God in me knows only the answer. The perfect answer is made known to me now. Infinite Intelligence and Divine Wisdom make all decisions through me, and there is only right action and right expression taking place in my life. Every night I wrap myself in the Mantle of God's Love and fall asleep knowing Divine Guidance is mine. When the dawn comes, I am filled with peace. I go forth into the new day full of faith, confidence, and trust. Thank you, Father.

THE RESURRECTION OF MY DESIRE

My desire for health, harmony, peace, abundance, and security is the voice of God speaking to me. I definitely choose to be happy and successful. I am guided in all ways. I open my mind and heart to the influx of the Holy Spirit; I am at peace. I draw successful and happy people into my experience. I recognize only the Presence and Power of God within me.

The Light of God shines through me and from me into everything about me. The emanation of God's Love flows from me; It is a healing radiance unto everyone who comes into my presence.

I now assume the feeling of being what I want to be. I know that the way to resurrect my desire is to remain faithful to my ideal, knowing that an Almighty Power is working in my behalf. I live in this mood of faith and confidence; I give thanks that it is done; for it is established in God, and all is well.

ACHIEVING MY GOAL

“In all thy ways acknowledge Him, and He will make plain thy path.” My knowledge of God and the way He works is growing by leaps and bounds. I control and direct all my emotions along peaceful, constructive channels. Divine Love fills all my thoughts, words, and actions. My mind is at peace; I am at peace with all men. I am always relaxed and at ease. I know that I am here to express God fully in all ways. I believe implicitly in the guidance of the Holy Spirit within. This Infinite Intelligence within me now reveals to me the perfect plan of expression; I move toward it confidently and joyously. The goal and the objective that I have in my mind is good and very good. I have definitely planted in my mind the way of fulfillment. The Almighty Power now moves in my behalf; He is a Light on my path.

BUSINESS PROBLEMS

I know and believe my business is God’s business; God is my partner in all my affairs; to me this means His light, love, truth, and inspiration fill my mind and heart in all ways. I solve all of my problems by placing my complete trust in the Divine Power within me. I know that this Presence sustains everything. I now rest in security and peace. This day I am surrounded by perfect understanding; there is a Divine solution to all my problems. I definitely understand everyone; I am understood. I know that all my business relationships are in accord with the Divine Law of Harmony. I know that God indwells all of my customers and clients. I work harmoniously with others to the end that happiness, prosperity, and peace reign supreme.

PRINCIPLE IN BUSINESS

My business is God's business. I am always about my Father's business which is to radiate Life, Love, and Truth to all mankind. I am expressing myself fully now; I am giving of my talents in a wonderful way. I am Divinely compensated.

God is prospering my business, profession, or activity in a wonderful way. I claim that all those in my organization are spiritual links in its growth, welfare, and prosperity; I know this, believe it, and rejoice that it is so. All those connected with me are Divinely prospered and illumined by the Light.

The Light that lighteth every man that cometh into the world leads and guides me in all ways. All my decisions are controlled by Divine Wisdom. Infinite Intelligence reveals better ways in which I can serve humanity. I rest in the Lord forever.

HOW TO SOLVE YOUR PROBLEMS

"What things soever you desire, when you pray, believe that ye receive them, and ye shall have them." I know that a problem has its solution within it in the form of a desire. The realization of my desire is good and very good. I know and believe that the Creative Power within me has the absolute Power to bring forth that which I deeply desire. The Principle which gave me the desire is the Principle which gives it birth. There is absolutely no argument in my mind about this.

I now ride the white horse which is the spirit of God moving upon the waters of my mind. I take my attention away from the problem and dwell upon the reality of the fulfilled desire. I am using the Law now. I assume the feeling that my prayer is answered. I make it real by feeling the reality of it. In Him I live, move, and have my being; I live in this feeling and give thanks.

STEPS TO SUCCESS

“Wist ye not that I be about my Father’s business.” I know that my business, profession, or activity is God’s business. God’s business is always basically successful. I am growing in wisdom and understanding every day. I know, believe, and accept the fact that God’s law of abundance is always working for me, through me, and all around me.

My business or profession is full of right action and right expression. The ideas, money, merchandise, and contacts that I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand, and progress. I am building up goodwill. I am a great success, because I do business with others, as I would have them do it with me.

THE TRIUMPH OF PRAYER

I now let go of everything; I enter into the realization of peace, harmony, and joy. God is all, over all, through all, and all in all. I lead the triumphant life, because I know that Divine Love guides, directs, sustains, and heals me. The Immaculate Presence of God is at the very center of my being; It is made manifest now in every atom of my body. There can be no delay, impediment, or obstructions to the realization of my heart’s desire. The Almighty Power of God is now moving in my behalf. “None shall stay its hand, and say unto it, ‘What doest thou?’” I know what I want; my desire is clear-cut and definite. I accept it completely in my mind. I remain faithful to the end. I have entered into the silent inner knowing that my prayer is answered and my mind is at peace.

HOW TO USE THE POWER OF PRAYER

(1953)



This book consists of ten of the most popular lessons from Dr. Murphy's radio programs, and is designed to give you a fundamental, basic, over-all grasp of the essence of practical, mental laws. Each lesson reveals to you, *how* you can use the healing power, and attain the deepest desires of your heart.

He is an internationally known author, teacher, and lecturer. Thousands have heard him lecture and have been benefited by his *tried* and tested teachings.

Most of the common problems in everyday life he has had to meet, and now shows you in a simple, direct manner *how* you can solve your problems, and lead a more full, and happy life.

***“He that dwelleth in the secret place of the
most High shall abide under the shadow of
the Almighty.”***



DEDICATED TO

Robert who is in favour with God and man.

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HOW YOUR MIND HEALS YOU

There is a Healing Presence within you which heals all manner of disease. To use this Healing Presence requires knowledge of God, and the way He works.

Spiritual healing refers to wholeness, completeness, and perfection.

Science means knowledge of laws and principles; it means systematized and coordinated knowledge.

Knowledge of this Healing Principle is taken directly from the Bible. The means by which we unlock the mysteries, and reveal the hidden meaning of the Bible from Genesis to Revelation is the science of symbology and the science of the Hebrew alphabet.

The Bible deals with spiritual and mental laws. It recognizes the fact that many of the characters, such as Jesus, Moses, Elijah, Paul, and others were real men who lived on earth; nevertheless, they also represent states of mind within all of us. The Bible is a spiritual and psychological textbook.

Through the study and application of mental laws, *you* can find the way to health, harmony, peace, and prosperity; scientific prayer is the practice of the Presence of God.

THREE STEPS IN HEALING

The first step: Think of God as the only Presence and the only Power; God is a universal, creative Spirit present everywhere—the Living Spirit Almighty fixed in your own heart. Dwell on some of the things you know to be true about God; say quietly, for example: “He is Infinite Intelligence, Absolute Goodness, Infinite Power, Indescribable Beauty, Boundless Love, Infinite Wisdom, and All Powerful.”

The second step: Forgive everyone; send loving thoughts to the whole world. Say, "I fully and freely forgive *everyone* now, and I go free." Add sincerely from your heart, "I mean this; it is true." You do not have any mental reservations.

The third step: Claim calmly and lovingly that the Infinite Healing Presence of God within you is now healing your body, making it whole, pure, and perfect. Declare to yourself, "I believe this; I accept it; I know the healing is taking place now." Give thanks for the harmony and peace that are yours.

"God in the midst of you is mighty to heal."

PRACTICE OF THE PRESENCE OF GOD

The Omnipresence of God, means that God is present at every moment of time and every point of space. To practice the Presence of God all day long is the key to harmony, health, peace, joy, and a fullness of life. Begin now to see God in everyone and in everything.

The first step: Accept the fact that God is the only Presence and the only Power; He is the very Life and Reality of you.

The second step: Realize the Presence of God in all of the members of your family and in every person you meet. Salute the Divinity from this moment forward in everyone who crosses your path.

The third step: Realize, know, and claim that everything you are and everything you see, whether it is a tree, dog, or cat, is a part of God's expression; this is the greatest thing you can do; it is powerful beyond words.

Sit down quietly two or three times a day, and think along these lines: God is all there is; He is all in all. Begin to realize that the Divine Presence is within you and within everyone around you. *"Seek and you shall find. Seek ye first the Kingdom of God, and his righteousness; and all these things shall be added unto you."*

CHANGE FEAR TO FAITH

Whenever fear enters your mind, it is a signal for action; do something about it immediately; never surrender to your fear. Your fear is really a desire for something better; it is a longing for freedom and peace of mind. Where will you get your freedom and peace of mind? You will find it in the thoughts of peace, freedom, and poise.

If a man loses his way in the woods at night, fear seizes him; but knowing that God is all-wise, and knows the way out, he changes from fear to faith. He is now changing from the mood of fear to the mood of confidence and peace in the only Presence and the only Power. He has changed his mental attitude; this is often referred to as the Angel of God's Presence which leads him out into safety. The man who is lost turns to God in prayer and recognition, and says to himself quietly and lovingly, "God is guiding me now. He is a lamp unto my feet." He trusts and believes in this inner Light; this is the Light that lighteth every man that cometh into the world.

One with God is a majority! There is only fear and love. Fear is love in reverse. Love frees; it gives; it is the Spirit of God. Love builds the body. Love is also an emotional attachment. So fall in love with peace, gentleness, success, goodwill, and harmony, for this form of love casts out fear.

"God is love; and he that dwelleth in love dwelleth in God, and God in him."

THREE STEPS IN BANISHING FEAR

The first step: "THE LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid." *The Lord* means the Presence of God within you.

There is no power to challenge God, for God is Almighty. The thing you fear has no power; it is a false belief; it is the bogey man under the stairs, and has no reality. Repeat these wonderful words: "God hath not given us the Spirit of fear; but of power, and of love, and of a sound mind."

The second step: You overcome fear by faith in God and all things good. Faith is not a creed, dogma, or a religion. Faith is a way of thinking; it is a positive, mental attitude. Faith is vital; it is a deep, abiding conviction in God. Faith is the greatest medicine in the world! Take this spiritual medicine of faith now! Look at these words; repeat them: "I do all things through Christ which strengtheneth me.' God is with me now. God and His Holy Angels are always with me. I am surrounded by the circle of God's Love." These words are now reflected in your brain and deeper mind. Repeat these powerful statements, and all fear will leave you.

The third step: When fear thoughts come, think of God; imagine you are now resting in the arms of Almighty God in the same way as you rested in your loving mother's arms. Say lovingly to your Father within, "Now, God, I am going about my business, and you are going with me. Your Love, Light, and Power comfort, guide, and bless me in all ways. I love my Father, and my Father loves me; my Father *is* God! It is wonderful!"

OVERCOME WORRY

Worry is due to a lack of faith in God. The person who worries is always expecting things to go wrong. They brood or worry over a great many things that never happen. Such a person tells you all of the reasons why something bad should happen, and not one reason why something good should happen. This constant worry debilitates their entire system, resulting in physical and mental disorders.

Your worry can be cured. Do not spend time looking at your troubles or problems; cease all negative thinking. Your mind will not work when it is tense. It relieves the strain to do something soothing and pleasant when you are presented with a problem. You do not fight a problem, but you *can* overcome it.

To release pressure, take a drive; go for a walk; play solitaire; read a favorite chapter of the Bible, such as: the eleventh chapter of Hebrews, or 1 Corinthians, 13; or turn to the forty-sixth Psalm; read it over carefully and quietly several times. An inner calm will steal over you, and you are ready to pray.

STEPS IN OVERCOMING WORRY

The first step: Every morning when you awaken turn to God in prayer as you would to your loving Father. Relax the body; then talk to God, the only Presence and the only Power. Become as a little child; this means that you realize God is within you; you trust Him completely. "God in the midst of you is Mighty to heal."

The second step: You know in your heart that you can present your problems or difficulties to this Power, and that the Wisdom of God will solve it for you. Say lovingly: "Thank you, Father, for this

wonderful day. It is God's day; it is filled with joy, peace, happiness, and success for me. I look forward with a happy expectancy to this day. The Wisdom and Understanding of God will govern me during the entire day. God is my partner; everything I do will turn out in a wonderful way. I believe in God; I trust God."

The third step: You are full of confidence and faith. Now let go; and let God work through you. Remember as you go through your day: "This is the day God made for me! There is Divine activity taking place in my life."

DESIRE—THE GIFT OF GOD

God speaks to you through desire. All things begin with desire; it is sometimes called the fountain of all action. As you read this, you have within you the urge or desire to be greater than you are. There is a Cosmic urge within you seeking expression. Life seeks to express its unity, wholeness, love, and beauty through you. You are an instrument of the Divine; you are a channel for Life and Love. You are here to release the imprisoned splendor within you.

Without desire you could not move from your chair. Man desires shelter, and he proceeds to build houses to protect himself from the inclemencies of the season. Man plants seeds of corn and wheat in the ground, because he desires food for his family and himself.

You have a supreme desire now; perhaps it is for health, true place, or abundance. Desire unduly prolonged results in frustration and sickness. To desire something good and wonderful over a long period of time, and not attain it, is to waste away in spirit and body. You should learn to realize your desire through prayer; the realization of your desire is your saviour.

THE THREE STEPS IN REALIZING YOUR DESIRE

The first step: Realizing your desire for harmony, peace, health, true place, wealth, etc., is the voice of God speaking to you. Say from your heart, "With God all things are possible." God is the Living Spirit Almighty within you from which all things flow.

The second step: I am aware of my desire; I know it exists in the Invisible for me. I claim it is mine now; I accept it in my own mind. I have released my desire into the Creative Medium within me, which is the source of all things. I claim and believe that my

desire is now impressed in my deeper mind. What is impressed must be expressed; this is the way my mind works.

The third step: I now feel the reality of my fulfilled desire. I am at peace. I know in my heart what I have accepted as true will come to pass. I rejoice and give thanks. My whole being thrills to the reality of the fulfilled desire. I am at peace. God is peace. Thank you, Father, it is done.

HAPPY MARRIAGE

What god hath joined together, let no man put asunder.” A husband and wife should each be married to God and all things good. A husband and wife should never let the sun go down on their wrath. Never carry over from one day to another accumulated irritations arising from little disagreements. Be sure to forgive each other for any sharpness before you retire at night.

The answer to a happy marriage is for each one to see the Christ in the other; begin *now* to see the Presence of the Living God in each other. Say to yourself now, “I salute the Divinity in my husband or in my wife,” as the case may be. Say to your wife or husband, “I appreciate all you are doing, and I radiate love and goodwill to you all day long.” Do not take your marriage partner for granted; show your appreciation and your love.

Think appreciation and goodwill, rather than condemnation, criticism, and nagging. Remember the injunction of the Bible, “Except the Lord build the house, they labor in vain that build it.” The way to build a peaceful home and a happy marriage is upon the basis of love, beauty, harmony, mutual respect, faith in God, and in all things good.

Say from your heart, “My marriage is consecrated in prayer and love.” A husband and wife should always pray together at least once a day, preferably at night before retiring; this will restore peace in the home and in the heart; for God is peace.

THREE STEPS TO A HAPPY MARRIAGE

The first step: In the beginning God. The moment you awaken in the morning, claim God is guiding you in all ways. Send out loving

thoughts of peace, harmony, and love to your marriage partner, to all members of the family, and to the whole world.

The second step: Say grace at breakfast. Give thanks for the wonderful food, for your abundance, and for *all* of your blessings. Make sure that no problem, worries, or arguments shall enter into the table conversation; the same applies at dinner time.

The third step: Husband and wife should alternate in praying each night. Keep the Bible close at hand. Read the 23rd, 91st, 27th Psalms, the 11th Chapter, Hebrews, the 13th Chapter, 1 Corinthians, and other great texts of the New Testament before going to sleep. Say quietly, "Thank you, Father, for all the blessings of the day. God giveth his beloved sleep."

THE SECRET OF PEACE OF MIND

Communion with God is the way to peace of mind; this means turning to God in prayer and realizing that His Peace and Love are now flowing through your mind and heart. Prayer, or this silent communion with God within you, will change your character. Prayer makes you a different person.

The word *prayer* may be understood as including any form of communion with God whether vocal or mental. Peace of mind is achieved by getting a real sense of the Presence of God within you. In trying to bring peace into the lives of others, your personal opinion is usually wrong. By interfering in their strife, you usually make matters worse. By getting them to patch up their differences or arriving at a compromise to which they agree, there is no true peace, because they have not completely forgiven each other. The best way to heal quarrels of this nature is the silent way of prayer.

Realize the Wisdom, Love, and Peace of God are flowing through the minds and hearts of all concerned; the trouble will dissolve in a wonderful way. "Blessed are the peace makers; for they shall be called the children of God."

THREE STEPS TO PEACE OF MIND

The first step: Realize God is Peace, and that He dwells in the midst of you; then think of that inner peace as yours now. Say quietly several times: "The Peace of God that passeth all understanding now floods my mind and heart."

The second step: Know that you have in your mind that which you constantly practice. Say frequently during the day, "I know that peace of mind is mine, because I enthrone thoughts of peace,

harmony, and goodwill in my mind; I live with these ideas all day long.”

The third step: Read the twenty third Psalm every night; relax the body; say, “I now enthrone in my mind thoughts of peace, love, and goodwill. God is my shepherd, and God’s river of peace flows through me now. I lay me down in peace to sleep; for thou LORD, only maketh me dwell in safety.”

YOU CAN HAVE A BETTER FUTURE

Remember what Paul said, “Faith without works is dead.” You must demonstrate your faith. Faith is a way of thinking, an attitude of mind, a positive, affirmative approach toward life.

If you live, for example, in the joyous expectancy of the best, invariably the best will come to you. You are demonstrating to the world that your faith is in all things good.

Live in the firm conviction of your oneness with God, with Life, and with the Universe. You will find yourself attracting to you wonderful people, greater prosperity, and increased awareness of God’s Wisdom. Claim every day of your life that Divine Intelligence is directing your footsteps along the right path; know that God is your source of supply; He is the giver of every perfect gift. Realize that all of your needs are met, and that there is a Divine surplus.

To attain peace and harmony, say from your heart every morning as you arise, “God’s peace, the peace that passeth all understanding, fills my mind and heart.” Paul says that all things work together for good to them that love God. God and good are synonymous. You are in tune with all things Godlike, and behold, “If any man be in Christ, he is a new creature.”

THREE STEPS TO A BETTER FUTURE

The first step: In all thy ways acknowledge Him, and He will make plain thy path, trust also in Him, and believe in Him, and He will bring it to pass. Turn to God within you; claim God is governing all of your affairs.

The second step: Realize the way to get along with people and adjust yourself to life is to love them. Let your heart be motivated

by love and goodwill toward all around you. Pray for the peace and prosperity of all of those with whom you are associated.

The third step: Have a definite mental attitude of success. When presented with a problem, realize the Infinite Intelligence of God is revealing to you the perfect plan and showing you the way you should go. As you go to sleep say, "God knows the answer." *Feel* the joy of the answered prayer.

OVERCOME IRRITATION

He whose spirit is without restraint, is like a city that is broken down and without walls." "He that ruleth his spirit is greater than he that taketh a city."

In order that you might lead a full and happy life, control of the emotions is essential. To govern and control your emotions and temper tantrums, it is essential to maintain control over your thoughts. As a matter of fact you cannot find peace any other way. Will power or mental coercion will not do it. Forcing yourself to suppress your anger is not the way.

The answer is to enthrone God-like thoughts in your mind; busy yourself mentally with the concepts of peace, harmony, and goodwill. Keep firm control over your thoughts. Learn to substitute love for fear, and peace for discord.

You can direct your thoughts along harmonious lines. For example, if you see or hear of something that disturbs or angers you, instead of giving way to anger or irritation, say automatically, "The peace of God that passeth all understanding is now flooding my mind, my body, and my whole being." Repeat this phrase several times during the period of stress; you will find all tension and anger disappear.

Fill your mind with Love, and the negative thoughts cannot enter. When someone says something sharp or critical to you, think on a single statement of Truth, such as, "God is Love. He leadeth me beside the still waters." Peace steals over you; you will radiate this peace.

THE FOLLOWING THREE STEPS WILL BE FOUND MOST HELPFUL

The first step: As you awaken in the morning, say to yourself: "This is God's day; it is a new day for me, a new beginning. The restoring, healing, soothing, loving power of God is flowing through me, bringing peace to my mind and body now and forevermore."

The second step: Should some business problem or some person upset or irritate you, think immediately about His Holy Presence. Say, "God is with me all day. His peace, His Guidance, and His Love enable me to meet all problems calmly and peacefully."

The third step: Radiate Love to all of your associates. Claim they are doing their best. Say, "I wish them peace, harmony, and joy. I salute the God in them." And lo and behold, God and His Love come forth!

YOUR SPIRITUAL REBIRTH

When the storm of life disturbs you, and it appears that your ship is about to founder, remember that it is time for you to awaken to the Christ within. This is how you become reborn spiritually: Recall to mind that God is within you, the very life of you. "Closer is He than breathing, nearer is He than hands and feet." Realize that "With God all things are possible." Claim and know that the God-Power within you is able to cope with any difficulty. Dwell on the peace and harmony of God where the difficulty is, and a perfect, Divine solution will follow.

If troubled say, "Peace be still!" The peace of God will steal over you. Turn your burdens (your problems) over to the God-Wisdom within you, knowing and believing that the perfect solution will come to you in God's own way. When you do this with faith and confidence, the storm or anxiety will pass away, and a great calm will steal over you; this is the peace that passeth all understanding. If you are living in limitation and sickness, this is bondage and restriction; it means you are in the dark as to the higher side of life and your tremendous potentialities. When you catch a glimpse of a higher set of facts, the old way of thinking will be displaced; then your Christ or inner Life will rise from the dead or limited state.

Enthroned the concept of peace, harmony, and success in your mind; busy your mind with these things; you will find your body and circumstances will reflect your inner, mental attitude; this is the new birth of freedom. Remove prejudices, deceit, and jealousies from your mind by opening your mind to the Light of God's Love and inspiration. God's Love revivifies and thrills you; this is the birth of God in you.

THREE STEPS TO YOUR SPIRITUAL REBIRTH

The first step: “I saw a new heaven and a new earth.” I know now that God’s Love springs in my soul. My heart feels the Presence of God, because I radiate Love and joy to all.

The second step: Any time a negative, fearful, critical thought comes to me, I say, “God is with me.” This kills it; then my soul is filled with Love toward all.

The third step: Remember always that God never changes. God is within you—your loving Father—Who is saying, “Fear not, child, for all is thine!”

THE MIRACLES OF YOUR MIND

(1953, revised 1955)



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HOW YOUR OWN MIND WORKS

Man has only one mind, but he has two distinct phases or functions of the one mind. Each phase is characterized by its own phenomena which is peculiar to itself. Each of these minds is capable of independent action, as well as synchronous action. We call one the objective mind, because it deals with external things, and the other is the subjective mind. The subjective mind is amenable, and controlled by suggestion of the objective or conscious mind. The objective mind takes cognizance of the objective world. The media of observation are the five physical senses. The objective mind is your guide in your contact with the environment. We gain knowledge through the five senses. The objective mind learns through observation, experience, and education. The greatest function of the conscious mind is that of reasoning.

Look around Los Angeles; you come to the conclusion that it is a beautiful city based upon your observation of the parks, the buildings, the beautiful structure, the lovely flower gardens, etc. This is the working of your conscious or objective mind.

The word *objective* means that it deals with objective things. The subjective mind takes cognizance of its environment by means independent of the five physical senses. The subjective mind or the subconscious mind—either term may be used — perceives by intuition. The subconscious mind is the seat of your emotions. We know without a doubt that it performs its highest functions when the objective senses are in abeyance.

It is the intelligence that makes itself manifest when the conscious mind is suspended or in a sleepy, drowsy state. The subconscious mind sees without the use of the eyes; it has the capacity of clairvoyance and clairsaudience. The subconscious mind can leave the body; travel to distant lands, and bring back intelligence

oftentimes of the most exact and truthful character. Through the subconscious mind you can read the thoughts of others, even to the minutest details; read the contents of sealed envelopes and closed safes.

The subconscious mind has the ability to apprehend the thoughts of others without the use of the ordinary, objective means of communication. So it is of the greatest importance that we understand the interaction of the conscious and subconscious mind, in order to learn the true art of prayer.

Now there are many terms used in describing the objective and the subjective mind. They are, as we told you, called: The conscious or subconscious mind, the waking or sleeping mind, the surface self or the deep self, voluntary mind or involuntary mind, the male and the female, and many other terms. Remember there is only one mind having two phases or functions.

The subjective mind is always amenable to suggestion; it is controlled by suggestion. We must recognize that the subconscious mind accepts all suggestions; it does not argue with you, but it fulfills your wishes. All things that have happened to you are based on thoughts impressed on the subconscious mind through belief. The subconscious mind will accept your beliefs and your convictions.

It is like the soil; it will accept any seed that you deposit in it, whether it is good or bad. Remember: Anything that you accept as true and believe in will be accepted by your subconscious mind, and brought into your life as a condition, experience, or event. Ideas are conveyed to the subconscious mind through feeling.

We will use an illustration: The conscious mind is like the navigator or man at the bridge of a ship. He directs the ship, and signals orders to the men in the engine-room which consists of all of the boilers, instruments, gages, etc. The men in the engine-room do not know where they are going; they follow orders. They would go on the rocks if the man on the bridge issued faulty or wrong instructions, based on his findings with the compass, sextant, or other instruments. The men in the engine-room obey him, because he is the director. They do not talk back to the captain; they simply carry out orders.

The captain is the master of the ship; his orders are followed out; likewise, your conscious mind is the captain, the master of your ship. Your body and all of your affairs represent the ship. Your subconscious mind takes the orders you give it based upon your belief and suggestions accepted as true.

Another simple illustration is this: When you repeatedly say to people, "I do not like mushrooms," then the time comes for you to be served mushrooms, you get indigestion, because your subconscious mind says to you, "The boss does not like mushrooms." This is an example probably amusing to you; nevertheless, this is an example of the relationship between the conscious and subconscious mind.

When a woman says, "I wake up at three o'clock if I drink coffee at night"; whenever she drinks it, the subconscious mind nudges her, as if to say, "The boss wants you to stay awake tonight."

The heart is called the subconscious mind in ancient allegories. The Egyptians knew that the heart was the subconscious mind, but they did not call it by that name. The Chaldeans and the Babylonians called it by different names. You can impress your subconscious mind, and your subconscious mind will express what is impressed upon it. Any idea that is emotionalized or felt as true will be accepted by your subconscious mind.

If you want a healing, for example, get silent, relax, breathe easily, immobilize your attention, think of the healing power within your subconscious mind; affirm that the organ of your body is healing now. As you do that, there must be no resentment or bitterness in your heart; you must forgive everyone. You can repeat this healing process three or four times daily. Remember that your subconscious mind made the body, and can heal it also. People are constantly affirming the healing of an organ or a part of their body; then ten or fifteen minutes afterwards, they say, "Oh, I am getting worse; I'll never be healed. I am incurable." This mental attitude or these negative statements neutralize the previous, positive affirmation.

If a surgeon operated on you, cut out your appendix, and in the next few minutes ran back and opened you up again to see how you were getting along; then a half hour later ran back and opened you up again, he would probably kill you by poisoning. You kill or prevent your healing by using negative statements.

There is a subconscious mind within you; you should learn how to use it in the same manner as a man learns to use electricity. Man controls electricity with wires, tubes, and bulbs, plus his knowledge of the laws of conductivity and insulation, etc. We must learn about the tremendous power and the intelligence within us, and use it wisely.

Many men are beginning to realize the true importance of the subconscious mind. In business many men are using it to achieve success and promotion. Edison, Ford, Marconi, Einstein, and many others have used the subconscious mind; it has given to them the insight and the “know how” for all of their great achievements in science, industry, and art. Research has shown that the ability to bring into action the subconscious powers has determined the success of all of the great scientific and research workers. There is a tremendous dynamo within you, and you can use it. You can also be completely released from tension and frustration. You can discover the abundant energy within you enabling you to energize and vitalize all parts of your body.

We are told, for example, that Elbert Hubbard declared that his most important ideas came while he was relaxed, or working in the garden, or going for a walk; the reason being when the conscious mind is relaxed, the subjective wisdom comes to the fore. There are oftentimes inspirational uprushes when the conscious mind is completely relaxed.

How often have you wondered at night what the answer to a particular problem was, and when you turned the request over to the subconscious mind, it gave you the solution in the morning. This is the meaning of the old adage, “Night brings counsel.” If you want to wake up at seven o’clock in the morning, and you suggest seven o’clock to the subconscious mind, the subconscious mind will wake you at seven o’clock on the dot.

A mother may be nursing a sick child, and she falls asleep; but before she goes to sleep, she suggests to the subconscious mind that she will awaken if the child’s temperature goes up, or when it needs medicine, or perhaps cries. There may be a thunderstorm going on while the mother sleeps; yet she is not awakened by the

storm; however, when the child cries, she is immediately awakened. This is a simple function of the subconscious mind.

THE SUBCONSCIOUS MIND AND HEALTH

The subject of mental therapeutics is creating a widespread interest all over the world at the present time. Man is gradually awakening to the healing powers resident in his subconscious mind. It is a well-known fact that all of the various schools of healing effect cures of the most wonderful character. The answer to all of this is that there is one universal healing principle: namely, the subconscious mind, and one process of healing which is faith. This is why Paracelsus stated this great truth: "Whether the object of your faith be real or false, you will nevertheless obtain the same effects."

It is an established fact that cures have taken place in various shrines throughout the world, such as in Japan, India, Europe, and the American continent. You will find many widely differing theories, each presenting indubitable evidences of healing. Obviously to the thinker, there must be some underlying principle common to them all. Regardless of the geographical location, or the means used, there is only one healing principle, and the process of every healing is faith.

The first thing to remember is the dual nature of your mind. The subconscious mind is constantly amenable to the power of suggestion; furthermore the subconscious mind has complete control of the functions, conditions, and sensations of your body.

I venture to believe that all of the readers of this book are familiar with the fact that the symptoms of almost any disease can be induced in hypnotic subjects by suggestion.

For example, a subject in the hypnotic state can develop a high temperature, flushed face, or chills according to the nature of the suggestion given. By experiment you can suggest to the person that they are paralyzed and cannot walk; it will be so. Pain can also be induced in any part of the body. By illustration you can hold a cup of cold water under the nose of the hypnotic subject, and tell him, "This

is full of pepper; smell it!" He will proceed to sneeze. What do you think caused him to sneeze, the water or the suggestion?

If a man says he is allergic to Timothy grass, you can place a synthetic flower or any empty glass in front of the nose of such a person in a hypnotic state, and tell him it is Timothy grass; he will portray the usual allergic symptoms. This indicates that the cause of the disease is in the mind; the healing of the disease can also take place mentally.

We realize that remarkable healings take place through osteopathy, chiropractics, medicine, and naturopathy, as well as through all of the various churches, but we maintain that all of these healings are brought about through the subconscious mind—the only healer there is.

Notice how it heals a cut on your face caused by shaving; it knows exactly how to do it. The doctor dresses the wound; he says, "Nature heals it." Nature refers to natural law, the law of the subconscious mind, or self-preservation, which is the function of the subconscious mind. The instinct of self-preservation is the first law of nature; your strongest instinct is the most potent of all auto-suggestions.

You have just learned that you can induce disease in your own body, or that of another through suggestion, in defiance of your natural instincts. It is perfectly natural and obvious that suggestions in harmony with instinctive auto-suggestion would have greater power.

It is easier to maintain and restore health, than it is to bring about sickness in the body. The faith that brings about healing is a certain mental attitude, a way of thinking, an inner certitude, an expectancy of the best.

In the healing of the body it is, of course, desirable to secure the concurrent faith of both the conscious and subconscious mind; however, it is not essential if the person will enter into a state of passivity and receptivity by relaxing the mind and the body, and getting into a sleepy state. I have known people who have completely denied matter and their bodies; yet they received marvelous healings. I have known others who said the world was

real, that matter was real, and that their bodies were real; they, likewise, have had wonderful healings.

The point is that any method, technique, or process you may use which will bring about a change in the mind or a new mental atmosphere is legitimate; results will follow. Healing is due to a changed mental attitude, or to a transformation of the mind.

Paracelsus said, "Whether the object of your faith be true or false, you will nevertheless obtain the same effects." Thus if you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will get results, because of the powerful suggestion given to your subconscious mind; it is the latter that does the healing. The witch doctor with his incantations heals by faith also.

Any method which causes you to move from fear and worry to faith and expectancy will heal. True, scientific, mental healing is brought about by the combined function of the conscious and subconscious mind scientifically directed.

The man who denies the ulcer on his hand, though he has one, who even denies his body, and who says all that is visible and tangible has no real existence may get a healing; all of this would be absurd to you. The question arises, "How does the man get a healing when he protests against such statements claiming they insult his intelligence?" The reason is very obvious when you know how the subconscious mind works.

The man is asked to relax his mind and body, to get into a quiet, passive, receptive state; then the objective senses are partially suspended and in abeyance. He is in a sleepy state, and the subconscious mind is amenable to suggestion. The practitioner then suggests wonderful words of perfect health which enter his subconscious mind; the client finds immense relief and perhaps a complete healing. The practitioner is not handicapped by antagonistic auto-suggestions of the patient arising from objective doubt of the power of the healer or the correctness of the theory. In the sleepy, drowsy state of the conscious mind resistance is reduced to a minimum; hence results follow.

There are a great number who claim that because their theory produces results, it is, therefore, the correct one; this, as explained in

this chapter, cannot be true. You know there are all types of healing. Mesmer and others healed by claiming they were sending forth a certain magnetic fluid. Other men came along and said all of this was nonsense, that the healing was due to suggestion.

All of these groups, such as psychiatrists, psychologists, osteopaths, chiropractors, physicians, and all churches are using the one universal, healing power resident in the subconscious mind. Each may proclaim the healings are due to their theory. The process of all healing is a definite, positive, mental attitude, an inner certitude, or a way of thinking called *faith*. Healing is due to a confident expectancy which acts as a powerful suggestion to the subconscious mind releasing its healing potency.

One man does not heal by a different power than another. It is true he may have his own theory and method. There is only one process of healing, and that is faith; there is only one healing power, namely, your subconscious mind. Select the theory and method which you prefer. You can rest assured, if you have the faith, you shall get results.

In the Los Angeles Examiner some time ago, John McDowell described tests being conducted in prayer therapy at Redlands University under the title, "Psychosomatic Tests Bare Prayer's Power." He writes as follows: "Dr. William R. Parker, 37-year-old director of the clinic, today revealed for the first time that early results of prayer therapy in a group of twenty arthritic, tubercular, ulcer, and speech impediment patients have been favorable.

"These patients, who agreed to practice prayer therapy in addition to the university clinic's regular group psychological therapy, have been making greater progress than the clinic's regular patients, Dr. Parker said.

"For example: A stomach ulcer patient, relying solely on prayer and group therapy, has reported that, for the last three weeks, all symptoms of his ailment have disappeared.

"A Redlands University professor, afflicted most of his life with a severe case of stuttering which years of various treatments failed to correct, today has no trace of speech impediment after six months of prayer therapy.

“Another teacher, forced into retirement a year ago because of tuberculosis, is now back at his teaching job, apparently cured.

“‘This man’s doctor,—a tuberculosis specialist—recently gave him a sputum test,’ Dr. Parker said. ‘The test turned up negative, and the doctor was certain a mistake had been made. He immediately made another test, and that was negative, too.’

“Dr. Parker—a doctor of psychology, not medicine—stresses that prayer therapy is no ‘quackish’ miracle cure-all, but a scientific approach to prayer and its effect on the subconscious mind.

“The subconscious mind, in the eyes of the still-pioneering psychosomatic medicine world, is the fountainhead of many of mankind’s afflictions, including arthritis, asthma, hay fever, multiple sclerosis, tuberculosis, ulcers, and high blood pressure.

“The psychosomatic theory—hotly disputed by the medical profession—is that such ailments start as functional disorders in the subconscious and develop into organic disease, which doctors treat by attacking the symptoms rather than the cause.

“Prayer therapy, according to Dr. Parker, is a psychosomatic attempt to attack the causes of these disorders in the subconscious.

“‘Four basic personality difficulties are at the root of everything that goes wrong in the subconscious mind,’ Dr. Parker said. ‘They are fear, hate, guilt, and inferiority.’

“In the Redlands prayer-therapy experiments, these basic difficulties are first ferreted out through a series of standard psychological tests given to patients participating in the project.

“Subsequently, the patients meet in a ninety-minute group session once a week to discuss their problems. At these meetings, each patient is given a sealed envelope containing information on one detrimental aspect of his or her personality uncovered in the tests.

“Once at home, the patients open the envelopes, learn a new, undesirable phase of their personality, and resolve that particular difficulty in prayer daily until the next group meeting.

“There is only one ‘must.’ Each patient is required to pray regularly each night before he or she retires.

“‘We insist on a prayer at that time, because the last thing that a person is thinking before going to sleep is most likely to penetrate to the subconscious,’ Dr. Parker said.

“Dr. Parker, who first tried out his prayer theories on himself during an onset of ulcers three years ago, said most of the patients have to be taught how to pray.

“The clinic’s prayer-therapy patients are taught a positive approach to prayer, stressing love, and an uplifting concept of God and the universe.

“Our prayers are not a begging for health, but are affirmations of the healing of the unhealthy element the patient wants to attack stated in such a positive, repetitious manner that eventually it sinks into the subconscious, and becomes a part of that person,’ Dr. Parker said.

“In that manner, through prayer, destructive aspects within the sub-conscious can be attacked and eventually overcome, thus eliminating the basic causes of their physical ills.”

In the Wilshire Ebell Theatre where I speak to an overflow audience each Sunday, we have a period called “the healing silence.” The first thing I do is ask the audience to relax, let go, and to stop the wheels of their mind. The purpose is to quiet down the doubting Thomas (conscious mind), and insert a new idea such as health, peace, joy, and abundance into the receptive minds of the listeners. Those who are impregnated will give birth to a healing or an answer to their prayer. This is the kinetic action of the subconscious mind. Many report excellent results every Sunday as attested to by grateful letters.

I would like to stress a few important factors here relative to the workings of the subconscious mind. A man came to me one time and asked me why it was when he kept on saying to himself, “I have no headache,” that the pain did not go away? The subconscious mind will not easily accept this contradiction; it accepts only what you believe and feel as true, or accept, as possible. If you mentally accept the possibility of the execution of your idea, the subconscious will co-operate. In order to impress the subconscious mind, you must gain its cooperation. If you can convince the subconscious mind you have no headache, the headache will go away.

I suggested to him this method: Declare: “It is passing away,” over and over again quietly and peacefully. In this way he would be better able to sell the idea or conclusion to the wise, deep self, called the

subconscious mind. He got results; he added something to it, "It will never return."

For years he has never had any migraine attacks from which he suffered frequently. He had a belief or an expectancy that every Tuesday and Saturday morning, he would get migraine attacks. This feeling acted as an auto-suggestion to his subconscious mind; the latter obliged him by seeing to it that he would have a headache at the time specified. It simply said, "It is Tuesday morning; the boss wants a headache." The negative suggestion was removed by the above counter suggestion.

Here is another instance: A very brilliant woman came to me some years ago stating that she had psoriasis on her body which would go away by applying an ointment, but that as soon as the salve was discontinued, it would return. She was not resenting anyone; she was very religious, and seemingly well balanced emotionally. In talking to her I discovered that she lived in constant fear of its return. As a matter of fact this was a very powerful suggestion to her subconscious mind, since it is controlled by suggestion and belief; it responded accordingly.

She would affirm two or three times a day: "I am whole, pure, and perfect; my skin is perfect; I am healed." Nothing happened. You can readily see what happened in her case. Every time she said, "My skin is perfect," it started a quarrel in her mind; something within her said, "No, your skin is not perfect!"

The following technique worked for her in a wonderful way. She started to say for five or ten minutes three or four times a day: "It is changing now for the better." This created no quarrel in her conscious or subconscious mind; results followed; it gradually disappeared, and it has never returned. I am sure she ceased suggesting its return. (What I fear most has come upon me.)

Trust the subconscious mind to heal you. It made your body, and it knows all of its processes and functions. It knows much more than your conscious mind about healing and restoring you to perfect balance. The subconscious mind, sometimes called the deep-self, knows more about your body than all of the wisest men in the world. Never try to coerce or force the mind. We do not infer that some people who say, "I am whole, pure, and perfect," do not get results;

of course they do, because they succeed in convincing themselves of it. Blind belief and faith will bring results due to the subjective faith of the individual.

A psychologist friend of mine told me that one of his lungs was infected. Xrays and analysis showed the presence of tuberculosis. At night before going to sleep, he would quietly affirm, "Every cell, nerve, tissue, and muscle of my lungs are now being made whole, pure, and perfect. My whole body is now being restored to health and harmony." These are not his exact words, but they represent the essence of what he said. A complete healing followed in about a month's time; subsequent Xrays showed a perfect healing.

I wanted to know his method, so I asked him why he repeated the words prior to sleep. Here is his reply: "The kinetic action of the subconscious mind continues throughout your sleep-time period; hence give the subconscious mind something good to work on as you drop off into slumber." This was a very wise answer. In suggesting harmony and health, he never mentioned his trouble by name.

I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above mentioned psychologist become a good mental surgeon; then your troubles will be cut off like dead branches are pruned from a tree.

If you are constantly naming your aches and symptoms, by the law of your own mind these imaginings tend to take shape, "As the thing I greatly feared."

A technique of impressing the subconscious mind is as follows: This consists essentially in inducing the subconscious mind to take over your request as handed it by the conscious mind. This "passing over" is best accomplished in the reverie-like state. Know that in your deeper mind is infinite intelligence and infinite power. Just calmly think over what you want; see it coming into fuller fruition from this moment forward. Be like the little girl who had a very bad cough and sore throat. She declared firmly and repeatedly, "It is passing away now. It is passing away now." It passed away in about an hour. Use this technique with complete simplicity and naivete.

In using the subconscious mind you infer no opponent; you use no will power. You use imagination, not will power. You imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a simple, child-like, miracle-making faith. Picture yourself without the ailment or problem. Imagine the emotional accompaniments of the freedom-state you crave. Cut out all red tape from the process. The simple way is always the best.

Remember that your body possesses an organic mechanism reflecting the interplay of the conscious and subconscious mind; viz., the voluntary (cerebro-spinal nervous system) and the involuntary nervous system. These two systems may work separately or synchronously. The vagus nerve connects the two systems in the body. When you study the cellular system and the structure of the organs such as eyes, ears, heart, liver, bladder, etc., you learn they consist of groups of cells which possess a group-intelligence whereby they function together, and are able to take orders and carry them out in deductive fashion at the suggestion of the master mind (conscious mind). This is why the group intelligence of the lungs responded to the constructive, positive suggestions of the psychologists previously mentioned in this chapter.

In this book our purpose is to remove the mystery of the workings of the mind, in order to know better its *modus operandi*. In the relaxed state the subjective mind comes to the surface, and begins to work on the correct patterns suggested by the healer. The kinetic action of the mind then comes into play by way of the vagus nerve. Between sleeping and the waking state the mind breaks through from its material thralldom and the limitations of time and space, and asserts its innate freedom.

Dr. Evans, a student of Quimby, was able to suspend the conscious mind, and by an interior illumination, attended with no loss of consciousness of external surroundings, was able to diagnose disease.

Clairvoyance is one of the powers of the subconscious mind which enabled Quimby, Dr. Evans, and many others to clearly see the internal structure of man, the nature and extent of the disease, plus the cause behind it; this proved a great aid in their healing of

patients. The explanation of the mental and emotional cause of their ailments was the solution in most cases.

The usual procedure is as follows:

1. Take a look at the problem.
2. Then turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your treatment by saying, "I hope so!" or "It will be better!" The cellular set-up of your body will follow faithfully and honestly whatever blue print the conscious mind hands over to them via the subconscious, sometimes called subjective, or involuntary mind. Your feeling about the work to be done is "the boss." Know that health is yours! Harmony is yours! Become intelligent by becoming a vehicle for the infinite, healing power of the subconscious mind. The reasons of failure are: Lack of confidence and too much effort. Suggest to the subconscious mind to the point of conviction; then relax. Get yourself off of your hands. Say to conditions and circumstances, "This, too, shall pass." Through relaxation you impress the subconscious mind enabling the kinetic energy behind the idea to take over, and bring it into concrete realization.

A careful study of the single-celled organism shows us what goes on in our complex body. Though the mono-cellular organism has no organs, it still gives evidence of mind-action and reaction performing the basic functions of movement, alimentation, assimilation, and elimination.

Dr. Alexis Carrell's findings in heart experiments of chicks are significant, pointing to the basic finding that life functions despite the lack of complete, organistic equipment.

The body of man portrays the workings of his inner mind. Our real powers are resident in the subconscious mind. No one knows all of the workings of the subconscious mind; for it is infinite in its scope. We learn what we can about how it works; then we use it accordingly. People say there is an intelligence which will take care of the body if we let it alone. This is true, but the difficulty is that the

conscious mind always interferes with its five-sense evidence based on outer appearances, leading to the sway of false beliefs, fears, and mere opinion. When fear, false beliefs, and negative patterns are made to register in the subconscious mind through psychological, emotional conditioning, there is no other course open to the subconscious mind except to act on the blue-print specification offered to it.

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Study the works of Edison, Carver, Einstein, and many others who without too much outer education knew how to tap the subconscious mind for its manifold treasures. Have a reason for the faith in you. You cannot get very far if you do not believe in what you do not see. I do not see love, but I feel it; I do not see beauty, I see it manifested. Subjective faith is often greater in a puny body of a garret-loving poet than in the stronger frame of a prize fighter. Our greatest failing is a lack of confidence in the powers of the subconscious mind. Get acquainted with your inner powers.

Of what use is it to know in principle that you are perfect if you cannot bring it out? Self-realization, plus feeling, is the only key to healing. To get results is no proof your method is scientific or sound.

I knew a man who was told to wave a rabbit's foot around his head seven times, and a big wart would fall off. He believed it, and the result followed. The rabbit's foot had nothing to do with it; it was due to a law of mind. Mental acceptance and belief were the causes, and the disappearance of the wart was the effect. If you are tense and anxious, the subconscious mind will pay no attention to you in a tough situation.

A house-owner once remonstrated with a furnace-repair man for charging two hundred dollars for fixing the boiler. The mechanic said, "I charged five cents for the missing bolt, and one hundred and ninety-nine dollars and ninety-five cents for knowing what was wrong."

Similarly, your subconscious mind is the master mechanic, the all-wise one, who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and the subconscious mind will establish it, but relaxation is the key. "Easy does it." Do not

be concerned with details and means, but know the end result. Get the *feel* of the happy solution of your problem, whether it is health, financial, or employment, etc. Remember how you felt after you had recovered from a severe state of illness. Bear in mind that the feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state—not in the future—but as *now* coming about.

One of our students who attended our lectures on The Miracles of The Mind had severe eye trouble which the doctor said necessitated operation. He was instructed how to use the Nancy School technique: Take a little phrase or affirmation, easily graven on the memory, and repeat it over and over again like a lullaby.

Each night this man, as he went to sleep, entered into the drowsy, meditative state, the state akin to sleep. His attention was immobilized and focused on his eye doctor. He imagined the doctor was in front of him, and he plainly heard, or imagined he heard, the doctor saying to him, “A miracle has happened!” He heard this over and over again every night for perhaps five minutes or so before going to sleep. At the end of three weeks he went to the ophthalmologist who had previously examined his eyes, and he said, to this client, “This is a miracle!” What happened? He impressed his subconscious mind, using the doctor as an instrument or a means of convincing or conveying the idea. Through repetition, faith, and expectancy he impregnated the subconscious mind. The subconscious mind made the eyes; within it was the perfect pattern, and immediately it proceeded to heal the eyes. This is another example of The Miracles Of Your Mind.

THE SUBCONSCIOUS MIND AND ALCOHOLISM

The alcoholic is mentally ill, and he needs a mental overhauling. The problem drinker, the compulsive drinker, or the habitual drinker does not drink normally. The problem drinker is the chronic alcoholic; he drinks for days, weeks, and even months at a time. The alcoholic says that a passion seizes him periodically to drink. He is a victim of a habit, because the acts leading to intoxication have been repeated so often, he has established a subjective pattern in his subconscious mind.

Because the alcoholic has already yielded to his craving, he fears that he will yield once more; this contributes to his repeated falls due to the suggestions given to his subconscious mind. It is his imagination which causes the alcoholic to return to drinking intermittently. The images which have been impressed on his subconscious mind begin to bear fruit. He imagines a drinking bout in which glasses are filled and drained; then he imagines the following sense of ease and enjoyment, a feeling of relaxation. If he lets his imagination run wild, he will go to the bar or buy a bottle.

The drinker uses effort and will power to overcome the habit, or "cause," as he calls it. The more effort or will power he uses, the more hopelessly engulfed does he become in the quicksand.

Effort is invariably self-defeated, eventuating always in the opposite of what is desired. The reason for this is obvious: The suggestion of powerlessness to overcome the habit dominates his mind; the subconscious mind is always controlled by the dominant idea. The subconscious mind will accept the strongest of two contradictory propositions. The effortless way is the best.

The first drink starts the alcoholic off. This is due to a subconscious tendency or urge established through habit.

There is a Law of Reversed Effort which was explained by the French school of therapeutics in 1910. It means this: When your desire and your imagination are in conflict, the imagination invariably gains the day. For example, you will hear an alcoholic say, "I took a lot of pains, I tried so hard, I forced myself, I used all the will power I had," etc. He has to be made to realize that herein lies his error; then he begins to conquer the habit.

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the same plank were placed twenty feet up in the air between two walls, would you walk it? Your desire to walk it would be counteracted by your imagination—your fear of falling. The dominant idea would conquer. Your desire, will, or effort to walk would be reversed, and the dominant idea of failure would be reinforced.

If a man says, "I want to give up alcohol, but I cannot" he may wish to give it up, but the harder he tries, the less he is able. Never try to compel the subconscious mind to accept your idea by exercising will power. Such attempts are doomed to failure. The subconscious mind accepts the dominant of two contradictory statements. It is like the man who is poverty stricken saying, "I am wealthy." In most instances his statement makes him poorer. The simple reason for this is that his belief in poverty is much greater than his belief in abundance, so he is suggesting more lack to himself each time he makes the statement. This illustrates the Law of Reversed Effort. In other words, the opposite result from that which was intended follows.

In using the subconscious to heal alcoholism you must engage its cooperation. The subconscious mind will accept your feeling, your belief, or your conviction. The alcoholic avoids the conflict which arises in his mind by using the sleeping technique. By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The best time to impregnate the subconscious mind, as the French school pointed out in 1910, is prior to sleep. The reason for this is that the highest degree of outcropping of the subconscious occurs just prior to sleep and just after we awaken. In this state the negative

thoughts which tend to neutralize your desire and so prevent acceptance by the subconscious no longer present themselves.

Here is a simple method a chronic alcoholic for forty years used. I wrote this out for him: Assume a comfortable posture, relax your body, and be still. Get into a sleepy state and in that sleepy state say quietly, over and over again as a lullaby, "I am completely free from this habit; sobriety and peace of mind reign supreme." Repeat the above slowly, quietly, and lovingly for five or ten minutes night and morning. At the end of three weeks he lost all desire to drink. Each time he repeated the above statement its emotional value became greater. When the urge came, he repeated the above formula out loud to himself. By this means he induced the subconscious to accept his idea and a healing followed.

I remember treating an alcoholic in Rochester, New York, some years ago. He said to me, "I had not had a drop in six months, and I was congratulating myself. All my friends were patting me on the back telling me what wonderful will power I had."

"Then," he added, "an uncontrollable urge seized me, and I have been drunk for two weeks."

This had happened time and again with this man. The effort of his will suppressed his desire temporarily, but his continued effort to suppress made matters worse. His repeated failures convinced him that he was hopeless and powerless in controlling his urge or obsession. This idea of being powerless operated, of course, as a powerful suggestion to his subconscious, increased his impotence, and made his life a wreck.

I taught him how to harmonize the function of the conscious and subconscious mind. When the two cooperate, the idea or desire is realized.

His reasoning mind admitted that if he had been conditioned negatively he could be conditioned positively. His mind entertained the idea that he could succeed. He ceased thinking of the fact that he was powerless to overcome the habit. Moreover, he understood clearly that there was no obstacle to his healing other than his own thought. Therefore, there is no occasion for great mental effort or mental coercion. To use force is to pre-suppose that there is

opposition. When the mind is concentrated on the means to overcome a problem, it is no longer concerned with the obstacle.

This man made a practice of relaxing his body, getting into a sleepy, drowsy, meditative state; then filling his mind with the picture of the desired end, knowing the subconscious would bring it about in the easiest way. He imagined his daughter congratulating him on his freedom, saying to him, "Daddy, it's wonderful to have you home."

He had lost his family through drink. He was not allowed to visit them; his wife would not speak to him.

Regularly, systematically, he used to sit down and meditate in the way outlined. When his attention wandered, he brought it back to the picture of his daughter with her smile, tonal qualities, and the scene of his own home.

All this was a reconditioning of his mind. It was a gradual process. He kept it up; he persevered knowing that sooner or later he would succeed in impregnating his subconscious with the mental picture. I told him the conscious mind was the camera, and his subconscious was the sensitive plate on which he registered and impressed the picture. This made a profound impression on him; his whole aim was to impress the picture and develop it in his mind. Your film is developed in the dark; likewise, your mental picture is developed in the darkhouse of the subconscious mind.

Realizing his conscious mind was the camera, he used no effort; there was no mental struggle. He quietly adjusted his thought, and focused all his attention on the scene before him. He became absorbed in its reality, somewhat like a sponge absorbing water. It's a sort of mental absorption whereby you are completely identified with the picture. Sometimes you are so engrossed or absorbed in reading a newspaper article, you can't hear a loved one speak to you.

He got into this mental atmosphere, repeated it frequently, and knew a healing would follow. When the temptation to drink came, he knew it was his imagination taking him back to the drinking bout, so he would switch off that scene, cut the film, so to speak, and see his daughter, feel her embrace, and hear her voice. The secret of his success was that he confidently expected to experience the picture he was developing in his mind.

You are a ship, and thought is your helm. Change the direction of the helm (your thought); as a result you change the direction of your ship.

Get acquainted now with that infinite reservoir of strength and healing power within you which is the subconscious mind. If you are an alcoholic, admit it; do not dodge the issue. Many people remain alcoholics, because they refuse to admit it.

Your disease is an instability, an inner fear. You are refusing to face life, and so you try to escape your responsibilities through the bottle. The interesting thing about an alcoholic is that he has no free will; he thinks he has; he boasts about his will power. The habitual drunkard says bravely, "I will not touch it any more," but he has no power to back it up, because he does not know where to locate it.

The alcoholic is living in a psychological prison of his own making, and is bound by his beliefs, opinions, training, and environmental influences. He is like most people; i.e., he is a creature of habit. He is conditioned to react the way he does.

The alcoholic must build the idea of freedom and peace into his mentality, so that it reaches his subconscious mind. The latter being all-powerful will free him from all desire for alcohol; then the alcoholic who has the new understanding of how his mind works can truly back up his statements, and prove it to himself.

Your subconscious mind is conditioned by your beliefs and habits. If the alcoholic has a keen desire to free himself from the habit, he is fifty-one per cent healed already. When he has a greater desire to give it up than to continue it, he will not experience too much difficulty in gaining complete freedom.

The alcoholic must recondition his mind. There are ways and means of doing this. When you think good, good follows; when you think evil, evil follows; these are simple examples of laws of mind. If a man dwells and broods on sorrow, he meets sorrow and gloom in his outer experience. If he dwells on peace and good fortune in his business, it will prosper. To know the possibilities of such laws of mind is to be seized with a new inspiration and a new faith.

The alcoholic learns that whatever thought he anchors his mind upon, the latter magnifies. If the alcoholic engages his mind on the concept of freedom (freedom from the habit) and peace of mind, and

if he keeps focused on this new direction of his attention, he generates feelings and emotions which gradually emotionalize the concept of freedom and peace. Whatever idea is emotionalized is accepted by the subconscious mind, and brought to pass.

The alcoholic must realize that something good can come out of his suffering; he has not suffered in vain. However what good is it to continue to suffer?

To continue as an alcoholic is only to bring about mental and physical deterioration and decay. Begin to say, "No!" to the urge now. Realize that the power in your subconscious mind is backing you up. Even though you may be seized with melancholia and the shakes, begin to imagine the joy and freedom that is in store for you; this is the law of substitution. Your imagination took and peace of mind. You will suffer a little bit, you to the bottle; let it take you now to freedom but it is for a constructive purpose; you will bear it like the mother in the pangs of childbirth, and you will, likewise, bring forth a child of the mind. Your subconscious mind will give birth to sobriety.

Your thinking controls you, whether you know it or not. You are now fully aware of the fact that your subconscious mind accepts without question the thoughts you impress upon it. You can now begin to control your life. *To discipline your mind* means to think constructively and harmoniously.

One time I read an article about Goethe. He was wont to hold imaginary, mental conversations with friends. For example, he would get still and quiet and imagine one of his friends answering him in the way he wanted, with characteristic gestures and tone of voice. He solved many of his problems that way. So can you.

Many have asked me about their reason or cause for drinking to excess. There are, of course, many reasons. It may be that a man is resenting his wife, or his job, or his employer. Maybe he is jealous, or he has an inferiority or rejection complex. I have discovered in treating alcoholics that there is nearly always a deep sense of guilt.

I am now thinking of a married man, with four children, supporting and secretly living with another woman during his business trips. He was ill, nervous, irritable, cantankerous, and could not sleep without drugs. He had pains in numerous organs of his body which doctors could not diagnose. He was a confirmed alcoholic when I saw him.

The reason for his periodic sprees was a deep unconscious sense of guilt. He had violated the ancient code and this troubled him. The religious creed he was brought up on was deeply lodged in his subconscious mind; he drank excessively to heal the wound of guilt.

Some take morphine and codeine for severe pains, he was taking alcohol for the pain or wound of the mind. It is the old story of adding fuel to the fire.

He listened to the explanation of how his mind worked, he faced his problem, looked at it, and gave up his dual role. He knew that his drinking was an unconscious attempt to escape. The hidden cause lodged in the subconscious had to be eradicated; then the healing followed.

When he began to look at his problem in the light of reason, it was dissipated. He began to use this treatment three or four times a day. "My mind is full of peace, poise, balance, and equilibrium. The Infinite Power lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. Infinite Intelligence leads, guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit; my mind is full of inner peace, freedom, and joy. I forgive myself; then I am forgiven. Peace, Sobriety, and Confidence reign Supreme in my mind."

He repeated this frequently knowing what he was doing, and why he was doing it. Knowing what he was doing gave him the necessary faith and confidence. I explained to him that as he said these statements out loud, slowly, lovingly, and meaningfully, they would gradually sink down into his subconscious; like seeds they would grow after their kind.

I explained to him that his subconscious mind was like a garden; by planting lovely seeds he would reap a wonderful harvest. It is the nature of an apple seed to bring forth an apple tree. These truths which he concentrated on went in through his eyes; his ears heard the sound; the healing vibration of these words reached his subconscious mind, and obliterated all the negative mental patterns which caused all the trouble. Light dispels darkness; the positive thought destroys the negative. He became a transformed man within a month.

Of course, as you know, people will give you all manner of excuses or alibis as to why they drink. They may blame their drinking on some tragedy in the home, some crisis in their life, lack of money, or education. The real reason is negative thinking which has brought about an emotional maladjustment. "As a man thinketh in his heart, so is he." The word *heart* is an ancient word meaning the subconscious mind. In simple language it is saying, "As you think and feel, so are you in all departments of your life."

Emerson said, "A man is what he thinks all day long." This is the answer and the whole story. The cause is in yourself, in your habitual thinking, your mental attitude, and reaction to life. The alcoholic addict is really seeking to escape some sense of bondage or some subconscious restriction. In other words the alcoholic lacks confidence and poise.

I told a woman one time not to give any more money to her son as he spent it all on drink. I said, "You are only contributing to his delinquency."

"Oh," she said, "he kneels down, kisses the Bible, and swears he will never touch another drop. I believe him; then I give him the money. He seems so penitent, remorseful, and so full of condemnation of himself for the way he acted, that I think he means it."

I explained to her that these were idle statements on the part of her son and really meant nothing; under no circumstances should she give him any more money. I spent some time with her explaining that the boy had no free will, but was just boasting about his will power to give up drinking. His statements and oaths that he would never touch it anymore were meaningless, as he had no power to back them up. In other words, he did not know where the power was, nor how to locate it.

She brought him to see me. He came rather reluctantly making the usual statement that he was not an alcoholic. I told him to stop this nonsense; admit it openly, and not dodge it. That is the first step in healing. Many remain alcoholics, because they refuse to admit they are.

This boy was condemning himself saying, "I suppose I'm no good." Alcohol took him into a world of temporary illusion where in

his morbid imagination he was king for a day. This gave him a false sense of confidence and a temporary sense of self-sufficiency. He admitted that if he took one drink, he lost all control, and drank until he fell unconscious. The reason for this is obvious: His mental control was rendered null and void due to a subconscious pattern engraved on his mind over a long period of time. It is like a track on which the train moves. He had established a mental track in his mind on which ran images of drinking bouts, of glasses filled, images associated with feeling of enjoyment and success.

The minute this confirmed drunkard took a drink that was a suggestion for another and another until he fell unconscious. He had subjectified a belief in the necessity of alcohol; the law of the subconscious being that of compulsion, the moment he took one he was compelled to take another. This young man said what all alcoholics say, "If I don't take the first drink I'm all right, but the minute I take the first, I lose control."

The reason is that the one drink brings on an outcropping of the subconscious mind which, in the case of the alcoholic, due to long habit and conditioning says to him, "Have another! Have another!" His subconscious belief and fear is his governor, and controls his conduct and actions.

Man is bound by his beliefs, opinions, training, and environmental influences. He is conditioned to react the way he does. Life is forever seeking to express itself through man. The desire for true peace, peace of mind, abundance, and security are Cosmic urges within all men. There is a law of mind which, when understood, enables man to realize his cherished desires. The cause of all confusion, strife, and problems in the world is man's failure to realize his heart's desires. Show man the powers of his own subconscious mind; tell him that if he will imagine the end; feel it subjectively and remain faithful to his ideal, the subconscious will bring it to pass. People who try and stifle desire have really an unconscious impulse toward self-destruction or self-oblivion. When man begins to believe in a Power greater than himself lodged in his own unconscious depths, he is on the way to health, happiness, and peace of mind.

There is nothing new about the following technique. It is as old as man. The most ancient wisdom available said, "As a man imagines

and feels, so is he.”

The first step: Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state. In this relaxed, peaceful, receptive state you are preparing for the second step.

The second step: Take a brief phrase which can readily be graven on the memory, and repeat it over and over again as a lullaby. (Nancy School technique). Use the phrase, “Sobriety and peace of mind are mine now, and I give thanks.” To prevent the mind from wandering repeat it aloud or sketch its pronunciation with lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response from the subconscious. It is wonderful.

The third step: Just before going to sleep, practise what Goethe used to do. Imagine a friend, a loved one in front of you. Your eyes are closed; you are relaxed and at peace. The loved one is subjectively present and is saying to you, “Congratulations!” You see the smile; you hear the voice. You touch the hand and the face; it’s all so real and vivid. The word *congratulations* implies complete freedom. Hear it, over and over again, until you get the reaction which satisfies.

The above technique is sound, psychological procedure, and is an excellent means of conveying an idea to the subconscious mind. You know you will go where your vision is. The wishful thinker is a man who does not believe in the possibility of the execution of his idea or desires. He is the day dreamer. The scientific thinker imagines the end—the victory. He sees fulfillment and accomplishment, and maintains his faith every step of the way knowing that having imagined and felt the end, he has willed the means to the realization of the end.

When fear knocks at your door, when doubt, worry, and anxiety cross your mind, behold your vision. Trust it, believe in it, and an

Almighty Power will be generated by your subconscious giving you full confidence and strength. Keep on keeping on “until the day breaks and the shadows flee away.”

THE SUBCONSCIOUS MIND AND WEALTH

The trouble with most people is that they have no invisible means of support when business falls away, or the stock market drops, or they lose their investments; they seem helpless. The reason for such insecurity is that they do not know how to tap the subconscious mind. They are unacquainted with the inexhaustible storehouse within.

A man with a poverty-type mind finds himself in poverty-stricken conditions. Another man with a mind filled with ideas of wealth is surrounded with everything he needs. It was never intended that man should lead a life of indigence. You can be wealthy, have everything you need, and plenty to spare. Your words have power to cleanse your mind of wrong ideas, and to instill right ideas in their place.

I have talked to many people during the past thirty-five years; their usual complaint is, "I have said for weeks and months that I am wealthy; I am prosperous, and nothing has happened." I discovered that when they said, "I am prosperous; I am wealthy," they felt within that they were lying to themselves.

One man told me, "I have affirmed until I am tired that I am prosperous. Things are now worse. I knew when I made the statement, that it was obviously not true." His statements and those of the others were rejected by the conscious mind, and the very opposite of what they affirmed and claimed was made manifest.

Auto-suggestion succeeds best when it is specific, and it does not produce a mental conflict or argument; hence the statements made by this man made matters worse, because they suggested his lack. The subconscious accepts only your convictions and beliefs, not just words or statements. The dominant idea or belief is always accepted by the subconscious mind.

The following is a way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: "By day and by night I am being prospered in all of my interests." This will not arouse any argument, because it does not contradict the subconscious mind's impression of financial lack.

I suggested to one business man whose sales were very low, and he was greatly worried, that he sit down in his office, get quiet, and repeat this statement over and over again: "My sales are improving every day. I am advancing, progressing, and getting wealthier every day." This statement engaged the cooperation of the conscious and subconscious mind; results followed.

The above is a very simple, unique way of impressing the subconscious mind with the idea of wealth. Perhaps you are saying as you read this chapter, "I need wealth and success." This is what you do: Repeat for about five minutes to yourself three or four times a day, "Wealth—success." These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will manifest in your life. You are not saying, "I am a success," or "I am wealthy." You are dwelling on real powers within you. There is no conflict in the mind when you say, "Wealth," or "Success"; furthermore, the feeling of wealth and success will well up within you, as you dwell upon these ideas.

The feeling of wealth produces wealth; the feeling of being successful produces success; keep this in mind at all times. The subconscious mind is like a bank—a sort of universal bank; it magnifies whatever you deposit or impress upon it, whether it is good or evil.

You sign blank checks when you make such statements as: "There is not enough to go around;" or "There is a shortage;" maybe, "I will lose the mortgage;" etc. If you are full of fear about the future, you are also writing a blank check, and attracting negative conditions to you. The subconscious mind takes your fear and belief as your requests, proceeding in its own way to bring obstacles, delays, lack, and limitation into your life. To him that hath the feeling of wealth,

more wealth shall be added; to him that hath the feeling of lack, more lack shall be added. The subconscious mind gives you compound interest also. Every morning as you awaken deposit thoughts of prosperity, success, wealth, and peace; dwell upon these concepts; busy your mind with them as often as possible. These positive thoughts will find their way as deposits in your subconscious mind, and bring forth abundance and prosperity.

I can hear you saying, "Oh, I did that and nothing happened." You did not get results, because you indulged in fear thoughts perhaps ten minutes later, and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up.

Suppose, for example, you are going to say, "I shall not be able to make that payment!" Before you get further than, "I shall—" stop the sentence, and dwell on a positive, constructive statement, such as, "By day and by night I am being prospered in all my ways."

To prosper means to advance along all lines in wisdom, understanding, and material possessions. Money represents wealth; it is a symbol of exchange; it represents freedom, opulence, luxury, and refinement. I do not know of anyone who says that he has too much; in all probability he is looking for more.

Most people are under the impression that the value of their money is dependent on so much gold in South Africa or in the vaults of the United States Treasury; others live in fear that the currency will be devaluated, and that they will lose. When the blood is circulating perfectly and harmoniously in your body, the physician says that you are healthy; likewise, when money is circulating freely in your life, meeting all of your needs, and there is always a surplus, you are prosperous.

For example, if you listen to the radio, and you hear that there is a crash in the stock market, resulting in a worried or frightened feeling, you are conditioned and affected by some set of statistics or by a news broadcast. Your financial security and wealth are dependent upon your subjective or inner feeling of prosperity.

When you are seeking to convey the idea of wealth and success to your subconscious mind, be sure you never make foolish statements, such as: "I despise money." "It is an evil thing." "It is the root of all evil." Such an attitude of mind will cause money to take

wings and fly away from you. You would then be giving two conflicting orders to the subconscious mind; one would neutralize the other, and nothing would happen.

Money has taken many forms down through the ages. What you really want is to have a subconscious conviction that money will always be in constant circulation in your life, meeting all of your needs at every moment of time and every point of space.

Money is essential for your economic health in this country; therefore, you should have all you need and a surplus. Begin now to believe and claim that money is wonderful. Begin to love money and be friendly with it; you will always have plenty; you will never want.

Love is an emotional attachment. Except you love your work, or profession, you cannot be a true success. Love always magnifies and multiplies. Love the idea of wealth until it becomes embodied subjectively. Write this down in big letters in your mind: What you love, you increase. What you criticize, fades out of your life.

You are familiar with this fundamental fact: When money is circulated freely in a country, its financial condition is healthy. Let there be a healthy circulation of money in your life also, particularly in your mental attitude. Believe that money is good; think of all of the good you can do with it. Become a mental inlet and outlet for a constant stream of wealth forever flowing to you and forever flowing from you in a perfect circulation.

If you are having financial difficulties, trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty and some to spare. You know men and women who work a few hours a week, and make fabulous sums of money. They do not strive or slave hard. Do not believe the story that the only way you can become wealthy or successful is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it. Sing at your work; you will, if you love it; also, if you love your work, you are bound to be a success.

An executive I know receives a salary of \$60,000 yearly. Last year he was on a ten month cruise, seeing the world and its beauty spots. He has convinced his subconscious mind that he is worth that much money. He told me that many men in his organization getting less

than one hundred dollars per week knew more about the business than he did, and could manage it better, but they had no ambition and no ideas.

Money is simply a subconscious conviction on the part of the individual. You will not become a millionaire by saying, "I am a millionaire. I am a millionaire." You will grow into a wealth-consciousness by building into your mentality the ideas of wealth and success.

One of our students who was formerly a seventy-five dollar a week salesman is now a sales manager at a salary of twelve thousand yearly. It all happened within a period of a month.

Every morning as this person shaved, he would look into the mirror, and say to himself, "You are wealthy; you are a big success;" this went on for weeks. In about eight weeks he was suddenly promoted over the heads of eighty other salesmen. While shaving, you are relaxed. As previously outlined, you can convey an idea to the subconscious mind by repeating it again and again at intervals with faith and a joyous expectancy.

Here is a question frequently asked in our large and enthusiastic classes held at the Wilshire Ebell Theatre: "If I need a certain amount, such as, one thousand dollars, should I just concentrate on that?" You could do that, and it would work. However, the general and best procedure is not to think of money in terms of any particular or set sum. Think of it in terms of plenty to sustain you with ease and perfect freedom of action. The reason for this is that whatever you impress on the subconscious mind is always increased and multiplied like the grains of wheat sown in the ground bring forth of its kind a hundred fold.

The subconscious mind works under a law of abundance. Nature is lavish, extravagant, and bountiful. Increase your estimate of yourself. If you bargain with life for a penny a day, the universe will respond accordingly. Many people have a keen desire for more money, but they have a subconscious pattern of seventy-five dollars a week; therefore, that is what they demonstrate; whereas they could demonstrate much more.

Here is a simple technique for you to increase your consciousness of wealth; use these statements several times a day:

“I like money; I love it; I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good.” This will help you get the right attitude toward money.

Never criticize money by saying, “It is filthy lucre; it is bad; it is tainted.” You cannot attract what you criticize. When you begin to think things through, you will realize that real wealth depends on the circulation of wonderful ideas in your mind which well up from the subconscious levels.

A young detective desiring more money, used the above mentioned formula. One morning he awakened with an intense desire to write a short story based on one of his experiences. He sat down; ideas came freely; his story was accepted; then he wrote many others, and was paid handsomely for these articles. Wealth came to him as ideas in his own mind. Your mind, also, can reveal to you a new invention, the material for a new book, or play. Make use of your subconscious mind.

One sales manager I knew used to get ideas for his promotional sales campaign when he awakened in the morning. He became the president of the company; they never had a sales manager like him.

Your subconscious mind is never short of ideas; there are within it an infinite number of ideas ready to flow into your conscious mind, and appear as cash in your pocket book in countless ways. This process will continue to go on in your mind regardless of whether the market goes up or down, or whether the pound sterling or dollar drops in value. Your wealth is never truly dependent on bonds, stocks, or money in a bank; these are really all symbols necessary and useful, of course. The point I wish to emphasize is that if you convince your subconscious mind that wealth is yours, and that plenty of money is always circulating in your life, you will always have it regardless of the form it takes.

If you believe that wealth or money is dependent on your job or more hours of work, you have a limited concept; you are bound by your own beliefs. This is a world of cause and effect. If you worry and fret about money, this mood of lack will produce a greater lack of money. Your mental attitude is the cause; less money is the effect.

There is one emotion which is the cause of financial lack in the lives of many. Most people learn this fact the hard way. It is envy. For example, if you see a competitor depositing large sums of money in the bank, and you have only a meagre amount to deposit, does it make you envious? The way to overcome this emotion is to say to yourself, "Isn't it wonderful! I rejoice in that man's prosperity. I wish for him greater and greater wealth."

Do you know what you are doing? You are actually impressing the subconscious mind with the idea of wealth! To entertain envious thoughts is devastating, because it places you in a very negative position; therefore, wealth flows from you, instead of to you. If you are ever annoyed or irritated by the prosperity or great wealth of another, claim immediately that you truly wish for him greater prosperity in every possible way. This will neutralize the negative thoughts in your mind, and cause a greater measure of wealth to flow to you by the law of your own subconscious mind.

Maybe you know someone who is always trying to make ends meet; they seem to have a great struggle with money. Have you listened to their conversation? In many instances their conversation runs along this vein: They are constantly condemning those who have succeeded in life, and who have put their heads above the crowd. Perhaps they are saying, "Oh, that fellow has a racket; he is ruthless; he is a crook." This is why they lack; they are condemning the thing they desire and want. The reason they speak critically of their prosperous associates is because they are envious and covetous of the other's prosperity. The quickest way to cause wealth to take wings and fly away is to criticize and condemn others who have more money than you.

Do you say you never had a chance? Are you blaming your relatives, your mother, or father, because they never aided you financially. Stop doing it immediately. Learn that the secret to wealth is the correct use of your own mind. All of the resources of that infinite mind are behind you seeking expression through you, if you will only have a receptive, mental attitude.

If you are worried and critical about someone whom you claim is making money dishonestly, cease worrying about him. You know such a person is using the law of mind negatively; the law of mind

takes care of him. Be sure not to criticize him, for the reasons before assigned.

If you are experiencing a financial block, the obstruction is in your own mind. You can now destroy that mental block. Get on mental, good terms with everyone.

As you go to sleep tonight, practice the many techniques which we occasionally refer to. Repeat the word, "Wealth," quietly, easily, and feelingly. Do this over and over again as a lullaby. Lull yourself to sleep with the one word, "Wealth." You should be amazed at the results. Wealth should flow to you in avalanches of abundance; this is another example of The Miracles Of The Subconscious Mind.

HOW TO APPLY THE SUBCONSCIOUS MIND TO MARITAL PROBLEMS

The best time to prevent a divorce is before marriage. Ignorance of the powers within you is the cause of all of your marital trouble. Learn how to attract the right wife or husband. For instance, if you are a girl seeking a husband, do not begin to tell yourself all of the reasons why you cannot get married; rather tell yourself all of the reasons why you *can* be happily married. Eradicate the word *cannot* from your vocabulary. He can, who believes he can!

You are now acquainted with the way the subconscious mind works. You know that whatever you impress upon it, shall be experienced in your world. Begin now to impress your subconscious mind with the qualities and characteristics you admire in a man.

This is one technique: Sit down at night in your armchair; close your eyes; let go; relax the body; become very quiet, passive, and receptive. Talk to your subconscious mind, and say to it, "I am now attracting a man into my experience who is honest, sincere, loyal, kind, faithful, and prosperous. He is peaceful and happy. These qualities are sinking down into my subconscious mind now. As I dwell upon these qualities, they become a part of me. I know there is an irresistible law of attraction, and that I attract to me a man according to my subconscious belief. I attract that which I feel as true in my subconscious mind. In other words I know that according to the law, I will attract a man in accordance with my feelings, beliefs, and impressions made on my subconscious mind regarding the type of man I seek."

Practice this process of impregnating your subconscious mind; then you will have the joy of attracting a man having the qualities and characteristics you mentally dwelt upon. The subconscious intelligence will open up a pathway whereby both of you will meet according to the irresistible and changeless law of your own

subconscious mind. Have a keen desire to give the best that is in you of love, devotion, and cooperation. Be receptive to this gift of love which you have given to your subconscious mind.

Marriage between man and woman should be an act of love. Honesty, sincerity, kindness, and integrity are forms of love. Each should be perfectly honest and sincere with the other. There is not a true marriage when the man marries a woman for her money, social position, or to lift his ego, because there is no sincerity or honesty there. The marriage is not of the heart. When a woman says, "I am tired working; I want to get married, because I want security;" her premise is false; she is not using the laws of mind correctly. Her security depends upon her knowledge of the interaction of the conscious and subconscious mind and its application.

For example, a woman will never lack for wealth or health if she applies the technique outlined in the respective chapters of this book. Her wealth can come to her independent of her husband, father, or anyone else. A woman is not dependent on her husband for health, peace, joy, inspiration, guidance, love, wealth, security, happiness, or anything in the world. Her security and peace of mind come from her knowledge of the inner powers within her, and her constant use of the laws of her own mind in a constructive fashion. Marrying for money or to get even with someone is, of course, a farce and a masquerade.

A man and a woman must be subjectively united in the sense that a real love or sense of oneness prevails; in other words two hearts are united in love, freedom, and respect.

A number of people have said to me, "Oh, we love each other, why should we bother getting married?" The answer to this is extraordinarily simple: What we subconsciously feel and accept as true is always objectified or made manifest on the screen of space. Their reasoning, therefore, is false and insincere. The law of mind is, "As within, so without."

Let us take the case of a man or a woman who has made an honest mistake. She now finds herself married to a drug-addict; he refuses to work; she has to support him; he is ruthless and cruel. It is true that due to her state of mind, she attracted that man; yet she is not condemned to live in a world of misery brought about by her own

mood or ignorance. Had she used her subconscious mind in the right way, this would not have happened. (I am sure that if you fell into the gutter, slipped perhaps on a banana peel, it would be silly to condemn yourself and stay in the gutter. The obvious thing to do would be to get up out of the gutter, wash yourself, and keep on going.) The woman herein referred to, packed her belongings, and left this man. She realized it was an intolerable situation. Surely this woman is not condemned to live with this man when their hearts and minds are miles apart. You can tie two people together with a rope; yet they can be as far apart as the poles in thought, feeling, and perspective.

You are divorced mentally when your mind and heart are elsewhere. To stay together in such circumstances is chaotic from all angles. Marriage is a union of two hearts; there is no marriage where the hearts are not bound together in love and peace. Adultery takes place in the heart first. The heart is the seat of the emotions. If you are resentful, hateful, and critical of your partner, you have already committed adultery in your heart.

To direct your mental and emotional operations along destructive and negative channels is to commit adultery. Always remember the adulterous state takes place in the mind. Bodily acts follow mental states; they do not precede.

Perhaps as you read these pages, you are saying, "I know a young couple who got married recently. They both used the laws of mind; they seemed perfectly happy in every way. Now they are contemplating a divorce." The mental attitude which attracted and endeared them to each other must be maintained and strengthened, in order to preserve the marriage. If a disagreement arises or some slight argument occurs, and one of the partners engages the mind on a negative idea such as resentment or hostility, he is uniting with the error in his mind, and it is destructive to marital happiness.

The little arguments and quarrels which married people engage in will not hurt; it is the sustained grudge or ill feeling which does the damage. When the harsh words said are all forgotten and forgiven a few minutes later, no harm has been done. It is when the feeling of being hurt is prolonged, that the danger lies.

If a man begins to brood, grows morbid against his wife, because of the things she said or did, he is committing adultery, since he is mentally engaged in bitterness. This mood will endanger the marriage except he forgives and radiates love and goodwill to his partner. Let the man who is bitter and resentful swallow his sharp remarks; let him go to great length to be considerate, kind, and courteous. He can deftly skirt the differences. Through practice and mental effort, he can get out of the habit of antagonism; then he will be able to get along better not only with his wife, but with business associates also. Assume the harmonious state, and eventually you will find peace and harmony.

Let us have a few remarks about the nagging wife. Many times the reason she is a nagger is because she gets no attention; oftentimes it is a craving for love and affection. Give it to her. There is also the nagging type of woman who wants to make the man conform to her particular pattern. This is about the quickest way in the world to get rid of a man.

The wife and the husband must cease being scavengers—always looking at the petty faults or errors in each other. Let each give attention and praise to the positive and wonderful qualities in the other.

A great mistake is to discuss your marital problems or difficulties with neighbors and relatives. Suppose, for example, a wife says to the neighbor, “John never gives me any money; he treats my mother abominably; drinks to excess, and he is constantly abusive and insulting.” Now this wife is degrading and belittling her husband in the eyes of all of the neighbors and relatives; he no longer appears as the ideal husband to them. Never discuss your marital problems with anyone except a trained counselor. Why have many people thinking negatively of your marriage? Moreover, as you discuss and dwell upon these shortcomings of your husband, you are actually creating these states within yourself. Who is thinking and feeling it? You are! As you think and feel, so are you.

Relatives will usually always give you the wrong advice; it is usually biased and prejudiced, because it is not given in an impersonal way. Any advice you receive which violates the golden rule—which is a cosmic law—is not good or sound.

It is well to remember that no two human beings ever lived beneath the same roof without clashes of temperament, periods of hurts, and strain. Never display the unhappy side of your marriage to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

If there are children in the home, let the father praise their mother; let him call attention at times to her fine qualities and the happy aspects of the home.

A husband must not try and make his wife over into a second edition of himself. The tactless attempt to change her in many ways is so foreign to her nature; these attempts are always foolish; many times they result in a dissolution of the marriage. These attempts to alter her destroy her pride and self-esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Adjustments are needed, of course, but if you have a good look inside of your own mind, and study your character and behaviour, you will find so many shortcomings there to keep you busy the rest of your life. If you say, "I will make him over into what I want," you are looking for trouble and the divorce court. You are asking for misery. You will have to learn the hard way that there is no one to change but yourself.

If you have a marital problem, ask yourself what it is you want; then realize that you can achieve that goal. You would solve your marital problem in the same way as any other problem. Define clearly what you want; then realize that what the mind engages in, it creates.

A woman told me one time that after thirty years her husband began to drink heavily, neglecting his home and children. She began to claim peace and harmony in her home and heart. She paid no attention to the circumstances or conditions. She quietly engaged her mind on her goal, knowing that her subconscious mind would bring about and magnify what she gave her attention to. Harmony and peace were again restored after a few months devotion to her true goal. This is an illustration of The Miracles Of The Subconscious Mind.

By resenting and fighting the situation, this woman would only make matters worse. If there is quarreling and bickering in the home,

turn your attention away from personalities, environments, and conditions, and focus your attention on your ideal, which is love, peace, and harmony. As you feed your mind upon these ideas, the subconscious mind will respond and bring about harmony.

I am often asked this question, "If one of the partners has an intense desire to terminate the marriage, and the other has an equally intense desire to remain united in marriage, and they are both sincere, what will happen?" In such cases there is a mental tug of war; this is a house divided against itself; sooner or later it will dissolve; however, their attitude of mind may prolong the situation.

The proper and correct way to solve this marital problem is to lift the thought above personalities and conditions, and begin to direct your thought to your true desire, trusting the infinite intelligence within you to bring about the perfect solution. Through the right application of the law of your subconscious mind, you can bring harmony where discord is, and resurrect peace where confusion reigns; moreover, the right application of your subconscious mind can dissolve a bad marriage.

Do not let foolish pride, anger, and a desire to get even take you to the divorce court, when all of the while your heart is one with the husband you left. Let love, goodwill, and kindness lead you back to the one you love in your heart. You can heal any problem through the right application and direction of your subconscious mind. Listening to the intuition or guidance which comes from the subjective wisdom within you would have perhaps prevented you from contracting the present marriage. You did not know how to use it; now you do. If you had a bad start, you can adjust it now by using the procedure and techniques outlined in this chapter. By exalting, and lifting up your partner in thought and feeling, and always cherishing the lovely qualities which brought you together, you can make your marriage a beautiful experience and a joy forever.

THE SUBCONSCIOUS MIND AND GUIDANCE

In explaining the workings of the subconscious mind to our recent college class, one of the men present said that the answer to his problem came to him while he was shaving. The reason for this was that while he was shaving, he was relaxed; then the wisdom and intuition of the subconscious mind came to the surface mind.

This man had been giving intense, conscious application to his problem for several days. By adhering to the following instructions he got results: As he was about to go to sleep at night, he would say, "I am now turning this request over to my deeper mind; I know it has the answer, and I will receive it."

In the first chapter we told you that the subconscious mind will awaken you at six in the morning, because you are thinking about six o'clock in the morning before you go to sleep. In the same manner the subconscious mind took up his case; having the superior wisdom, it logically deduces the perfect answer, and gave it to him.

You will often note that immediately after awakening, the answer will come to you, because you are still half asleep and half awake; there is an outcropping of the wisdom of the subconscious mind at that time.

When you are beset with a problem, what do you do? Many people will worry and fret about the problem; this makes matters worse, because the subconscious mind always magnifies what we impress upon it.

Many liken the subconscious mind to a bank; you are constantly making deposits in this universal bank. Be sure you deposit seeds of peace, harmony, faith, and goodwill; these will be magnified a thousand fold; then prosperity and good fortune will be your harvest. How do you find yourself reacting to the problems of the day and to your environment? If you react with anger, bitterness, criticism, and resentment, you are making these deposits in the bank within you.

When you need strength, faith, and confidence, you cannot draw them out, because you have not placed these qualities in your bank.

Begin now to deposit joy, love, peace, and good humor; busy your mind with these things; then the subconscious bank will give you compound interest. It will magnify exceedingly beyond your wildest dreams.

When you have what you term a difficult decision to make, or when you fail to see the solution to your problem, begin at once to think constructively about it. If you are fearful and worried, you are not really thinking. Real thought consists in contemplating whatsoever things are true, just, honest, lovely, and of good report. True thinking is free from fear. The real reason why you are fearful is because you have a false concept, or you are taking a wrong view of things. Probably you believe that external things, conditions, and circumstances control you, and that they are causative. Remember you have dominion over your environment and conditions.

Here is a simple technique which you can follow: Quiet the mind; still the body; tell the body to relax; it has to obey you. It has no volition, initiative, or intelligence of itself; it is an emotional disc which records your beliefs and impressions. Immobilize your attention; focus your thought on the solution to your problem. Try and solve it with your conscious mind. Think how happy you would be about the perfect solution. If your mind wanders, bring it back gently. In this sleepy, drowsy state, say quietly and positively, "The answer is mine now; I know my subconscious mind knows the answer." Live now in the mood or feeling of the solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. You may fall asleep sooner than you expected, but you were thinking about the answer; the time was not wasted. When you awaken, and you do not have the answer, get busy about something else. Probably when you are preoccupied with something else the answer will come into your mind, like toast pops out of the toaster.

Never think about your problem in this manner: "Things are getting worse. I will never get the answer." "I see no way out." "It is hopeless." You are reversing the law, and undoing the good work you have done. Thinking about the answer activates the intelligence

of the subconscious which knows all, sees all, and has the “know how” of accomplishment.

The subconscious mind has the power to create; it also obeys the orders given to it by the conscious mind. Remember always this simple truth: The conscious mind has the power of choice; the subconscious does what it is told to do. The latter accepts your beliefs and convictions, and brings them into your experience. It is an infinite, creative power.

Sometime ago I received a clipping from a magazine describing how Dr. Banting solved his problem of diabetes. He had made a profound study of the disease. One night he was awakened in the early hours of the morning with the answer to extract the substance from the degenerated, pancreatic duct of dogs; this was the origin of insulin, which has helped millions of people.

It does not follow that you will always get an answer over night; the answer may not come for weeks or months. Do not be discouraged. Keep on turning it over every night to the subconscious mind prior to sleep, as if you had never done it before.

One of the reasons for the delay may be that you look upon it as a major problem. You may believe it will take a long time to solve it.

The subconscious mind is timeless and spaceless. Go to sleep believing you have the answer now, and that the solution is yours now. Do not postulate the answer in the future. Have an abiding faith in the outcome. Become convinced now, as you read this book, that there is an answer, and a perfect solution for you.

Here is a very simple technique used from time immemorial to get an answer from the subconscious mind: Calmly think over what you want, such as, the answer, the harmonious solution, or the right decision. The best time to turn over a request is just before going to sleep. Relax the body; still the wheels of your mind; suggest sleep to yourself. You will begin to feel sleepy, but you are still consciously aware and capable of directing your attention.

For example, you can hear a baby cry next door, or you can hear someone walking around the house. You are in a state akin to sleep, between the waking and sleeping state. (The Nancy School of Therapeutics calls this state *the reverie*.) In this drowsy, meditative state you induce the subconscious mind to take over your problem or

request; this *passing over* to the subconscious mind is best accomplished through the above process. You infer no opponent; you use no will power. You imagine the end, the solution, and the freedom state. Do this with complete naivete and simplicity. Have a simple, childlike, miracle-making faith. Picture yourself without the problem. Cut out all of the red tape from the process.

The simple way is the best. This is an illustration: I lost a valuable ring; it was an heirloom; I looked everywhere for it, and could not locate it. I decided to practice what I preach! At night I talked to the subconscious in the same manner that I would talk to anyone. I said to it prior to dropping off to sleep: "You know all things; you know where that ring is, and you now reveal to me where it is." In the morning I awoke suddenly with the words ringing in my ear, "Ask Robert!"

I thought it very strange that I should ask Robert; however, I followed the inner voice of intuition.

Robert said, "Oh, yes, I picked it up on the sidewalk in front of the house. It is in my drawer; it did not seem very valuable, so I did not say anything about it!" The subconscious mind will always answer you if you trust it.

A young man in our recent class had this experience: His father passed on to the next dimension, and apparently left no will. However this man's sister told him that their father had confided to her that a will had been executed which was fair to all. All attempts to locate the will failed. During the closed class on The Miracles Of The Subconscious Mind this young man put into practice what he heard. As he went to sleep, he said, "I now turn this request over to the subconscious mind; it knows just where that will is; it reveals it to me"; then he condensed his request down to one word, "Answer," repeating it over and over again as a lullaby. He lulled himself to sleep with the word, "Answer."

This student had a dream that night, a very vivid, realistic dream, wherein he saw the name of a certain bank in Los Angeles and its address. He went there; found a safe deposit vault registered in the name of his father which solved all of his problems.

Your thought as you go to sleep arouses the powerful latency which is within you. For example, let us suppose you are wondering

whether to sell your home, buy a certain stock, sever partnership, move to New York or stay in Los Angeles, dissolve the present contract or take a new one. Do this: Sit quietly in your arm chair or at the desk in your office; remember that there is a universal law of action and reaction. The action is your thought. The reaction is the response from your subconscious mind. The subconscious mind is reactive and reflexive; this is its nature. It rebounds, rewards, repays; it is the law of correspondence. It responds by corresponding. As you contemplate right action, you will automatically experience a reaction or response in yourself. You have now used the infinite intelligence resident in the subconscious mind to the point where it begins to use you; from then on your course of action is directed and controlled by the subjective wisdom within you, which is all wise and omnipotent. Your decision will be right; there will only be right action, because you are under a subjective compulsion to do the right thing. I use the word *compulsion*, because the law of the subconscious is compulsive.

Our subconscious convictions and beliefs dictate and control all of our conscious actions. The secret of guidance or right action is to mentally devote yourself to the right answer, until you find its response in you. The response is a feeling, an inner awareness, an overpowering hunch whereby you know that you know. You have used the power to the point where it begins to use you. You cannot possibly fail or make one false step while operating under the direction of the subjective wisdom within you.

Think of a garden; then you will understand the two-fold aspect of mind, and the subjective law by which it operates. The conscious mind plants the seed in the soil. It decides what kind of seed shall be planted. As you know the soil will grow whatever is planted, whether it is grapes or thorns.

Similarly, look upon the subconscious mind as the soil; it contains all of the elements necessary and essential for growth. Again let us realize it is the nature of the soil to *bring forth*, but as you know, it is not the slightest bit interested in what it brings forth. It does not care whether it brings forth a pear tree or an apple tree. All of the laws of nature would be violated should the soil refuse to produce or grow poisonous plants.

Exactly the same thing is true of the subconscious mind; it is a doer; it never questions or talks back to you. It accepts what you deposit in it, and produces it in your experience whether it is good or bad. Learn to use your subconscious mind constructively, wisely, and judiciously.

I want to stress this important fact: You will always receive guidance in respect to the subject in which you think about the most. The subconscious mind is impersonal and no respecter of persons. If, by illustration, you begin to think about how you can set fire to a certain building without being detected, ideas and thoughts will come to you for the evil and destructive uses of fire. The universal energy or power in and of itself is perfectly harmless; however, you can use it for constructive or destructive purposes.

Let us take the atomic energy about which we read so much; it is perfectly harmless. You know very well it is in the mind of man that the danger of atomic energy lies. He can use the atomic energy to warm or light a house or destroy thousands of people.

You receive guidance in accordance with what you habitually think about. If you think and dwell upon fears, troubles, and failure, you will be guided in the wrong direction, and more chaos and confusion will be experienced by you.

Take this great thought, and dwell upon it: There is nothing to fear in all of the universe! You have the power of control through the wise use of your subconscious mind. Sit down quietly now, and think of a beautiful lake on top of a mountain; it is a still, quiet night. On the surface of the quiet, placid lake you see mirrored the stars, the moon, and perhaps the trees near-by. If the lake is disturbed, you will not see the stars or the moon. Similarly quiet your mind, relax, and let go. Think of peace and stillness; then over the mirrored waters of your mind will move the answer to your question!

OVERCOMING FEAR THROUGH THE SUBCONSCIOUS MIND

Emerson said, "Do the thing you fear, and the death of fear is certain."

There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to stand before the audience; do the thing I was afraid to do, and the death of fear was certain. When you affirm positively that you are going to master your fears, and come to a definite decision in your conscious mind that you are going to overcome, you release the power of the subconscious which flows in response to the nature of your thought.

One of our students told me that he was invited to speak at a banquet. He said he was panic stricken at the thought of speaking before a thousand people. He overcame the fear this way: For several nights he sat down in an armchair for about five minutes and said to himself slowly, quietly, and positively, "I am going to master this fear. I am overcoming it now. I speak with poise and confidence. I am relaxed and at ease." He operated a definite law of mind and overcame his fear.

The subconscious mind is amenable to suggestion and controlled by suggestion. When you still your mind and relax, the thoughts of your conscious mind sink down into the subconscious through a process similar to osmosis, whereby fluids separated by a porous membrane intermingle. As these positive seeds or thoughts sink into the subconscious area, they grow after their kind, and you become poised, serene, and calm.

A young lady was invited to an audition. She had been looking forward to the interview. However, on three previous occasions she failed miserably due to stage fright.

Here is the very simple technique which I gave her. Remember this young lady had a very good voice, but she was certain when the time came for her to sing that she would be seized with stage-fright. The subconscious mind takes your fears as a request, proceeds to manifest them, and bring them into your experience. On three previous auditions she sang wrong notes and finally broke down. The cause, as previously outlined, was an involuntary auto-suggestion; i.e., a silent fear thought emotionalized and subjectified.

She overcame it by the following technique. Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled the mind and body as best she could. Physical inertia favors mental passivity, and renders the mind more receptive to suggestion. She counter-acted the fear suggestion by its converse, saying to herself, "I sing beautifully, I am poised, serene, confident, and calm." She repeated this statement slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep. At the end of a week she was completely poised and confident, and gave a remarkable, wonderful audition. Carry out the above procedure with assurance and conviction, and the death of fear is certain.

Occasionally young men from the local university come to see me, and also school teachers, who seem to suffer from suggestive amnesia at examinations. The complaint is always the same—"I know the answers after the examination is over, but I can't remember the answers during the examination."

The idea which realizes itself is the one to which we invariably give concentrated attention. I find that each one is obsessed with the idea of failure. Fear is behind the temporary amnesia, and is the cause of the whole experience.

One young medical student was the most brilliant in his class; yet he found himself failing to answer simple questions at the time of written or oral examinations. I explained to him that the reason was he had been worrying and fearful for several days previous to the examination, these constant negative thoughts became charged with fear. Thoughts enveloped in the powerful emotion of fear are realized in the subconscious. In other words, this young man was requesting

his subconscious mind to see to it that he failed, and that is exactly what it did. On the day of the examination he found himself stricken with what is called in psychological circles “suggestive amnesia.”

A French psychologist named Baudouin said, “What we have to work for in overcoming fear is education of the imagination.”

Here is how the young man overcame his fear. He learned that his subconscious mind was the storehouse of memory, and had a perfect record of all he had heard and read during his medical training. Moreover, he learned that the subconscious mind was responsive and reciprocal; the way to be en-rapport with it was to be relaxed, peaceful, and confident.

Every night and morning he began to imagine his mother congratulating him on his wonderful record. He would hold an imaginary letter from her in his hand and read congratulatory words. He would also feel the letter in his hand. As he began to contemplate the happy result, he called forth a corresponding or reciprocal response or reaction in himself. The all-wise and omnipotent power of the subconscious took over, dictated, and directed his conscious mind accordingly. He imagined the end. When he imagined and felt the end, he willed the means to the realization of the end. Following this procedure he had no trouble passing subsequent examinations. In other words the subjective wisdom took over compelling him to give an excellent account of himself. The law of the subconscious mind is compulsion.

There are many people who are afraid to go in an elevator, climb mountains, or even swim in the water. It may well be that the individual had unpleasant experiences in the water in his youth, such as having been thrown forcibly into the water without being able to swim.

I had an experience when I was about ten years of age. I fell accidentally into a pool and went down three times. I can still remember the dark water engulfing my head, and my gasping for air until another boy pulled me out at the last moment. This experience sank into my subconscious mind; for years I feared the water.

An elderly psychologist said to me, “Go down to the swimming pool, look at the water, and say out loud in strong tones, ‘I am going to master you, I can dominate you;’ then go into the water, take

lessons, and overcome it.” This I did. I learned that when you do the thing you are afraid to do, fear disappears.

It was only a shadow in my mind. When I assumed a new attitude of mind, the omnipotent power of the subconscious responded giving me strength, faith, and confidence, enabling me to overcome. I used the subconscious mind to the point where it began to use me.

Following is a process and technique for overcoming fear which I teach from the platform—it works like a charm. Try it! Suppose you are afraid of the water, or a mountain, an interview, an audition, or you fear closed places. If afraid of swimming, begin now to sit still for five or ten minutes, for three or four times a day, and imagine you are swimming. Actually you are swimming in your mind; it is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It is all real, vivid, and a joyous activity of the mind. It is not idle day dreaming, for you know what you are subjectively experiencing in your imagination will be developed in your subconscious mind; then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind; this is the law of the subconscious.

As you continue to discipline your mind this way, you are mentally immersed in the water and happy in it, consequently the fear passes; you will enter the water physically. I might say you will be compelled to give a good performance. You have consciously called upon the wonderful power of your subconscious which is all wise and powerful; this power controls you and governs you according to the nature of your call or request. This is a wonderful thing to know and a marvelous thing to do.

The president of a large organization told me that when he was a salesman, he used to walk around the block five or six times before he called on a customer. The sales manager came along one day, and said to him, “Don’t be afraid of the boogie man behind the door, there is no boogie man; it’s a false belief.”

The manager told him that whenever he looked at his own fears, he stared them in the face and stood up to them, looking them straight in the eye; then they faded and shrank into insignificance.

Go out now and face that thing you are afraid of. If you are afraid to take that position, take it. Say to yourself "I can accomplish; I will succeed!" You will find a corresponding emotion or feeling generated by your subconscious. You will induce the mood or feeling of confidence, faith in yourself, and the joy of accomplishment. Fear is a thought in your mind, but confidence is a far more powerful thought; it fills your mind with a positive, constructive feeling and drives fear out.

A chaplain told me of one of his experiences in the second World War. He had to parachute from a damaged plane and land in a jungle. He said he was frightened, but he knew there were two kinds of fear, normal and abnormal. Normal fear is good; it is the law of self preservation. It is the subconscious mind telling you something must be done. It is sort of an alarm system that tells you to get out of the way of an oncoming car.

The chaplain said, "I began to talk to myself saying, 'John, you can't surrender to your fear; your fear is a desire for safety or security, for a way out.'"

He said that he knew there was a subjective intelligence which led the birds to their food and told them where to go in summer and winter. He began to claim, "Infinite Intelligence which guides the planets in their course is now leading and guiding me out of this jungle."

He kept saying this out loud to himself for ten minutes or more. "Then," he added, "something began to stir inside me, a mood of confidence began to seize me, and I began to walk. After a few days I came out miraculously, and was picked up by a rescue plane."

His changed mental attitude saved him. His confidence and trust in the subjective wisdom and power within him was the solution to his problem. He said, "Had I begun to bemoan my fate and indulge my fears, I would have succumbed to the monster *fear*, and probably have died of fear and starvation."

Whenever fear comes, go to the opposite immediately in your mind. To indulge in fear thoughts constantly and to engage your mind constantly with negative thoughts result in abnormal fear, obsessions, and complexes. To engage the mind with all the difficulties of your problem will only instill more fear until it assumes a

size of catastrophic proportions. Finally there comes a sense of panic and terror weakening and sickening you. You can overcome fear of this nature when you know that the power of your subconscious can always change the objective conditions. Go within, claim, and feel your good—the solution. Know there is an Infinite Intelligence which responds and reacts to your thought and feeling.

Imagine the end; feel the thrill of victory. What you subjectively feel and imagine as true is the inner evidence of what will take place objectively. Your subconscious can free you. When fear thoughts come, contemplate the solution, the happy ending. Never fight negative or fearful thoughts. Always turn on the lamp of love, peace, and confidence within you. Most of our fears are imaginary.

The general manager of an organization told me that for three years he feared he would lose his position. He was always imagining failure. The thing he feared did not exist, save as a morbid, anxious thought in his own mind. His vivid imagination dramatized the loss of his job until he became nervous and neurotic. Finally he lost his position; he was asked to resign.

Actually he dismissed himself. His constant, negative imagery and fear suggestions to his subconscious mind caused the latter to respond and react accordingly. It made him make mistakes and foolish decisions which resulted in his failure as a general manager. The thing this man feared did not exist. His dismissal would never have happened had he immediately moved to the opposite in his mind.

No thought or concept, constructive or negative, can ever manifest except we emotionalize such concepts. The thoughts, concepts, and ideas have to penetrate the subconscious before they can affect us for good or evil.

If you look back in your life, you will agree with the writer that most of your fears, worries, and anxieties never came to pass. The reason for this was that you did not retain them long enough; likewise you did not charge them with a deep emotion. The general secret of banishing fear is to constantly fill your mind with constructive and positive thoughts. Fill the mind with thoughts of love, peace, and harmony. Give attention to your goal, ideal, the positives, the things you wish to experience in life. As you do this, an

inner invisible movement of your subconscious will take place changing your world into the likeness of your inner imagery and contemplation.

During a recent round the world lecture tour, I had a two hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturbs him. His practice is to sit still for fifteen minutes in the morning and realize that in the center of himself is a deep, still ocean of peace. Meditating in this way, he generates tremendous power which overcomes all manner of difficulties and fear.

Some months ago, a colleague called him at midnight and told him that a group were plotting against him. This is what he said to his colleague: "I am going to sleep now in perfect peace. You can discuss it with me at ten A.M. tomorrow."

Notice how calm he was, how cool, how peaceful! He didn't start getting excited, tearing his hair, or wringing his hands. At his center he found the still water, an inner peace, and there was a great calm.

Your mind is composed of two areas, the conscious mind where we reason, and the great unconscious or subconscious depths which somewhat resemble the ocean into which many forgotten fears and false beliefs are lodged.

I met a man who came to my hotel in New Delhi, India, for consultation. He was from the British Isles. He had acute sinusitis, a deep sense of grief, and was haunted by unknown fears. I found in talking to him that he hated his father for many years, because the father had bequeathed all his estate to his brother. This hatred developed a deep sense of guilt in his subconscious mind; because of this guilt he had a deep, hidden fear of being punished; this complex expressed itself as migraine and sinusitis in his body.

Fear means pain. Love and good will mean peace and health. The fear and guilt which this man had were expressed as disease, or lack of ease or peace. The mucous membranes of his nose were always inflamed.

This young man realized that his whole trouble was caused by his own sense of guilt, self-condemnation, and hatred. His father had long since passed on to a higher dimension of life. Actually he was

poisoning himself through hatred; he began to forgive himself. *To forgive* is to give something for. He practiced saying, “I completely forgive my father. He did what he believed right according to his light. I release him. I wish him peace, harmony, and joy. I am sincere, I mean it.”

Then he cried for a long time. That was good. He lanced the psychic wound, and all the psychic pus came forth. His sinusitis disappeared. I have had a letter from him saying that the migraine attacks have ceased altogether. The fear of punishment which was lurking in his subconscious mind has now disappeared.

Use this perfect formula for casting out fear. “I sought the Lord, and He heard me, and delivered me from all my fears.” The *Lord* is an ancient word meaning your subconscious mind.

Learn the powers of your subconscious, how it works and functions. Master the techniques given you in this chapter. Put them into practice now—today! Your subconscious will respond, and you will be free of all fears.

“I sought the Lord, and He heard me, and delivered me from all my fears.”

MAGIC OF FAITH

(1954)



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THE SONG OF TRIUMPH

“Tell me, O thou whom my soul loveth, where thou feedest, where thou makest THY FLOCK to rest at noon?”

“Behold, thou ART fair, my love; behold, thou ART fair, thou HAST doves’ eyes.”

“He brought me to the banqueting house, and his banner over me WAS love.”

“His left hand IS under my head, and his right hand doth embrace me.”

“My beloved spake, and said unto me, Rise up, my love, my fair one, and come away.

“For lo, the winter is past, the rain is over AND gone;

“The flowers appear on the earth; the time of the singing of BIRDS is come, and the voice of the turtle is heard in our land;

“Arise, my love, my fair one, and come away.

“My beloved IS mine, and I AM his: he feedeth among the lilies.

“Until the day break, and the shadows flee away.”

It is inconceivable that any anthology could be written wherein *The Song of Solomon* would not be included. It is really one of the most inspired parts of the Bible. *The Song of Solomon* reveals God as the Great Lover. It is ecstatic and thrilling.

In order to lead the triumphant life, you must be moved by Love. You can go wild in the joy of being actually drunk with the Spirit. In other words by singing the Song of God, you become God-intoxicated, and fired with Divine enthusiasm, thereby expressing more and more of Divine love and joy every day.

You sing the Song of God, or the mood of triumph, when you subjectively feel that you are that which your five senses tell you, you are not; you are then God-intoxicated and seized with a Divine frenzy—a sort of mad joy.

Haven't you at times seen a person bubbling over with enthusiasm and intoxicated with joy? That person is singing the Song of God at that moment. "In thy presence *is* fulness of joy; at thy right hand *there are* pleasures for evermore."

When you sing a song, you are expressing your whole nature. Your mind and body enter into the song. When your heart is full of love and good will, and you are radiating peace, you are truly singing God's Song; It is the song of the jubilant soul.

The real You is a spiritual, eternal, perfect being. You are a living expression of God now. "I have said, Ye *are* Gods; and all of you are children of the most High."

When you pray, it is a romance with God or your Good. Your desire, when realized, brings you joy and peace. In order to realize the desire of your heart, which is depicted in *The Song of Solomon* as your beloved, you must woo it; let that desire of yours captivate, hold, and thrill you. Let it fire your imagination. You will always move in the direction of the desire which dominates your mind.

The majority of students of psychology know that *The Song of Solomon* is a beautiful description of the wonderful romance of the conscious and subconscious mind (Solomon and Sheba).

"Tell me, O thou whom my soul loveth, where thou feedest?" Your realized desire is he whom your soul loveth. You are asked, "Where thou feedest?" In other words what are you mentally dwelling upon?

The *flock* represent your thoughts, ideas, opinions, and beliefs. You are to feast on nothing but the joy of the answered prayer.

If you are saying to yourself, “I can’t. It is too late now. I am too old, and I don’t know the right people”—in other words if you are mentally feeding on all the reasons why you cannot do something, or be what you want to be, you are not making “thy flock to rest at noon.”

At noon the sun casts no shadow; likewise, when you pray, you are not to permit any shadow of fear or doubt to cross your path, or deflect you from your goal or aim in life. The world of confusion shall be rejected, and you shall mentally eat of, or meditate on the reality of your desire.

“Behold, thou *art* fair, my love; behold, thou *art* fair; thou *hast* doves’ eyes.” *The dove* is a symbol of God’s inner peace.

Once I talked to an alcoholic who said, “Don’t say anything about this God-stuff to me. I don’t want God. I want a healing.” This man was deeply resentful toward a former wife who had remarried; moreover, he was full of grudges against several people. He needed the *doves’ eyes*, which means he needed to see the truth which would give him peace of mind.

I asked him, “Will you pray with me now? All I ask is that you be sincere; if you are, you will experience an inner peace which passeth all human understanding.”

He relaxed his body, and I said to him, “Imagine you are talking to the Invisible Presence within you—the Almighty Power which created the Cosmos. It can do all things. Say, ‘Thank you, thank you, for this inner peace.’ Say it over and over again.”

After ten minutes in silent meditation, he was blinded by an interior, Inner Light. It seemed to come from the floor where he was. The whole room was flooded with Light!

He exclaimed, “All I see is Light! What’s wrong?” Then he relaxed into sleep in my office, and his face did truly shine as the sun. He awakened in about fifteen minutes, and was completely at peace saying, “God truly is! God is!” This man had found his Beloved; It had *doves’ eyes*.

As you fall asleep at night, tell your desire how fair it is, and how wonderful you would feel in realizing it. Begin to fall in love with your

ideal. Praise it; exalt it. "Arise my Love!" Feel that you are what you want to be. Go to sleep in the consciousness of being or doing what you long to do.

I told a man in one of the islands one time "to sleep" on the idea of success. He was selling magazine subscriptions. He became a great success by following this procedure: I suggested that he think of success prior to sleep; i.e., what success meant to him; what he would do if he were successful. I told him to use his imagination; then as he was about to go to sleep, fall in love with the idea of success this way: Repeat the one word, "Success," over and over again. He should get into the mood of success; then fall off to sleep in the arms of his Everlasting Lover. Your Lover—your Divine Presence—will bring to pass whatever you accept as true. The conditions, experiences, and events of your life are called children of your mind.

"He brought me to the banqueting house, and his banner over me *was* love." The *banquet house* is your own mind where you entertain the idea or desire of your heart.

I will illustrate at this point how to entertain in this *banquet house* of your own mind. A young girl having a special talent to sing was having great difficulty in getting anything to do in the motion picture field, television, or radio. She had been turned down so often she feared she was getting a rejection complex. She heard me state over one of our radio programs that whatever the mind of man could imagine and feel as true, he could realize. She wrote that down, and came to one of our classes, and began to practice entering into the *banquet house* by quieting the wheels of her mind, relaxing the body by simply talking to it, and telling it to relax; it has to obey you. In that quiet, relaxed, peaceful state, with her attention completely focused on an imaginary, movie contract in her hand, she felt the reality of the joy and wonder of it all. She was now in the *banquet house* and the banner over her was love. *Love* is an emotional attachment. She was definitely, mentally attached to this contract. "He calleth things that are not seen, as though they were, and the unseen becomes seen." The visible world comes out of the invisible. She caused the contract to become a reality by becoming emotionally attached to the imaginary picture of a contract in her mental, *banquet house*. She

knew that what she imagined and believed must come to pass in the three-dimensional world.

“His left hand is under my head, and his right hand doth embrace me.” *The left hand* is your deep, subjective feeling; the *right hand* is your disciplined imagination. As you begin to imagine and feel the reality of your desire, you are joining the right and left hands together in a Divine embrace; then a union of the idea and feeling takes place. Another way of saying this is: There is an agreement of the conscious and subconscious mind which denotes the answered prayer.

You know when there is no longer any argument or doubt in your conscious or subconscious mind, your prayer is answered, because the two have agreed as touching upon it, and it is so.

“My beloved spake, and said unto me, Rise up, my love, my fair one, and come away.” Is not that what your goal, aim, ambition, or desire is saying to you? For instance the idea of perfect health is now beckoning to you, and saying, “Rise up, and come away from the belief in sickness, limitation, pain, and aches to health, harmony, and peace of mind.”

I had a long talk with a man in England who had trouble with his leg. He had been confined to his home for nine months, and was unable to lean on his leg or walk. The first thing I did was to ask him what he would do if he were healed? He said, “I would again play polo, swim, golf, and climb the alps which I used to do every year.” That was the answer I was seeking.

I told him in the simplest way how to achieve the perfect use of his legs again. The first thing was to imagine he was doing the things he would do. I painted an imaginary picture for him. For fifteen or twenty minutes three times a day he sat in his study and imagined he was playing polo; he assumed the mental mood of actually performing the role of a polo player. He became the actor; an actor participates in the role.

Note carefully that he did not see himself playing polo; that would be an illusion. He *felt* himself playing polo. He actualized it by living the drama in his mind or *banquet house*.

At noon he would quiet the mind; still the body, and feel his Alpine clothes on him. He would feel and imagine he was climbing the Alps;

he would feel the cold air on his face, and hear the voice of his old associates. He lived the drama and felt the naturalness and the tangibility of the rocks.

At night prior to sleep, before going into the Arms of his Beloved—His Deeper Self—he would play a game of golf. He would hold the club; touch the ball with his hand; put it in place, and tee off. He would swing his clubs, and delight in watching where the ball went. When he was in the mood of playing a good game, he would go off to sleep feeling very satisfied and happy about his experience.

Within two months this man's leg was healed. He did all the things he imagined he would do. The *idea* of climbing the Alps, plus the *desire* to play polo again, said to this man, "Arise, my love, my fair one, and come away," from your belief in a physical handicap; that is what he did.

The law of the subconscious is one of compulsion. When you subjectively feel you are swimming,—for example, when you feel the chill of the water, and the naturalness of your various swimming strokes,—you will sooner or later be compelled to swim. Whatever the handicap, whether fear or a physical condition, you will do what you subjectively felt you were doing.

Your desire, dream, ambition, goal, or aim is your saviour! It is walking down the corridor of your mind, saying to you, "Arise, my love, and come away," and enjoy the good and glorious things of life.

No matter what the problem is, or its magnitude, you have really nothing to do but convince yourself of the truth which you are affirming. As quickly as you succeed in convincing yourself of the reality of your desire, results will automatically follow. Your subconscious mind will faithfully reproduce what you impregnated within it.

The Bible says, "Choose you this day whom ye will serve." You have the freedom to choose the tone, feeling, or mood you enter into. The manifestation of your feeling or conviction is the secret of your lover or subconscious mind. Your external actions are, therefore, determined by your subconscious beliefs and impressions.

Your thought and feeling determine your destiny. The knowledge of the truth is saying to you now, "The winter is past, the rain is over *and gone*." *The winter* represents that cold state when the seeds are

frozen in the bosom of the earth and nothing is growing. The winter and all the seasons are in your mind.

Are your desires, dreams, visions, and aims in life frozen within you due to fear, worry, or false beliefs? You can resurrect them now by turning away from appearances, entering into the banquet *house* of God within you, and saying to yourself, "I can be what I want to be. All I have to do is impress my subconscious mind with my desire for health, wealth, companionship, or true place, and it will express that state with which I have impressed it."

The *winter* is now over for you; the rain is gone also. Your mind may have been flooded with negative thoughts causing the mood of despondency, dejection, and melancholia. This is what a flood or avalanche of negative thoughts, false beliefs, and erroneous opinions will do. Now you know that all you have to do is fill your mind with the truths of God which have come down to you from time immemorial. As you do this, you will crowd out of your mind everything unlike them.

The winter and the floods are over for you when regularly and systematically you fill your mind with the concept of peace, happiness, love, and good will. You can do this by reading one of the Psalms, such as the twenty-third or ninety-first, and feeling the truth of everything you say; or you can read aloud a good meditation of the real truths of God. As you do this, these truths go in through the eye and the ear; they release a tremendous, therapeutic vibration which courses through your entire mind and body. These curative, healing, soothing vibrations destroy, neutralize, and obliterate all the negative, fearful, diseased thoughts which caused all the trouble in your life; their embodiment must then disappear. This is prayer; do it often enough until it becomes a habit. Prayer should be a habit also.

Do everything from the standpoint of the One God and His Love. For instance, when you shop, pray before purchasing. Say, "God guides me in all my purchases." Say quietly to the saleslady or salesman, "God is prospering him."

Whatever you do, do it with love and good will. Pour out love, peace, and good will to all. Claim frequently that God's Love and Transcendent Beauty flow through all my thoughts, words, and actions. Make a habit of this. Fill your mind with the eternal verities;

then you will see that “The flowers appear on the earth; the time of the singing of *birds* is come!” You will begin to *flower*; yes, you will begin to blossom forth.

The earth means your body, environment, social life, and all things necessary on this objective plane.

The flowers you witness will be the birth of God in your mind. *The flowers* of God’s guidance will watch over you, and lead you to green pastures and still waters. The flowers of God’s Love will fill your heart. Now when you see discord anywhere, you will see the Love of God operating in all His Creation; as you realize It, you will see love come forth and flower in the other.

When you go into a home, and you see confusion, quarrelling, and strife, you will realize within yourself, that the peace of God reigns supreme in the minds and hearts of all those in this house; you will see the flower of peace made manifest and expressed.

Where you see financial lack and limitation, you will realize the infinite abundance and wealth of God forever flowing, filling up all the empty vessels, and leaving a Divine surplus. As you do this, you will live in the garden of God where only orchids and all beautiful flowers grow; for only God’s ideas circulate in your mind.

As you go to sleep every night, you will clothe yourself with the garment of love, peace, and joy. From now on you always go to sleep feeling that you now are what you long to be. Your last concept as you fall asleep is etched on your deeper mind; you shall resurrect it. Always take into the *banquet house* of your Lover a noble, Christ-like concept of yourself; your Lover will always give you what you conceive and believe as true. Anything you can conceive, your Lover can give conception. Love gives birth to all things. Your tomorrows are determined by your concept of yourself as you fall asleep in the arms of your Lover (your ideal).

The time of the singing of birds is at hand for you when you cease singing that old song of lack. You have listened to people sing this kind of song: It is like an old gramophone record: “I’m so lonesome; things never went right for me. I never had a chance. I have been cruelly treated.” “I have been operated on three times.” “You should hear about all the money I lost.” Yes, then they tell about the fear on the lonely road, plus their likes, dislikes, pet peeves, and hates.

Imbued with God's love, you will no longer sing that song again. You will sing the new song; for God's ideas and truths (birds) will sing in you.

Then you will *speak in a new tongue* which means the mood of peace, joy, good will, and love. You will no longer react to people and conditions like you did. The Song of God is now heard. Now when someone says something mean or nasty to you, you will immediately transform it by realizing God's peace fills your soul. You will consume it with the fire of right thoughts; the birds will truly sing in your mind and heart as you do. You are happy; you are bubbling over with enthusiasm, and you are looking forward with a joyous expectancy to all good things. Wherever you go, you carry peace with you; all those who come within your orbit are blessed by your inner radiance. You begin to see sermons in stones, tongues in trees, songs in running brooks, and God in everything. *The voice of the turtle* is now heard in your land!

Tennyson said, "Speak to Him thou, for he hears, spirit with spirit shall meet, closer is He than breathing, and nearer than hands and feet."

The voice of the turtle dove is the voice of peace, the voice of intuition, and of God's inner guidance. You can hear it by lowly listening. For instance one time as a boy I was lost in the woods. I sat down under a tree, and remembered a prayer which starts with, "Our Father, He will show us the way; let us be quiet, and He will lead us." I quietly repeated, "Father, lead us."

A wave of peace came over me which I can still recall. *The voice of the turtle dove* became real. *The turtle dove* is intuition which means being taught from within. An overpowering feeling came over me to go in a certain direction as if I were being pushed ahead. Two of the boys came with me; the others did not. We were led out of that thick jungle, as if by an Unseen Hand.

Great musicians have listened and heard the music within; they wrote down what they heard inwardly. In meditation Lincoln listened to the principle of liberty; Beethoven heard the principle of harmony.

If you are intensely interested in the principle of mathematics, you are loving it; as you love it, it will reveal all its secrets to you.

Jesus heard *the voice of the turtle dove* when he said, "Peace, I leave with you; my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled; neither let it be afraid." How wonderful you will feel as you drink in these words and fill your mind with their therapeutic potency.

Job heard *the voice of the turtle* when he said, "Acquaint now thyself with Him, and be at peace." "Thou wilt keep *him* in perfect peace, *whose* mind is stayed *on thee*: because he trusteth in thee." "For God is not *the author* of confusion, but of peace."

You can hear *the voice of the turtle* by turning to the Infinite Intelligence within you, saying, "Father, this is what I want . . . "; then state specifically and clearly the thing you desire. You are now turning your desire over to the God-Wisdom within you, Which knows all, sees all, and has the "know how" of accomplishment. You always know whether you have really turned your request over or not. If you are at peace about it, you have turned it over. If anxious and worried, you have not subjectified your prayer; you do not fully trust the God-Wisdom within.

If you want guidance, claim Infinite Intelligence is guiding you now; It will differentiate Itself as right action for you. You will know you have received the answer, for *the dove of peace* will whisper in your ear, "Peace be still." You will know the Divine answer, for you will be at peace, and your decision will be right.

A girl recently was wondering whether to accept a position in New York for considerably more money or remain in Los Angeles in her present position. At night as she went to sleep, she asked herself this question, "What would be my reaction if I had made the right decision now?" The answer came to her, "I would feel wonderful. I would feel happy having made the right decision." Then she said, "I will act as though I had made the right decision," and she began to say, "Isn't it wonderful! Isn't it wonderful!" over and over again, as a lullaby, and lulled herself to sleep in the feeling, "It is wonderful."

She had a dream that night, and the voice in the dream said, "Stand still! Stand still!" She awakened immediately, and knew of course that was *the voice of the turtle dove*—the voice of intuition.

The fourth dimensional-self within her can see ahead; it knows all and sees all; it can read the minds of the owners of the business in

the east. She remained in her present position. Subsequent events proved the truth of her Inner Voice; the Eastern concern went into bankruptcy. "I the Lord will make myself known unto him in a vision, *and* will speak unto him in a dream."

"My beloved *is* mine, and I *am* his; he feedeth among the lilies." *The lilies* represent the poppies which grow in the East. To see the poppy field sway in the breeze is a very beautiful sight. Here the inspired Biblical writer is telling you to have a romance with God. As you turn to the God-Presence, It turns to you. You experience the mystic marriage, the wedded bliss, when you fall madly in love with truth for truth's sake; then you become full of the new wine, the new interpretation of life.

The lilies symbolize beauty, order, symmetry, and proportion. As you feed or feast on the great truth that God is Indescribable Beauty, Boundless Love, Absolute Bliss, Absolute Harmony, and Infinite Peace, you are truly *feeding among the lilies*. When you claim that what is true of God is true of you, miracles will happen in your life.

By realizing and knowing these qualities and attributes of God are being expressed through you, and that you are a channel for the Divine, every atom of your being begins to dance to the rhythm of the Eternal God. Beauty, order, harmony, and peace appear in your mind, body, and business world as you feed among the lilies; you feel your oneness with God, Life, and God's Infinite Riches. You are married to your Beloved, for you are now married to God; you are a bride of the Lord (I AM). From this moment forward you will bring forth children of your Beloved; they will bear the image and likeness of their Father and Mother.

The *father* is God's idea; the *mother* is the emotionalizing of the idea, and its subjective embodiment. From that union of idea and feeling come forth your health, abundance, happiness, and inner peace.

Sit down and feed among the lilies by realizing that every night of the year when you go to sleep, you go before the King of Kings, the Lord of Lords, and the Prince of Peace. Be sure you are dressed properly as you enter into His Holy Presence. If you were going before the President, you would put on your best clothes. The clothes you wear as you enter into the heavens of your own mind

every night represent the mood, or the tone you wear. Be sure it is always the wedding garment of love, peace, and good will to all.

Be absolutely sure that you can say, "Behold, thou art fair." There must be no resentment, ill-will, condemnation of self or others, and no criticism of any person. God's Love must really fill your heart for all men everywhere. You must sincerely wish for everyone what you wish for yourself; then you can say to your mood or feeling, "Behold, thou *art* fair." "And when ye stand praying, forgive, if ye have ought against any."

"My beloved is mine." All that God is, is yours, for God is within you. All you can possibly desire is already yours. You need no help from the outside to *feed among the lilies*.

When you go to sleep tonight, forgive everyone, and imagine and feel your desire is fulfilled. Become absolutely and completely indifferent to all thought of failure, because you now know the law. As you accept the end, you have, as Troward so beautifully stated, willed the means to the realization of the end. As you are about to enter sleep, galvanize yourself into the feeling of being or having your desire. Your mental acceptance or your feeling as you go to sleep is the request you make of your Beloved; then She looks at your request (conviction in the subconscious mind), and being the Absolute Lover, she must give you what you asked.

"You feed among the lilies until the day breaks and the shadows flee away." The *shadows* are fear, doubt, worry, anxiety, and all the reasons why you cannot do something. *The shadows* of our five senses and race belief hover over the minds of all as we pray.

When you pray, accept as true what your reason and five senses deny and reject. Remain faithful to your idea by being full of faith every step of the way. When your consciousness is fully qualified with the acceptance of your desire, all the fear will go away. Trust in the reality of your ideal or desire until you are filled full of the feeling of being it; then *the day will break and all shadows will flee away*. Yes, the answer to your prayer will come, and light up the heavens of your mind bringing you peace.

No matter what the problem is, how acute, dark, or hopeless things seem to be, turn now to God, and say, "How is it in God and Heaven?" The answer will softly steal over your mind like the dew

from heaven: "All is peace, joy, bliss, perfection, wholeness, harmony, and beauty"; then reject the evidence of your senses, and *feed among the lilies of God and Heaven*, such as peace, harmony, joy, and perfection. Realize what is true of God must be true of you and your surroundings. Continue in this abiding trust and faith in God "until the day breaks and the shadows flee away."

THE PRACTICE OF THE PRESENCE OF GOD

“Whither shall I go from thy Spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou ART THERE, If I take the wings of the morning, AND dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me.”

This one hundred and thirty ninth Psalm is one of the most beautiful Psalms in the Bible. It is a matchless, priceless gem of truth. The language of this Psalm is unsurpassed for beauty and elegance. David’s marvelous conception of the Omnipresence of God was found in this passage.

The religion outlined in the Bible is the practice of the Presence of God. To understand and to intelligently practice this truth, you will find is the way to health, harmony, peace, and spiritual progress. The practice of the Presence is powerful beyond imagination. Let us not overlook it, because of its utter simplicity.

The first step is to realize that God is the Only Power. The next thing to become aware of is that all things—no matter what they are—represent God in manifestation. The whole world is God in infinite differentiation, as God never repeats Himself; this is the whole story, and the greatest of all truths. It is really the all-inclusive, all-encompassing truth.

I know many students who sit down for five or ten minutes every day, and meditate on the fact that God is the Only Presence and the Only Power. They let their thoughts dwell on this profound truth; they look at it from all angles; then they begin to think that every person

they meet is an expression of God; that in fact everything they see is God made manifest; it is God dramatizing Himself for the joy of expressing Himself. As they do this, they find their whole world changing; they experience better health; outer conditions improve, and they are possessed of a new vitality and energy.

Your whole world will change as you really begin to see God in everything and in everyone. "For thou shalt be in league with the stones of the field: and the beasts of the field shall be at peace with thee. And thou shalt know that thy tabernacle *shall* be in peace."

This means that the man who begins to see God everywhere, and who follows and practices the good, will not be afraid of anything. As a matter of fact the whole world will be his friend, and everything will extend the offer of help whether animate, or what the world calls inanimate.

The only way to magnify the Presence of God in the eyes of others, is to radiate at all times the sunlight of God's Love. Love God or Truth, and you will be under a Divine compulsion for good. You cannot go wrong. You will find that you will never make any real mistake or a wrong choice. Love of all things good, or of the truth, is really the touch of Midas.

In a building the superstructure depends upon the foundation. Let *your* foundation be God and Him alone. You are always practicing the Presence of God when you activate your mind with true ideas which heal and strengthen you. Your mind needs constant cleansing, disciplining, and direction. By practicing the Presence of God, you are constantly cleansing your mind; this is prayer.

Think all day long from the standpoint of the One God about every person and every situation you meet. Pray at work by realizing God is your partner, and God is in action through all your associates.

Pray driving your car, by realizing the vehicle is God's idea moving from point to point freely, joyously, and lovingly.

Pray when you go into a store by realizing God directs your purchases, that God is prospering the clerk who waits on you, and that the store is being governed and directed by God's Wisdom.

Let prayer be the orderly, right way of doing everything. Practice the Golden Rule in all your transactions; then you are writing God's Law in your heart.

It is essential for you to get the right concept and understanding of God. Have you meditated? or have you asked yourself what God is? Your concept of God molds, fashions, and shapes your whole future. Your real belief about God is of supreme importance. It is done unto you as you believe. If you say and believe God is the only Presence, the only Power, Infinitely Good, Perfect, Boundless Love, and Limitless Life, your whole life will be transformed.

If you say, "Oh, I do not know what I think of God; my thoughts are confused and muddled," confusion will reign in your life. It does not really matter whether you call God: Reality, Infinite Intelligence, Being, Life, Allah, or Brahma; the real Name of God, in so far as you are concerned, is your concept or your belief about God.

A man said to me one time, "I believe in God, and that is all that matters."

I asked him, "But tell me, what sort of God do you really believe in?"

He said, "I believe in the laws of nature."

That was his idea of God, and he cannot transcend this belief. He is subject to that belief, thereby limiting his Inner Powers. He had no idea that God was his own Life, that he could contact this Presence with his thought, that he could be guided, and that he could heal his body by prayer. He was bound by his limited belief about God. Many have said to me that God is some kind of a man in the skies—a sort of a glorified man. Others say and believe there are three persons in God. You will always manifest the result of your belief. If you believe that God is some sort of a tyrannical, inscrutable being living in the skies, ready to judge and punish you for your mistakes and violations of man-made laws and religious taboos, you are bound by that belief, and you cause pain, misery, guilt-complexes, and so forth to follow. This is why Quimby said, "Man is belief expressed."

Your concept of God enters into all departments of your life; it is bound to have its effect upon you. God is Life, and Life seeks to express Itself as Love, Light, Truth, and Beauty. Life cannot wish death, sickness, or disease. To say that Life wishes death would be a violation of its own nature. Life cannot have a tendency toward limitation of any kind. Life is a Oneness, a Wholeness, a Unity, and It seeks to express that Unity in the formed universe.

In order to practice the Presence, you must do the will of God. What does this mean? *The will of God* must always be the nature of God. You can rest assured the will of God must always be something wonderful and glorious. "His name shall be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace."

If your desire, idea, or intention is constructive, if it will bless others, and if it is in keeping with the universal principle of harmony, your will or desire is God's will. Your desire for wealth, true place, abundance, security, and better living conditions conforms to the will or tendency of Life or God.

Life is forever seeking to express Itself through you along higher levels. Enthroned in your mind the concept that God is the Only Presence, the Only Power, and that God is Infinitely Good and Perfect. Think of some of God's qualities and attributes, such as Boundless Love, Infinite Intelligence, Indescribable Beauty, Omnipotence, Omniscience, and Omnipresence. Believe these truths about God, and your whole life will change. You will begin to express more and more God-like qualities every day. Believe that God is All Life, All Love, All Truth, and All Beauty; accept It in the same way as you accept the sun in the heavens each morning; then you will find a great sense of peace and good will stealing over your mind and heart.

Do you believe in a vengeful, capricious, anthropomorphic Deity who sends sickness, trials, and tribulation to you? Watch the effect of such a belief. If you do, you will be like the man who said to me one time, "God sent this arthritis to me for a good purpose, and I suppose I must just bear it." This is superstition; such an attitude of mind has no foundation. He had arthritis for fifteen years, and he could not overcome it.

When this man with arthritis got a new concept of God, and he learned to forgive those whom he deeply resented, by realizing the Love of God was dissolving in his mind and body everything unlike Itself, he was healed, even though it took some months. This man's concept of God worked out, and made Itself manifest in his body according to his belief.

It is not your theoretical belief about God that manifests itself, but it is your real, deep, subconscious belief.

There are people who forget to practice the Presence when a lawsuit or verdict goes against them. Even though the judge rendered a verdict which seems unjust to you, continue to believe that it is God in action, and that there is a Divine, harmonious solution for all concerned; the matter will come right in due season. You cannot lose; you can only win by practicing the Presence.

If you believe that God is a man in the skies, you must experience the result of such a concept; consequently you experience confusion and trouble, just the same as if some human being with all his whims were running the world.

God is Pure Spirit, Infinite Mind, and Infinite Intelligence. The Bible calls the Name of God, "I AM," meaning Pure, Unconditioned Being. No one can, of course, define God, for God is Infinite, but there are certain Truths which the illumined of all ages have perceived as true of God, and that is why the Bible says, "I AM THAT I AM." What is "I AM?" It is your True Being—your Real Self; nobody can say, "I AM," for you. That is the Presence of God in you, and your Real Identity. Whatever you affix to "I AM," and believe, you become. Always claim, "I am strong, powerful, radiant, happy, joyous, illumined, and inspired"; then you are truly practicing the Presence, for all these qualities are true of God.

When you say, "I am weak," "I am inferior," "I am no good," you are denying God in the midst of you, and lying about Him.

Brother Lawrence of the 17th century was a monk. He was a saintly man, and wholly devoted to God. The book entitled *The Practice of the Presence of God* reveals a great humility, simplicity, and a mystic touch with God. "To do the will of God was," as he said, "his whole business." Brother Lawrence practiced the Presence when washing the dishes or scrubbing the floor. His attitude was that it was all God's work. His consciousness and awareness of the Divine Presence was no less when employed in the kitchen, than when he was before the altar. The way to God was to Brother Lawrence through the heart and through Love. His superiors marvelled at the man who, though only educated to the point of reading and writing, could express himself with such beauty and

profound wisdom. It was the Voice of God within him that prompted all his sayings.

This is how he daily practiced God's Holy Presence: He said in effect, "I have put myself in Your Keeping; it is Your Business I am about, and so everything will be all right." How beautiful! How simple, yet how soul-stirring is this prayer! He said the only sorrow he could experience would be the loss of the sense of God's Presence, but he never feared that, being wholly aware of God's Love and Absolute Goodness.

In his early life he feared he would be damned; this torture of his mind persisted for four years; then he saw the whole cause of this negativity was lack of faith in God; seeing that, he was freed and entered into a life of continual joy.

Brother Lawrence schooled himself whether cooking, baking, or washing pans in the kitchen to pause, if only for a moment, to think of God in the center of his being, to be conscious of His Presence, and to keep a hidden meeting with Him. Due to his inner illumination, when he enjoyed the raptures of the Spirit, he emerged into a realm of profound peace.

Begin now to practice the Presence by keeping your eyes on God, or all things Good, by seeing God in everyone you meet, and by constantly affirming, "It is God in action in all departments of my life." Calmly trust God's Holy Presence to lead you to green pastures and still waters. Love the Truth with a love that leaves no room for care or doubt. No matter what your work may be, as you go to your business say, "God walks and talks in me. I rely on God's guidance and wisdom completely." Give thanks for the perfect day. Do as Brother Lawrence suggests, whenever your attention wanders away on fear or doubt, bring it back to the contemplation of His Holy Presence.

To secure and know the life of peace and joy, school yourself daily to have an intimate, loving, familiar, humble conversation with God all day long. In this way you will draw upon God's grace abundantly. You shall become illumined by an Inner Light, and you will behold the inner vision of God, your Beloved.

CASE HISTORIES

CASE HISTORY NUMBER ONE

This interesting case from my files may bless many of you. This man invested a large sum of money in a certain organization. He had a very high regard for the two men who were active partners in this business. They appropriated the money which he gave them for themselves, and a little later they went into bankruptcy. He was very bitter and resentful, because he had practically put his life's savings into this venture. He was also ill, due to the hatred in his heart.

I explained to this man that resentment is never justified, and that many people make investments in land, stocks, bonds, etc., and have lost their money, but that it is absurd to blame the broker or the real estate man, because we erred in judgment. In a great measure this man's resentment was caused by a feeling of guilt for his own mistake, which he refused to admit. He was blaming the other men by an active resentment for his own shortcoming and failure. He prayed his way through it by the practice of His Presence in this way: "I now radiate love and goodwill to these two men. I humbly, sincerely, and honestly wish for them God's guidance, inner peace, and Divine Love. I wish for each one of them: prosperity, success, and a richness of life. It is God in action in all departments of their life. I mean this; I am sincere. My mind is now clear, clean, poised, serene, and expectant of happiness. God is guiding me in all ways. Nobody can take happiness, peace, or wealth away from me. I am one with God, and my business is God's Business. I am now minding my own business. The money I gave these men comes back to me in peace and harmony." He prayed like this night and morning, and during the day when hateful thoughts would come, he would say, "God is with me now."

In two weeks he was at peace with the world. All the resentful thoughts were burned up in his deeper mind; they were withered away by realizing God in action in his own life, and the life of those whom he said wronged him. A relative died in the interim, and a most interesting thing happened: He was bequeathed the exact

amount he lost in that business venture. "For as the heavens are higher than the earth, so are my ways higher than your ways."

CASE HISTORY NUMBER TWO

A young girl in our recent Bible Class practiced the Presence in this way: She said, "A man was constantly annoying her by calling her on the phone, and meeting her at her place of employment. One day she decided to do something about it. She relaxed; quieted the wheels of her mind; focused all her attention on the God-Presence within by realizing It was there.

She quietly said to herself, "God never made a man like that. Only the God in him is expressed to me. God is all, and only God can be expressed through him." This man completely disappeared out of her life; she never saw him again. She said it was as if the earth swallowed him! Undoubtedly he was healed and blessed by her prayer; she had a healing also.

Prayer always prospers. It is like the gentle rain from heaven; it is twice blessed; it blesses him that gives and him that receives. She saw this man in a new light; then he felt this change within him; he was healed and ceased to annoy her.

"Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."

REALIZING YOUR DESIRE

Desire is the power behind all action. We could not lift our hand or walk unless we had the desire or urge to move. Desire is the gift of God. As Browning said, "Tis thou, God, who giveth, 'tis I who receive."

It is man who receives—not a few of the gifts of life, but all of them! "Son thou art ever with me, and all that I hath is thine." All things whatsoever the Father hath are mine. *Our Father* holds within Himself all things we require, such as peace, harmony, abundance, guidance, joy, and infinite expression. We must grow unceasingly. We can never exhaust the Infinite Storehouse.

Let us realize a few simple truths: It is due to desire that we jump out of the way of an oncoming bus. The reason we do this is because we have a basic desire to preserve our life. Self-preservation is the first law of nature.

By example, the farmer plants seed due to his desire to attain food for himself and his family. Man builds airplanes due to his desire to collapse time and space. Similar illustrations are found throughout our whole course of life.

Desire pushes man; it is the goad of action. It is behind all progress. Desire is really the cosmic urge in all of us, impelling us to go forward, onward, upward, and Godward.

Desire is the angel of God—the messenger of the Divine—saying to each one of us, "Come on up higher."

Desire is behind all progress. It is the push of life. We find that we follow the desire which captivates and holds our attention. All of us find ourselves moving in the direction of the idea which dominates our mind for the time being.

Desire is an angel of God, telling us of something which, if accepted by us, will make our life fuller and happier. *The greater the expected benefit from the desire, the stronger is our desire.* Where

there is no expected benefit, gain, or advancement accruing, there is no desire; consequently no action is found.

“I am alpha and omega, the beginning and the end, saith the Lord.” Our ideal murmuring in our hearts is the alpha; in order that it become the omega, we must enter into the feeling that it is ours *now*, and walk the earth knowing that it is so.

Failure to realize our desire over a long period of time results in frustration and unhappiness. I have talked to many men in different parts of the country; their frequent complaint is that for years they have tried in vain to attain a certain ideal or position in life, and that they have failed miserably. They did not know that the desire to be, to do, and to have was the Still Small Voice speaking to them, and all that was necessary was for them to say, “Yes, Father, I accept and believe it”; then walk the earth knowing that, “It is done.”

By illustration take the seed which draws all that it requires, such as water, chemicals, etc. from the ground, and when it comes above the ground, it extracts from the rays of the sun through a process of photosynthesis all the light and other elements necessary to form a complex substance called chlorophyll. It also has the intelligence within it to make the most complex, chemical compounds in its bark and leaves beyond the ken of man to discover.

In like manner when man becomes as the seed, and knows that all things necessary for the unfoldment of his ideal will be given to him, he will attract to himself whatsoever things he needs for the complete realization of his dream, for instance: friends, funds, introductions, ideas, etc.

All men, women, and children that help us on the road of life are servants of the law which we set in operation within us. “My ways are not your ways.” This Infinite Intelligence, which we set in motion when we pray aright, inspires in others the actions, words, and movements necessary to aid us in the grand unfoldment of our ideal or in the great drama of our life.

It is foolish to blame or accuse others, as we must realize that others are witnesses telling us who we are—“As within, so without.” If there is discord within, there will be discord without. If we dwell in a mood of lack and limitation, others must come and testify to our lack.

I knew a woman in London one time, and on three occasions her purse was snatched from her by a thief in the tube of London; she was a wealthy woman. The explanation for this is that she was living in the fear of having her purse stolen; this was really an expectancy. "What I fear most has come upon me."

The mood, feeling, or conviction in which we walk determines the movements and actions of others towards us. In the eleventh chapter of Mark it says, "All things whatsoever ye shall ask in prayer, believe that ye receive them, and ye shall receive them."

The word *whatsoever* in the above quotation means anything you wish; it is all inclusive. There are no specific conditions set forth; you do not have to be a church-goer, or belong to a certain creed, or make any sacrifices. "I rejoice not in the sacrifices of man, not by power, not by might, but by the spirit saith the Lord." "For what purposes is the multitude of thy sacrifices. I am full of the blood of rams and the fat of beast, I rejoice not in the blood of rams or he goats." The only requisite is to believe that you have it now, or that you are the being you long to be.

Believe means to live in the state of being it; this means a complete mental acceptance where there is no longer any doubt or question in your mind. This is the state of consciousness called "a conviction." All other procedures as cited by Isaiah are foolishness and superstition. The only prerequisite is to believe that you have received; then comes the manifestation of your ideal.

We grow through desire. It is desire that pushes us forward, for it is the cosmic urge.

Let us realize that we are all channels of the Divine—individualizations of God-consciousness. The desire that lingers in your heart, that murmurs quietly—perhaps it has been there for months making itself known to you—is the Voice of God speaking to you, telling you to come on up higher—to arise and shine. Maybe you have looked around you and said to yourself, "What chance have I?" "Mary can, but I can't." "Perhaps, someday!" "It is just wishful thinking, etc." Have many such expressions come to your mind? Remember it is your five senses and worldly reason arguing with your Higher Self. We must remember that in prayer we always shut out the evidence of our senses and reason, plus everything that

contradicts or denies what we truly want; then, as Jesus commands, we go within; shut the door, and pray to our Father in secret; the Father who seeth in secret will reward thee openly. Let us now proceed to enter into this Secret Place, and perform the spiritual, creative act in our own mind.

Sit down in an armchair, relax, and let go. Practice the Nancy School technique by getting into a drowsy, meditative state, a state of effortless effort, wherein effort is reduced to a minimum.

By example if you want to be a singer on the radio, imagine you are before a microphone; the microphone is now in front of you, and you see the imaginary audience; you are the actor. ("Act as though I am, and I will be.") You *feel* yourself into the situation; you are singing now (in your imagination); enter into the joy of it; feel the thrill of accomplishment! Continue to do this in your imagination until it begins to feel natural for you; then go off to sleep. If you have succeeded in planting your desire in your subconscious mind, you will feel a great sense of peace and satisfaction when you awaken. An interesting thing will have happened: You will have no further desire to pray about it, because it is fixed in consciousness. The reason for this is that the creative act has been finished, and you are at rest.

After true prayer when you have reached an inner conviction, there steals over you a sense of inner peace, calm, and certitude which tells you, "All is well." This is called *the sabbath* in the Bible, or period of stillness, or rest; it is the interval that elapses between the subjective realization of your desire and its manifestation. The manner of manifestation is not known to you; that is the secret of the subjective. "My ways are past finding out."

The answer or manifestation comes as a thief in the night. You know a thief comes when you least expect him; there is always an element of surprise; perhaps when you are sound asleep, the thief will come. If you sit up watching and waiting for the intruder, he will not come. Likewise we must go about our daily business, and the moment we think not, the answer will come. You are now at peace, made whole so to speak. You do not have to assist this Infinite Intelligence; It is All Powerful. It would be foolish to try to add power to Power.

The trouble with many people is this: When they pray, they are tense, anxious, and impatient. They say, "I wonder when it will come?" Others say, "Why has it not happened yet?"

If I say, "Why?" it means I am anxious and lack faith. If I *know* a thing is true, I do not question my prayer. Let us remember, therefore, anytime we ask, "Why?" to ourself or another, it means we have not reached a conviction within ourselves.

When we possess something in consciousness, we do not seek it; we have it! Another point I want to stress here is: When the student questions, "How will it come?" he shows lack of faith and conviction.

By illustration, I am now in Los Angeles, I do not ask, "How will I get there?" I *am* there. Similarly when our ideal is fixed in consciousness, we do not wonder, "How will I get there?" I am there already. Where your consciousness is, you are. "Where I am there you will be also."

CASE HISTORY

CASE HISTORY NUMBER ONE

Several years ago the author was lecturing in the Park Central Hotel in New York City. A man spoke to me at the end of the meeting saying, "I desire desperately to go to Pittsburgh, and I have no money."

I said to him, "Did you hear the lecture?"

He said, "Yes, but—."

I told him to ignore the doubts in his mind. We made a simple statement of truth together in that lovely, lecture room. The statement was, "I am now at home in Pittsburgh with my people. All is peace and harmony." He was at home with them during those few minutes of silence in his imagination and feeling.

He phoned me later saying, "I went to the restaurant, and a man who sat next to me said, "You know I am driving to Pittsburgh. I would love to have someone share in the driving; I would pay him

also. Do you know anyone? You look like a mechanic.” This was the way Infinite Intelligence answered this man’s prayer.

CASE HISTORY NUMBER TWO

I want to tell you of another experience I had in the army. A young soldier said to me, “You know before the war I tried to get into Bellevue Medical School for several years; I was always turned down; yet my marks were very high.”

This boy believed he was a victim of racial prejudice. He was attached to my battalion. We chatted one night about the laws of life. I discussed with him the relationship of the conscious and subconscious mind which is given in detail in my book, *The Miracles of Your Mind*. I explained to him that his subconscious mind had the answer; it knew all, and had the “know how” of accomplishment.

I reviewed with him some experiments that I had conducted several years previously with a refugee Psychologist from Berlin. In one instance a boy under these experiments became clairvoyant, and described things taking place at a distance, which we subsequently verified. This boy also gave the location of missing articles, and predicted accurately certain international incidents. We discussed the fact that Infinite Intelligence and Wisdom is lodged in the subliminal mind of man; it is possible to tune in with It, and to get It to work for us.

Accordingly and apropos to the above conversation, the following experiment was suggested to him: At night as he was about to fall asleep, he would imagine he saw a medical diploma inscribed with his name stating he was a physician and surgeon. He felt this diploma with his hand, and imagined the joy of it all. He made it real and natural by focusing his attention on one thing—the diploma—the finished thing; then he contemplated the reality of it.

“Believe that you have it now, and ye shall receive it.” “Call things that be not, as though they were, and the unseen becomes seen.” “I told you before it came to pass, that when it is come to pass, ye might believe.” These are perfect formulas for prayer.

This boy went to the end; he asked himself this question: “What actually would I receive to prove to the world that I am a doctor?”

The answer came, "A diploma!" In his imagination, he saw the diploma, and made it real. He went to sleep feeling the diploma in his hand.

By example, you can close your eyes now and feel silk, mohair, or a fur coat on you. As you feel the naturalness of the fur coat, you will receive it.

The sequel to this soldier's prayer is very interesting: This man said to me one morning, "You know I have a feeling that something is going to happen, and that I won't be around here long." This was the subconscious mind telling him, "All is well."

We know sometimes by a hunch, an inner awareness, or feeling that our prayer is answered. Technically we would say the idea has been sub-subjectified or embodied in the subconscious. In truth we would say the soldier accepted the idea in consciousness, and his inner knowing brought it to pass. The many words or phrases we use all illustrate the same thing, namely, he felt the reality of it; that is all that is necessary. The technique he used aided him in its fulfillment.

The commanding officer called him in, and informed him that in view of his pre-medical training, he was to take an examination; if he received good marks, he would be sent to the Medical College at the expense of the Army. It ensued that he was sent to Stanford, and not to Bellevue. "My ways are past finding out." (It had been explained to him that he did not have to go to Bellevue to be a doctor; let Infinite Intelligence be the guide.)

In prayer go to the end. Feel that you are now what you desire to be; then Infinite Intelligence takes charge, and acts on the thoughts, ideas, and actions of others, so that they aid us in the realization of our desire. (In the same manner a seed attracts to it all things, such as chemicals, water, sunshine, air, etc., necessary for its growth.)

We are always using this Principle, Power, Intelligence, and Wisdom all the days of our life. When we lift our hand to write, we use this Power and Energy. In the same manner when we breathe, we are using the same air.

For example, I am writing now. The ideas expressed come from the One Mind, common to all individual men. There is only One Source, and That is God. We do not originate anything; for all ideas live, move, and have their being in God. This Infinite Being,

Consciousness, Awareness, or whatever we choose to call It is the only Originator—the Fountain of all. All men drink from this One Source or Spring. You will understand from these truths that when we look at the sun or a tree, we all see a sun and a tree, which shows that all of us are using the One Mind.

There is, therefore, no such thing as an atheist; there could not be, because he is using the Mind, the Power, and the Intelligence which is of God. He is alive, and the very Life of him is God, for God is Life. When he says, “I do not believe in God,” you can see how absurd it is. He knows, and he believes, he is alive. Aliveness, Awareness is God.

As a teacher I wish to point out that there is no teacher who could give you anything new; he could not; neither can he give you truth. All any teacher can do is to awaken that which is already within you. You house God. As the Book of Revelation says, “The tabernacle of God is with man.” A teacher causes you to see the truth which was always there; he kindles a fire if he is a good teacher; then you warm yourself by its glow. But the fire, the glow, and the warmth, thereof, were always within you. The real teacher, if he has a good knowledge of truth, will teach you freedom, and tell you frankly that you do not owe him any personal allegiance, since your heart belongs to God or the Truth. “To thine own self be true, as the night the day, thou canst then be false to no man.” The teacher of truth will tell you if you do not get anything from him, to go elsewhere where you will be blessed. We call our own; there is no competition in truth.

You do not have to strive toward a goal; for the goal you seek already is, and through your treatment work you appropriate it by accepting the state desired in consciousness. All states co-exist in the Greater Now, or other dimensions of your mind. It is like the keyboard of a piano; the music you wish to play is already in the piano; all you do is to strike the proper keys and chords to bring it forth, but the tune or the sonata was always there; you do not create it. All you did was to recognize a certain composition and to bring it forth. You can play on the piano *Pop Goes The Weasel* or a *Beethoven Sonata*; the piano does not care.

Similarly look at the English alphabet; you did not create it; it always existed in Infinite Mind. With this alphabet you can write a

beautiful, magnificent drama of life, or you may write a gossip column that may cause some misguided person to commit suicide.

We must strike the key to bring forth our music also; our music is: harmony, health, peace, true place, or expression in life. We strike the proper key by contemplating the reality of the state sought now, feeling, and believing ourselves to possess it.

A simple illustration is as follows: Suppose you wish to sell a home for \$20,000. This is the price you would pay for it if the tables were reversed. You are satisfied this is the correct price, and there is no quarrel in your consciousness. The next step is, as Troward says, "to see the end." A simple way to do this is to take a little phrase that is easily graven on the memory, for instance, "It is sold," or "It is done," and repeat it over and over again like a lullaby until you feel the naturalness and reality of it. (This latter procedure is suggested by the New Nancy School. See Baudouin's Book, *Auto-Suggestion*.)

The author has instructed many people in the sale of property as follows: See the check in your hand, and feel the joy of accomplishment. Imagining that you have the check in your hand is seeing the end, and having seen the end as Troward says, you have willed the means to the realization of the end. Infinite Spirit will attract to you the person who wants what you have to offer; the price and the time will be right, and you will find the place will be sold in peace and harmony for all concerned. "Let him that is athirst come and drink of the waters of life freely."

THE MAGIC OF FAITH

The purpose of this chapter is to teach you the spiritual truth of your dominion and freedom. "In all thy ways acknowledge him, and he shall direct thy paths." (Prov. 3:6). "I will lift up mine eyes unto the hills, from whence cometh my help." (Psm. 121:1).

In the above verse from proverbs you are told to acknowledge the Infinite Intelligence within you, and that It shall direct you in all ways. The answer to your problem will come when you turn in faith and recognition to the Divine Principle within.

It was Shakespeare who said, "Our doubts are traitors, making us lose the good we oft might win, by fearing to attempt." Fear holds us back. *Fear* is a lack of faith in God or the Good.

A man told me one time that he was a member of a sales force for a large, chemical organization which had two hundred men in the field. The sales manager died, and the vice president offered him the position; however he turned it down. He realized later that the only reason he rejected the offer was due to fear. He was afraid to attempt the responsibility. This man lacked faith in himself and his Inner Power. He hesitated, and the wonderful opportunity passed him by.

This salesman came to me for consultation, and I learned he was condemning himself, which was like a destructive, mental poison. In place of condemnation, he began to realize there were other opportunities. I explained to him that faith is a way of thinking, a positive mental attitude, or a feeling of confidence that what you are praying for will come to pass.

For example, you have faith that the sun will rise tomorrow. You have faith that the seed you deposited in the ground will grow. The electrician has faith that electricity will respond to his proper use of it. A scientist has an idea for an ediphone; he proceeds to bring it to pass by having faith in the execution of the invisible idea.

Opportunity is always knocking at your door. The desire for health, harmony, peace, and prosperity is knocking at your door now. Perhaps you are offered a promotion; are you going to act like Peter of old who walked on the waters? ("And when Peter was come down out of the ship, he walked on the water, to go to Jesus. But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, Lord, save me.")

Besides being historical, this drama of Peter and Jesus takes place in your own mind. *Peter* means faith, perseverance, and determination. *Jesus* means your desire which, if realized, would be your saviour. Jesus comes into your mind as an idea, desire, plan, purpose, vision, or some new undertaking. The realization of your dreams, plans, or purpose would bring you and others great satisfaction and inner joy; this would be your Jesus. You must now call Peter which is faith in the God-Power to bring all things to pass. Look at Peter and Jesus as dramatizations of the power of truth within you.

Oftentimes as you attempt something new,—for example, a new position,—doubt comes into your mind; this is *Peter* in you looking at the *boisterous wind and sinking*. This represents the impingement in your mind of the race belief in failure, lack, and limitation.

You must cremate, burn up, and destroy that negative thought immediately. You must not suffer a witch to live; meaning you must supplant the negative feeling with the positive thoughts of success, peace, and prosperity immediately, and give your love and feeling to these concepts. As you sustain this mood of confidence, you will become victorious.

Doubt and fear hold men in bondage of sickness and failure. These false concepts cause you to vacillate, waver, equivocate, and hesitate to go ahead. The way to overcome is to increase your faith and awareness of your deep, spiritual potencies. Be like Peter; he succeeded, because he went forward; he had faith and confidence, knowing he would succeed.

A general in the field cannot afford to vacillate and waver on the battlefield. He has to come to a decision. Failure to come to a decision, plus a constant wavering in the mind, leads to a nervous

breakdown and mental confusion. When you find yourself being pulled two ways, that is a sign of doubt and fear.

Your good comes to you in the form of your desire. If you are sick, you wish health. If you are poor, you desire wealth. If you are full of fear, you desire faith and confidence. Jesus comes as your desire walking down the streets of your mind.

There is another part of your mind which says, "No, it can't be. It is too late now." "It is impossible." This is the time to lift up your eyes unto the hills from whence cometh your help; i.e., you lift up your eyes when you focus your attention on your good. Remember faith can do all things. "Thy faith hath made thee whole." "According to your faith is it done unto you." You must appreciate the fact that your desire, idea, or dream is real, though it is invisible. To know that the idea is real, that it is a fact of consciousness, gives you faith, and enables you to move over the waters of confusion, strife, and fear to a place of conviction deep in your own heart. Peter said, "Lord, if it be thou, bid me come unto thee on the water."

Ideas are our lords and masters. Ideas govern and rule us. The dominant idea which you now entertain is your lord; it generates its own emotion. Emotions compel you to express them. The dominant idea of success enthroned in the mind generates its own mood or feeling. This feeling compels you to right action, so that whatever you do under the mood of faith and confidence will be successful. The desire or idea of yours now is your lord. "Lord, if It be thou, bid me come to thee upon the water." Mentally appropriate your desire, kiss it, love it, let it captivate your mind; feel the reality of it.

Is your desire lofty, inspiring, and wonderful enough to lead you forward? This ideal of yours is real, just the same as the idea of a radio was real in the mind of the inventor; or the idea of an automobile was real in the mind of Ford; or the idea of a house is real in the mind of an architect. It is not idle fancy or a daydream.

Peter is within you; i.e., *Peter* is faith, perseverance, stick-to-it-iveness, and an abiding trust in an Almighty Power which responds to man's thought and belief. This Formless Awareness within you takes the form of your belief and conviction. It is really all things to all men. It is strength to you, if you need strength. It is guidance, if you need guidance. It is food and health also.

Everyone has faith in something. What is *your* faith? Let it be faith in all things good, a joyous expectancy of the best, and a firm belief inscribed in your heart that Infinite Intelligence will lead you out of your difficulty, and show you the way. You have a firm conviction now in the Power of God to solve your problems and heal you. This faith in God enables you to walk over all the waters of fear, doubt, worry, and imaginary dangers of all kinds. You now know that error and fear are false beliefs without power. You know these negative states are false and groundless. Paul says, “Faith is the substance of things hoped for, the evidence of things not seen.” It is from faith or feeling that all things flow.

When you look down, you see mud, but when you look up, you see the stars! Similarly, when you say, “There is no way out. I have no chance,” you are looking like Peter at the winds of confusion, fear, and human opinion; but when he remembers where his power is, he *looks up at Jesus*, meaning that he looks at the solution, the way out, the happy ending, and ignores the winds of human intellect and the waves of race mind.

The man of faith puts his trust in the Invisible Power within him. He knows this is the Kingdom of the Real. He knows that his ideal is real in the Inner Kingdom, and that his faith or feeling will cause the formless or the invisible to take on form as a condition, event, or experience. This is why the man of faith walks upon the waters, and moves in confidence and understanding to the promised land—his cherished goal. Faith is accepting as true what your reason and intellect deny.

All great scientists, mystics, artists, poets, and inventors are gifted or possessed by an abiding faith and trust in the Invisible Powers within.

Faith is trust. You trusted your mother when you were in her arms; you looked into her eyes, and you saw love there. Your *Peter* is your faith and trust in God, the Absolute Lover, and it should be greater than faith in your mother.

As you read this, turn your desire or request over to the subjective mind within you, acknowledging in your heart it has the answer and the “know how” of accomplishment, and that its ways are past finding out. When you are relaxed and peaceful, you will know you have

succeeded in impregnating your deeper mind. Signs follow; the wave of peace is the sign; this is inner conviction. You now walk above all the waters of confusion, chaos, and false beliefs, because in a little while what you felt as true will be experienced.

Troward says if a thing is true, there is a way in which it is true. Look at the magic and miracle-working power of faith in your own life. Behold the miracle which takes place as you drink a glass of milk; it is transformed into tissue, muscle, bone, hair, and blood cells in your body by the Master Chemist within. Look within for your saviour. Your true saviour is your thought and feeling. Blend these together, and you have a holy covenant, a wedded bliss, the mystic marriage. Any idea or desire impregnated with love is invincible; this is working faith. Blend Peter (faith) and Jesus (desire) together, and the miracle will happen.

CASE HISTORIES

CASE HISTORY NUMBER I

I visited a man in prison a few months ago. The first thought in his mind was freedom; this is symbolized in the Bible as Jesus walking on the waters of your mind. This prisoner was very bitter and cynical. I explained to him that he had placed himself in prison by his actions which were contrary to the golden rule. He was living in a psychological prison of hatred and envy. He changed his mental attitude by calling forth Peter which was his faith in an Almighty Power to bring to pass the cherished desire of his heart.

I gave detailed instruction to this prisoner. He began to pray for those he hated by saying frequently, "God's love flows through them, and I release them." He began to do this many times a day. At night prior to sleep, he imagined himself home with his family. He would feel his little daughter in his arms and hear her voice saying, "Welcome, daddy." All this was done in his imagination. After awhile he made this so real, natural, and vivid, that it became a part of him. He had impregnated the subconscious with the belief in freedom.

Another interesting thing happened; he had no further desire to pray for his freedom; this was a sure psychological sign to him that he had embodied the desire for freedom subjectively. He was at peace, and though he was behind bars, he knew subjectively that he was free. It was an inner knowing. You no longer seek that which you have. Having realized his desire subjectively, he had no further desire to pray about it.

A few weeks passed by, and this young man was liberated from prison. Friends came to his rescue, and through the proper channels, the door was opened to him for a new life.

CASE HISTORY NUMBER TWO

A student in our Bible class stated that there was no way to save her boy-friend from losing his store. He could not meet the bills; even his automobile was attached.

She was saying, "It isn't possible. I see no way out. It is just hopeless." She listened to one of our lectures on prayer, and applied it that night.

She said, "I will walk upon the waters of doubt and negativity, and 'I will say of the Lord, He *is* my refuge, and my fortress: my God; in him will I trust.'" She anchored her mind on the following great truth: "God's peace floods his mind, and God answers him."

She remained in a quiet, passive state; she got into the mood or feeling that there was a solution for her boy-friend, and went off to sleep, dwelling on the following, wonderful words of truth: "I stand still, and I see the salvation of the Lord." This young girl knew that the saviour was in her own faith; she turned her eyes to the hills; these *hills* are always of an inner range; they are the hills of faith and trust in God which moves mountains. Reject mentally all sense-evidence, and look into the eyes of your saviour; this means to live in the emotional embodiment of your desire or ideal.

The following day her boy-friend called her, and told her that a miracle had happened. A check was presented to him the following day for \$2,000 by a man who had borrowed this amount ten years previously. It came out of the blue as a perfect response to her prayer of faith.

STEPS TO HAPPINESS

Happiness is a state of consciousness. Faith and fear are moods of the soul. Your faith is a joyous expectancy of the best. Fear comes to challenge your faith in God or the Good. You must look upon fear as man's ignorance or his false beliefs which try to overcome his conviction in the good.

Never entertain or accept the suggestions of sickness, weakness, or failure. If you listen to negative suggestions and become fearful, begin to affirm the Truths of God, such as Love, Peace, Joy, etc. Know that thought and feeling are the causes of conditions and experiences.

Fear is based on the false beliefs that there are other powers, and that external things and conditions can hurt you. Fear must leave you, because it has nothing to sustain it; there is no reality behind it; its claims are false. Come back to the simple truth: "Only your thought has power over you, and the One Almighty Power now moves on your behalf, because your thoughts are in tune with the Infinite One.

The man full of faith in God is never concerned about the future. When worry or fear knock at the door of his mind, faith in God opens the door, and he is at peace.

I met a farmer one time on the west coast of Ireland. I lived in his house for a few days. He seemed to be always happy and joyful. I asked him to tell me his secret of happiness. His answer was, "It is a habit of mine to be happy." This is the whole story! Prayer is a habit; happiness is likewise a habit.

There is a phase in the Bible which says, "Choose ye this day whom ye will serve." You have the freedom *to choose* happiness; this may seem extraordinarily simple—and it is. Perhaps this is why people stumble over the way to happiness; they do not see the simplicity of the key to happiness. You can choose unhappiness by

entertaining these ideas: "Today is a black day; everything is going to go wrong." "I am not going to be successful." "Everyone is against me."

Perhaps you say to yourself, "Business is bad. It is going to get worse." Furthermore, you may say to yourself, "The worst is yet to come!" If you have this attitude of mind the first thing in the morning, you will attract all these experiences to you, and you will be very unhappy.

On the other hand you can choose happiness. This is how you do it: When you open your eyes in the morning, say to yourself, "All things work together for good to them that love God." Remember that in all languages God and Good are synonymous.

Love is an emotional attachment. Continue to become attached to the good in the morning in this way: Look out the window, and say, "This is God's day for me. I am Divinely guided all day long. Whatever I do will prosper. I cast the spell of God around me. I walk in His Light. Whenever my attention wanders away from God or the Good, I will immediately bring it back to the contemplation of God and His Holy Presence. I am a spiritual magnet attracting to myself all things which bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long."

Start each day in this manner; then you are choosing happiness, and you will be a radiant, joyous person.

You can experience nothing outside your own mentality. Your dominant, mental mood is the way you think and feel inside about yourself, others, and the world in general. What is your present mental attitude? How do you feel inside? Are you worried, confused, angry, or concerned about other people's actions? If you are, you are not happy, because you are dwelling mentally on limitation.

Begin to anchor your mind on thoughts of peace, success, and happiness; this is really prayer. Do this frequently; then you will be like the Irish farmer who said, "It is a habit of mine to be happy." Your dominant mental attitude rules and governs all your experiences; therefore nothing can come into your world but the out-picturing of your mental attitude. Love all things good, and even your so-called "enemies" will be constrained to do you good.

Oftentimes you read in psychological and metaphysical literature that the world you behold is the world you are; this means you can control your relationship with the world. The world you really live in is a mental world of thoughts, feelings, sensations, and beliefs. As a matter of fact every person, circumstance, and experience you meet becomes a thought in your mind. How you mentally feel and react to life and conditions depend on what you believe about life and things in general. If your knowledge about life and the world is false, you can be very unhappy. If you have true knowledge and the right ideas, you can control your emotional reactions to life and have inner peace.

You are now awakening to the truth that happiness is determined by what goes on in your mind. There is one very important point about being happy: You must sincerely *desire* to be happy. There are people who have been depressed, dejected, and unhappy so long, that were they suddenly made happy by some wonderful, good, joyful news, they would actually be like the woman who said to me, "It is wrong to be so happy!" They long for the former, depressed, unhappy state.

I knew a woman in England who had rheumatism for twenty years. She would pat herself on the knee, and say, "My rheumatism is bad today. I can't go out; my rheumatism keeps me miserable." This dear, elderly lady got a lot of attention from her son, daughter, and the neighbors. She really wanted her rheumatism; she enjoyed her "misery," as she called it. This person did not really want to be happy.

I suggested a curative procedure given in the Bible. I wrote down some biblical verses, and said if she gave her attention to these truths, she would be healed, but she was not interested. There seems to be a peculiar, mental streak in many people, whereby they seem to enjoy being miserable and sad.

Jesus said, "If you know these things, happy are ye if ye do them." "We should become as little children." The reason for this is that a child is happy, because it is close to God. The child knows intuitively where to find happiness. You do not have to become old, dull, crotchety, petulant, and cantankerous; neither do you have to become jaded and depressed in spirit. The simple truths of life, and

not the opinions of man, produce and generate happiness within us. There are a great number of people trying to buy happiness through the purchase of radios, television sets, automobiles, and a home in the country, but happiness can not be purchased or procured that way.

The Kingdom of God is within you, and the kingdom of happiness is in your thought and feeling. Too many people have the idea that it takes something artificial to produce happiness. Some people say, "If I had a million dollars, I would be happy." Others say, "If I was elected mayor, or the president of the organization, I would be happy." The answer is, "We must *choose* happiness." We must make it a habit to be happy. It is a mental and spiritual state. Happiness comes through your daily visits with God and in silent communion with His Holy Presence.

Begin now to eat the bread of the silence; you do this by meditating on the fact that, "In Him there is fullness of joy." As you dwell on these words, imagine the joy and the love of God are flowing through your mind and heart as a living current or stream; then you are stirring up the gift of God within you.

The Saviour is within you, but He is asleep. Awaken Him! It takes only thought to stir God into action. Every time you mentally reject the power of conditions and circumstances, and recognize the Presence of God in you, you are stirring up the gift of God within you. "Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee."

When your mind is clean and wholesome, when your eyes are dedicated and focused on God or the Good, and when you have a child's heart, your mind is at peace; then you are full of good will, and you are happy.

Say to yourself every day when you awaken, "God is my partner." If the day is raining, say with joy, "How wonderful it is to see God in action!" When you see snow falling, give thanks. When the sun shines, know it is blessing everyone.

Within you is the Power to overcome any situation. You were born to win, to succeed, and to conquer. There is a great thrill in mastering a difficult assignment; the joy is in overcoming. Stand up against the problem now. Take up that shining sword of truth, and

say, "I go forth conquering and to conquer!" The Power of the Almighty is within you; It will reveal to you the perfect solution. It will show you the way you should go. Conquer and overcome every negative emotion within you. Love casts out fear. The peace of God casts out pain. Good will casts out envy. In the midst of all kinds of adversity, look for that which is good, and that which is right; in other words look for the Divine answer.

Turn within you now, and say, "Every morning I will say, 'There is something happy on my way.'" Evil has no reality; for your evil is your disorganized mind.

God is Life, and Life is forever seeking to express Itself in ways of pleasantness and paths of peace. Its tendency is Lifeward. The urge of Life is progression. Life is seeking to express through you as harmony, health, peace, joy, and happiness; these are the truths you are seeking. There is nothing but Good in God's universal, cosmic design. Enthroned in your mind the thought of the complete Omnipotence of God, and that God is watching over you, guiding you in all your ways. Let your mind be imbued with this idea, and the waters of healing will flow through you. As you focus your attention on these truths, you are making it a habit to be happy.

CASE HISTORIES

CASE HISTORY NUMBER ONE

I knew an alcoholic in London who had sunk to the depths of degradation. When I met him, he was begging pennies on the street for drink. At one time he was a highly respected lawyer. I spent some time with him in Hyde Park, London, telling him a few simple truths. I wrote these words for him to repeat: "I surrender myself completely to God and His Boundless Love and Goodness. My mind and heart are now open to the Spirit of Almighty God which flows through me now. God fills my mind and heart with His Joy and His Love. I do not see the wind, but I feel the breeze upon my face; likewise I feel

God's Presence stirring in my heart. God's river of Love flows through me, and I am clean and made whole."

I told him to relax, and slowly articulate the above meditation fifteen minutes, three times a day. All that was necessary was sincerity and humility on his part; then he was assured he would be free from the habit and blessed beyond his wildest dreams. This man became childlike in his simplicity. He fulfilled his promise. In less than a week he was engaged in a romance with God. Truly he touched the hem of His garment. As he meditated aloud, he imagined that the words were seeds sinking down into his soul. On the sixth day his whole being, and his room were flooded with an Interior Light which seemed to blind him temporarily. He was completely healed.

CASE HISTORY NUMBER TWO

Lecturing in San Francisco some years ago, I interviewed a man who was very unhappy and dejected over the way his business was going. He was the general manager. His heart was filled with resentment toward the vice president and the president of the organization; "They opposed him," he claimed. Because of this internal strife, business was declining; he was receiving no dividends.

This is how he prayed and solved his business problems: The first thing in the morning, he used the following meditation, "All those working in our corporation are spiritual, wonderful, God-like links in the chain of its growth, welfare, and prosperity. I radiate good will in my thoughts, words, and deeds to my two associates, and all those in the company. God's Love and good will fill my heart for the president and the vice president of our company. Infinite Intelligence and Divine Wisdom make all decisions through me. There is only right action taking place in our life. I send the messengers of peace, love, and good will before me to the office, and the peace of God reigns supreme in the minds and hearts of all those in the company including myself. I now go forth into a new day full of faith, confidence, and trust."

This business executive repeated the above meditation slowly three times in the morning feeling the truth behind the words. He put life, love, truth, and beauty into the words, and they went deep down into his subconscious mind. When fearful or angry thoughts came into his mind during the day, he would say, "God is within me now." After awhile all the harmful thoughts ceased to come, and peace came into his mind. He wrote me in New York saying that at the end of the two weeks, the president and the vice president called him into the office, apologized, and shook hands with him saying that the organization could not get along without him. He was so happy again. His happiness resulted from seeing God in the other fellow, and in radiating love and good will to all. True happiness came to him as he began to practice the Presence of God.

Love frees; it gives; it is the spirit of God. Love is the Universal Solvent; for Love dissolves everything unlike Itself.

HARMONIOUS HUMAN RELATIONS

“All things whatsoever ye would that men should do unto you, do ye even so to them.”

The first thing you learn is that there is no one to change but yourself. The above truth has outer and inner meanings: As you would that men should *think* about you, think you about them in like manner. As you would that men should *feel* about you, feel you also about them in like manner. As you would want men to *act* toward you, act you toward them in like manner. This Biblical passage is the key to happy, human relationships in all walks of life.

Do you observe your “inner talking”? For example, you may be polite and courteous to someone in your office, but when his back is turned, you are very critical and resentful toward him in your mind. Such negative thoughts are highly destructive to you; it is like taking poison; you are actually taking a mental poison which robs you of vitality, enthusiasm, strength, guidance, and good will.

The suggestion you give to the other, you give to yourself. Ask yourself now, “How am I behaving internally toward this other fellow?” This interior attitude is what counts. Begin now to observe yourself; observe your reactions to people, conditions, and circumstances. How do you respond to the events and news of the day? It makes no difference if all the other people were wrong, and you alone were right, if the news disturbs you, it is your evil, because your bad mood affected and robbed you of peace and harmony. You do not have to react negatively to the news or the comments of the broadcaster. You can remain unmoved, undisturbed, and poised, realizing he has a right to his expression and beliefs. It is never what

a person says or does that affects us; it is our reaction to what is said or done that matters.

Mentally divide yourself into two people: Your present mental state and that which you desire to be. Look at the thoughts of envy, jealousy, and hatred which may have enslaved and imprisoned you. You have divided yourself into two people for the purpose of disciplining yourself: One is the race mind working in you, the other is the Infinite or the God-Self seeking expression through you. Be honest with yourself and determine which mood shall prevail.

For example, if someone gossips about you or criticizes you, what is your reaction? Are you going to engage in the typical way by getting excited, resentful, and angry? If you do, you are letting the world-mind work in you. You must positively refuse to react in this mechanical, stereotyped, machine-like way. Say positively and definitely to yourself: The Infinite One thinks, speaks, and acts through me now; this is my Real Self. I now radiate love, peace, and good will to this person who criticized me. I salute the Divinity in him. God speaks through me as peace, harmony, and love. It is wonderful. You are now a real student of truth. Instead of reacting like the herd who returns hate for hate, you have returned love for hatred, peace for hurt, good will for ill will. You have come into truth to think and react in a new way. When you come into truth, you make a new set of reactions to supplant the old. If you find yourself always reacting in the same way to people and conditions, you are not growing. Instead you are standing still, deeply immersed in the race mind.

You know that you do not have to accept negative thoughts. You can become what you want to be by refusing to be a slave to old, thought patterns.

Become the real observer, and practice observing your reactions to the events of the day. Whenever you discover that you are about to react negatively, say firmly, "This is not the Infinite One speaking or acting"; this will cause you to stop your negative thinking; then the Divine Love, Light, and Truth will flow through you at that moment. Instead of identifying yourself with anger, resentment, bitterness, and hatefulness, identify immediately with peace, harmony, poise, and balance; with this attitude you are really practicing the art of

separation. You are separating yourself from the old (your present, mental state), and you are identifying yourself with the new (that which you desire to be).

You want to be the Christed one, the Anointed individual, the Illumined one, the God-man—who does not? In order to become the ideal, you must identify yourself with all the qualities and attributes you wish to manifest.

Remember this great truth: You do not have to go along with, believe in, nor consent to negative thoughts or reactions. Begin to positively refuse to react mechanically as you formerly did. React and think in a new way. You want to be peaceful, happy, radiant, healthy, prosperous, and inspired; therefore, from this moment forward you must refuse to identify with negative thoughts which tend to drag you down.

Many women say, “How can I change my husband?” Another frequent statement is, “I would like to change Mary in the office; she is the cause of all the trouble.” Many have heard the metaphysical phrase, “See the Christ in the other, and all is well.” However most people do not know exactly what that means. It really means to become aware of the Presence of God in the other, and to realize that God is actually being expressed through the thoughts, words, and actions of that person. To really know, accept, and believe these truths is to see the Christ in the other.

There is no problem in human relations that you cannot solve harmoniously and for the benefit of all concerned. When you say that your associate in the office is very difficult to handle, that he is cantankerous, mean, and obstreperous, do you realize that in all probability he is reflecting your own inner mental states? Like attracts like; birds of a feather flock together. Is it not possible that your associate’s crotchety, petulant, critical attitude is a reflection of your inner frustrations and suppressed rage? What this person says or does cannot really hurt you, except you permit him to injure you. The only way he can annoy you is through your own thoughts.

For example, if you get angry, you had to go through four stages in your mind: You began to think about what he said; you decided to get angry and generate a mood of rage; then you decided to act—

perhaps you talked back and reacted in kind. You see that the thought, emotion, reaction, and action all took place in your mind.

You are the cause of your own anger. If someone called you a fool, why should you get angry? You know you are not a fool. The other person is undoubtedly very disturbed mentally; maybe his child died during the night, or perhaps he is very ill psychologically. You should have compassion on him, but not condemn him. Realize God's peace fills his mind, and that His Love flows through him; then you would be practicing the Golden Rule. You would be identifying not with anger or hatred but with the law of goodness, truth, and beauty.

Would you condemn a person who had tuberculosis? No, you would not. In all probability if he told you, you would realize the Presence of God, harmony, and perfection where the trouble was; that would be compassion. *Compassion* is the Wisdom of God functioning through the mind of man, shown when you forgive all men, and see the God in them.

A person who is hateful, spiteful, envious, and jealous, and who says nasty, mean, scandalous things is very ill psychologically; he is just as sick as the man who has tuberculosis. How are you going to react to such a man? Where is your truth? Where is your wisdom and understanding? Are you going to say, "I am one of the herd; I react in kind; I return spite for spite, hate for hate, and anger for anger?" No, you would stop, and say, "This is not the Infinite One acting through me. God sees only perfection, beauty, and harmony. I see, therefore, as God sees." "Thou art of purer eyes than to behold evil, and canst not look on iniquity." I am going to see all men and women as God sees them. When your eyes are identified with beauty, you will not behold the distorted picture.

Information or news is constantly brought to your attention all day long through the medium of your five senses. You are the one who determines what your mental responses are going to be to the news conveyed. You can remain poised, serene, and calm, or you can fly into a rage, and as a result get an attack of migraine or some other form of pain.

The reason two men react differently to the same situation is based on their subconscious conditioning. Your personality is based

on the sum total of all your opinions, beliefs, education, and early religious indoctrination; this inner attitude of mind conditions your response.

One man will fly into a rage when he hears a certain religious program, but his brother may enjoy it, because one is prejudiced and the other is not. Our subconscious convictions and conditioning dictate and control our conscious actions. You can recondition your mind by identifying yourself with the eternal verities. Begin now by filling your mind with the concepts of peace, joy, love, good humor, happiness, and good will. Busy your mind with these ideas; as you do, they will sink into the subconscious level, and become orchids in the garden of God.

No matter where the problem is, how acute it may be, or how difficult the person may be, there is in the final analysis no one to change but yourself! When you change yourself, your world and environment will change. Begin with number one—*yourself!*

You are not living with people, you are living with your concept about them. How are you now responding to John Jones who is next to you on the bench? The fellow who works next to him likes him; his wife loves him; his children think he is wonderful. Perhaps members of his club believe he is generous, kind, and cooperative. Are you thinking of him as mean and petty? Are you resenting him? Who is this fellow? Is he *your* concept, or are all the others wrong? Would it not be wise to look within yourself and determine what it is in you that is causing him to be ugly or a stumbling block to you? I am sure you will find it within yourself.

Maybe you are saying to your son or father when you go home, "That fellow Jones annoys the life out of me. He irritates me beyond words." You are so upset, you cannot digest your dinner properly. According to your description he is impossible.

Where was Jones during the time you were saying all these things? Perhaps he was at the opera with his family; perchance he was out fishing in the stream having a wonderful, glorious time. As a matter of fact if someone said to you, "Where is Jones now?" You would answer, "I do not know." Be honest with yourself now, and admit he is in your own mind as a thought, a concept, or a mental

image. You are revealing yourself and your own perturbed state of mind.

Surely he is not responsible for your anger, tension, or upset stomach. You know in your heart, which is the place that matters, that you are responsible for your own thoughts about him; it is your negative, hostile, reaction to him that is the cause of your trouble. You are the cause of your negative state. Ask yourself, "Who is thinking these things, and who is feeling them?" You are!

Quimby used to say that the suggestion we give to the other, we give to ourselves. You can now see how true that is. As a matter of fact, that is the basis of the Golden Rule. Never suggest to another, or think anything about another, that you would not wish the other to think, suggest, or feel about you.

Watch your hidden conversation to yourself. How do you meet people in your mind when they are thousands of miles away? You may be nice to their face, but the way you think about them is what counts. If you are negative, you are poisoning yourself. Does it make any sense to go to a corner drug store, and say, "I do not like that fellow Jones; give me some poison. I want to take small doses of it several times a day." You are answering now, "Oh, that is absurd!" But that is what you do when you resent or are antagonistic towards others; you are actually taking mental poison which saps your vitality, destroys your enthusiasm, and brings about a debility of the entire organism.

There are mental, corrosive poisons, just the same as there are physical, corrosive poisons; they are just as destructive also. If you are now disturbed, agitated, and angry over the way someone has acted toward you, it means you have a very negative thought-pattern in your consciousness which you should heal instantly.

Be sure that you are not one of those people who will give all the reasons why they should be angry. Stop giving alibis; cease all self-justification. How could you be justified in hating or resenting someone? Do you have a special license? If you do, who gave you this authority? If you are agitated toward another, you are responsible for your unhappiness.

You should not defile the temple of the Living God. Your mind should be a house of prayer; do not make it a den of thieves. The

thieves who rob you of peace, joy, health, and happiness are: envy, jealousy, hatred, resentment, and anger. Refuse to harbor these gangsters and assassins.

You do not have to go down the dark alleys and corridors of your mind to consort with thieves and ruffians. Go down the beautifully lit streets of your mind. Jesus or the Truth is always walking down the streets of your mind saying, "Come to God, and find peace, rest, joy, long life, and happiness." As you identify with these truths of God, you have found your saviour. What you identify with, you become. You are transfigured into the image of what you contemplate and feel as true.

When you go to the factory tomorrow, and you meet that fellow or girl whom you say irritates you beyond words, quiet the mind, and say, "He is God's son, and God's Love flows through him. I see the Christ or the Presence of God in him. I see him through the eyes of God, and he is perfect, loving, peaceful, and cooperative." Repeat it quietly to yourself a few times, and go on about your business. Do not bother looking for results. You know results follow your changed mental attitude.

If the old, vicious thought of resentment or anger comes to you during the day, say to yourself quietly, lovingly, and positively, "What is true of God is true of him. I see him as God sees him; it is wonderful to behold God in action in myself, and in him also." You are now observing yourself, because you are refusing to yield to the evil thought; you are identifying with God or the Good only. A complete healing will follow as you persist in your new way of thinking and reacting. You are, as the Bible tells you, transformed by the renewal of your mind. You have changed your mental and emotional reaction towards others; as a result you have dominion over yourself.

Now you can decree how your thoughts and emotions shall be directed. You are now a king over your own household (mind). Your thoughts, ideas, and feelings are your servants. You issue the command; their mission is to obey. You are here to control, and not to be controlled by angry, wild emotions.

Now when you say to yourself, "Who is the thinker in me?" you must answer, "I am!"

When you are thinking on whatsoever things are true, honest, just, lovely, and of good report, you are truly thinking. If you find yourself thinking negatively, it is the world-mind thinking in you; then you have lost control.

The next time you are prone to resent someone, or when you say that you cannot get along with another, say to yourself, "When I look into his face, I am looking into the face of God; he is an incarnation of God walking this earth. I see God in him, and all is well."

"That thou seest man,
That, too, become thou must;
God, if thou seest God;
Dust if thou seest dust."

HOW TO CONTROL YOUR EMOTIONS

The ancient Greeks said, “Man, know thyself.” As you study yourself, you seem to be made up of four parts: Your physical body, emotional nature, intellect, and the Spiritual Essence which is called the Presence of God. The I AM within you, the Divine Presence, is your Real Identity Which is Eternal.

You are here to discipline yourself, so that your intellectual, emotional, and physical nature are completely spiritualized. These four phases of your nature are called the four beasts of *The Book of Revelation*. (*The Revelation of St. John* means God revealing himself as man.)

The real way for you to discipline and bridle your intellectual and emotional nature is by the Practice of the Presence of God all day long.

You have a body; it is a shadow or reflection of the mind. It has no power of itself, no initiative, or volition. It has no intelligence of itself; it is completely subject to your commands or decrees. Look upon your body as a great disc upon which you play your emotions and beliefs. Being a disc, it will faithfully record all your emotionalized concepts and never deviate from them; therefore, you can register a melody of love and beauty, or one of grief and sorrow upon it. Resentment, jealousy, hatred, anger, and melancholia are all expressed in the body as various diseases. As you learn to control your mental and emotional nature, you will become a channel for the Divine, and release the imprisoned splendor that is within you.

Think over this for a moment: You cannot buy a healthy body with all the money in the world, but you can have health through riches of the mind, such as thoughts of peace, harmony, and perfect health.

Let us dwell now on the emotional nature of man. It is absolutely essential for you to control your emotions if you want to grow spiritually. You are considered grown up or emotionally mature when

you control your feelings. If you cannot discipline or bridle your emotions, you are a child even though you are fifty years old.

You must remember that the greatest tyrant is a false idea which controls a man's mind holding him in bondage. The idea you hold about yourself or others induces definite emotions in you.

Psychologically speaking, emotions compel you for good or evil. If you are full of resentment toward someone or possessed by a grudge, this emotion will have an evil influence over you, and govern your actions in a manner which has nothing to do with what you say is the original cause. When you want to be friendly and cordial, you will be ugly, cynical, and sour. When you want to be healthy, successful, and prosperous in life, you will find everything going wrong. Those of you reading this book are aware of your capacity to choose a concept of peace and good will. Accept the idea of peace in your mind, and let it govern, control, and guide you.

Quimby pointed out that ideas are our masters, and that we are slaves to the ideas we entertain. The concept of peace with which you now live will induce the feeling of peace and harmony. Your feeling is the Spirit of God operating at the human level; this feeling of peace and good will will compel you to right action. You are now governed by Divine Ideas which are mothered by the Holy Spirit.

Uncontrolled or undisciplined emotion is destructive. For example, if you have a powerful automobile, it will take you through the roughest country, or to the top of a high hill; however, you must control the automobile. If you do not know how to drive, you may hit a telegraph pole or another car. Should you step on the gas instead of the brake, the car may be destroyed.

It is wonderful to possess a strong, emotional nature provided you are the master. Your emotions are controlling you if you permit yourself to get angry over trifles or agitated over practically nothing. If you get upset over what you read in the newspapers, you are not controlling your emotions. You must learn to blend your intellect and emotions together harmoniously. The intellect of man is alright in its place, but it should be anointed or illumined with the Wisdom of God.

There are many people who are always trying to intellectualize God. You cannot define the Infinite. Spinoza said that to define God is to deny him. You have met the highly intellectual man who says

that man cannot survive death, because he does not take his brain with him. Somehow he is so clever he really believes the brain thinks by itself. Such a man is looking at everything from a three-dimensional standpoint; that is where the intellect ceases.

The intellect, as I said previously, is alright in its place—for example, in our everyday work, and in all kinds of science, art, and industry. However as we approach the Living Spirit Almighty within, we are compelled to leave the world of the intellect, and go beyond into the realm of spiritual values which are perfection, and where dimension is infinity.

When man's intellect is blended with the emotions of love, peace, and goodwill, he will not use explosives and knowledge of chemistry for the destruction of mankind. The reason man uses the atomic bomb, submarine, and other implements of warfare to destroy his fellow creature is because his spiritual awareness and knowledge lag so far behind his intellectual achievements.

Let us see how emotions are generated. Suppose you observe a cripple; perhaps you are moved to pity. On the other hand you may look at your young, beautiful child, and you feel an emotion of love welling up within you. You know that you cannot imagine an emotion, but if you imagine an unpleasant episode or event of the past, you induce the corresponding emotion. Remember it is essential to entertain the thought first before you induce an emotion.

An emotion is always the working out of an idea in the mind. Have you noticed the effect of fear upon the face, eyes, heart, and other organs? You know the effect of bad news or grief on the digestive tract. Observe the change that takes place when it is found the fear is groundless.

All negative emotions are destructive and depress the vital forces of the body. A chronic worrier usually has trouble with digestion. If something very pleasant occurs in his experience, the digestion becomes normal, because normal circulation is restored, and the necessary gastric secretions are no longer interfered with.

The way to overcome and discipline the emotions is not through repression or suppression. When you repress an emotion, the energy accumulates in the subconscious and remains snarled there. In the same manner as the pressure increases in the boiler, if all the

valves are closed, and you increase the heat of the fire, finally there will be an explosion.

Today in the field of psychosomatics we are discovering that many cases of ill health, as arthritis, asthma, cardiac troubles, and failure in life, etc., may be due to suppressed or repressed emotions, perhaps occurring during early life or childhood.

These repressed or suppressed emotions rise like ghosts to haunt you later on. There is a spiritual and psychological way to banish these ghosts which walk in the gloomy gallery of your mind. The ideal way is the law of substitution. Through the law of mental substitution, you substitute a positive, constructive thought for the negative. When negative thoughts enter your mind, do not fight them; just think of God and His Love; you will find the negative thoughts disappear. "I say unto you, That ye resist not evil." (Math. 5:39) If a person is fearful, the positive emotion of faith and confidence will completely destroy it.

If you sincerely wish to govern your emotions, you must maintain control over your thoughts. By taking charge of your thoughts, you can substitute love for fear. The instant you receive the stimulus of a negative emotion supplant it with the mood of love and good will. Instead of giving way to fear, say, "One with God is a majority." Fill your mind with concepts of peace, love, and faith in God; then the negative thoughts cannot enter.

It is far easier to cremate, burn up, and destroy negative thoughts at the moment they enter the mind, rather than try and dislodge them when they have taken possession of your mind. Refuse to be a victim of negative emotions through controlling your thought and thinking of God and His Attributes. You can be master of all emotions and conditions. "He that *is* slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."

The Book of Revelation deals with the control of the intellectual and emotional life of man. It says in Chapter 4, verses 6, 7, and 8: "And before the throne *there was* a sea of glass like unto crystal: and in the midst of the throne, and round about the throne, *were* four beasts full of eyes before and behind.

"And the first beasts *was* like a lion, and the second beasts like a calf, and the third beast had a face as a man, and the fourth beast

was like a flying eagle.

“And the four beasts had each of them six wings about *him*; and *they were* full of eyes within: and they rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come.”

The sea of glass before the throne means the inner peace of God, for God is peace. Deep in the centre of your being, the Infinite One lies stretched in smiling repose. It is the Living Presence of God within you. You stand before this throne. *The throne* is a symbol of authority. Your emotional conviction of a deep, abiding faith in the God-Power is your authority in consciousness. To say it simply: Your inner conviction is your throne in heaven, because therein lies your power. “According to your faith is it done unto you.” *Faith* is a positive, emotional attitude knowing that the good I seek is mine now.

The four beasts forever before the throne are the four phases of your being: spiritual, mental, emotional, and physical. In order to get your emotional nature on a spiritual basis, it is necessary to understand these four beasts; in doing so you learn the gentle art of scientific prayer which in the final analysis is the answer to all problems. Study these four potencies of consciousness.

The lion is the king of the jungle; it means God, your I AMNESS.

Taurus means the bull or beast of burden. *Your burden* is your desire. You labor in your imagination to make your desire a part of your consciousness.

Aquarius means the water bearer; it means meditation. The word *meditation* means to eat of God or your good, to feast upon your ideal. You pour water on your ideal, meaning you dwell upon and pour love on it which is the water of life. Something happens as you mentally feast upon your ideal; you generate an emotion; the latter is the spirit of God moving on your behalf. Your emotion is the Holy Spirit moving at human levels. God is a reactive, reciprocal Power within you. Your emotion responds according to the nature of the idea. As you emotionalize your idea, it sinks into the subconscious mind as an impression; this is called the *Eagle* or *Scorpio*, meaning the Divine impregnation. These are the four stages of the unfoldment

or manifestation of an ideal or desire. Whatever is impressed is expressed.

The four beasts had each of them six wings. *The six wings* refer to the mental, creative act. When idea and feeling blend together in harmony and faith, there has taken place a wedding ceremony in the mind. Knowledge of this mental, creative act gives you wings; enables you to soar aloft above the storms and struggles of the world, and find peace and strength in your own mind.

Let us take an illustration explaining the story of spiritual and mental creation: In the name *Jehovah* is concealed the perfect way to pray scientifically; thereby bringing all discordant emotions under scientific control. Jehovah, Yod-He-Vau-He, is composed of four letters. *Yod* means God, or I AM; *He* means desire or idea; *Vau* is feeling or conviction; the final *He* is the manifestation of what you felt as true inside. The third letter *Vau* is considered the most important of all. It enables you to feel you are that which you desire to be. Walk in the mental atmosphere that you now are what you want to be; this mood will jell within you, and you will experience the joy of the answered prayer. The word *Vau* also means nail. *To nail* your desire is to fix it in consciousness, so that you are at peace about it.

Remember you do not have to live in a world of sickness and confusion created by your own errors or ignorance. You have the power and the capacity to imagine and feel you are what you desire to be. As you completely accept your desire mentally, that you now are what you wish to be, through mental absorption, you have completed the name or the creative way of God as portrayed in the name: *Yod-He-Vau-He*. In other words you have completed the creative process in your own mind as outlined by Troward in his *Bible Mystery and Bible Meaning*. To know how to pray scientifically is to be able to control your emotions. "More things are wrought by prayer than this world dreams of."

CASE HISTORIES

CASE HISTORY NUMBER ONE

Let us take some cases histories. A soldier who has returned from Korea told me that when he was seized with fear, he would say to himself over and over again, "God's Love surrounds me, and goes before me." This affirmation impressed his mind with the feeling of love and faith. This mood of love supplanted his fear. "Perfect Love casteth out fear." This procedure is the answer to the process of freedom from fear.

CASE HISTORY NUMBER TWO

A mother, whose only child died, was grief stricken. The grief was affecting her vision, and she suffered from migraine headaches. She was in a deep state of depression. I suggested to her that she go to a hospital, and offer her services in the children's ward. She was a former nurse. In offering her time at a local hospital, she began to pour out love on the children; she coddled them; cared for them, and fed them. The love was no longer bottled up within her; she became a channel for the Divine, and began to release the sunshine of God's Love. She practiced sublimation which was a redirection of the energy lodged within her subconscious mind. In this manner she drained off the poison pockets of her subconscious mind.

CASE HISTORY NUMBER THREE

A woman who comes to our meeting told me that she was accustomed to fits of temper and anger periodically by the action of neighbors. Instead of letting the anger and hatred affect her mentally and physically by pushing it back into the subconscious, she transmuted it into muscular energy by getting a gallon of water and washing the windows or the floor. Sometimes she would begin to dig in the garden, saying to herself aloud, "I am digging in the garden of God, and planting God's ideas." She would do this for fifteen minutes at a time. When washing the windows, she would say aloud, "I am cleansing my mind with the waters of love and life." The above illustrations are simple methods of working off negative emotions in a physical way.

CHANGING THE FEELING OF “I”

If you say, “I,” to everything you think, feel, say, or imagine, you cannot transform your emotional life. Remember all kinds of thoughts can enter your mind; all kinds of emotions may enter your heart. If you say, “I,” to all negative thoughts, you are identifying yourself with them, and you cannot separate internally from them. You can refuse to attach “I” to negative emotions and thoughts.

You make it a practice to avoid muddy places as you walk along the road; likewise you must avoid walking down the muddy roads of your mind where fear, resentment, hostility, and ill-will lurk and move. Refuse to listen to negative remarks. Do not touch the negative moods, or let them touch you. Practice inner separation by getting a new feeling about yourself, and about what you really are. Begin to realize that the real “I” in you is the Infinite Spirit, the Infinite One. Begin to identify yourself with the Qualities and Attributes of this Infinite One; then your whole life will be transformed.

The whole secret in transforming your negative, emotional nature is to practice self-observation. To observe, and *to observe* oneself are two different things. When you say, “You observe . . .” you mean you give your attention to external things. In self-observation the attention is directed inwards.

A man may spend his whole life-time studying the atom, stars, body, and the phenomenalistic world—namely, knowledge of the external world; this knowledge cannot bring about an interior change. Self-observations is the means of interior change—the change of the heart.

You must learn to differentiate, to discern, to separate the chaff from the wheat. You practice the art of self-observation when you begin to ask yourself, “Is this idea true? Will it bless, heal, and inspire me? Will it give me peace of mind, and contribute to the well-being of humanity?”

You are living in two worlds: the external and the internal; yet they are both one. One is visible and the other invisible (subjective and objective). Your external world enters through your five senses, and is shared by everyone. Your internal world of thought, feelings, sensations, beliefs, and reaction is invisible and belongs to you.

Ask yourself, "In which world do I live? Do I live in the world revealed by my five senses, or in this inner world?" It is in this inner world you live all the time; this is where you feel and suffer.

Suppose you are invited to a banquet. All you see, hear, taste, smell, and touch belong to the external world. All that you think, feel, like, and dislike belong to the inner world. You attend two banquets recorded differently: namely, one the outer, and one the inner. It is in your inner world of thought, feeling, and emotion in which you rise and fall and sway to and fro.

In order to transform yourself, you must begin to change the inner world through the purification of the emotions, and the correct ordering of the mind through right thinking. If you want to grow spiritually, you must transform yourself.

Transformation means the changing of one thing into another. There are many well-known transformations of matter. Sugar through a process of distillation is changed into alcohol; radium slowly changes into lead, etc. The food you eat is transformed, stage by stage into all substances necessary for your existence.

Your experiences coming in as impressions must be similarly transformed. Suppose you see a person you love and admire; you receive impressions about him. Suppose on the other hand you meet a person you dislike; you receive impressions also.

Your husband or daughter sitting on the couch as you read this is to you what you conceive him or her to be. In other words impressions are received by your mind. If you were deaf, you would not hear their voices. You can change your impressions of people. To transform your impression is to transform yourself. To change your life, change your reactions to life. Do you find yourself reacting in stereotyped ways? If your reactions are negative, that is your life. Never permit your life to be a series of negative reactions to the impressions that come to you everyday.

In order truly to observe yourself, you must see that regardless of what happens, your thought and feeling are fixed on this great truth: "How is it in God and Heaven?" This will lift you up, and transform all your negative thoughts and emotions. You may be inclined to say that other people are to blame, because of the way they talk or act, but if what they say or do makes you negative, you are inwardly disturbed; this negative state is where you now live, move, and have your being.

You cannot afford to be negative; it depletes your vitality; robs you of enthusiasm, and makes you physically and mentally ill. Do you live in the room where you are now? or do you live in your thoughts, feelings, emotions, hopes, and despair? Is it not what you are feeling about your environment now, that is real to you? When you say, "My name is John Jones," what do you mean? Is it not a fact that you are a product of your thinking, plus the customs, traditions, and the influence of those around you as you grew up? You are really the sum-total of your beliefs, opinions, plus what you have derived from your education, environmental conditioning, and the countless other influences acting upon you from the external world and entering through your external senses.

Perhaps you are now comparing yourself with others. Do you feel inferior in the presence of a person who seems to be more distinguished than you are? Suppose you are a great pianist—when someone praises another pianist, do you feel inferior? If you have the real feeling of "I," this would not be possible; for the true feeling of "I" is the feeling of the Presence of the Infinite One in you, in Which there are no comparisons.

Ouspensky used to point out that people became upset easily, because their feeling of "I" was derived from negative states of consciousness. The feeling of "I" was one of his favorite expressions, and some of his ideas are incorporated in this chapter.

I said to a man in our Bible class recently, "Have you observed your typical reactions to people, newspaper articles, and radio commentators? Have you noticed your usual, stereotyped behaviour?"

He replied, "No, I have not noticed these things." He was taking himself for granted, and not growing spiritually. He began to think

about his reactions; then he admitted that many of the articles and the commentators irritated him immensely. He reacted in a machine-like manner, and was not disciplining himself. It makes no difference if all the writers and commentators were wrong, and he, alone, was right; the negative emotion aroused in him is destructive; it shows lack of mental and spiritual discipline.

When you say, "I think this . . ." "I think that . . ." "I resent this . . ." or "I dislike this . . ." which "I" is speaking? Is it not a different "I" speaking every moment? Each "I" is completely different. One "I" in you criticizes one moment; a few minutes later another "I" speaks tenderly. Look at and learn about your different "I's," and know deep within yourself that certain "I's" will never dominate, control, or direct your thinking.

Take a good look at the "I's" you are consorting with. With what kind of people do you associate? I am referring to the people that inhabit your mind. Remember your mind is a city; thoughts, ideas, opinions, feelings, sensations, and beliefs dwell there. Some of the places in your mind are slums and dangerous streets; however Jesus (your saviour) is always walking down the streets of your mind in the form of your ideal, desire, and aim in life.

One of the meanings of Jesus is your desire; for your desire, when realized, is your saviour. Your aims and objectives in life are now beckoning to you; move toward them. Give your desire your attention; in other words take a lively interest in it. Go down the streets of love, peace, joy, and good will in your mind; you will meet wonderful people on the way. You will find beautifully, lighted streets and wonderful citizens on the better streets of your mind.

Never permit your house, which is your mind, to be full of servants which you do not have under control. When you were young, you were taught not to go with what your mother called, "bad company." Now when you begin to awaken to your inner powers, you must make it a special point that you do not go with wrong "I's" (thoughts) within you.

I had an interesting chat with a young man who studied mental discipline in France. His procedure was to take, as he said, "mental photographs of himself from time to time." He would sit down, and think about his emotions, moods, thoughts, sensations, reactions,

and his tones of voice; then he would say, "These are not of God; they are false. I will go back to God and think from that Standard or Rock of Truth." He practiced the art of inner separation. He would stop when he got angry, and say, "This is not the Infinite One, the real 'I' speaking, thinking, or acting; it is the false 'I' in me."

Return to God like this young man. Every time you are prone to get angry, critical, depressed, or irritable, think of God and Heaven, and ask yourself, "How is it in God and Heaven?" *There* is the answer to becoming the new man; this is how you become spiritually reborn or experience what is called the second birth. (*The second birth* is internal discipline and spiritual understanding.)

The saint and the sinner are in all of us; so are the murderer and the holy man; likewise are God and the world mind. Every man basically and fundamentally wants to be good, to express good, and to do good. This is "the positive" in you. If you have committed destructive acts, as for example, if you have robbed, cheated, and defrauded others, and they condemn you, and they hold you in a bad light, you can rise out of the slum of your mind to that place in your own consciousness where you cease to condemn yourself; then all your accusers must still their tongues. When you cease to accuse yourself, the world will no longer accuse you; this is the power of your own consciousness; It is the God in you.

It is foolish to condemn yourself; you do not have to. It is idle to keep company with the thoughts of self-accusation. Suppose you committed acts of injustice, criminal acts, or other dastardly crimes. It was not the God in you that did those things; it was not the real "I" or the Infinite One, it was the other self (the world-mind) in you. This will not, of course, excuse you from your responsibility, no more so than if you put your hand in the fire, you get burned; or if you pass a red light, you will get a ticket for traffic violation.

The other self represents the many "I's" in you, for instance the many negative ideas and beliefs that there are powers outside your own consciousness; the belief that others can hurt you; the elements are unfriendly, plus the fears, superstitions, and ignorance of all kinds. Finally prejudices, fears, and hates drive and goad you to do that which you would not otherwise do. The ideal way to change the

feeling of “I” is to affix to the real “I” within you everything that is noble, wonderful, and God-like.

Begin to affirm, “I am strong. I am radiant. I am happy. I am inspired. I am illumined. I am loving. I am kind. I am harmonious.” Feel these states of mind; affirm them, and believe them; then you will begin to truly live in the Garden of God. Whatever you affix to the “I AM” and believe, you become. The “I AM” in you is God, and there is none other. “I AM” or Life, Awareness, Pure Being, Existence, or the Real Self of you is God. It is the Only Cause. It is the Only Power making anything in the world. Honor It; live with the feeling, “I AM Christ,” all day long. *Christ* means the Anointed One, the Awakened One, the Illumined One. Feel you are this Anointed One; continue to live in that mental atmosphere; then you will draw out the Christ (Wisdom, Power, and Intelligence of God) within you, and your whole world will be transformed by that Inner Light shining in your mind. Every-time you feel, “I AM the Christ”; “I AM illumined”; “I AM inspired”; you are praying and qualifying your consciousness with the thing you are praying about, and with the thoughts you are thinking.

As you continue to change the feeling of “I” as outlined above, you will populate the heavens of your mind with God’s Eternal Verities: “Fear not for I am with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shall not be burned.” Who is That One? It is your own I AMNESS; It is the Light or Awareness within you which always goes before you whithersoever thou goest. Your dominant mental attitude or atmosphere is going ahead of you all the time, creating the experiences you will encounter.

Keep in mind that when you pray about any specific thing, it is necessary to qualify your mind with the consciousness or *feeling of having or being that thing*. You mentally reject completely the arguments in your mind against it; that is prayer. Qualify your consciousness with the thing you are praying for by thinking about it with interest. Do this quietly and regularly until a conviction is reached in your consciousness. As you do this, the problem will no longer annoy you. You will maintain your mental poise, plus the feeling of: “I now feel that I am what I long to be,” and as you continue to feel it, you will become it.

Here is the law: "I am that which I feel myself to be." Practice changing the feeling of "I" every day by affirming: "I am Spirit; I think, see, feel, and live as Spirit, the Presence of God. (The other self in you thinks, feels, and acts as the race mind does.) As you continue to do this, you will begin to feel you are one with God. As the sun in the heavens redeems the earth from darkness and gloom, so will the realization of the Presence of God in you reveal the man you always wished to be—the joyous, radiant, peaceful, prosperous, and successful man whose intellect is illumined by the Light from above.

God causes the sun to shine on all men everywhere. No man can take away the sunshine of God's Love from you. No one can place you in the prison of fear or ignorance when you know the Truth of God which sets you free.

The feeling that the "I AM" in you is God reveals to you that there is nothing to be afraid of, and that you are one with Omnipotence, Omniscience, and Omnipresence. No one can steal health, peace, joy, or happiness from you. You no longer live with the many "I's" of fear, doubt, and superstition. You now live in the Divine Presence, and in the consciousness of freedom.

Ask yourself, "Who is it that takes charge of me at every moment, and speaks in His Name, calling Itself "I"? Never identify with this other man (fear, prejudice, pride, arrogance, condemnation, etc.). You now realize you need not go in the direction of negative "I's." You will never again say, "Yes," to any idle, negative thought; neither will you give it the sanction and signature of yourself.

Become the observer by keeping your eyes fixed on God—the real "I"—the Infinite One within you. Feel the sense of "I" on the observing side, and not in what you are observing. Feel that you are looking out through the eyes of God; therefore, "*Thou art* of purer eyes than to behold evil, and canst not look on iniquity."

THE MEANING OF REINCARNATION

(1954)



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THE MEANING OF REINCARNATION

The time has come in the field of New Thought thinking, living, and practice to make a clear-cut decision as to *what to do* with the mill-stone labelled, "Reincarnation," which is discovered hanging from both oriental and occidental necks.

The highest light in the theory of reincarnation is melioristic; that is, man is becoming better by the slow, *exoteric* process of putting on and off different habiliments of flesh and emotions. Nothing is done in this unconscious process, rooted in mere habit transmission about the ringing challenge: "Be ye perfect even as your Father in Heaven is perfect."

New Thought Philosophy and application must not capitulate to a racial error perpetuated by the pronouncements of unilluminated men. We should get started in the "business" about which Jesus so earnestly labored. Let us begin the program with tenacity of purpose and perseverance by putting on the Garment of Christ which is Wisdom, Truth, and Beauty instead of the garment of "poor man, rich man, beggar man, and thief," through the weary cycles of time-space-frames of reference.

Einstein has with great labor brought us to the gate of the Temple Beautiful. The false Gods of time and space have been toppled over, and become mere relativities before that "Which is, and Which was, and Which *is* to come, the Almighty."

We now stand naked before the gates stripped of all disguises and "but little lower than the angels," ready to take our just place at the right hand of Cause—The Father. This means essentially the wilful cessation of the automatic, weary round of rebirths, refreshing ourselves in the menial garments of the slave to carnal, materialistic thinking and living.

The scientific, mental thinker looks at the theory of reincarnation from a new standpoint altogether. The scientific thinker starts with,

“the pattern on the Mount,” wherein man is one with God, and starts from there.

We must cease building an edifice based on a slow-paced dream wherein millions of human beings—east and west—have been laid in the Procrustean bed of karma and reincarnation to arise retailored in garments ill befitting an invited guest to God’s Wedding Feast. If you do not wear the proper garment which is the royal, seamless robe, you will be cast out again into the outer darkness of spiritual ignorance.

By believing in the theory of reincarnation, or countless cycles of carnal rebirths, I believe you drift from safe mooring, and fall from spiritual grace.

What is your concept of God? The Bible gives you the answer: “The high and lofty One that inhabiteth eternity, whose name is Holy.”

Atomic, H-bombs, and other thermo-nuclear weapons are knocking at your doors calling upon you for a new Declaration of Emancipation from all traditions and false beliefs of man—no matter how time-honored on oriental altars. Let us begin to put out all karmic, purgatorial fires by true faith and conviction in God’s Love and Beauty here and now, and press on to the virgin fields of consciousness. You must not be deterred by a mirage of mere meliorism. Refuse to be satisfied by anything but the promised land of Spiritual Reality.

In materia-medica circles it is customary to discard the textbooks of yesterday’s pathologies and nostrums. Likewise, you must discard the old garment of “sick man, poor man,” and arrive at the hour of decision in your own mind where “*none but the best wine*” of spiritual wisdom shall be put forth for the guests who hunger for a more wholesome fare.

The new, nuclear physics with great courage and faith has also without hesitation discarded the gross atomistic concepts of yesterday. Their courage and faith have demonstrated their own miracles, such as nuclear transubstantiation, time-space fusion, television, radio, inter-atomic energy, etc. Science is also beginning to kneel and pray before the Altar of Being.

By laboring in the vineyard of your own mind, you, too, can bring forth better fruit. The Bible explains the course of action which the

student of truth must take in these times when the Holy Spirit is being “poured upon all flesh.” All unworthy concepts must go into the limbo of spiritual ignorance; foremost among these stands this well-regarded theory of reincarnation, whereby mole-like progress is decreed by age-old, earth-bound thinking.

When Jesus said, “My kingdom cometh not with observation of, lo here! lo there!” was he not anticipating the relativity of time-space concepts? When he declared: “Behold now *is* the accepted time!” “Believe that ye receive them, and ye shall have them!” “Before Abraham was, I am!” was he not collapsing time and space in this “business” of soul-saving and man redeeming from the thralldom of erroneous oriental and occidental beliefs?

Jesus demonstrated instant resurrection, thereby short circuiting all reincarnation lagging on the way to the promised land of spiritual realization.

Become *now* a true, mental scientist, and agree with the bold declaration: “Behold, I make all things new.” “I have overcome the world.” “Believe me that I *am* in the Father, and the Father in me.” *The me* means the conscious, inner realization of God’s Presence in you and in all men.

Free yourself mentally from the belief in self-imposed fleshy, psychologically imprisoning embodiments. The “sons of God” must “leap for joy” beneath “the morning stars” of Light, Love, and Truth which light up the heavens of your own mind.

Once I prayed for a friend who believed he was the victim of karma, that he had to suffer, and that God was punishing him. A healing of his mind and body followed; this was God incarnated or made manifest in a body ill at ease or in disease. The malignant growth was stopped, and the glory of God was made manifest. This *glory* waits “neither for time nor tide,” but is instant with the One Presence which always comes with healing on Its wings.

Leave all lesser altars and idols, and come before God with a pure heart and noble purpose. True reincarnation is the birth of God in the mind of man, where man becomes seized with a Divine frenzy and becomes God-intoxicated. The Spiritual rebirth comes to the man here and now who goes on a great psychological, spiritual feast in peace, happiness, and joy; then he begins the task of Divine

regeneration, resurrection of God's ideas, and ascension into the bosom of God's Eternal Love.

Emma Curtis Hopkins tells of a wonderful event recorded in the archives of a state penal institution; this is the essence of it: A man was sentenced over half a century ago to be hanged. In the interim between his sentence and its time of fulfillment, he sought the Face of God, which means the Truth about God. If I look at your face, I recognize you. Look to God and His Love; there is no condemnation there. God does not condemn or judge any man. "All judgment is given to the son." You are the son, and you are always judging yourself by the concept and beliefs you entertain. You are always choosing thoughts; thereby passing judgment on yourself. God sees you perfect. The Perfect One cannot see imperfection. When man rises in consciousness to the point where he forgives himself and cleanses his mind and heart, the past is forgotten and remembered no more.

Karma, or reaping what you have sown, turns out to be inexorable only as long as you do not pray or meditate on the Truths of God. As soon as you pray, you rise above karma, and the unpleasant consequences of past mistakes begin to be wiped out. No matter how awful the crime,—be it murder, or any other heinous offense,—it can be expunged from the mind together with all the punishment that would ordinarily follow. Mere reading of affirmations and perfunctory prayer will not change matters. A deep hunger and thirst for God's Love and Grace, plus an intense desire to transform, is essential to wipe out the punishment that must otherwise follow negative and destructive thinking.

I have known murderers to become completely transformed by an inner realization of God's Presence; they were completely reborn; they were so changed that it would be impossible for them to repeat the mistakes of the past.

The murderer of whom Emma Hopkins speaks sought the Face of the All-Good. He had read that God was "the bad man's deliverer," and this man had committed the murder for which he was sentenced. To the great confusion and perplexity of the officers of the law, when the man was led to the gallows, the platform of which would tip ordinarily at the slightest weight, became firm the moment

the condemned man stepped upon it. They tried again and again to no avail, until finally he was given his freedom.

Did not the efficacy of the High Watch halt the so-called karma of the ordinarily mandated treadmill of cause and effect, and enable this murderer to step off into a new order of emancipated consciousness and experience?

The Love of God indeed passes all understanding, and It does illumine the path we tread. The wonders and blessings of God know no ending.

Modern science is beginning also to penetrate the wonders of the world; it says that we live in an ever-changing, fluidic universe of dancing forces, and that the universe is a mental phenomenon. The ultimates of science are on precisely the same footing as our intuitions of Goodness, Truth, and Beauty of God. Our reason must listen to the subtler voices of intuition and revelation. With a new vision religion and science may both understand the mystic overtones of this ancient meditation.

“Of all existences I am the source
The continuation, and the end.
I am the germ;
I am the growth;
I am the decay.
All things and creatures I send forth;
I support them while yet they stand without;
And when the dream of separation ends,
I cause their return unto myself.
I am the Life,
And the wheel of the Law,
And the way that leadeth to the Beyond—
There is none else.”

DOES THE BIBLE TEACH REINCARNATION?

Reincarnation is God incarnating again and again. It is the One Being coming back repeatedly.

Troward says, "If a thing is true, there is a way in which it is true." Let us see the way in which Reincarnation is true. In reading the ninth chapter of Luke, we find these words, "Now Herod the tetrarch heard of all that was done by him: and he was perplexed, because that it was said of some, that John was risen from the dead; And of some, that Elias had appeared; and to others, that one of the old prophets was risen again. And Herod said, John have I beheaded: but who is this, of whom I hear such things? And he desired to see him."

Herod means the world-mind, race belief, and acceptance of the traditions of the past. Such a mind believes it is John the Baptist risen from the dead or Elias come again, but what it fails to see is that it is always God coming forth as a quality or mood of man.

The people in the days of Jesus believed in reincarnation, but everywhere in the Bible, as we shall point out, Jesus rejects the belief completely. If you read this book with a fixed belief in your old ideas, you will not really grasp what is being written. You only hear what you are ready to receive. Many hear what they want to believe. Where will you find the authority for the Truths of the Bible? They are within yourself! Your subjective or Invisible Self is the authority; It knows all, and It will illumine your conscious mind.

Herod is the tetrarch; the latter means the fourth part of the province, or the ruler of the fourth part of a country. You have four parts: You are spiritual, mental, emotional, and physical. *The physical*, or the body, is the tetrarch referred to. The body, or the worldly belief, is that a man dies and comes back in another body in cycles of 500, 800, etc. The man with the worldly belief desires to see Jesus, but he cannot. Jesus symbolizes the Truth.

Truth is an inner perception; It is subjectively perceived and understood. You say, "I see," when you comprehend, or understand the solution to a knotty problem. Many people believe that we come back again and again, in order to expiate for our sins committed in former lives. They believe they have to work out their karma until they are free from bondage. It is a solace and a comfort to many people to realize that their misfortunes and troubles are due to errors in their past lives. This belief is indeed a panacea; it answers their problems; puts them at ease, and it acts as an opiate to these poor people.

Again I wish to emphasize that Jesus does not teach reincarnation, as commonly understood. He teaches a spiritual rebirth. Let us examine the third chapter of John: Jesus said to Nicodemus, "Verily, verily, Except a man be born again, he cannot see the Kingdom of God. Nicodemus saith unto him, How can a man be born when he is old? Can he enter the second time into his mother's womb, and be born? Jesus answered, Verily, Verily, I say unto thee, Except a man be born of water and the spirit, he cannot enter the Kingdom of God."

Nicodemus means a ruling state of consciousness within man; he is still wedded to the old thought of a physical or carnal rebirth; yet he is dissatisfied, and is seeking light. He is a man of the Pharisees, meaning that he is one who adheres to the letter of the Law, but lacks the spirit which giveth life. He represents the average man of today who does not know that his own Awareness, Beingness, or Consciousness is God, his Creator, Redeemer, and Saviour. Let us see this drama or dialogue as taking place within man.

When Jesus says, "I am the Truth," he is not referring to himself as a man, but to the Principle which he teaches.

"*I AM*" means Pure Being, Life, Awareness, Consciousness, or The Unconditioned One. Our "I AMNESS" is God. "I am all things to all men." This Formless Awareness becomes that which man conceives It to be; this is the law of believing—the corner stone of life which the world rejects. When we read the word, "Verily, Verily," it means stop, look, and listen! *To be born again* means a spiritual rebirth—the birth of God in man.

Nicodemus, or man seeking, questions the Truth, asking, "How can a man be born when he is old?" The average man thinks of God as far off; he considers heaven as a place to which he goes when he leaves this plane. He fails to see that anyone can enter the second time into the mother's womb, psychologically, and be reborn spiritually. Man can enter the womb of God again and again, and be reborn mystically. *The womb of God* is man's own inner feeling.

Here is how you may enter the womb of God and be reborn: Get still and quiet by relaxing the mind and body. Detach yourself from the old way of thinking and form a new concept of yourself, a new estimate. Meditate on the reality of this new concept to the point of conviction. Imagine and feel the reality of the new ideal; live with it; envelop it in love; woo it; then the ideal will be resurrected in you, and you will become a changed man.

I knew a murderer one time who confessed to me that he had killed a man. He had an intense desire to transform himself, and be reborn mentally and spiritually. I wrote down the qualities and attributes of God for him. He began to still the wheels of his mind. For fifteen or twenty minutes several times daily, he would quietly, silently, and lovingly claim and feel that God's Love, Peace, Beauty, Glory, and Light were flowing through his mind and heart, purifying, cleansing, healing, and restoring his soul. As he did this regularly, these qualities and attributes of God were gradually resurrected within him. In other words these qualities came out of his mother's womb, which was his own feeling or mood as he prayed.

One night this man's whole mind and body, as well as the room he was in, became a blaze of Light. He was actually blinded like Paul by the Light for awhile. He said to me that all he could remember was that he knew the whole world was within him, and that he felt the ecstasy and rapture of God's Love. His feeling was indescribable. It was in other words the moment which lasts forever. He was a changed man; truly he expressed the real Incarnation of God in his mind and heart. He began to teach others how to live, and I am sure he is still doing it somewhere.

He was born of water and the spirit. *Water* will take the shape of any vessel into which it is poured, so will your mental attitudes and beliefs assume form and shape in your world.

Spirit is a feeling, a mood, or animated state of consciousness. *To be born of water and the spirit* is, therefore, to begin to think in a new way; to get a new mental attitude, and to begin to feel the joy of the answered prayer within you.

Let us take a simple illustration. Suppose you wish to be a great teacher of God's Truths: Close your eyes tonight. Still your body. Imagine you are expounding hidden mysteries or the Truths of the Bible to others, and that they are being illumined and inspired. In your imagination, you see the multitude; feel the reality of it; realize the wonder of it all. Dramatize it within yourself! You are the actor in the drama. ("Act as thou I am, and I will be." This is an old philosophical quotation containing a great Truth). Feeling yourself as being the great teacher, living, and acting the role in your imagination, you are focused on your ideal, and you become one with it as you remain persistent. As you regularly enter this meditative state, you will touch Reality, and you will objectively express what you subjectively saw and felt.

Your true rebirth is when you leave the kingdom of man and his false beliefs, and enter the Kingdom of God and His Glory within you.

ARE WE VICTIMS OF KARMA?

We must not be wedded to a belief in karma (evil that has to be expiated here in life). As long as man believes that he is going to be punished, he suffers the consequences of his false beliefs, ideas, and opinions.

To believe that God is punishing you for the mistakes of the past is to have a false concept of the One True God. Whatever concept you hold of God, has its effect on your life. If you have a false, superstitious concept of God, there will be confusion and chaos in your life.

Ask yourself, "What do I really believe as true about God?" Your answer is the most important thing in your life; it must come from your heart. It is not adequate to say, "I believe in God."

For example, begin to believe that God is Omnipotent, All Wise, Boundless Love, Infinite Intelligence, and Infinite Perfection, and that what is true of God must, therefore, be true of you; for God and man are one. God is man made manifest; the Formless and the formed are one, the Unconditioned and the conditioned are one. Spirit and form are one. Life and its manifestation are one.

If you really believe in your heart that God is All Love, Light, Truth, and Beauty in the same way as you believe you are alive; then everything in your life will begin to change. All the departments of your life will begin to improve, such as, your health, wealth, love, and expression; you will go from glory to glory, and your good will multiply exceedingly until "the day breaks and the shadows flee away."

To believe that we must come back again and again to work out our karma or suffer for past misdeeds is a sort of an opiate; it dulls the mind and destroys the body.

I have heard people say, "This is my karma; I cannot overcome this; you know, I must have done something bad in a former life."

This is a form of alibi which acts as an anaesthetic to dull the senses. We must really see the foolishness of such a belief. It is a complete contradiction of the teachings of the Bible and the Ageless Wisdom. Jesus healed the blind man immediately; thereby rejecting all such beliefs.

The only loss, limitation, restriction, or evil in the world is our belief in loss, our belief in limitation, our belief in restriction, and our belief in evil or disease; this is known as the "son of perdition," or sense of loss spoken of in the Bible. "Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." "And their sins and iniquities will I remember no more."

Can you imagine a God asking you to forgive those who trespass against you, and in another breath refusing to forgive Himself? You are already forgiven in the eyes of God. Forgive yourself now. "He shall call upon me, and I will answer him." "I, *even* I, *am* he that blotteth out thy transgressions for mine own sake, and will not remember thy sins."

Some people state that it is almost impossible to change certain physical conditions in this life, particularly, if one were born with a congenital disease or deformity. This is a contradiction of everything the Bible teaches, namely, "Behold, I *am* the LORD, the God of all flesh: is there anything too hard for me?" "I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD." "Who healeth all thy diseases; Who satisfieth thy mouth with good *things*; so *that* thy youth is renewed like the eagle's." "I will ransom them from the power of the grave; I will redeem them from death."

A cripple is not healed instantly because of his belief. A man whose finger is amputated, for example, believes he cannot grow another finger; he has been told that by his parents; the textbook he studied says it cannot be done, plus the tradition, and race belief. He now holds a firm conviction that the Living Intelligence which created his finger cannot grow another.

Elsie Salmon in her book, *He Heals Today*, tells about a child whose three fingers were missing, and how through prayer the three fingers began to grow normally. Jesus said, "Thy faith hath made thee whole."

In the eleventh chapter of Mark we read these wonderful words, “What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*.” There are no conditions laid down.

It is not necessary that one be a holy man or a great mystic to manifest the innermost desires of his heart. The man we call the murderer, thief, or the person of ill repute could, if he desired, become transformed in the twinkling of an eye; this could be accomplished through a great rise in consciousness, accompanied by an intense desire and hunger for God’s Love and Peace. It is possible for a criminal to completely forget the past; turn within to the God-Presence with all his heart and soul, feeling that he is immersed in the Holy Omnipresence, to be bathed by the Light from Above, and have an inner experience of God’s Glory and Beauty. In the twinkling of an eye he could be changed.

Paul, according to the New Testament, persecuted his fellowmen, testified against them, and had them put to death. He is a shining example of the state of consciousness that can be attained instantly. Paul was illumined on the road to Damascus by turning within, changing his conception of himself, and finding that he really was the son of the Living God. We can do this. If this were not true, the whole teaching of the Bible collapses, and it is false—but it is true, “the same yesterday, today, and forever!” The truth is: We are all that we ever will be now, but we fail to recognize it. The mass-murderer through an interior, God-like change of the heart could in one moment become illumined and transformed.

Begin now to rise in consciousness by contemplating you are the Christed, Illumined One, and that you are doing the works of Him that sent you. We must refuse to believe the statements and theories that it takes a hundred or a thousand years to become healed or illumined. There is no time in God. “That which is to be hath already been.” In other words, you are all that you will ever be Now. Yes, this very instant! Even fifty million years hence will not make any difference to the Reality within you. God cannot learn or become wise. He is All-Wise. All growth, learning, expansion, and contraction are illusions of growth and expansion. How could God suffer? It must be the illusion of suffering.

Dwell on these wonderful words: "But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die. All his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live." You are told in these verses that if a man will forsake the ways of the past, and begin to practice right thinking, right feeling, and right action, he will transform himself. A new beginning is a new end. Get a new concept of yourself; walk forward in the light.

The Bible tells you, "Behold, now *is* the accepted time." And another passage: "There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest." Jesus said to the people in his day that the truths which he expounded were available now. "This day is this scripture fulfilled in your ears."

Do not postpone your good. Why say, "Next year I will be happier," or "Six months from now, I will be healed." The Healing Presence is available now. The Divine answer is awaiting you. God knows only the answer. The fulfillment of your desire is now. "Before they call, I will answer; and while they are yet speaking, I will hear." The inner meaning of this biblical passage means that before you ask, the answer is already knocking at the door of your mind. Infinite Intelligence has no problems; it knows the solution instantaneously. It is timeless and spaceless. No matter what you are seeking exists Now. "Now *is* the day of salvation." "In thy Presence is fulness of joy."

The joy of God is available now. Do not say, "Some day I will be joyous and free." Enter into God's joy now by claiming the joy of God and His Love are flowing through you like a gentle river. It is God's river of peace and His waters of joy. God's Love, Beauty, and Power are available now. These Qualities of God always were, are now, and always will be. Time is psychological; it is a state of consciousness.

If you begin to think that because the earth is moving on its axis every twenty-four hours bringing in day and night, and things are going to be better, you will remain confused. God is here now; the very Presence and Life of you. When you say, "I AM" that is God. We

do not speak of God to come. God is here already—your own I Amness—the Eternal Now. Accept your good now; unite with your desire in consciousness. Enter into the finished state of accomplishment. Let your psychological time-clock be, “It is done!” “It is finished!”

Never say, “Oh, next year business will be better.” *The time* the average man speaks of means his relationship to earth in its diurnal motion, and the position of the sun; it means his relationship to the events of today and tomorrow.

Prolonged desire and failure to realize your heart’s desires give rise to frustration, illness, and neurosis. The ideal, the desire of your heart exists now. It is the concrete living reality in the next dimension of mind. Remember that thoughts are things. Recognize the power of your thought; it is supreme in your life. Go within now, and enter into the mental atmosphere that your prayers are answered—your dreams are fulfilled. Accept your good now. Say from your heart, the thing I am seeking already exists, otherwise, I could not even desire it. I accept the fulfillment of my desire completely now, and I rest in the conviction that “It is done.”

If you are sick, claim health now; feel it; give thanks for your perfect health. The Healing Principle exists now; do not delay your healing or postulate it in the future. As you identify yourself with the Healing Principle there will take place a rearrangement of the atomic structure of your body, and health will be revealed. You will realize the Truth of the statement that, “Now *is* the accepted time.” I accept my prosperity now—not in some future day. I give thanks for it now—this moment—and enter into the joy of the answered prayer.

INEQUALITY OF BIRTH

Many ask the question, “Why is an innocent child born, deaf, lame, or crippled?” We find the same question asked in the ninth chapter of John: “Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.”

The law of cause and effect is a changeless principle. You may consciously use the law. If you have been nursing or misdirecting the law, you can reverse your mental attitude; then you change the sequence of events. “I form the Light, and create darkness; I make peace and create evil: I the LORD do all these *things*.” This means the LORD (law) can be used two ways.

Our feelings and moods create. What is the nature of your mood? What tone do you strike during the creative act?

For example, if there is someone in the parents’ world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression is brought forth. These are blind and deaf states of consciousness from which blind and deaf children come forth. Whatever “tone” is struck by the parents, a corresponding expression comes forth by the law of reciprocal relationship. The child is not a victim of heredity. In Ezekiel is written: “What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and children’s teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel.”

The only things passed on to children are the moods, mental states, or beliefs of the parents. It is possible, for instance, for anyone to have a son who may become a Shakespeare, Beethoven, Lincoln, or a Jesus, depending on the moods of the parents, or this state of consciousness at the moment of conception.

I knew a tubercular father and mother to give birth to a wonderful boy; he is an illumined soul, and doing remarkable work in the world today.

If you are lifted up in consciousness to the point of acceptance or belief that your son will be a noble, dignified, God-like being you dream of; then according to the law of reciprocal relationship, a corresponding mood or quality of the Infinite comes forth. "The fathers have eaten sour grapes, and the children's teeth are set on edge," in this manner. The sins of the fathers are the fears, superstitions, false beliefs, and anxieties which disturb their mind. These moods and mental states are transmitted to the children, and disturb them mentally and physically. *Sins* are mistakes of the mind or misuse of the law. We *sin* when we miss the mark of harmony, health, and peace. The bad or evil acts of parents or grandparents can only be transmitted through the mind. In this way the superstitions, fears, and the errors of the past generation are given to the present.

By illustration, a father instills the fear of God into the son by painting a false picture of the Deity; the son grows up believing in a God of wrath, or vengeance, a sort of a despot living in the skies, ruling the world according to his whims and caprice. The son grows up believing these false ideas, and passes them to his own son, and so on for generations.

The Bible says, "to the third and fourth generation." The numeral *three* means the conviction of God's Presence, and man awakening to the real truth about himself. *Four* means the Love of God made manifest in the mind and heart. All of us have been brought up under the hypnotic spell of the world, its terrors, and false beliefs. We have been expressing illness, confusion, and lack.

Now you begin to realize that your own thought and feeling are your destiny; this is the *third* and *fourth* generation spoken of in the Bible. It represents a state of mind wherein you know that you fashion, mould, and direct your own destiny by transforming your mind. You begin to reject all the thoughts and beliefs of the past. As you begin to realize the Omnipotence of the Spirit within and the power of your own thought, you cease giving power to anything else. You enthrone the concepts of freedom, peace, and health in your

mind, and you live with these ideas, entering into the reality of them. In other words you sense and feel you are a son of God, and heir to all the qualities, powers, and attributes of God. You declare your freedom, and write your declaration of independence and freedom in your heart. You begin to love all things good; the law responds accordingly by opening for you the windows of heaven, and pouring out a blessing that there is not room enough to receive.

The following quotation is from Ezekiel, "As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel." The word *Israel* means the man of God, or the mind awakened to the Spiritual Truth. When you are awakened to the Presence of God within you, plus the realization of its response to your thought, you stop looking back on the past; moreover you realize you can overcome the past, and you cease blaming your father or mother, conditions, and circumstances, and you move, onward, upward, and Godward.

When a child is born, it is always the spirit of the One God. "Elias is come already." *Elias* means Jehovah or God. The personality, John or Mary, is the sum of the thoughts, feelings, and beliefs of each one of us. We tincture and color the One Spirit by our beliefs and impressions.

Let us say John, who lived in New York, died; then the quality which was John lives in all beings throughout the world. Now, during the creative act in some part of the globe the tone or quality that was John is struck; this could be in China or Japan, or elsewhere, and that quality or mood of the Infinite comes forth. It is not the personality we knew as John coming back, it is the tone of the Infinite coming forth. The same instant that John died, instantaneously the same vibration could come forth in a member of another race and country. Cycles of 500, 600, and 1,000 years have nothing to do with this law. God is Timeless; all tones are in the One. When you play on the grand piano, it will respond according to the notes you strike. Man is the measurer, and the "measure he metes shall be measured unto him." "Whatsoever he sows, that shall he also reap." You sow the seed in consciousness, and you reap the fruit of the seed; it will be the exact likeness of the seed sown. Let us sow beautiful thoughts; let our hands play Divine melodies; let our

eyes see the beauties of God; let our voices be those of praise and thanksgiving; then we will reap what we sow. It is definitely wrong to believe that you or anybody else are suffering because of errors made in past incarnations, or because of hereditary influences.

They asked Jesus, as we pointed out at the beginning of this chapter, if the blind man sinned or his parents that he was born blind? In those days they believed that the sins of the parents were visited on the children to the third and fourth generation. In other words if a father was tubercular, his children would be also; if the father or mother were lame, the children would be, too. We have learned it is only the mental influence or state of consciousness that is passed on. Others believed the blind man of the Bible was a victim of karma. Jesus rejected completely both theories or beliefs, and turned to the spiritual Power; He healed the man instantaneously.

Those of you who have read Troward know that he teaches that we are all born into the race mind or law of averages, and are bound by the race consciousness until we pray ourselves out of it. Jesus did not say to the man, "You must work out your karma." No, he healed him instantaneously, for God condemns no one, and though a man is a cripple, he can be healed; if he is deaf, he can hear; he does not have to work out some karma.

No one in the world is condemned to live in a prison of fear, sickness, and pain which he in his ignorance created. He can rise above any circumstance by feeling the joy of the answered prayer within him, and according to his belief is it done unto him.

Mozart, Lincoln, Shakespeare, and Napoleon left their impressions with mankind. We read of their works in history, song, and prose. All of them live in the hearts or the subjective mind of man. A man's *son* is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires or dwells on the qualities and attributes of Napoleon, and would love to give birth to such a son—"as within so without." During the creative act a Napoleon-like character appears resembling the mood of that man. The dominant mood prevails. In other words, it is the tone struck during conception or creation that determines the nature of the child.

A man eighty or ninety years of age who becomes crippled, blind, or deaf is under the same law as the child in the womb or the cradle. Jesus says, "Except ye repent, ye shall likewise perish." This means all are immersed in the race or world mind; suggestions of the world are continually impinging upon our consciousness. Our mind receives according to our degree of receptivity.

If we do not think for ourselves, and if we do not cleanse our minds, we will suffer, because we allowed fear, false beliefs, and erroneous concepts of the world to impinge themselves upon us; then the world-mind does our thinking for us, and acts upon us bringing accidents, disease, suffering, etc., into our lives. The world-mind is the mind which believes in disease, failure, misfortune, terror, and superstition. If we do not pray and cleanse our mind regularly, we may also get into trouble. There is no chance or accident; for all is Law. There is a mind, a state of consciousness, which is the cause of all.

When they asked Jesus why the tower of Siloam fell on the eighteen men, he said, "Suppose ye that these Galilaeans were sinners above all the Galilaeans, because they suffered such things? I tell you, Nay: but, except ye repent, ye shall all likewise perish."

To repent means to think in a new way, to transform the mind, to think in one direction, i.e., to think of God and His Qualities, and realize what is true of God is true of you; then you will find that all your ways will be ways of pleasantness; all your paths will be paths of peace.

Suppose you put your hand on a naked wire; you would get burned. Why blame the law of electricity? You must learn the law, and use it to bless yourself and others. It was your misuse or ignorance of the law that caused the burn. It is not God punishing you; neither is it karma that you are working out.

Suppose you jumped into the ocean, and you did not know how to swim, you would drown. It is not your karma; neither is it a vindictive, cruel God punishing you; rather it is your lack of knowledge as to how to swim and keep afloat. The waters will hold up a boat or any man who learns how to swim or navigate.

You can fall off a cliff, because of carelessness in climbing, or paying no attention to the instructor who is teaching you how to climb

the Alps. The Law of gravitation is impersonal; in falling you hurt yourself. We hurt and punish ourselves.

Children are at the mercy of the moods, feelings, and atmosphere of the home. Quimby said of children that they are like an old fiddle; anyone can come along and strike a tune on them. Children are like a white tablet on which all members of the family write something. Psychosomatic physicians and psychiatrists are all familiar with the fact that children, until they begin to reason for themselves and pray scientifically, grow in the image and likeness of the mental atmosphere of the home.

A man of ninety is still a child, though he may be a good man in the eyes of the world, i.e., he gives to charity, is kind to neighbors, goes to church, and pays his taxes; yet he has heart trouble, perhaps, cancer, or is crippled by arthritis. You say, "Is it fair? Is it just?" There is only one Law.

If I hold up a horrible painting in front of a mirror, it will reflect exactly the picture held before it. The mind is the mirror; that is why the Law of the Lord is always perfect. Our world is always a perfect reflection of our inner state of consciousness. The above man may have lived in fear; he may be a victim of the various propaganda scares, or it may be the race mind which moved in upon him, and precipitated as certain diseases. If he had prayed scientifically; turned to God, and cast out all fear of any other power; if he had worshiped the One Power only, and loved His Qualities; then he would be one with God. All good would follow him all the days of his life. He would dwell in the house of God forever.

There is not one law for a man ninety, and another for the child in the mother's womb. No matter what the problem is, we can solve it through prayer; we can forgive ourselves instantaneously, and be healed; this is the glorious Truth.

"Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." (Isaiah 1:18).

"And their sins and iniquities will I remember no more." (Heb. 10:17).

"For thou, LORD, *art* good, and ready to forgive; and plenteous in mercy unto all them that call upon thee." (Psalm 86:5).

“He shall call upon me, and I will answer him.” (Psalm 91:15).

“I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.” (Isaiah 43:25).

You can now detach yourself completely from the past by partaking of a great psychological and mystical feast of peace and happiness. Realize the Presence of God within you, and rise in consciousness to the joyous conviction that you are Now the being you long to be. Continue at regular intervals to do this, until the state is fixed within you which you recognize by a silent, inner-knowing. Sustain this silent conviction, and you shall wear the garment of God. It is wonderful!

PREVENTING BIRTH OF DICTATORS, DESPOTS, TYRANTS, ETC.

It is often asked, “Why do we have dictators, despots, and tyrants in the world?” They are extensions in space of the dictator complex present in the hearts and minds of all human beings. By changing ourselves we change our world. The world is ourselves in aggregation.

Napoleon still lives. Ghenghis Khan still lives, as do Caesar, and others. Boys and girls learn about these men at their mother’s knees, at school, and in college. They learn about the wars in which their country was involved, and in some instances they are taught to hate the neighboring nations. These children are born with resentment and rage at the wrongs committed by these men. They read avidly of the crimes, atrocities, and act of violence. These states are impressed on their subconscious minds. All of these moods, feelings, and thoughts which are entertained become objectified as conditions, experiences, and events. Whatever is impressed in consciousness must be expressed in the world. Man should not, therefore, be surprised when these tyrants of the past are reborn into our society, because we actually call them forth. It is true in a sense, therefore, that Ghenghis Kahn is reborn or reincarnated. He is the embodiment of the state of consciousness of the people, nation, race, or world; whatever the case may be. It is never a man who lived a thousand or two thousand years ago who is being reborn. It is a state of consciousness that is born again.

We can prevent the birth of tyrants and despots this way: Let each mother place her child on her knee, whisper in his ear that his Father is God, and that he can do the works of God—his Father. As the mother inculcates this great truth into the mind and heart of her boy, he will believe it, and he will become her ideal. “I have been

young, and *now* am old; yet I have not seen the righteous forsaken, nor his seed begging bread.”

“*I was young*” meaning I did not understand the laws of Life; “*now am old*.” Age is not the flight of years, it is the dawn of wisdom. I am now spiritually wise and understand the way the mind works; then the righteous are never forsaken. *The righteous* are those who use the Law rightly by right thought, right feeling, and right action.

If parents or teachers teach the Laws of Life—the Truth of Being—to the young, their seed shall never beg bread; this means these children shall never become the beggars, outcasts, thieves, and tyrants of the world. On the contrary, they shall fulfill the ideals of the parents. In other words, the children must fulfill the conviction held by their parents. If parents will impress their deeper mind with wonderful dreams for their boys and girls, then according to their belief, “will it be done unto them.”

By teaching the youth of the nation who they really are, by showing them the Way, the Truth, and the Light, we can build the Kingdom of Heaven on Earth; as a result we will prevent the rebirth of dictators, despots, and former undesirable states of consciousness which are perpetuated by prejudices, racial hatreds, and fear of the unknown. Teach children to dwell on the great Truths of God. Teach them of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers, and others. Let boys and girls emulate these great men.

Man gives life to ideas and opinions as long as he believes them. When he disbelieves the errors, these ideas have no power.

Where is the Truth? It is within yourself. “Look within—Search the scriptures,” said Jesus. This means that all has been written in your subjective mind from the foundation. All knowledge is within; all beings that ever lived are within you now. You can project the likeness of any living being, past, or present; for all men are states of consciousness—qualities of mind expressed.

All moods, tones, qualities, and vibrations are within you, because Infinity is within, and Infinity cannot be divided; all is contained in the part. All beings are projections of yourself—the one man.

We must awaken from the dream of limitation, and declare our freedom as sons of God here and now. There are thousands of

cases of men who have completely lost their former identity and personality; assumed new lives, entered different professions, and in many cases even remarried. These men were victims of amnesia, or loss of memory concerning their former selves. They could not remember their former wives and children. They had no recollection of their former professions or occupations. They assumed a new role in life; they were changed men entirely, because they had changed their consciousness.

In the spiritual sense we are all victims of amnesia. We have forgotten who we really are, and we tell ourselves that we are worms of the dust. Take, for example, a man who awakens from sleep, and he has completely forgotten who he is; he gravitates to the slums. His friends, knowing what has happened, try to coax him back to his former state. Because of amnesia his former way of life is completely blotted from his memory. He believes his place is in the slums; he only smiles at these old acquaintances whom he no longer knows. He accepts as true the role he now plays. The day comes when his memory is restored, and he awakens to his rightful status. With certainty and promptness he returns to his environment consonant with the dignity of his upbringing. He wonders why he is in the slums. What has transpired is like a dream to him, a dream of the unreality of it all.

We will prevent the birth of the dictator complex and the undesirable state of consciousness when we awaken to the Divine Presence within us. "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." Let us awaken to the Real Presence and Power, recognizing the supremacy of the Omnipotence of the Spirit within, plus the power of our own thought. "Everyone that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price."

Every boy and girl as well as adults should be taught how to go up the hill of God. "Go up into the hill of God; thou shalt meet a company of prophets coming down from the high place playing music, and thou shalt prophesy with them, and shalt be turned into another man."

You go up the hill when you turn in recognition to the God-Presence within, realizing God is Boundless Love, All Bliss, All Joy, Indescribable Beauty, Infinite Wisdom, Infinite Perfection, All Glory, and Peace. Dwelling on these Truths of God, you are lifted up.

The Prophets you meet represent the eternal trinity employed in the creation of all things. First is the awareness of the I AM or God-Presence within and its Omnipotence. Second is your idea or desire. Third is the feeling or conviction that your prayer is answered.

The *feeling* is the conviction that united you with your desire; it is like the nail that joins two pieces of wood together.

The *joy of the answered prayer* is the music of the three prophets. It is the inner, silent knowing of the soul.

Any man can turn his back completely on the past; forget all the old beliefs and foolish ideas of the race mind; enter into the joyous thrill of being what he longs to be. If you remain faithful in this mood and sustain it, you will automatically become what you long to be.

Begin now—today—by going on a great psychological feast of being a noble, dignified Christ-like person. Begin to see God in all men, sermons in stones, and good in everything. When we do this, all other things shall be added to us. What we need is the spirit of Goodness, Truth, and Beauty in our minds and hearts.

Man's Life on this plane is like the several stanzas of a poem or scenes of a play; because it really is the One Being dramatizing Himself as the many. Wisdom teaches that illumination or the Great Awakening to our God-hood can happen here and now. "If it be not now, yet it will come; the readiness is all."

In order to elucidate this point, take a solid, metallic substance, and heat it. The temperature rises, but for awhile it looks as if no change were taking place; however, the moment the degree of heat is reached, which denotes its melting point, it begins to liquefy, thus changing its shape, and seemingly its nature also. Likewise, water can be turned into steam which is invisible, since pure steam cannot be seen. Water, also, becomes snow, ice, and hail; all are different rates of vibration of the One Substance.

When a liquid is changed into a gas, these changes are brought about by an increase in the rapidity of vibration of the constituent particles whether they are solid or liquid. The same law applies to

man. What is true on one plane is true on all planes; for God changes not.

Raise your rate of vibration, and transform yourself by lifting yourself up to a high state of awareness through the contemplation of God. In this meditative, quiet, lovely state, enter into the mood or feeling of being what you long to be, and feel the joy of accomplishment. You still the mind, and enter into this meditative mood, by asking yourself, "What does God mean to me?" In this quiet state, your senses are immobilized by focusing your attention on the one ideal—only one. In this sleepy, meditative state your conscious attention is in control. In this wonderful mental, spiritual atmosphere you mold, fashion, and shape all that you long to be, to do, and possess. By constantly praying in this manner, there is an expansion of consciousness; it is like the heat that melts the solid. The day comes when man melts away all inhibition, fears, and doubts, and becomes the God-man here and now. To such a man physical laws and time disappear. This change may come in the twinkling of an eye, like the volatilization of a liquid into a gas.

The man full of worldly thoughts, race beliefs, and third dimensional concepts of things would not conceive of the possibility of awakening to the God-man here and now. But the Power within man is capable of nullifying all human beliefs and man-made laws. We must begin to take our attention away from the limited, human concepts of ourselves; then we shall, like Mozart, compose music at six; statues at seven, and at the age of twelve we will confound the wise men of the world.

Cases are reported where cripples invalided for years leap and run in the presence of fires. In emergencies mothers lift automobiles to extricate their children. Where is this Power? It is within themselves. Fires and emergencies are not needed to stir the God-Presence within. Man can do this in the quiet of his own soul. We create in the "silence." Truth is lived in the silence; Truth is heard in the silence; Truth is transmitted in the silence; for God abides in the silence.

When you unite with God, you are in union with that which is above and beyond time; surely then you can be free of that which has taken place in Time. If you have a problem, you turn from time

and space to the Eternal One within; in other words you go from Time to Eternity. You find rest unto your soul.

HAVE I LIVED BEFORE?

One of the interesting factors discussed by many people is that they remember their previous incarnations; furthermore in remarkable detail some say that they were priests in ancient temples giving the period, location, and other interesting highlights. There is no doubt that some people seem to remember previous existences. They relate that the only ways such memories can be explained is that they actually have lived before.

We are all immersed in a great pool of mind, or to point out simply like Quimby did: "Our minds mingle like atmospheres." Your mind is a great reservoir containing the mental experiences and reactions of the ages. Some clairvoyants are capable of seeing what took place thousands of years ago. The Mind-Principle is neither past nor future. All things co-exist in the Mind-Principle as an Eternal Now.

Have you considered the fact that the sensory impressions of all men who ever lived are within you? You can easily tune in to the vibration of some previous experience which someone else had, and think it is your own. The truth of the matter is that the Infinite One is within you. "Be still, and know that I *am* God." Your "I AMNESS" is God. God is everywhere and in all things. All that you ever were or ever will be exists now. The "I AM" within you, the Reality or Life of you, has played all roles, has been everywhere, has seen everything, and experienced all things. When you awaken to the truth of your own Being, you will discover you do not have to travel to any part of the world to describe it in detail. Clairvoyants can do this; yet the faculties of clairvoyance and clair-audience are within all men.

You are both God and man. You are both Unconditioned and conditioned. The Unconditioned or Formless, Invisible Life is God within you; This is the Real Self of you.

When you say that you remember having lived in a certain city before, and everything seems familiar to you, it means you are awakening to that which was always known, and which always existed within you.

You may meet a man whom you are convinced you have always known. The reason is he is an intimate of your mood. All tones are within you. You have now become aware of that which always existed. All notes and tones are in the piano; the tone you strike always was.

Once I took a trip to Killarney; on arrival I knew my way around. All the streets and the lakes were very familiar to me. When I heard voices, I said to myself, "I have heard these voices before."

Let us look at this above experience psychologically for a moment. Knowing I was to visit Killarney, the Subjective Self traveled there while I was sound asleep. The Subjective Self really doesn't have to travel; It is Omnipresent, but we will use the term psychological travel. I travelled there psychologically; conversed mentally with many people; heard their response and voices; furthermore, in that psychological, mental journey, I saw all the beauties of the countryside.

I had been visualizing a wonderful trip; impressed my subconscious mind, and "went to sleep on it." The subjective knowing all, accepted the suggestion, and dwelt there psychologically.

When I consciously and objectively arrived there, I experienced all the subjective states. What I saw and heard objectively, I had seen and heard subjectively. Of course, I had heard that voice before, and had seen that place before! The real truth is that no one, no matter who he is, can go any place, hear anything, or experience anything that does not already exist. Why is this? Because Infinity is within. God does not have to travel, to learn anything, to experience anything, grow, expand, or contract. All is, and the All is God. All things exist now.

Emerson refers to this Truth when he says, "There is one mind common to all individual men." Every man is an inlet to the same, and to all of the same. He that is once admitted to the right of reason is made a free man of the whole estate. What Plato has thought, he

may think; what a saint has felt, he may feel; what at anytime has befallen any man, he can understand. Who hath access to this Universal Mind is a party to all that is, or can be done; for This is the only Sovereign Agent.

Of one thing we may be certain; it is possible to remember anything that has ever transpired on this planet. It is also possible to see what might happen in the future, except it is changed through prayer. The real truth about you is this: I am referring to the Eternal You—the I AMNESS within you, your own Consciousness, or Awareness. You have been all men who ever lived, who live now, or whoever will live. You have been Jesus, Moses, Beethoven, Lincoln, and Shakespeare. Your Consciousness or awareness has played all roles; It has been everywhere; It has seen everything—all is within It—even the whole universe is within your own I AM-NESS.

Your Consciousness or Awareness wrote all Bibles, and spoke all languages; therefore you—the Invisible Self of you—knows the meaning of every part of the Bible. Ask yourself what did I mean when I wrote the Bible two thousand or five thousand years ago? The Deep Self of you has the answer.

There is only God, and God appears as man—The One Being—forever dramatizing Himself. All men are extensions of yourself. Every man is yourself. Remember there is only One Being. Why think of another? The Life of you is One and Indivisible. It wears many garments. The word *humanity* means the One Being limiting Himself by his belief in being man.

God cannot die; God cannot be slain. Never, therefore, think of John or Mary as dead; they live forever, as they live on in each one of us, also. A person never dies, The quality, tone, or mood of the Infinite, which was his, always existed, and always will exist. “I am Alpha and Omega, the beginning and the ending saith the Lord, which is, and which was, and which is to come, the Almighty.” “I *am* the Lord, and *there is* none else, there is no God before me; I girded thee, though thou hast not known me.”

Always remember it is God coming into the world when a child is born. That child is its own father and mother. There is only one Father, and He is “Our Father.” “It is He that hath made us.” The Bible tells you where you came from. “Thou hast been in Eden the

garden of God; every precious stone was thy covering.” *Eden* is the place of Boundless Bliss, Joy, Beauty, and Peace. In other words you came forth from God, the Boundless One, where you lived as God in Indescribable Beauty, Absolute Bliss, Fullness of Joy, Boundless Love, Absolute Peace, All Perfection, and All Harmony. These qualities of God are the precious stones which covered you. You were in the Absolute State before being born. When you came forth, it was God being born, and assuming the form of a child. “Before Abraham was, I am.” This means the same thing; i.e., before any manifestation or form appears, it first comes out of the Invisible—the Formless Awareness of Life called I AM, The Living Spirit Almighty. Where do you go from here when you leave this plane? You go from glory to glory, ever onward, until you awaken from the dream of limitation, and return to the Glory which was yours before the world was.

Job asked the question, “Where wast thou when I laid the foundations of the earth? declare, if thou hast understanding.” Where upon are the foundations thereof fastened? or who laid the corner stone thereof? when the morning stars sang together, and all the sons of God shouted for joy? This is a question asked by man of his Inner Self. We have forgotten that we were one with God when the foundation was laid. There is but One God and One Man, and we have made many out of the One. It is God appearing as many—the One in Infinite Differentiation. We are here to discover the joy of living, and return to the Source from whence we came. We are here to awaken. “Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” This means that when you awaken, you learn all has been a dream. Yes, all wars, crimes, one’s mistakes, and misfortunes are dreams. All the chaos of the world was simply a night-mare—unreal, to be forgotten and remembered no more. The reality of this awakening is to find oneself in a Kingdom of Love, Peace, and Happiness with the Light of God always shining. Beholding this Truth, dwelling upon It, accepting, and rejoicing in It, we realize that the streams of “manyness” all lead to the Oneness. “For the LORD shall be thine everlasting light, and the days of thy mourning shall be ended.” “The sun shall no more go down; neither

for brightness shall the moon give light unto thee; but the Lord shall be unto thee an everlasting light, and thy God thy glory.”

THE MYSTERY OF PRODIGIES

There is an account of the early career of Zerah Colburn, published when he was under eight years of age taken from the *Annual Register* of 1812. This young boy in Vermont struck everyone with astonishment by his extraordinary mathematical powers. He was asked by an investigator how many minutes there were in 48 years; before the question could be written down he replied 25,228,800; also he instantly added the number of seconds in the same period. This child was entirely ignorant of the common rules of arithmetic. He could not perform upon paper a simple sum in multiplication and division. This singular faculty extended not only to the raising of numerical powers, but to the extraction of the square and cube roots of the number proposed, as these and many more complex, mathematical calculations were answered instantaneously by the boy.

Hudson points out in “The Law of Psychic Phenomena” that this child was placed in school, and trained on objective methods of mathematical calculations. It was believed that when he was more mature and grown up, that he would be able to impart to others the powers by which his calculations were made; however his powers did not improve by objective training. Hudson adds this interesting statement: “On the contrary, they deteriorated in proportion to his efforts in that direction, and his pupils derived no benefit from the extraordinary faculties with which he was endowed.” This has been the invariable rule in such cases.

The subjective mind of you, or of anybody, knows the answer to any mathematical problem. As pointed out previously, any note that was ever played, or any song ever sung, is recorded on the Universal Mind within you—your subjective self; furthermore all languages are within. The Subjective Intelligence knows only the answer; It does not have to reason, investigate, calculate, or

analyze. The mathematical, artistic, or musical genius is one who is en-rapport with his subconscious mind, enabling him to tap the answers which are there.

Very young children are living in a partly subjective state. There are numerous instances of early, remarkable, musical, mathematical ability which have subsequently diminished as their objective faculties were cultivated.

Quoting from Hudson's Law of Psychic Phenomena: "Musical prodigies furnish further illustrations of the principle involved; of these the most remarkable is the negro idiot, known as Blind Tom. This person was not only blind from birth, but was little above the brute creation in point of objective intelligence or capacity to receive objective instruction; yet his musical capacity was prodigious. Almost in his infancy it was discovered that he could reproduce on the piano any piece of music that he had ever heard. A piece of music, however long or difficult, once heard seemed to be fixed indelibly on his memory; usually he could reproduce it with a surprising degree of accuracy. This capacity for improvisation was equally great; a discordant note rarely, if ever, marred the harmony of his music. These well-known facts of Blind Tom's history furnish complete illustration—first of the perfection of subjective memory; secondly, of the inherent powers of the subjective mind to grasp the laws of harmony of sounds, and that, too, independent of objective education. Music belongs to the realm of the subjective."

From the facts in the above quotation it is obvious to perceive that certain powers are inherent in the subjective mind. The Subjective Intelligence comprehends all the laws of nature, as well as the harmony of sounds, laws of mathematics, or harmony of colors. It would seem absurd to think that Infinite Intelligence had to reason inductively. *To reason* presupposes an inquiry—a search for the answer. How could Infinite Intelligence ask a question? It knows only the answer! To say that God or Infinite Intelligence had to reason, investigate, calculate, or arrive at a conclusion would be to negate and deny the Omniscience of God. The objective, reasoning mind of man is necessary on this objective plane—or this third dimensional world.

While all music is within man, a musician should certainly learn everything he can objectively about it, so that he can better express himself. If, like the great philosophers of old, he heard inner melodies or the music of the spheres, he should have the objective knowledge and education enabling him to write it down as a composition; be able to play it, and give it to the world. The ideal situation is the harmonious accord or rapport of the objective and subjective mind.

I believe that many people now are teaching their children that all Wisdom is within. The intellect of man can be anointed by the Wisdom of God; then his inventive genius will be used to bless humanity.

Intellect must be married to the deep Wisdom and Love of God. The objective mind learns by education, observation, and experience. Supposing you had a dream, and you heard and saw the words of a beautiful poem; if you did not know, for example, the English language, or any language, you could not give it to the world. You express God through your objective senses in your speech, vision, hearing, etc. You are to use your conscious mind to carry out the promptings of the Divine.

In the third chapter of Mathew it relates how Jesus came to John to be baptized. "But John forbade him, saying, I have need to be baptized of thee, and comest thou to me? And Jesus answering said unto him, Suffer *it* to *be* so now: for thus it becometh us to fulfill all righteousness." One of the meanings of the word *John* is intellect or conscious, reasoning mind; one of the meanings of *Jesus* is Wisdom of God, or illumined reason. We must not deny the intellect; we must use it wisely.

You may not type, but if you practice, you can type; the same is true with swimming, walking, dancing, etc. If you have a wonderful idea to do something, you must use your intellect to express it; e.g., Jesus is baptized by John, and John says, "Why comest thou to me?" Jesus says, "Suffer it to be done." *Suffer* means to allow, or to permit. In other words Jesus is the voice of Wisdom within you coming forth; you are aware of it; therefore you must baptize or use this Inner Wisdom or Voice of Intuition by recognizing It, and seeing It take place in your world. Our intellect or conscious mind does not know the secret of the subjective, or how it works.

Do you know how a seed grows? or how or why a sperm divides? There is a Divine Voice within you which knows the way. It has the secret of all things, for It created all things. Many people think they can write poetry, and all kinds of wonderful music. However it is necessary to go to school and learn to read and write, so that the poetic phrases and the inner, harmonies heard by the inner ear can be suitably expressed. A musician should, therefore, learn the scales, geometry, and mathematics.

When the subjective mind revealed the idea of Insulin for diabetes to the Canadian doctor some years ago, he used his intellect and knowledge of glands, physiology, and chemistry to bring it to pass objectively; thereby millions have been helped, and their suffering alleviated.

Let Jesus baptize John, meaning let the Wisdom of God anoint your intellect. When you do not know the answer or solution, defer to a Higher Guide; This Higher Guide is God's Eternal Wisdom within you.

Learn everything you can objectively; then proceed through prayer and meditation to awaken the subjective faculties, and you will become that great orator, or statesman, as the case may be.

You are probably asking the question now, "Why do infant, mathematical prodigies lose the gift as they grow older and become educated?" The child is in tune with the Subliminal Self; the subjective mind is amenable to suggestions, and in ordinary education, children are taught to ignore the Subliminal Self. Instead of being taught to draw out the Wisdom that is within, the latter is usually completely neglected, and the faculty atrophies and disappears. It could be preserved in the child by having the teacher impress the child's mind with the fact that he could always possess the mathematical gift; that he would grow, and expand as he learned the objective rules, figures, numeration, etc. The subjective mind of the child being amenable to suggestion would retain his faculties for "according to his belief," and that of his teacher, would it be done unto him.

Archbishop Whately who was a mathematical prodigy said that as soon as his conscious mind was exercised and educated, this faculty vanished.

Mozart composed music at five years of age. Before he was consciously aware of the laws of harmony, his subliminal or subjective mind knew them; this is true, also, of all men everywhere if we would awaken to the great powers asleep within us.

It was through the subconscious that Shakespeare perceived great Truths hidden from the conscious mind of man. It was due to this fact that Raphael in his meditative moods was en-rapport with the subjective that enabled him to paint madonnas. It was through this same medium Beethoven composed symphonies.

An outstanding violinist told me one time in Vienna, that for hours at a time, he meditated on music and the laws of harmony. "At times," he said, "he was lifted up, and could actually hear the music of the spheres." He added that in these meditative moods, he found himself close to the Universal Pulse Beat and Rhythm of all Creation. He brought forth wonderful music.

Anything any man has done, any man can do. God is within all men, and God is indivisible; therefore, all that is really necessary is for man to awaken to and mentally accept completely these limitless powers within him.

Hamlet must have known this when he said, "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

The Bible in beautiful, poetic, elegant language says, "Eye hath not seen, nor ear heard, neither hath it entered into the heart of man, the things which God hath prepared for them that love him." We are in the Presence of Infinity. We approach It with a sort of mystic awe, realizing the wonder of it all. Imagine and know that never in Eternity could you exhaust the glory and beauty that is within; that is how wonderful you are.

Your subconscious mind is a storehouse of memory, and can be used to furnish you with any data or information you have ever read. Solomon, a Lithuanian Rabbi, had such a remarkable memory that he never forgot whatever he read. He knew the Bible and The Talmuds by heart, and he could quote easily any passage requested. What he did, you can do, this is fundamental and axiomatic.

There is only one Mind. How are you using It? You can succeed in convincing yourself that you can remember everything you read.

The Power of retention of whatever you have seen or read is within you. Charge your mind with the belief that it is possible for you to do so, and your mind will respond the same as any one else's.

Edgar Cayce could memorize the contents of a book without ever looking in it. The Subjective Self can see without eyes. Clairvoyance and clair-audience are faculties within all of us. We can develop them and quicken them. This has nothing to do with being born again and again in physical bodies. We do not grow or awaken in sidereal time and space. We must ascend the perpendicular beam within ourselves where dwells the Timeless, Spaceless, Formless, Awareness where all things are, and claim our Divinity here and now.

Cayce's method was to place the volume under his head and sleep on it for awhile. Edgar Cayce had very little ordinary school education. Tuning in on the subconscious mind in sleep or trance state, he was also able to diagnose the ills of patients in any part of the world, even though he knew nothing about materia medica, pharmacology, or the practice of medicine. He simply tapped the Great Unconscious, and according to his belief was it done unto him. All the healings that followed were based on belief.

There is only one Healing Presence and Power in the whole world; whatever method, technique, or process used is a means of aligning with the One Healing Presence. The process of all healing is Faith. These words from the Bible state this: "According to your faith, is it done unto you."

Many of you have read about the famous horses that Maeterlinck spoke about. One of the horses spelled out the name of the hotel where he was staying. These horses were trained by a modern trainer called Krall. Krall developed a mathematical prodigy, but it was a stallion. This stallion knew how to extract square and cube roots. He learned to read and spell also. The mathematical problem let us say is 16; there follows six blows of the right foot, and one blow of the left foot. The left foot was for tens, and the right foot for units. The horse was taught to read charts containing all letters of the language. Professors and some of the most learned men in Europe investigated these horses and were amazed. These horses solved the most difficult, mathematical problems with a complete sense of abandonment.

Louis K. Anspacher in "*Challenge of the Unknown*" said that these horses behaved like human, mathematical prodigies. I do not believe that you are now going to say that these horses are incarnations of some former mathematician who lived in time and space. The subjective of the horse is a part of the Great Universal Subjectivity which has the answer to all problems. The unconscious or subjective mind of the horse is amenable to suggestion; the horse's subjective can by training and repetition be conditioned to respond. The subjective of the horse knows all; for there is only One Mind common to all; we are all immersed in It. The belief and faith of the trainer is also communicated to the horse, and a corresponding response comes forth.

The Wisdom of the ages is within every man, awaiting his recognition and claim. The old Hindu idea of Karma, in accordance with which man was punished by successive incarnations here on earth cannot stand the challenge of Jesus: "Be ye perfect as your Father in Heaven is perfect."

Plato and others believe in transmigration and metempsychosis sometimes referred to as reincarnation. Plato also taught that man lost his memory at death. "There is nothing lost in all my Holy Mountain." The subjective retains a memory of everything that has ever transpired.

A drowning man or a man partially asphyxiated sees his whole life instantaneously in every detail; likewise when you pass on to the next dimension the past, present, and future lie stretched before you like a cinema film all in a state of flux.

Nothing is ever lost; a rose that blooms once blooms forever. The modern theory of Time as propounded by Dunne, Einstein, and others was not known in Plato's day or that of Pythagoras.

Time is a state of consciousness. Why postpone your good? Take it now. Whatever you want to be, whatever you want to know, or discover, already is. You could never become something you are not already. God is all, and Creation is finished.

"Be still and know!" *Stillness* is not only keeping quiet; it means there must be no inner dissonance, but rather when man goes within himself, he finds perfect and abiding peace. Knowing that God indwells you, makes you live in a world that is ever peaceful.

Failure to realize God's Holy Presence within causes the average person to live in a series of conditions which grieve him to the end. Man fusses about things which, if he saw them differently, would not cause one moment of unhappiness. In order to awaken to your Inner Powers, and release these God-Qualities within, I suggest that every day of your life you should meditate on Beauty, Love, and Peace. Feel that these Qualities are being resurrected within you. As you meditate daily on this Inner Wisdom and Beauty, feel that you are awakened and illumined like Jesus was. Imagine you are doing the works of Jesus—healing the blind, the halt, and the lame. Sustain this mood; the qualities and powers of God will be resurrected within you. They were always there. You do not create them; you release them. This state of consciousness is not born of woman. The Jesus State of Consciousness is born out of the imagination of man. It is the spiritual rebirth or incarnation of God in your mind and heart. It is your second birth or spiritual awakening.

Meditate from time to time on God and His Qualities. Get immersed in this Holy Presence. By moving inward in meditation, you will feel that your body becomes unreal, and that the earth on which you walk becomes unreal. The external life becomes the dream; the Internal Life awakens; you move further and further inward. Suddenly you find that by going inward you have found the Universe. The suns, moons, stars, and planets are within. You now discover that planets are thoughts; that suns and moons are thoughts; you discover that your own I AMNESS or Consciousness is the realization which sustains them all. You awaken to the fact temporarily in space are moving the dreams of the Dreamer, and the worlds, suns, moons, and stars are the thoughts of the Thinker. Your eyes are closed; He is meditating, and we are His Meditation. It is God meditating on the mysteries of Himself!

THE JOURNEY BEYOND

Believing in the old concept of reincarnation, think of how many former wives and husbands will be lined up to greet us! Maybe someone might have a million wives waiting for him!

In the twenty-second of Mathew it says, “Therefore in the resurrection whose wife shall she be of the seven? for they all had her.”

“Jesus answered and said unto them, ‘For in the resurrection, they neither marry, nor are given in marriage, but are as the angels of God in heaven.’”

The Bible is speaking of mental and spiritual laws. The world takes it literally, and thinks because a woman was married to seven brothers here on this plane, they are wondering whose wife shall she be of the seven, for they all had her, or were married to her.

It was the custom in those days that if a man died leaving no issue, his brother would marry the widow in order to perpetuate the name; if he died leaving no issue, the next brother would marry her, and raise up seed, etc.; this has nothing to do with physical marriage. It refers to marriage of the mind.

Whatever you unite with mentally, and accept, or believe, is a mental marriage. You can have false marriages; i.e., you can believe in a false idea, and you will have children by it. The children will be your health, wealth, business, and social relationship. In other words the Bible is always talking about a psychological death; meaning you must die to that which you are, before you can become what you long to be.

I gave advice to a young man one time who lost five positions in five months. He drank excessively, was irresponsible, shiftless, lazy, indolent, crude, lacking in understanding, zeal, and application. He believed in a heaven afar off—a place where you go when you die.

I explained to him he could prove heaven was here now. He followed my advice and took a course in public speaking, and another course at night school where with diligence, personal initiative, and application he learned the rudiments of the commercial world.

He began to pray for guidance and prosperity by claiming these qualities. He began gradually to die to the “old man,” and to put on the “new man.” He developed enthusiasm, perseverance, stick-to-it-ive-ness, and became foreman of the shop. How happy, spiritual, and joyous he was! He was living in heaven; i.e., he experienced health, harmony, and true expression.

Why postpone heaven? Heaven is here—within you! Peace has not disappeared from the face of the earth; Peace is of God, and God is within you; It is Timeless, Ageless, and Spaceless. Peace is here now in your own mind; tune in on the God of peace, and let His River of Peace flow through you like a summer stream. You do not have to leave this plane to experience peace, joy, happiness, or inspiration. You must, however, die mentally and psychologically; which means you separate yourself from the other false ideas, erroneous opinions, and peculiar ideas about God.

Your ideas control, govern, and rule over you. Enthroned peace, love, and God’s guidance. Live with these ideas; marry them by emotionalizing them in your own mind. You can go to heaven now—not when you die. There is no transforming power in death. Fall in love with honesty, integrity, justice, success, peace, and happiness. Move toward these ideals in your mind. Love will take you there. As you unite with these ideas in your mind, there will be a Divine Marriage, and the children that will come forth will be true place, abundance, and security.

The journey for all men is onward, upward, and Godward. Progression is the law of Life. When man sheds the physical body, he enters into the fourth dimension where he has a fourth dimensional focus. There are as Paul says, “Bodies celestial and bodies terrestrial.” Death of the physical body is like a journey to a new city, or a new dimension of mind.

I love these words from the Song Celestial:

“Never the spirit was born; the Spirit shall cease to be never;
Never was time it was not; end and beginning are dreams.
Birthless, and deathless, and changeless remaineth the Spirit
forever;
Death hath not touched it at all, dead though the house of it
seems.
Nay, but as one who layeth his worn-out robes away,
And, taking new ones, sayeth, “These will I wear today!”
So putteth by the Spirit
Lightly its garb of flesh,
And passeth to inherit
A residence afresh.”

To say that a man could not pray in the next dimension, and advance spiritually would be to limit The Holy One. Reincarnation—or going to the unmanifest to manifest, or to objectify a greater sense of the Presence—can take place there as well as here. What is true on one plane is true on all planes. We carry over our state of consciousness.

We were met by loving hands here when we came into the third dimensional world; it is reasonable to assume we will meet our loved ones who are in the next dimension when we arrive there after passing from this plane.

We should never really grieve or mourn for loved ones. By radiating the qualities of Love, Peace, and Joy to the loved one who has passed on to the next dimension, we are then praying for the loved one in the right manner. We are lifting the other up in our consciousness; this is truly giving the “oil of joy for mourning.” We rejoice in their new birthday, knowing the Presence of God is where they are. Where God is, there can be no evil. “God is not the God of the dead, but of the living.” Why seek ye the living among the dead?

Realize the loved ones who have passed on are dwelling in a state of beauty and love; then you are lifting them up. They feel your prayers, and thereby they are blessed.

We make them happy by our scientific prayer. Instead of feeling that they are dead and gone, and that their graves are where their

bodies are, by an inner mood see them dwelling in a state of indescribable beauty.

Your loved one and all of those you knew on earth, as well as all those people long since gone from the face of the earth, are still living in the next dimension.

For instance, a little child who perhaps died in its mother's womb, or lived for a day, is a grace note in the grand symphony of all creation. She plays through love in the celestial symphony of the spheres. Through love the child is one with its mother, brother, sisters, and with all men—visible and invisible. The child who lived for an hour, or who died in the womb grows, expands, and unfolds in the next dimension. You will again meet the child; however she will not be a child, but she will be fully matured and grown up.

We are all one; the many, apparently separate, human beings are the notes and chords of the eternal symphony of creation.

The loved ones who have passed on still live, and will live forever; for God is Life, and That is their Life. They are functioning fourth dimensionally. Through love you are one with them. Know that they are immersed in God's Holy Omnipresence, and rest assured that Jesus, The Great Conductor, leads them in the Grand Symphony of All Creation.

All things in this relative world of ours are expressions of the Absolute. The One Life is expressed in countless modes. It is all One Reality. The One in the many, and the many in the One. The apparent, separate manifestations are notes in the grand symphony. There is a difference in the notes; they are grouped differently into chords and harmonies; yet, we must remember the symphony is one grace note. Somber notes, and notes used to form part of a magnificent opening chord are not separate; they all are the symphony; the symphony is one and indivisible. The composition is One Reality. Every note shares the beauty, joy and the life of every other note. The Life of the whole is in each note. The part is in the whole, and the whole is in the part. You are the Grand Symphony. You (the Real You—I AM) are the Creator and the Hymn of Creation. The Supreme Reality shares the life of all things.

“Everywhere in heaven is paradise. Even though the grace of the Chief Good does not reign there after only one fashion!” The mystery

of the Ultimate Reality is multiplicity in unity. Rejoice in your journey back to God; there is no place else to go. It is the flight of The Alone to the Alone.

HOW TO ATTRACT MONEY

(1955)



YOUR RIGHT TO BE RICH

It is your right to be rich. You are here to lead the abundant life, and be happy, radiant, and free. You should, therefore, have all the money you need to lead a full, happy, prosperous life.

There is no virtue in poverty; the latter is a mental disease, and it should be abolished from the face of the earth. You are here to grow, expand, and unfold, spiritually, mentally, and materially. You have the inalienable right to fully develop and express yourself along all lines. You should surround yourself with beauty and luxury.

Why be satisfied with just enough to go around when you can enjoy the riches of the Infinite? In this book you will learn to make friends with money, and you will always have a surplus. Your desire to be rich is a desire for a fuller, happier, more wonderful life. It is a cosmic urge. It is good and very good.

Begin to see money in its true significance—as a symbol of exchange. It means to you freedom from want, and beauty, luxury, abundance, and refinement.

As you read this chapter, you are probably saying, “I want more money.” “I am worthy of a higher salary than I am receiving.”

I believe most people are inadequately compensated. One of the causes many people do not have more money is that they are silently or openly condemning it. They refer to money as “filthy lucre,” or “Love of money is the root of all evil,” etc. Another reason they do not prosper is that they have a sneaky, subconscious feeling there is some virtue in poverty; this subconscious pattern may be due to early childhood training, superstition, or it could be based on a false interpretation of the Scriptures.

There is no virtue in poverty; it is a disease like any other mental disease. If you were physically ill, you would think there was something wrong with you; you would seek help, or do something about the condition at once. Likewise if you do not have money

constantly circulating in your life, there is something radically wrong with you.

Money is only a symbol; it has taken many forms as a medium of exchange down through the centuries, such as salt, beads, and trinkets of various kinds. In early times man's wealth was determined by the number of sheep or oxen he had. It is much more convenient to write a check than to carry some sheep around with you to pay your bills.

God does not want you to live in a hovel or go hungry. God *wants* you to be happy, prosperous, and successful. God is always successful in all His undertakings, whether He makes a star or a cosmos!

You may wish to make a trip around the world, study art in foreign countries, go to college, or send your children to a superior school. You certainly wish to bring your children up in lovely surroundings, so that they might learn to appreciate beauty, order, symmetry, and proportion.

You were born to succeed, to win, to conquer all difficulties, and have all your faculties fully developed. If there is financial lack in your life, do something about it.

Get away immediately from all superstitious beliefs about money. Do not ever regard money as evil or filthy. If you do, you cause it to take wings and fly away from you. Remember that you lose what you condemn.

Suppose, for example, you found gold, silver, lead, copper, or iron in the ground. Would you pronounce these things evil? God pronounced all things good. The evil comes from man's darkened understanding, from his unilluminated mind, from his false interpretation of life, and his misuse of Divine Power. Uranium, lead, or some other metal could have been used as a medium of exchange. We use paper bills, checks, etc.; surely the piece of paper is not evil; neither is the check. Physicists and scientists know today that the only difference between one metal and another is the number and rate of motion of the electrons revolving around a central nucleus. They are now changing one metal into another through a bombardment of the atoms in the powerful cyclotron. Gold under certain conditions becomes mercury. It will only be a little while

until gold, silver, and other metals will be made synthetically in the chemical laboratory. I cannot imagine seeing anything evil in electrons, neutrons, protons, and isotopes.

The piece of paper in your pocket is composed of electrons and protons arranged differently; their number and rate of motion is different; that is the only way the paper differs from the silver in your pocket.

Some people will say, "Oh, people kill for money. They steal for money!" It has been associated with countless crimes, but that does not make it evil.

A man may give another \$50 to kill someone; he has misused money in using it for a destructive purpose. You can use electricity to kill someone or light the house. You can use water to quench the baby's thirst, or use it to drown the child. You can use fire to warm the child, or burn it to death.

Another illustration would be if you brought some earth from your garden, put it in your coffee cup for breakfast, that would be your evil; yet the earth is not evil; neither is the coffee. The earth is displaced; it belongs in your garden.

Similarly if a needle were stuck in your thumb, it would be your evil; the needle or pin belongs in the pin cushion, not in your thumb.

We know the forces or the elements of nature are not evil; it depends on our use of them whether they bless or hurt us.

A man said to me one time, "I am broke. I do not like money; it is the root of all evil."

Love of money to the exclusion of everything else will cause you to become lopsided and unbalanced. You are here to use your power or authority wisely. Some men crave power; others crave money. If you set your heart on money, and say, "That is all I want. I am going to give all my attention to amassing money; nothing else matters," you can get money and attain a fortune, but you have forgotten that you are here to lead a balanced life. "Man does not live by bread alone."

For example, if you belong to some cult or religious group, and become fanatical about it, excluding yourself from your friends, society, and social activities, you will become unbalanced, inhibited, and frustrated. Nature insists on a balance. If all your time is devoted

to external things and possessions, you will find yourself hungry for peace of mind, harmony, love, joy, or perfect health. You will find you cannot buy anything that is real. You can amass a fortune, or have millions of dollars; this is not evil or bad. Love of money to the exclusion of everything else results in frustration, disappointment, and disillusionment; in that sense it is the root of your evil.

By making money your sole aim, you simply made a wrong choice. You thought that was all you wanted, but you found after all your efforts that it was not only the money you needed. What you really desired was true place, peace of mind, and abundance. You could have the million or many millions, if you wanted them, and still have peace of mind, harmony, perfect health, and Divine expression.

Everyone wants enough money, and not just enough to go around. He wants abundance and to spare; he should have it. The urges, desires, and impulses we have for food, clothing, homes, better means of transportation, expression, procreation, and abundance are all God-given, Divine, and good, but we may misdirect these impulses, desires, and urges resulting in evil or negative experiences in our lives.

Man does not have an evil nature; there is no evil nature in you; it is God, the Universal Wisdom, or Life seeking expression through you.

For example, a boy wants to go to college, but he does not have enough money. He sees other boys in the neighborhood going off to college and the university; his desire increases. He says to himself, "I want an education, too." Such a youth may steal and embezzle money for the purpose of going to college. The desire to go to college was basically and fundamentally good; he misdirected that desire or urge by violating the laws of society, the cosmic law of harmony, or the golden rule; then he finds himself in trouble.

However if this boy knew the laws of mind, and his unqualified capacity through the use of the Spiritual Power to go to college, he would be free and not in jail. Who put him in jail? He placed himself there. The policeman who locked him up in prison was an instrument of the man-made laws which he violated. He first imprisoned himself in his mind by stealing and hurting others. Fear and a guilt

consciousness followed; this is the prison of the mind followed by the prison walls made of bricks and stones.

Money is a symbol of God's opulence, beauty, refinement, and abundance, and it should be used wisely, judiciously, and constructively to bless humanity in countless ways. It is merely a symbol of the economic health of the nation. When your blood is circulating freely, you are healthy. When money is circulating freely in your life, you are economically healthy. When people begin to hoard money, to put it away in tin boxes, and become charged with fear, there is economic illness.

The crash of 1929 was a psychological panic; it was fear seizing the minds of people everywhere. It was a sort of negative, hypnotic spell.

You are living in a subjective and objective world. You must not neglect the spiritual food, such as peace of mind, love, beauty, harmony, joy, and laughter.

Knowledge of the spiritual power is the means to the Royal Road to Riches of all kinds, whether your desire is spiritual, mental, or material. The student of the laws of mind, or the student of the spiritual principle, believes and knows absolutely that regardless of the economic situation, stock market fluctuation, depression, strikes, war, other conditions, or circumstances, he will always be amply supplied regardless of what form money may take. The reason for this is he abides in the consciousness of wealth. The student has convinced himself in his mind that wealth is forever flowing freely in his life, and that there is always a Divine surplus. Should there be a war tomorrow, and all the student's present holdings become valueless, as the German marks did after the First World War, he would still attract wealth, and be cared for regardless of the form the new currency took.

Wealth is a state of consciousness; it is a mind conditioned to Divine supply forever flowing. The scientific thinker looks at money or wealth like the tide; i.e., it goes out, but it always comes back. The tides never fail; neither will man's supply when he trusts a tireless, changeless, immortal Presence which is Omnipresent, and flows ceaselessly. The man who knows the workings of the subconscious mind is never, therefore, worried about the economic situation, stock

market panics, devaluation, or inflation of currency, since he abides in the consciousness of God's eternal supply. Such a man is always supplied and watched over by an overshadowing Presence. *Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?* MATTHEW 6:26.

As you consciously commune with the Divine-Presence claiming and knowing that It leads and guides you in all your ways, that It is a Lamp unto your feet, and a Light on your path, you will be Divinely prospered and sustained beyond your wildest dreams.

Here is a simple way for you to impress your subconscious mind with the idea of constant supply or wealth: Quiet the wheels of your mind. Relax! Let go! Immobilize the attention. Get into a sleepy, drowsy, meditative state of mind; this reduces effort to the minimum; then in a quiet, relaxed, passive way reflect on the following simple truths: Ask yourself where do ideas come from? Where does wealth come from? Where did you come from? Where did your brain and your mind come from? You will be led back to the One Source.

You find yourself on a spiritual, working basis now. It will no longer insult your intelligence to realize that wealth is a state of mind. Take this little phrase; repeat it slowly four or five minutes three or four times a day quietly to yourself, particularly before you go to sleep: "Money is forever circulating freely in my life, and there is always a Divine surplus." As you do this regularly and systematically, the idea of wealth will be conveyed to your deeper mind, and you will develop a wealth consciousness. Idle, mechanical repetition will not succeed in building the consciousness of wealth. Begin to feel the truth of what you affirm. You know what you are doing, and why you are doing it. You know your deeper self is responsive to what you consciously accept as true.

In the beginning people who are in financial difficulties do not get results with such affirmations as, "I am wealthy," "I am prosperous," "I am successful"; such statements may cause their conditions to get worse. The reason is the subconscious mind will only accept the dominant of two ideas, or the dominant mood or feeling. When they say, "I am prosperous," their feeling of lack is greater, and something within them says, "No, you are not prosperous, you are broke." The

feeling of lack is dominant so that each affirmation calls forth the mood of lack, and more lack becomes theirs. The way to overcome this for beginners is to affirm what the conscious and subconscious mind will agree on; then there will be no contradiction. Our subconscious mind accepts our beliefs, feelings, convictions, and what we consciously accept as true.

A man could engage the cooperation of his subconscious mind by saying, "I am prospering every day." "I am growing in wealth and in wisdom every day." "Every day my wealth is multiplying." "I am advancing, growing, and moving forward financially." These and similar statements would not create any conflict in the mind.

For instance if a salesman has only ten cents in his pocket, he could easily agree that he would have more tomorrow. If he sold a pair of shoes tomorrow, there is nothing within him which says his sales could not increase. He could use statements, such as, "My sales are increasing every day." "I am advancing and moving forward." He would find these would be sound psychologically, acceptable to his mind, and produce desirable fruit.

The spiritually advanced student who quietly, knowingly, and feelingly says, "I am prosperous," "I am successful," "I am wealthy," gets wonderful results also. Why would this be true? When they think, feel, or say, "I am prosperous," they mean God is All Supply or Infinite Riches, and what is true of God is true of them. When they say, "I am wealthy," they know God is Infinite Supply, the Inexhaustible, Treasure-House, and what is true of God is, therefore, true of them, for God is within them.

Many men get wonderful results by dwelling on three abstract ideas, such as health, wealth, and success. *Health* is a Divine Reality or quality of God. *Wealth* is of God; it is eternal and endless. *Success* is of God; God is always successful in all His undertakings.

The way they produce remarkable results is to stand before a mirror as they shave, and repeat for five or ten minutes: "Health, wealth, and success." They do not say, "I am healthy," or "I am successful"; they create no opposition in their minds. They are quiet and relaxed; thus the mind is receptive and passive; then they repeat these words. Amazing results follow. All they are doing is identifying with truths that are eternal, changeless, and timeless.

You can develop a wealth consciousness. Put the principles enunciated and elaborated on in this book to practice, and your desert will rejoice and blossom as the rose.

I worked with a young boy in Australia many years ago who wanted to become a physician and surgeon, but he had no money; nor had he graduated from high school. For expenses he used to clean out doctors' offices, wash windows, and do odd repair jobs. He told me that every night as he went to sleep, he used to see a diploma on a wall with his name in big, bold letters. He used to clean and shine the diplomas in the medical building where he worked; it was not hard for him to engrave the diploma in his mind and develop it there. I do not know how long he continued this imaging, but it must have been for some months.

Results followed as he persisted. One of the doctors took a great liking to this young boy, and after training him in the art of sterilizing instruments, giving hypodermic injections, and other miscellaneous first aid work, he became a technical assistant in his office. The doctor sent him to high school and also to college at his expense.

Today this man is a prominent doctor in Montreal, Canada. He had a dream! A clear image in his mind! *His wealth was in his mind.*

Wealth is your idea, desire, talent, urge for service, capacity to give to mankind, your ability for usefulness to society, and your love for humanity in general.

This young boy operated a great law unconsciously. Troward says, "Having seen the end, you have willed the means to the realization of the end." The *end* in this boy's case was to be a physician. To imagine, see, and feel the reality of being a doctor now, to live with that idea, sustain it, nourish it, and to love it until through his imagination it penetrated the layers of the subconscious, becoming a conviction, paved the way to the fulfillment of his dreams.

He could have said, "I have no education." "I do not know the right people." "I am too old to go to school now." "I have no money; it would take years, and I am not intelligent." He would then be beaten before he started. His wealth was in his use of the Spiritual Power within him which responded to his thought.

The means or the way in which our prayer is answered is always hidden from us except that occasionally we may intuitively perceive a part of the process. *My ways are past finding out.* The ways are not known. The only thing man has to do is to imagine and accept the end in his mind, and leave its unfoldment to the subjective wisdom within.

Oftentimes the question is asked, "What should I do after meditating on the end and accepting my desire in consciousness?" The answer is simple: You will be compelled to do whatever is necessary for the unfoldment of your ideal. The law of the subconscious is compulsion. The law of life is action and reaction. What we do is the automatic response to our inner movements of the mind, inner feeling, and conviction.

A few months ago as I went to sleep, I imagined I was reading one of my most popular books, *Magic of Faith* in French. I began to realize and imagine this book going into all French-speaking nations. For several weeks I did this every night, falling asleep with the imaginary French edition of *Magic of Faith* in my hands.

Just before Christmas in 1954, I received a letter from a leading publisher in Paris, France, enclosing a contract drawn up, asking me to sign it, giving him permission to publish and promote abroad to all French-speaking countries the French edition of *Magic of Faith*.

You might ask me what did I do about the publishing of this book after prayer? I would have to say, "Nothing!" The subjective wisdom took over, and brought it to pass in its own way, which was a far better way than any method I could consciously desire.

All of our external movements, motions, and actions follow the inner movements of the mind. Inner action precedes all outer action. Whatever steps you take physically, or what you seem to do objectively, will all be a part of a pattern which you were compelled to fulfill.

Accepting the end wills the means to the realization of the end. Believe that you have it now, and you shall receive it.

We must cease denying our good. Realize that the only thing that keeps us from the riches that lie all around us is our mental attitude, or the way we look at God, life, and the world in general. Know, believe, and act on the positive assumption that there is no reason

why you cannot have, be, and do whatever you wish to accomplish through the great laws of God.

Your knowledge of how your mind works is your saviour and redeemer. Thought and feeling are your destiny. You possess everything by right of consciousness. The consciousness of health produces health; the consciousness of wealth produces wealth. The world seems to deny or oppose what you pray for; your senses sometimes mock and laugh at you.

If you say to your friend, you are opening up a new business for yourself, he may proceed to give you all the reasons why you are bound to fail. If you are susceptible to his hypnotic spell, he may instill fear of failure in your mind. As you become aware of the spiritual power which is one and indivisible, and responds to your thought, you will reject the darkness and ignorance of the world, and know that you possess all the equipment, power, and knowledge to succeed.

To walk on the Royal Road to Riches, you must not place obstacles and impediments on the pathway of others; neither must you be jealous or envious of others. Actually when you entertain these negative states of mind, you are hurting and injuring yourself, because you are thinking and feeling it. "The suggestion," as Quimby said, "you give to another, you are giving to yourself." This is the reason that the law of the golden rule is a cosmic, divine law.

I am sure you have heard men say, "That fellow has a racket." "He is a racketeer." "He is getting money dishonestly." "He is a faker." "I knew him when he had nothing." "He is crooked, a thief, and a swindler." If you analyze the man who talks like that, he is usually in want or suffering from some financial or physical illness. Perhaps his former, college friends went up the ladder of success and excelled him; now he is bitter and envious of their progress. In many instances this is the cause of his downfall. Thinking negatively of these classmates, and condemning their wealth, causes the wealth and prosperity he is praying for to vanish and flee away. He is condemning the things he is praying for. He is praying two ways. On the one hand he is saying, "God is prospering me," and in the next breath, silently or audibly, he is saying, "I resent that fellow's wealth." Always make it a special point to bless the other person, and rejoice

in his prosperity and success; when you do, you bless and prosper yourself.

If you go into the bank, and you see your competitor across the street deposit twenty times more than you do, or you see him deposit ten thousand dollars, rejoice and be exceedingly glad to see God's abundance being manifested through one of his sons. You are then blessing and exalting what you are praying for. What you bless, you multiply. What you condemn, you lose.

If you are working in a large organization, and you are silently thinking and resenting the fact you are underpaid, that you are not appreciated, and that you deserve more money and greater recognition, you are subconsciously severing your ties with that organization. You are setting a law in motion; then the superintendent or manager says to you, "We have to let you go." You dismissed yourself. The manager was simply the instrument through which your own negative, mental state was confirmed. In other words he was a messenger telling you what you conceived as true about yourself. It was an example of the law of action and reaction. The action was the internal movement of your mind; the *reaction* was the response of the outer world to conform to your inner thinking.

Perhaps as you read this, you are thinking of someone who has prospered financially by taking advantage of others, by defrauding them, in selling them unsound investments in property, etc. The answer to this is obvious, because if we rob, cheat, or defraud another, we do the same to ourselves. In reality in this case we are actually hurting or robbing from ourselves. We are in a mood of lack in the first place, which is bound to attract loss to us. The loss may come in many ways; it may come in loss of health, prestige, peace of mind, social status, sickness in the home, or in business. It may not necessarily come in loss of money. We must not be shortsighted and think that the loss has to come just in dollars and cents.

Isn't it a wonderful feeling to place your head on the pillow at night, and feel you are at peace with the whole world, and that your heart is full of goodwill toward all? There are some people who have accumulated money the wrong way, as by tramping on others, trickery, deceit, and chicanery. What is the price? Sometimes it is mental and physical disease, guilt complexes, insomnia, or hidden

fears. As one man said to me, "Yes, I rode roughshod over others. I got what I wanted, but I got cancer doing it." He realized he had attained his wealth in the wrong way.

You can be wealthy and prosperous without hurting anyone. Many men are constantly robbing themselves; they steal from themselves: peace of mind, health, joy, inspiration, happiness, and the laughter of God. They may say that they have never stolen, but is it true? Every time we resent another, or are jealous, or envious of another's wealth or success, we are stealing from ourselves. These are the thieves and robbers which Jesus cast out of the temple; likewise you must cast them out incisively and decisively. Do not let them live in your mind. Cut their heads off with the fire of right thought and feeling.

I remember in the early days of the war reading about a woman in Brooklyn, New York, who went around from store to store buying up all the coffee she could. She knew it was going to be rationed; she was full of fear that there would not be enough for her. She bought as much as she could, and stored it in the cellar. That evening she went to church services. When she came home, burglars had broken down the door, stolen not only the coffee, but silverware, money, jewelry, and other things.

This good woman said what they all say: "Why did this happen to me when I was at church? I never stole from anyone."

Is this true? Was she not in the consciousness of lack and fear when she began to hoard supplies of coffee? Her mood and fear of lack was sufficient to bring about loss in her home and possessions. She did not have to put her hand on the cash register or rob a bank; her fear of lack produced lack. This is the reason that many people who are what society calls "good citizens" suffer loss. They are good in the worldly sense; i.e., they pay their taxes; they obey the laws, vote regularly, and are generous to charities, but they are resentful of others' possessions, their wealth, or social position. If they would like to take money when no one was looking, such an attitude is definitely and positively a state of lack, and may cause the person who indulges in such a mental state to attract charlatans or knaves who may swindle or cheat them in some business transaction.

Before the outer thief robs us, we have first robbed ourselves. There must be an inner thief, before the outer one appears.

A man can have a guilt complex, and be accusing himself constantly. I knew such a man; he was very honest as a teller in a bank. He never stole any money, but he had an illicit romance; he was supporting another woman, and denying his family. He lived in fear that he would be discovered; a deep sense of guilt resulted. Fear follows guilt. Fear causes a contraction of the muscles and mucous membranes; acute sinusitis developed. Medication only gave him temporary relief.

I explained to this client the cause of his trouble, and told him the cure was to give up his outside affair. He said he couldn't; she was his soul mate, and that he had tried. He was always condemning and accusing himself.

One day he was accused by one of the officials of the bank of having embezzled some money; it looked serious for him, as the evidence was circumstantial. He became panic stricken, and realized that the only reason he was wrongfully accused was that he had been accusing and condemning himself. He saw how mind operates. Inasmuch as he was always accusing himself on the inner plane, he would be accused on the outer.

He broke off the relationship immediately with the other woman due to the shock of being accused of embezzling, and began to pray for Divine harmony and understanding between himself and the bank official. He began to claim, "There is nothing hidden that is not revealed. The peace of God reigns supreme in the minds and hearts of all concerned.

Truth prevailed. The whole matter was dissolved in the light of truth. Another young man was discovered as the culprit. The bank teller knew that only through prayer was he saved from a jail sentence.

The great law is, "As you would that men should think about you, think you about them in the same manner. As you would that men should feel about you, feel you also about them in like manner."

Say from your heart, "I wish for every man who walks the earth, what I wish for myself. The sincere wish of my heart is, therefore, peace, love, joy, abundance, and God's blessings to all men

everywhere.” Rejoice and be glad in the progression, advancement, and prosperity of all men. Whatever you claim as true for yourself, claim it for all men everywhere. If you pray for happiness and peace of mind, let your claim be peace and happiness for all. Do not ever try and deprive another of any joy. If you do, you deprive yourself. When the ship comes in for your friend, it comes in for you also.

If someone is promoted in your organization, be glad and happy. Congratulate him, rejoice in his advancement and recognition. If you are angry or resentful, you are demoting yourself. Do not try and withhold from another his God-given birthright to happiness, success, achievement, abundance, and all good things.

Jesus said, “Sow up for yourselves treasures in heaven, where the moth and the rust doth not consume, and where thieves cannot break through and steal.” Hatred and resentment rot and corrode the heart causing us to become full of scars, impurities, toxins, and poisons.

The treasures of heaven are the truths of God which we possess in our soul. Fill your minds with peace, harmony, faith, joy, honesty, integrity, loving kindness, and gentleness; then you will be sowing for yourself treasures in the heavens of your own mind.

If you are seeking wisdom regarding investments, or if you are worried about your stocks or bonds, quietly claim, “Infinite Intelligence governs and watches over all my financial transactions, and whatsoever I do shall prosper.” Do this frequently and you will find that your investments will be wise; moreover you will be protected from loss, as you will be prompted to sell your securities or holdings before any loss accrues to you.

Let the following prayer be used daily by you regarding your home, business, and possessions: “The overshadowing Presence which guides the planets on their course and causes the sun to shine, watches over all my possessions, home, business, and all things that are mine. God is my fortress and vault. All my possessions are secure in God. It is wonderful.” By reminding yourself daily of this great truth, and by observing the laws of Love, you will always be guided, watched over, and prospered in all your ways. You will never suffer from loss; for you have chosen the Most High as your Counsellor and Guide. The envelope of God’s Love

surrounds, enfolds, and encompasses you at all times. You rest in the Everlasting Arms of God.

All of us should seek an inner guidance for our problems. If you have a financial problem, repeat this before you retire at night: "Now I shall sleep in peace. I have turned this matter over to the God-Wisdom within. It knows only the answer. As the sun rises in the morning, so will my answer be resurrected. I know the sunrise never fails." Then go off to sleep.

Do not fret, fuss, and fume over a problem. Night brings counsel. Sleep on it. Your intellect can not solve all your problems. Pray for the Light that is to come. Remember the dawn always comes; then the shadows flee away. Let your sleep every night be a contented bliss.

You are not a victim of circumstances, except you believe you are. You can rise and overcome any circumstance or condition. You will have different experiences as you stand on the rock of spiritual Truth, steadfast, and faithful to your deeper purposes and desires.

In large stores, the management employs store detectives to prevent people from stealing; they catch a number every day trying to get something for nothing. All such people are living in the consciousness of lack and limitation, and are stealing from themselves, attracting at the same time all manner of loss. These people lack faith in God, and the understanding of how their minds work. If they would pray for true peace, Divine expression, and supply, they would find work; then by honesty, integrity, and perseverance they would become a credit to themselves and society at large.

Jesus said, "For ye have the poor always with you; but me ye have not always." The *poor states* of consciousness are always with us in this sense, that no matter how much wealth you now have, there is something you want with all your heart. It may be a problem of health; perhaps a son or daughter needs guidance, or harmony is lacking in the home. At that moment you are poor.

We could not know what abundance was, except we were conscious of lack. "I have chosen twelve, and one of you is a devil."

Whether it be the king of England or the boy in the slums, we are all born into limitation and into the race belief. It is through these

limitations we grow. We could never discover the Inner Power, except through problems and difficulties; these are our *poor states* which prod us in seeking the solution. We could not know what joy was, except we could shed a tear of sorrow. We must be aware of poverty, to seek liberation and freedom, and ascend into God's opulence.

The *poor states*, such as fear, ignorance, worry, lack, and pain are not bad when they cause you to seek the opposite. When you get into trouble, and get kicked around from pillar to post; when you ask negative, heart-rending questions, such as "Why are all these things happening to me?" "Why does there seem to be a jinx following me?" light will come into your mind. Through your suffering, pain, or misery, you will discover the truth which sets you free. "Sweet are the uses of adversity, like a toad ugly and venomous, yet wears a precious jewel on its head."

Through dissatisfaction we are led to satisfaction. All those studying the laws of life have been dissatisfied with something. They have had some problem or difficulty which they could not solve; or they were not satisfied with the man-made answers to life's riddles. They have found their answer in the God-Presence within themselves—the pearl of great price—the precious jewel. The Bible says, "I sought the Lord, and I found him, and He delivered me from all my fears."

When you realize your ambition or desire, you will be satisfied for only a period of brief time; then the urge to expand will come again. This is Life seeking to express Itself at higher levels through you. When one desire is satisfied, another comes, etc. to infinity. You are here to grow. Life is progression; it is not static. You are here to go from glory to glory; there is no end; for there is no end to God's glory.

We are all poor in the sense we are forever seeking more light, wisdom, happiness, and greater joy out of life. God is Infinite, and never in Eternity could you exhaust the glory, beauty, and wisdom which is within; this is how wonderful you are.

In the absolute state all things are finished, but in the relative world we must awaken to that glory which was ours before the world was. No matter how wise you are, you are seeking more wisdom; so you are still poor. No matter how intelligent you are in the field of

mathematics, physics, or astronomy, you are only scratching the surface. You are still poor. The journey is ever onward, upward, and Godward. It is really an awakening process, whereby you realize creation is finished. When you know God does not have to learn, grow, expand, or unfold, you begin to gradually awaken from the dream of limitation, and become alive in God. As the scales of fear, ignorance, race belief, and mass hypnosis fall from your eyes, you begin to see as God sees. The blind spots are removed; then you begin to see the world as God made it; for we begin to see it through God's eyes. Now you say, "Behold, the Kingdom of Heaven is at hand!"

Feed the "poor" within you; clothe the naked ideas, and give them form by believing in the reality of the idea, trusting the great Fabricator within to clothe it in form and objectify it. Now your word (idea) shall become flesh (take form). When you are hungry (poor states), you seek food. When worried, you seek peace. When you are sick, you seek health; when you are weak, you seek strength. Your desire for prosperity is the voice of God in you telling you that abundance is yours; therefore, through your poor state, you find the urge to grow, to expand, to unfold, to achieve, and to accomplish your desires.

A pain in your shoulder is a blessing in disguise; it tells you to do something about it at once. If there were no pain and no indication of trouble, your arm might fall off on the street. Your pain is God's alarm system telling you to seek His Peace and His Healing Power, and move from darkness to Light. When cold, you build a fire. When you are hungry, you eat. When you are in lack, enter into the mood of opulence and plenty. Imagine the end; rejoice in it. Having imagined the end, and felt it as true, you have willed the means to the realization of the end.

When you are fearful and worried, feed your mind with the great truths of God that have stood the test of time and will last forever. You can receive comfort by meditating on the great psalms. For example: "The Lord is my shepherd; I shall not want." "God is my refuge, my salvation, whom shall I fear?" "God is an ever-present help in time of trouble." "My God in Him will I trust." "He shall cover me with His feathers, and under His wings shall I rest." "One with

God is a majority.” “If God be for me, who can be against me?” “I do all things through Christ which strengtheneth me.” Let the healing vibrations of these truths flood your mind and heart; then you will crowd out of your mind all your fears, doubts, and worries through this meditative process.

Imbibe another great spiritual truth: “A merry heart maketh a cheerful countenance.” “A merry heart hath a continual feast.” “A merry heart doeth good like a medicine; a broken spirit drieth the bones.” “Therefore I put thee in remembrance that thou stir up the gift of God within thee.” Begin *now* to stir up the gift of God by completely rejecting the evidence of senses, the tyranny and despotism of the race mind, and give complete recognition to the spiritual Power within you as the only Cause, the only Power, and the only Presence. Know that it is a responsive and beneficent Power. “Draw nigh unto it, and it will draw nigh unto you.” Turn to It devotedly with assurance, trust, and love; it will respond to you as love, peace, guidance, and prosperity.

It will be your Comforter, Guide, Counsellor, and your heavenly Father. You will then say, “God is Love. I have found Him, and He truly has delivered me from all my fears. Furthermore, you will find yourself in green pastures, where abundance and all of God’s riches flow freely through you.

Say to yourself freely and joyously during the day, “I walk in the consciousness of the Presence of God all day long.” “His fulness flows through me at all times filling up all the empty vessels in my life.”

When you are filled full of the feeling of being what you long to be, your prayer is answered. Are all the vessels full in your life? Look under health, wealth, love, and expression. Are you fully satisfied on all levels? Is there something lacking in one of these four? All that you seek, no matter what it is, comes under one of these classifications.

If you say, “All I want is truth or wisdom,” you are expressing the desire of all men everywhere. That is what everyone wants, even though he or she may word it differently. Truth or wisdom is the overall desire of every man; this comes under the classification of

expression. You wish to express more and more of God here and now.

Through your lack, limitation, and problems, you grow in God's Light, and you discover yourself. There is no other way whereby you could discover yourself.

If you could not use your powers two ways, you would never discover yourself; neither would you ever deduce a law governing you. If you were compelled to be good, or compelled to love, that would not be love. You would then be an automaton. You have freedom to love, because you can give it, or retain it. If compelled to love, there is no love. Aren't you flattered when some woman tells you she loves you and wants you? She has chosen you from all the men in the world. She does not have to love you. If she were forced to love you, you would not be flattered or happy about it.

You have freedom to be a murderer or a Holy man. This is the reason that we praise such men as Lincoln and others. They decided to choose the good; we praise them for their choice. If we believe that circumstances, conditions, events, age, race, religious training, or early environment can preclude the possibility of our attaining a happy, prosperous life, we are thieves and robbers. All that is necessary to express happiness and prosperity is to *feel* happy and prosperous. The feeling of wealth produces wealth. States of consciousness manifest themselves. This is why it is said, "All that ever came before me (feeling) are thieves and robbers." Feeling is the law, and the law is the feeling.

Your desire for prosperity is really the promise of God saying that His riches are yours; accept this promise without any mental reservation.

Quimby likened prayer to that of a lawyer pleading the case before the judge. This teacher of the laws of mind said he could prove the defendant was not guilty as charged, but that the person was a victim of lies and false beliefs. You are the judge; you render your own verdict; then you are set free. The negative thoughts of lack, poverty, and failure are all false; they are all lies; there is nothing to back them up.

You know there is only one spiritual Power, one primal cause, and you, therefore, cease giving power to conditions, circumstances, and

opinions of men. Give all Power to the Spiritual Power within you, knowing that It will respond to your thought of abundance and prosperity. Recognizing the supremacy of the Spirit within, and the Power of your own thought or mental image is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the mood of opulence, all things necessary for the abundant life will come to pass. You are now the judge arriving at a decision in the courthouse of your mind. You have, like Quimby, produced indisputable evidence showing how the laws of your mind work, and you are now free from fear. You have executed and chopped the heads off all the fear and superstitious thoughts in your mind. Fear is the signal for action; it is not really bad; it tells you to move to the opposite which is faith in God and all positive values.

Let this be your daily prayer; write it in your heart: "God is the source of my supply. That supply is my supply now. His riches flow to me freely, copiously, and abundantly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully, divinely compensated. Thank you, Father!"

THE ROAD TO RICHES

Riches are of the mind. Let us suppose for a moment that a physician's diploma was stolen together with his office equipment. I am sure you would agree that his wealth was in his mind. He could still carry on, diagnose disease, prescribe, operate, and lecture on materia medica. Only his symbols were stolen; he could always get additional supplies. His riches were in his mental capacity, knowledge to help others, and his ability to contribute to humanity in general.

You will always be wealthy when you have an intense desire to contribute to the good of mankind. Your urge for service—i.e., to give of your talents to the world—will always find a response in the heart of the universe.

I knew a man in New York during the financial crisis of 1929, who lost everything he had including his home and all his life's savings. I met him after a lecture which I had given at one of the hotels in the city. This was what he said: "I lost everything. I made a million dollars in four years. I will make it again. All I have lost is a symbol. I can again attract the symbol of wealth in the same way as honey attracts flies."

I followed the career of this man for several years to discover the key to his success. The key may seem strange to you; yet it is a very old one. The name he gave the key was, "Change water into wine!" He read this passage in the Bible, and he knew it was the answer to perfect health, happiness, peace of mind, and prosperity.

Wine in the Bible always means the realization of your desires, urges, plans, dreams, propositions, etc.; in other words, it is the things you wish to accomplish, achieve, and bring forth.

Water in the Bible usually refers to your mind or consciousness. Water takes the shape of any vessel into which it is poured; likewise

whatever you feel and believe as true will become manifest in your world; thus you are always changing water into wine.

The Bible was written by illumined men; it teaches practical, everyday psychology and a way of life. One of the cardinal tenets of the Bible is that you determine, mold, fashion, and shape your own destiny through right thought, feeling, and beliefs. It teaches you that you can solve any problem, overcome any situation, and that you are born to succeed, to win, and to triumph. In order to discover the Royal Road to Riches, and receive the strength and security necessary to advance in life, you must cease viewing the Bible in the traditional way.

The above man who was in a financial crisis used to say to himself frequently during the days when he was without funds, "I can change water into wine!" These words meant to him, "I can exchange the poverty ideas in my mind for the realization of my present desires or needs which are wealth and financial supply."

His mental attitude (water) was, "Once I made a fortune honestly. I will make it again [wine]." His regular affirmation consisted of, "I attracted the symbol [money] once, I am attracting it again. I know this, and feel it is true [wine]."

This man went to work as a salesman for a chemical organization. Ideas for the better promotion of their products came to him; he passed them on to his organization. It was not long until he became vice president. Within four years the company made him president. His constant mental attitude was, "I can change water into wine!"

Look upon the story in John of changing water into wine in a figurative way, and say to yourself as the above-mentioned chemical salesman did: "I can make the invisible ideas, urges, dreams, and desires of mine visible, because I have discovered a simple, universal law of mind."

The law he demonstrated is the law of action and reaction. It means your external world, body, circumstances, environment, and financial status are always a perfect reflection of your inner thinking, beliefs, feelings, and convictions. This being true, you can now change your inner pattern of thought by dwelling on the idea of success, wealth, and peace of mind. As you busy your mind with these latter concepts, these ideas will gradually seep into your

mentality like seeds planted in the ground. As all seeds (thoughts and ideas) grow after their kind, so will your habitual thinking and feeling manifest in prosperity, success, and peace of mind. Wise thought (action) is followed by right action (reaction).

You can acquire riches when you become aware of the fact that prayer is a marriage feast. The *feast* is a psychological one; you meditate (mentally eat of) on your good or your desire until you become *one* with it.

I will now cite a case history from my files relating how a young girl performed her first miracle in transforming “water into wine.” She operated a very beautiful hair salon. Her mother became ill, and she had to devote considerable time at home neglecting her business. During her absence two of her assistants embezzled funds. She was forced into bankruptcy, losing her home and finding herself deeply in debt. She was unable to pay hospital bills for her mother, and she was now unemployed.

I explained to this woman the magic formula of changing water into wine. Again we made it clear to her that *wine* means answered prayer or the objectification of her ideal.

She was quarreling with the outside world. She said, “Look at the facts: I have lost everything; it is a cruel world. I cannot pay my bills. I do not pray; for I have lost hope.” She was so absorbed and engrossed in the material world, that she was completely oblivious to the internal cause of her situation. As we talked, she began to understand that she had to resolve the quarrel in her mind.

No matter what your desire or ideal is as you read this book, you will also find some thought or idea in your mind opposed to it. For example your desire may be for health; perhaps there are several thoughts such as these in your mind simultaneously: “I can’t be healed. I have tried, but it is no use; it’s getting worse.” “I don’t know enough about spiritual mind healing.”

As you study yourself, don’t you have a tug of war in your mind? Like this girl, you find environment and external affairs challenging your desire of expression, wealth, and peace of mind.

True prayer is a mental marriage feast, and it teaches us all how to resolve the mental conflict. In prayer you “write” what you *believe* in your own mind. Emerson said, “A man is what he thinks all day

long.” By your habitual thinking you make your own mental laws of belief. By repeating a certain train of thought you establish definite opinions and beliefs in the deeper mind called the subconscious; then such mental acceptances, beliefs, and opinions direct and control all the outer actions. To understand this and begin to apply it is the first step in changing “water into wine,” or changing lack and limitation into abundance and opulence. The man who is unaware of his own inner, spiritual powers is, therefore, subject to race beliefs, lack, and limitation.

Open your Bible now, and perform your first miracle, as this beauty operator did. You can do it. If you merely read the Bible as a historical event, you will miss the spiritual, mental, scientific view of the laws of mind with which we are concerned in this book.

Let us take this passage: “And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there.” *Galilee* means your mind or consciousness. *Cana* means your desire. The *marriage* is purely mental or the subjective embodiment of your desire. This whole, beautiful drama of prayer is a psychological one in which all the characters are mental states, feelings, and ideas within you.

One of the meanings of *Jesus* is illumined reason. The *mother of Jesus* means the feeling, moods, or emotions which possess us.

“And both Jesus was called, and his disciples, to the marriage.” *Your disciples* are your inner powers and faculties enabling you to realize your desires.

“And when they wanted wine, the mother of Jesus saith unto him, They have no wine.” *Wine*, as we have stated, represents the answered prayer or the manifestation of your desire and ideals in life. You can now see this is an everyday drama taking place in your own life.

When you wish to accomplish something as this girl did, namely, finding work, supply, and a way out of your problem, suggestions of lack come to you; such as, “There is no hope. All is lost, I can’t accomplish it; it is hopeless.” This is the voice from the outside world saying to you, “They have no wine,” or “Look at the facts.” This is your feeling of lack, limitation, or bondage speaking.

How do you meet the challenge of circumstances and conditions? By now you are getting acquainted with the laws of mind which are as follows: "As I think and feel inside, so is my outside world; i.e., my body, finances, environment, social position, and all phases of my external relationship to the world and man." Your internal, mental movements and imagery govern, control, and direct the external plane in your life.

The Bible says, "As he thinketh in his heart, so *is* he." The *heart* is a Chaldean word meaning the subconscious mind. In other words your thought must reach subjective levels by engaging the power of your subliminal self.

Thought and feeling are your destiny. Thought charged with feeling and interest is always subjectified, and becomes manifest in your world. *Prayer* is a marriage of thought and feeling, or your idea and emotion; this is what the marriage feast relates.

Any idea or desire of the mind felt as true comes to pass, whether it is good, bad, or indifferent. Knowing the law now that what you imagine and feel in your mind, you will express, manifest, or experience in the outside, enables you to begin to discipline your mind.

When the suggestion of lack, fear, doubt, or despair (they have no wine) come to your mind, immediately reject it mentally by focusing your attention at once on the answered prayer, or the fulfillment of your desire.

The statement given in the Bible from John 2, "Mine hour is not yet come," and "Woman, what have I to do with thee," are figurative, idiomatic, oriental expressions.

As we paraphrase this quotation, *woman* means the negative feeling that you indulge in. These negative suggestions have no power or reality, because there is nothing to back them up.

A suggestion of lack has no power; the power is resident in your own thought and feeling.

What does God mean to you? *God* is the Name given to the One Spiritual Power. *God* is the One Invisible Source from Which all things flow.

When your thoughts are constructive and harmonious, the spiritual power being responsive to your thought flows as harmony,

health, and abundance. Practice the wonderful discipline of completely rejecting every thought of lack by immediately recognizing the availability of the spiritual power, and its response to your constructive thoughts and imagery; then you will be practicing the truth found in these words, “Woman what have I to do with thee?”

We read, “Mine hour is not yet come.” This means that while you have not yet reached a conviction or positive state of mind, you know you are on the way mentally, because you are engaging your mind on the positive ideals, goals, and objectives in life. Whatever the mind dwells upon, it multiplies, magnifies, and causes it to grow until finally the mind becomes qualified with the new state of consciousness. You are then conditioned positively, whereas before you were conditioned negatively.

The spiritual man in prayer moves from the mood of lack to the mood of confidence, peace, and trust in the spiritual power within himself. Since his trust and faith are in the Spiritual Power, his mother (moods and feeling) registers a feeling of triumph or victory; this will bring about the solution or the answer to your prayer.

The waterpots in the story from the Bible refer to the mental cycles that man goes through in order to bring about the subjective realization of his desire. The length of time may be a moment, hour, week, or month depending on the faith and state of consciousness of the student.

In prayer we must cleanse our mind of false beliefs, fear, doubt, and anxiety by becoming completely detached from the evidence of senses and the external world. In the peacefulness and quietude of your mind, wherein you have stilled the wheels of your mind, meditate on the joy of the answered prayer until that inner certitude comes, whereby *you know that you know*. When you have succeeded in being *one* with your desire, you have succeeded in the mental marriage—or the union of your feeling with your idea.

I am sure you wish to be married (one with) to health, harmony, success, and achievement in your mind at this moment. Every time you pray you are trying to perform the *marriage feast of Cana* (realization of your desire or ideas). You want to be mentally

identified with the concept of peace, success, well being, and perfect health.

“They filled them up to the brim.” *The six waterpots* represent your own mind in the spiritual and mental creative act. You must fill your mind *to the brim*, meaning you must become filled full of the feeling of being what you long to be. When you succeed in filling your mind with the ideal you wish to accomplish or express, you are full to the brim; then you cease praying about it; for you feel its reality in your mind. You *know!* It is a finished state of consciousness. You are at peace about it.

“And he saith unto them Draw out now, and bear unto the governor of the feast.” Whatever is impregnated in our subconscious mind is always objectified on the screen of space; consequently when we enter a state of conviction that our prayer is answered, we have given the command, “Bear unto the governor of the feast.”

You are always governing your mental feast. During the day thousands of thoughts, suggestions, opinions, sights, and sounds reach your eyes and ears. You can reject them as unfit for mental consumption or entertain them as you choose. Your conscious, reasoning, intellectual mind is the governor of the feast. When you consciously choose to entertain, meditate, feast upon, and imagine your heart’s desire as true, it becomes a living embodiment, and a part of your mentality, so that your deeper self gives birth or expression to it. In other words what is impressed subjectively is expressed objectively. Your senses or conscious mind sees the objectification of your good. When the conscious mind becomes aware of “water made into wine,” it becomes aware of the answered prayer. *Water* might be called, also, the invisible, formless, spiritual power, unconditioned consciousness. *Wine* is conditioned consciousness, or the mind giving birth to its beliefs and convictions.

The servants which draw the water for you represent the mood of peace, confidence, and faith. According to your faith or feeling, your good is attracted or drawn to you.

Imbibe, cherish, fall in love with these spiritual principles which are discussed in this book. In the first recorded miracle of Jesus, you are told that prayer is a marriage feast, or the mind uniting with its desire.

Love is the fulfilling of the law. Love is really an emotional attachment, a sense of oneness with your good. You must be true to that which you love. You must be loyal to your purpose or to your ideal. We are not being true to the one we love, when we are flirting of mentally entertaining other marriages with fear, doubt, worry, anxiety, or false beliefs. Love is a state of oneness, a state of fulfillment. (Refer to the book by the author, *Love is Freedom*.)

When this simple drama was explained to the beauty operator mentioned about, she became rich mentally. She understood this drama, and she put it into practice in her life. This is how she prayed: She knew that the *water* (her own mind) would flow, and fill up all the *empty vessels* in response to her new way of thinking and feeling.

At night this client became very quiet and still, relaxed her body, and began to use constructive imagery. The steps she used are as follows:

First step: She began to imagine the local bank manager was congratulating her on her wonderful deposits in the bank. She kept imagining that for about five minutes.

The second step: In her imagination she heard her mother saying to her, "I am so happy about your wonderful, new position." She continued to hear her say this in a happy, joyous way for about three to five minutes.

The third step: Vividly she imagined the writer was in front of her performing her marriage ceremony. This woman heard me saying as the officiating minister, "I now pronounce you man and wife." Completing this routine, she went off to sleep feeling filled full, i.e., sensing and feeling within herself the joy of the answered prayer.

Nothing happened for three weeks; in fact things got much worse, but she persevered, refusing to take "No" for her answer. She knew that in order to grow spiritually, she too, had to perform her first miracle by changing her fear to faith, her mood of lack to a mood of opulence and prosperity, by changing consciousness (water) into the conditions, circumstances, and experiences she wished to express.

Consciousness, Awareness, Beingness, Principle, Spirit, or whatever Name you give It is the cause of all; it is the only Presence and Power. The Spiritual Power of Spirit within us is the cause and substance of all things. All things—birds, trees, stars, sun, moon,

earth, gold, silver, and platinum—are its manifestations. It is the cause and substance of all things. “There is none else.”

Understanding this she knew that *water* (consciousness) could become supply in the form of money, true place, or true expression for herself, health for her mother, as well as companionship and fullness of life. She saw this simple—yet profound—truth in the twinkling of an eye, and said to me, “I *accept* my good.”

She knew that nothing is hidden from us; all of God is within us, waiting for our discovery and inquiry.

In less than a month this young girl got married. The writer performed the ceremony. I pronounced the words she heard me say over and over again in her meditative, relaxed state, “I now pronounce you man and wife!”

Her husband gave her a check for \$24,000 as a wedding present, as well as a trip around the world. Her new expression as a beauty operator was to beautify her home and garden, and make the desert of her mind rejoice and blossom as the rose.

She changed “water into wine.” *Water* or her consciousness became charged or conditioned by her constant, true, happy imagery. These images, when sustained regularly, systematically, and with faith in the developing powers of the deeper mind, will come out of the darkness (subconscious mind) into light (objectified on the screen of space).

There is one important rule: Do not expose this newly developed film to the shattering light of fear, doubt, despondency, and worry. Whenever worry or fear knocks at your door, immediately turn to the picture you developed in your mind, and say to yourself, “A beautiful picture is being developed now in the dark house of my mind.” Mentally pour on that picture your feeling of joy, faith, and understanding. You know you have operated a psychological, spiritual law; for what is impressed shall be expressed. It is wonderful!

The following is a sure, certain way for developing and manifesting all the material riches and supply you need all the days of your life. If you apply this formula sincerely and honestly, you should be amply rewarded on the external plane. I will illustrate this by telling you of a man who came to see me in London in desperate

financial straits. He was a member of the Church of England, and had studied the working of the subconscious mind to some extent.

I told him to say frequently during the day, "God is the source of my supply, and all my needs are met at every moment of time and point of space." Think also of all the animal life in this world, and in all the galaxies of space which are now being taken care of by an Infinite Intelligence. Notice how nature is lavish, extravagant, and bountiful. Think of the fish of the sea which are all being sustained, as well as the birds of the air!"

He began to realize that since he was born, he had been taken care of; fed by his mother; clothed by his father, and watched over by tender, loving parents. This man got a job and was paid in a wonderful way. He reasoned that it was illogical to assume that the Principle of Life which gave him life, and always took care of him would suddenly cease to respond to him.

He realized that he had cut off his own supply by resenting his employer, self-condemnation, criticism of himself, and by his own sense of unworthiness. He had psychologically severed the cord which joined him to the Infinite Source of all things—the Indwelling Spirit or Life Principle, called by some "Consciousness or Awareness."

Man is not fed like the birds; he must consciously commune with the Indwelling Power and Presence, and receive guidance, strength, vitality, and all things necessary for the fulfillment of his needs.

This is the formula which he used to change water into the wine of abundance and financial success. He realized God or the Spiritual Power within him was the cause of all; furthermore he realized that if he could sell himself the idea that wealth was his by Divine right, he would manifest abundance of supply.

The affirmation he used was, "God is the source of my supply. All my financial and other needs are met at every moment of time and point of space; there is always a divine surplus." This simple statement repeated frequently, knowingly, and intelligently conditioned his mind to a prosperity consciousness.

All he had to do was to sell himself this positive idea, in the same way a good salesman has to sell himself on the merits of his product. Such a person is convinced of the integrity of his company, the high

quality of the product, the good service which it will give the customer, and the fact that the price is right, etc.

I told him whenever negative thoughts came to his mind, which would happen, not to fight them, quarrel with them in any way, but simply go back to the spiritual, mental formula, and repeat it quietly and lovingly to himself. Negative thoughts came to him in avalanches at times in the form of a flood of negativity. Each time he met them with the positive, firm, loyal conviction: "God supplies all my needs; there is a Divine surplus in my life."

He said as he drove his car, and went through his day's routine, that a host of sundry, miscellaneous, negative concepts crowded his mind from time to time; such as, "There is no hope." "You are broke." Each time such negative thoughts came, he refused their mental admission by turning to the Eternal Source of wealth, health, and all things which he knew to be his own spiritual awareness. Definitely and positively he claimed, "God is the source of my supply, and that supply is mine now!" Or, "There is a Divine solution. God's wealth is my wealth," and other affirmative, positive statements which charged his mind with hope, faith, expectancy, and ultimately a conviction in an ever-flowing fountain of riches supplying all his needs copiously, joyously, and endlessly.

The negative flood of thoughts came to him as often as fifty times in an hour; each time he refused to open the door of his mind to these gangsters, assassins, and thieves which he knew would only rob him of peace, wealth, success, and all good things. Instead he opened the door of his mind to the idea of God's Eternal Life Principle of supply flowing through him as wealth, health, energy, power, and all things necessary to lead a full and happy life here.

As he continued to do this, the second day not so many thieves knocked at his door; the third day, the flow of negative visitors was less; the fourth day, they came intermittently, hoping for admission, but receiving the same mental response: "No entrance! I accept only thoughts and concepts which activate, heal, bless, and inspire my mind!"

He reconditioned his consciousness or mind to a wealth consciousness. "The prince of this world cometh, and hath nothing in me"—This conveys to your mind: The negative thoughts, such as,

fear, lack, worry, anxiety came, but they received no response from his mind. He was now immune; God intoxicated, and seized by a divine faith in an ever-expanding consciousness of abundance and financial supply. This man did not lose everything; neither did he go into bankruptcy; he was given extended credit; his business improved; new doors opened up, and he prospered.

Remember always in the prayer-process, you must be loyal to your ideal, purpose, and objective. Many people fail to realize wealth and financial success, because they pray two ways. They affirm God is their supply, and that they are divinely prospered, but a few minutes later they deny their good by saying, "I can't pay this bill." "I can't afford this, that, or the other things." Or they say to themselves, "A jinx is following me." "I can't ever make ends meet." "I never have enough to go around." All such statements are highly destructive, and neutralize your positive prayers. This is what is called, "praying two ways."

You must be faithful to your plan or your goal. You must be true to your knowledge of the spiritual power. Cease making negative marriages, i.e., uniting with negative thoughts, fears, and worries.

Prayer is like a captain directing the course of his ship. You must have a destination. You must know where you are going. The captain of the ship, knowing the laws of navigation, regulates his course accordingly. If the ship is turned from its course by storms or unruly waves, he calmly redirects it along its true course.

You are the captain on the bridge, and you are giving the orders in the way of thoughts, feelings, opinions, beliefs, moods, and mental tones. Keep your eye on the beam. *You go where your vision is!* Cease, therefore, looking at all the obstacles, delays, and impediments that would cause you to go off your course. Be definite and positive. Decide where you are going. Know that your mental attitude is the ship which will take you from the mood of lack and limitation, to the mood and feeling of opulence, and to the belief in the inevitable law of God working for you.

Quimby, who was a doctor, a wonderful student, and teacher of the mental and spiritual laws of mind, said, "Man acts as he is acted upon." What moves you now? What is it that determines your response to life? The answer is as follows: Your ideas, beliefs, and

opinions activate your mind and condition you to the point that you become, as Quimby stated, "An expression of your beliefs." This illustrates the truth of Quimby's statement: "Man is belief expressed."

Another popular statement of Quimby's was, "Our minds mingle like atmospheres, and each person has his identity in that atmosphere." When you were a child, you were subject to the moods, feelings, beliefs, and the general mental atmosphere of the home. The fears, anxieties, superstitions, as well as the religious faith and convictions of the parents were impressed on your mind.

Let us say the child had been brought up in a poverty-stricken home, in which there was never enough to go around, financially speaking; he heard constantly the complaint of lack and limitation.

You could say, like Salter in his conditioned reflex therapy, that the child was conditioned to poverty. The young man may have a poverty complex based on his early experiences, training, and beliefs, but he can rise above any situation, and become free; this is done through the power of prayer.

I knew a young boy aged 17, who was born in a place called Hell's Kitchen, in New York. He listened to some lectures I was giving in Steinway Hall, New York, at the time. This boy realized that he had been the victim of negative, destructive thinking, and that if he did not redirect his mind along constructive channels, the world-mind with its fears, failures, hates, and jealousies would move in and control him. "Man acts as he is acted upon."

It stands to reason, as Quimby knew, that if man will not take charge of his own house (mind), the propaganda, false beliefs, fears, and worries of the phenomenalistic world will act as a hypnotic spell over him.

We are immersed in the race mind which believes in sickness, death, misfortune, accident, failures, disease, and diverse disasters. Follow the Biblical injunction: "Come out from among them, and be separate." Identify yourself mentally and emotionally with the Eternal Verities which have stood the test of time.

This young man decided to think and plan for himself. He decided to take the Royal Road to Riches by accepting God's abundance here and now, and to fill his mind with spiritual concepts and

perceptions. He knew, as he did this, he would automatically crowd out of his mind all negative patterns.

He adopted a simple process called, “scientific imagination.” He had a wonderful voice, but it was not cultivated or developed. I told him the image he gave attention to in his mind would be developed in his deeper mind and come to pass. He understood this to be a law of mind—a law of action and reaction—i.e., the response of the deeper mind to the mental picture held in the conscious mind.

This young man would sit down quietly in his room at home; relax his whole body, and vividly imagine himself singing before a microphone. He would actually reach out for the “feel” of the instrument. He would hear me congratulate him on his wonderful contract, and tell him how magnificent his voice was. By giving his attention and devotion to this mental image regularly and systematically, a deep impression was made on his subconscious mind.

A short time elapsed, and an Italian voice instructor in New York gave him free lessons several times a week, because he saw his possibilities. He got a contract which sent him abroad to sing in the salons of Europe, Asia, South Africa, and other places. His financial worries were over; for he also received a wonderful salary. His hidden talents and ability to release them were his real riches. These talents and powers within all of us are God-given; let us release them.

Did you ever say to yourself, “How can I be more useful to my fellow creature?” “How can I contribute more to humanity?”

A minister-friend of mine told me that in his early days he and his church suffered financially. His technique or process was this simple prayer which worked wonders for him, “God reveals to me better ways to present the truths of God to my fellow creature.” Money poured in; the mortgage was paid in a few years, and he has never worried about money since.

As you read this chapter, you have now learned that the inner feelings, moods, and beliefs of man always control and govern his external world. The inner movements of the mind control the outer movements. To change the outside, you must change the inside. “As

in Heaven, so on earth;" or as in my mind or consciousness, so is it in my body, circumstances, and environment.

The Bible says, "There is nothing hidden that shall not be revealed." For example if you are sick, you are revealing a mental and emotional pattern which is the cause. If you are upset, or if you receive tragic news, notice how you reveal it in your face, eyes, gestures, tonal qualities, also in your gait and posture. As a matter of fact your whole body reveals your inner distress. You could, of course, through mental discipline and prayer, remain absolutely poised, serene, and calm, refusing to betray your hidden feelings or mental states. You could order the muscles of your body to relax, be quiet, and be still; they would have to obey you. Your eyes, face, and lips would not betray any sign of grief, anger, or despondency. On the other hand with a little discipline, through prayer and meditation, you could reverse the entire picture. Even though you had received disturbing news, regardless of its grave nature, you could show and exhibit joy, peace, relaxation, and a vibrant, buoyant nature. No one would ever know that you were the recipient of so-called bad news.

Regardless of what kind of news you received today, you could go to the mirror, look at your face, lips, eyes, and your gestures, as you tell yourself, and imagine you have heard the news of having received a vast fortune. Dramatize it, feel it, thrill to it, and notice how your whole body responds to the inner thrill.

You can reverse any situation through prayer. Busy your mind with the concepts of peace, success, wealth, and happiness. Identify yourself with these ideas mentally, emotionally, and pictorially.

Get a picture of yourself as you want to be; retain that image; sustain it with joy, faith, and expectancy; finally you will succeed in experiencing its manifestation.

I say to people who consult me regarding financial lack to "marry wealth." Some see the point, others do not. As all Bible students know, your *wife* is what you are mentally joined to, united with, or at one with.

In other words what you conceive and believe, you give it conception. If you believe the world is cold, cruel, and harsh, that it is a "dog eat dog" way of life, that is *your* concept; you are married to it, and you will have children or issue by that marriage. The children

from such a mental marriage or belief will be your experiences, conditions, and circumstances together with all other events in your life. All your experiences and reactions to life will be the image and likeness of the ideas which fathered them.

Look at the many wives the average man is living with, such as fear, doubt, anxiety, criticism, jealousy, and anger; these play havoc with his mind. Marry wealth by claiming, feeling, and believing: "God supplies all my needs according to his riches in glory." Or take the following statement, and repeat it over and over again knowingly until your consciousness is conditioned by it, or it becomes a part of your meditation: "I am divinely expressed, and I have a wonderful income." Do not say this in a parrot-like fashion, but know that your train of thought is being engraved in your deeper mind, and it becomes a conditioned state of consciousness. Let the phrase become meaningful to you. Pour life, love, and feeling on it, making it alive.

One of my class-students recently opened a restaurant. He phoned me saying that he got married to a restaurant; he meant that he had made up his mind to be very successful, diligent, and persevering, and to see that his business prospered. This man's *wife* (mental) was his belief in the accomplishment of his desire or wish.

Identify yourself with your aim in life, and cease mental marriages with criticism, self-condemnation, anger, fear, and worry. Give attention to your chosen ideal, being full of faith and confidence in the inevitable law of prosperity and success. You will accomplish nothing by loving your ideal one minute, and denying it the next minute; this is like mixing acid and an alkali; for you will get an inert substance. In going along the Royal Road to Riches, you must be faithful to your chosen ideal (your wife).

We find illustrations in the Bible relating to these same truths. For instance, "Eve came out of Adam's rib." *Your rib* is your concept, desire, idea, plan, goal, or aim in life.

Eve means the emotion, feeling nature, or the inner tone. In other words you must mother the idea. The idea must be mothered, loved, and felt as true, in order to manifest your aim in life.

The *idea* is the father; the *emotion* is the mother; this is the marriage feast which is always taking place in your mind.

Ouspensky spoke of the third element which entered in or was formed following the union of your desire and feeling. He called it the neutral element. We may call it “peace”; for God is Peace.

The Bible says, “And the government shall be on his shoulders.” In other words let Divine Wisdom be your guide. Let the subjective Wisdom within you lead, guide, and govern you in all your ways. Turn over your request to this Indwelling Presence knowing in your heart and soul that it will dissipate the anxiety, heal the wound, and restore your soul to equanimity and tranquillity. Open your mind and heart, and say, “God is my pilot. He leads me. He prospers me. He is my counsellor.” Let your prayer be night and morning, “I am a channel through which God’s riches flow ceaselessly, copiously, and freely.” Write that prayer in your heart, inscribe it in your mind. Keep on the beam of God’s glory!

The man who does not know the inner workings of his own mind is full of burdens, anxieties, and worries; for he has not learned how to cast his burden on the Indwelling Presence, and go free.

The Zen monk was asked by his disciple, “What is Truth?” He replied in a symbolic way by taking the bag off his back, and placing it on the ground.

The disciple then asked him, “Master, how does it work?”

The Zen monk still silent, placed the bag on his back, and walked on down the road singing to himself. The *bag* is your burden, or your problem. You cast it on the subjective Wisdom which knows all, and has the “know-how” of accomplishment. It knows only the answer.

Placing the bag again on his back means though I still have the problem, I now have mental rest and relief from the burden, because I have invoked the Divine Wisdom on my behalf; therefore I sing the song of triumph, knowing that the answer to my prayer is on the way, and I sing for the joy that is set before me. It is wonderful.

“Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse; but thou hast kept the good wine until now.” This is true of every man when he first enters a knowledge of the laws of mind. He sets out with high spirits and ambitions. He is the new broom which sweeps clean, and he is full of good intentions; oftentimes he forgets the Source of power. He does not remain faithful to the Principle within him, which is scientific

and effectual, that would lift him out of his negative experiences, and set him on the high road to freedom and peace of mind. He begins to indulge mentally and emotionally with ideas and thoughts extraneous to his announced aim and goal. In other words he is not faithful to his ideal or wife.

Know that the subjective or deeper self within you will accept your request, and being the great fabricator, it will bring it to pass in its own way. All you do is release your request with faith and confidence, in the same way you would cast a seed on the ground, or mail a letter to a friend, knowing the answer would come.

Did you ever go between two great rocks and listen to the echo of your voice? This is the way the Life Principle within you answers. *You* will hear the echo of your own voice. Your *voice* is your inner, mental movement of the mind—your inner, psychological journey where you feasted mentally on an idea until you were full; then you rested.

Knowing this law and how to use it, be sure you never become drunk with power, arrogance, pride, or conceit. Use the law to bless, heal, inspire, and lift up others, as well as yourself.

Man misuses the law by selfishly taking advantage of his fellow man; if you do, you hurt and attract loss to yourself. Power, security, and riches are not to be obtained externally. They come from the treasure-house of eternity within. We should realize that the *good wine* is always present, for God is the Eternal Now. Regardless of present circumstances, you can prove your good is ever-present by detaching yourself mentally from the problem, going on the High Watch, and go about your Father's business.

To go on the High Watch is to envision your good, to dwell on the new concept of yourself, to become married to it, and sustain the happy mood by remaining faithful—full of faith every step of the way—knowing that the wine of joy, the answered prayer, is on the way. “Now is the day of salvation.” “The kingdom of heaven is at hand.” “Thou hast kept the good wine until now.”

You can—this moment—travel psychologically in your mind, and enter mentally through divine imagination into any desired state. The wealth, health, or invention you wish to introduce are all invisible first. Everything comes out of the Invisible. You must subjectively

possess riches, before you can objectively possess wealth. The feeling of wealth produces wealth; for wealth is a state of consciousness. *A state of consciousness* is how you think, feel, believe, and what you mentally give consent to.

A teacher in California receiving over five or six thousand dollars a year looked in a window at a beautiful ermine coat that was priced at \$8,000. She said, "It would take me years to save that amount of money. I could never afford it. Oh, how I want it!" She listened to our lectures on Sunday mornings. By ceasing to marry these negative concepts, she learned that she could have a coat, car, or anything she wished without hurting anybody on the face of the earth.

I told her to imagine she had the coat on, to feel its beautiful fur, and to get the feel of it on her. She began to use the power of her imagination prior to sleep at night. She put the imaginary coat on her, fondled it, caressed it, like a child does with her doll. She continued to do this, and finally felt the thrill of it all.

She went to sleep every night wearing this imaginary coat, and being so happy in possessing it. Three months went by, and nothing happened. She was about to waver, but she reminded herself that it is the sustained mood which demonstrates. "He who perseveres to the end shall be saved." The solution will come to the person who does not waver, but always goes about with the perfume of His Presence with him. The answer comes to the man who walks in the light that "It is done!" You are always using the *perfume of His Presence* when you sustain the happy, joyous mood of expectancy knowing your good is on the way. You saw it on the unseen, and you *know* you will see it in the seen.

The sequel to the teacher's drama of the mind is interesting. One Sunday morning after our lecture, a man accidentally stepped on her toe, apologized profusely, asked her where she lived, and offered to drive her home. She accepted gladly. Shortly after he proposed marriage; gave her a beautiful diamond ring, and said to her, "I saw the most wonderful coat; you would simply look radiant wearing it!" It was the coat she admired three months previously. (The salesman said over one hundred wealthy women looked at the coat, admired it immensely, but for some reason always selected another garment.)

Through your capacity to choose, imagine the reality of what you have selected, and through faith and perseverance, *you can* realize your goal in life. All the riches of heaven are here now within you waiting to be released. Peace, joy, love, guidance, inspiration, goodwill, and abundance all exist now. All that is necessary in order to express God's riches is for you to leave the present now (your limitation), enter into the mental vision or picture, and in a happy, joyous mood become one with your ideal. Having seen and felt your good in moments of high exaltation, you know that in a little while you shall see your ideal objectively as you walk through time and space. As within, so without. As above, so below. As in heaven so on earth. In other words you will see your beliefs expressed. Man *is* belief expressed!

BELIEVE IN YOURSELF

(1955)



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MAKE YOUR DREAMS COME TRUE

Joseph, in the Bible, means “disciplined or controlled imagination.” It is one of the primal faculties of mind, and has the power to project and clothe your ideas, giving them visibility on the screen of space.

Israel loved Joseph. *Israel* is the spiritually awakened man who knows the power of controlled imagination. It is called the “son of his old age.” Son means “expression.” *Old age* implies wisdom and knowledge of the laws of mind. When you become familiar with the power of imagination, you will call it “the son of your old age.” Age is not the flight of years; it is really the dawn of wisdom and Divine knowledge in you. *Imagination* is the mighty instrument used by great scientists, artists, physicists, inventors, architects, and mystics. When the world said, “It is impossible; it can’t be done,” the man with imagination said, “It *is* done!” Through your imagination, you can also penetrate the depths of reality and reveal the secrets of nature.

A great industrialist told me one time how he started in a small store. He said that he used to dream (Joseph was a dreamer) of a large corporation with branches all over the country. He added that regularly and systematically he pictured in his mind the giant building, offices, factories, and stores, knowing that through the alchemy of the mind, he could weave the fabric out of which his dreams would be clothed.

He prospered, and began to attract to himself—by the universal law of attraction—the ideas, personnel, friends, money, and everything needed for the unfoldment of his ideal. He truly exercised and cultivated his imagination, and lived with these mental patterns in his mind until imagination clothed them in form.

I particularly liked one comment that he made as follows: “It is just as easy to imagine yourself successful as it is to imagine failure, and far more interesting.”

Joseph is a dreamer, and a dreamer of dreams. This means he has visions, images, and ideals in his mind, and knows that there is a Creative Power that responds to his mental pictures. The mental images we hold are developed in feeling. It is wisely said that all our senses are modifications of the one-sense-feeling. Thomas Troward, a teacher of mental science, said, "Feeling is the law, and the law is the feeling." Feeling is the fountainhead of power. We must charge our mental pictures with feeling in order to get results.

We are told, "Joseph dreamed a dream, and told it to his brethren, and they hated him." Perhaps as you read this, you have a dream, an ideal, a plan, or purpose that you would like to accomplish. *To hate* is to reject in Bible language. The thoughts, feelings, beliefs, and opinions in your mind are the brethren that challenge you, belittle your dreams, and say to you, "You can't; it is impossible. Forget it!"

Perhaps other thoughts come into your mind that scoff at your plan or ambition. You discover that there is a quarrel in your mind with your own brethren; opposition sets in. The way to handle the opposition in your mind is to detach your attention from sense evidence and the appearance of things, and begin to think clearly and with interest about your goal or objective. When your mind is engaged on your goal or objective, you are using the creative law of mind, and it will come to pass.

"Lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance to my sheaf." Lift your ideal or desire up in consciousness. Exalt it. Commit yourself wholeheartedly to it. Praise it; give your attention, love, and devotion to your ideal; and as you continue to do so, all the fearful thoughts will make obeisance to your exalted state of mind—that is, they will lose their power and disappear from the mind.

Through your faculty to imagine the end result, you have control over any circumstance or condition. If you wish to bring about the realization of any wish, desire, or idea, form a mental picture of fulfillment in your mind; constantly imagine the reality of your desire. In this way, you will actually compel it into being. What you imagine as true already exists in the next dimension of mind, and if you remain faithful to your ideal, it will one day objectify itself. The master

architect within you will project on the screen of visibility what you impress on your mind.

Joseph (imagination) wears a coat of many colors. A *coat* in the Bible is a psychological covering. Your psychological garments are the mental attitudes, moods, and feelings you entertain. *The coat of many colors* represents the many facets of the diamond, or your capacity to clothe any idea in form. You can imagine your friend who is poor living in the lap of luxury. You can see his face light up with joy, see his expression change, and a broad smile cross his lips. You can hear him tell you what you want to hear. You can see him exactly as you wish to see him—that is, he is radiant, happy, prosperous, and successful. Your imagination is the *coat of many colors*; it can clothe and objectify any idea or desire. You can imagine abundance where lack is, peace where discord is, and health where sickness is.

“His brethren said to him, ‘Shalt thou indeed reign over us?’” Imagination is the first faculty, and takes precedence over all the other powers or elements of consciousness. You have 12 faculties or brethren, but your imagination, when disciplined, enables you to collapse time and space and rise above all limitations. When you keep your imagination busy with noble, Godlike concepts and ideas, you will find that it is the most effective of all faculties in your ongoing spiritual quest.

The phrase “Joseph is sold into Egypt” means that your concept or desire must be subjectified (Egypt) first before it becomes objectified. Every concept must go “down into Egypt,” meaning into the subjective where the birth of ideas takes place.

“Out of Egypt have I called my son”: Joseph is the commander of Egypt, which tells you that imagination controls the whole conceptive realm. Whatever prison you may be in, whether it is the prison of fear, sickness, lack, or limitation of any kind, remember that Joseph is the commander in prison and can deliver you. You can imagine your freedom, and continue to do so until it is subjectified; then, after gestation in the darkness, the manifestation comes—your prayer is answered.

Consider for a moment a distinguished, talented architect; he can build a beautiful, modern, 20th-century city in his mind, complete

with super highways, swimming pools, aquariums, parks, and so on. He can construct in his mind the most beautiful palace the eye has ever seen. He can see the building in its entirety completely erected before he ever gives his plan to the builders. Where was the building? It was in his imagination.

With *your* imagination, you can actually hear the invisible voice of your mother even though she lives 10,000 miles from here. You can also see her clearly, and as vividly as if she were present; this is the wonderful power you possess. You can develop and cultivate this power and become successful and prosperous.

Haven't you heard the sales manager say, "I have to let John go, because his attitude is wrong"? The business world knows the importance of "right attitude."

I remember many years ago having printed a small article on reincarnation. These pamphlets were on display on a book counter of a church where I lectured. In the beginning, very few of them were sold because the salesgirl was violently opposed to its contents.

I explained the biblical meaning of reincarnation to her, the origin of the story, and what it was all about. She understood the contents of the drama, and became enthusiastic about the booklets; they were all sold before my lecture series was completed. This was an instance of the importance of the right mental attitude.

Your *mental attitude* means your mental reaction to people, circumstances, conditions, and objects in space. What is your relationship with your co-workers? Are you friendly with people, with animals, and with the universe in general? Do you think that the universe is hostile, and that the world owes you a living? In short, what is your attitude?

The emotional reaction of the above-mentioned girl was one of deep-seated prejudice. That was the *wrong attitude* in selling books; she was biased against the book and the writer.

You can develop the right mental attitude when you realize that nothing external can upset you or hurt you without your mental consent. You are the only thinker in your world; consequently, nothing can move you to anger, grief, or sorrow without your mental consent. The suggestions that come to you from the outside have no power whatsoever, except that you permit them to move you in

thought negatively. Realize that you are master of your thought-world. Emotions follow thought; hence, you are supreme in your own orbit. Do you permit others to influence you? Do you allow the headlines in the newspapers, the gossip, or the criticism of others to upset you or bring about mental depression? If you do, you must admit that you are the cause of your own mood; you created your emotional reaction. Your attitude is wrong.

Do you imagine evil of others? If you do, notice the emotion generated in your deeper self; it is negative and destructive to your health and prosperity. Circumstances can affect you only as you permit them. You can voluntarily and definitely change your attitude toward life and all things. You can become master of your fate and captain of your soul (subconscious mind). Through disciplined, directed, and controlled imagination, you can dominate and master your emotions and mental attitude in general.

If you imagine, for example, that another person is mean, dishonest, and jealous, notice the emotion you evoke within yourself. Now reverse the situation. Begin to imagine the same person as honest, sincere, loving, and kind; notice the reaction it calls forth in you. Are you not, therefore, master of your attitudes?

In reality, the truth of the whole matter is that it is your real concept of God that determines your whole attitude toward life in general. Your dominant idea about God is your idea of life, for God is life. If you have the dominant idea or attitude that God is the Spiritual Power within you responsive to your thought, and that, therefore, since your habitual thinking is constructive and harmonious, this Power is guiding and prospering you in all ways, this dominant attitude will color everything. You will be looking at the world through the positive, affirmative attitude of mind. Your outlook will be positive, and you will have a joyous expectancy of the best.

Many people have a gloomy, despondent outlook on life. They are sour, cynical, and cantankerous; this is due to the dominant mental attitude that directs their reaction to everything.

A young boy of 16 years going to high school said to me, "I am getting very poor grades. My memory is failing. I do not know what's the matter." The only thing wrong was his attitude. He adopted a new mental attitude by realizing how important his studies were in gaining

entrance to college in order to become a lawyer. He began to pray scientifically, which is one of the quickest ways to change the mentality.

In scientific prayer, we deal with a principle that responds to thought. This young man realized that there was a Spiritual Power within him, and that It was the only Cause and Power. Furthermore, he began to claim that his memory was perfect, and that Infinite Intelligence constantly revealed to him everything he needed to know at all times, everywhere. He began to radiate love and goodwill to the teachers and fellow students. This young man is now enjoying a greater freedom than he has known for several years. He constantly imagines the teachers and his mother congratulating him on all "A's." It is imagining the desired results that has caused this change of attitude toward his studies.

We have said previously that all our mental attitudes are conditioned by imagination. If you imagine that it is going to be a black day today, that business is going to be very poor, that it is raining, that no customers will come into your store, that they have no money, and so on, you will experience the result of your negative imagery.

One time a man was walking the streets of London, and he imagined that he saw a snake on the street. Fear caused him to become semi-paralyzed. What he saw *looked* like a snake, but he had the same mental and emotional reaction as if it were a snake.

Imagine whatsoever things are lovely, noble, and of good report, and your entire emotional attitude toward life will change. What do you imagine about life? Is it going to be a happy life for you? Or is it one long series of frustrations? "Choose ye whom ye will serve."

You mold, fashion, and shape your outer world of experience according to the mental images you habitually dwell on. Imagine conditions and circumstances in life that dignify, elevate, please, and satisfy. If you imagine that life is cold, cruel, hard, bitter; and that struggle and pain are inevitable, you are making life miserable for yourself.

Imagine yourself on the golf course. You are free, relaxed, and full of enthusiasm and energy. Your joy is in overcoming all the

difficulties presented by the golf course. The thrill is in surmounting all the obstacles.

Now let us take this scene: Imagine yourself going into a funeral parlor. Notice the different emotional responses brought forward as you picture yourself in each of the above-mentioned situations. In the funeral chapel, you can rejoice in the person's new birthday. You can imagine the loved one surrounded by his or her friends in the midst of indescribable beauty and love. You can imagine God's river of peace flooding the minds and hearts of all present. You can actually ascend the heavens of your own mind wherever you are; this is the power of your imagination.

"And he dreamed yet another dream, and told it his brethren, and said, 'Behold, I have dreamed a dream more; and behold, the sun and the moon and the eleven stars made obeisance to me.'"

In ancient symbology, the sun and the moon represent the conscious and subconscious mind. The 11 stars represent the 11 powers in addition to imagination. Here again, the inspired writers are telling you that disciplined imagination takes precedence over all other faculties of the mind, and controls the direction of the conscious and subconscious mind. Imagination is first and foremost; it can be scientifically directed.

I was examining one of the Round Towers of Ireland with my father over 50 years ago. He said nothing for one hour, but remained passive and receptive, seeming to be in a pensive mood. I asked him what he was meditating on. This is the essence of his answer: He pointed out that it is only by dwelling on the great, wonderful ideas of the world that we grow and expand. He contemplated the age of the stones in the tower, then his imagination took him back to the quarries where stones were first formed. His imagination unclothed the stones. He saw with the interior eye the structure, the geological formation, and the composition of the stone, and reduced it to the formless state; finally, he imagined the oneness of the stones with all stones and with all life. He realized in his Divine imagery that it was possible to reconstruct the history of the Irish race from looking at the Round Tower!

Through the imaginative faculty, this teacher was able to see the invisible men living in the Tower and to hear their voices. The whole

place became alive to him in his imagination. Through this power, he was able to go back in time when there was no Round Tower there. In his mind, he began to weave a drama of the place from which stones originated, who brought them, the purpose of the structure, and the history connected with it. As he said to me, "I am able to almost feel the touch and hear the sound of steps that vanished thousands of years ago."

The subjective mind permeates all things; it is in all things, and is the substance from which they are made. The treasure house of eternity is in the very stones comprising a building. There is nothing inanimate; all is life in its varied manifestations. (The sun and the moon make obeisance to Joseph—imagination.) Truly through your faculty of imagination, you can imagine that the invisible secrets of nature are revealed to you; you will find that you can plumb the very depths of consciousness.

The other night I sat in a park and looked at the setting sun. Suddenly I began to think that the sun is like a house in the city of Los Angeles; there is a greater sun behind our sun, and so on to infinity. It staggers the imagination to ponder and meditate on the myriads of suns and solar galaxies extending into infinity beyond the milky way. This world is only a grain of sand in the infinite seashore. Instead of seeing the parts, let us look at the wholeness, the unity of all things. We are, as the poet said, "all parts of one stupendous whole, whose body nature is, and God the soul."

It is really out of the imaginative mind of man that all religions are born. Is it not out of the realm of imagination that television, radio, radar, super jets, and all other modern inventions came? Your imagination is the treasure house of infinity, which releases to you all the precious jewels of music, art, poetry, and inventions. You can look at some ancient ruin, an old temple, or pyramid, and reconstruct the records of the dead past. In the ruins of an old church yard, you can also see a modern city resurrected in all its beauty and glory. You may be in a prison of want or lack, or behind stone bars, but in your imagination you can find an undreamed-of measure of freedom.

Remember how Chico, the Parisian sewer cleaner, imagined and lived in a paradisiacal state of mind called the seventh heaven even though he never saw the light of day?

Bunyan, in prison, wrote the great masterpiece *Pilgrim's Progress*. Milton, although blind, saw with the interior eye. His imagination made his brain a ball of fire, and he wrote *Paradise Lost*. In this way he brought some of God's paradise to all people everywhere.

Imagination was Milton's spiritual eye, which enabled him to go about God's business whereby he annihilated time, space, and matter, and brought forth the truths of the Invisible Presence and Power.

A genius is a man who is in rapport with his subconscious mind. He is able to tap this universal reservoir and receive answers to his problems; thus, he does not have to work by the sweat of his brow. In the genius type of mind, the imaginative faculty is developed to a very high degree. All great poets and writers are gifted with a highly developed and cultivated imaginative faculty.

I can now see Shakespeare listening to the old stories, fables, and myths of his day. I can also imagine him sitting down listing all these characters in the play in his mind . . . then clothing them one by one with hair, skin, muscle, and bone; animating them; and making them so much alive that we think we are reading about ourselves.

Use your imagination and go about your Father's business. *Your Father's business* is to let your wisdom, skill, knowledge, and ability come forth; and bless others as well as yourself. You are about your Father's business if you are operating a small store, and in your imagination you feel you are operating a larger store giving a greater measure of service to your fellow creatures.

If you are a writer of short stories, you can be about your Father's business. Create a story in your mind that teaches something about the golden rule, then pass that story and all its characters through your spiritualized and highly artistic mentality; your article will be fascinating and intensely interesting to your public.

The truth about man is always wonderful and beautiful. When writing a novel or story we should be sure that we clothe Truth in her garment of loveliness and beauty. You could now look at an acorn, and with your imaginative eye construct a magnificent forest full of rivers, rivulets, and streams. You could people the forest with all

kinds of life; furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as a rose. "Instead of the thorn shall come up the fir tree, and instead of the briar shall come up the myrtle tree." Men gifted with intuition and imagination find water in the desert, and they create cities where formerly other men only saw a desert and a wilderness.

An architect of a city sees the buildings and fountains already in operation before he ever digs a well or builds a house. "I will make the wilderness a pool of water, and the dry land springs of water."

Long hours, hard labor, or burning the midnight oil will not produce a Milton, a Shakespeare, or a Beethoven. People accomplish great things through quiet moments, imagining that the invisible things from the foundation of time are clearly visible.

You can imagine the indescribable beauty of He Who Is being expressed on your canvas, and if you are a real artist in love with beauty, great beauty will come forth effortlessly. Moments of great inspiration will come to you; it will have nothing to do with perspiration or hard mental labor.

In Greenwich Village, I met a poet who wrote beautiful poems; he had them printed on cards, and sold them at Christmastime. Some of these poems were beautiful gems of spiritual love. He said that when he got still, the words would come into his mind accompanied by a lovely scene. Flowers, people, and friends would come clearly into his mind. These images spoke to him. They told him their story. Oftentimes the entire poem, song, or lullaby would appear complete and ready in his mind without the slightest effort. His habit was to imagine that he was writing beautiful poems that would stir the hearts of men.

Shelley said that poetry was an expression of the imagination. When the poet meditates on love and wishes to write on love, the Invisible Intelligence and Wisdom within him stirs his mind; casts the spell of God's beauty over him; and awakens him to God's Eternal Love so that his words become clothed with wisdom, truth, and beauty.

The Great Musician is within. If it is your business to play music or compose music, be sure that you are about your Father's Business. Your Father's Business is first of all to recognize God as the Great

Musician; then meditate, feel, pray, and know that the Inner Music sings or plays through you the Song of God's Love, and you will play like you have never played before.

Every invention of Edison's was first conceived in his imagination. The same was true of Tesla, another great inventor and scientist.

I think it was Oliver Wendell Holmes who said that we need three-story men who can idealize, imagine, and predict. I believe it was the capacity to imagine and dream that caused Ford to look forward to putting the world on wheels.

Your capacity to imagine causes you, and enables you, to remove all barriers of time and space. You can reconstruct the past or contemplate the future thought through your inner eye. No wonder it says in Genesis: "Israel loved Joseph [imagination] more than all his brethren." Imagination, when disciplined, spiritualized, controlled, and directed, becomes the most exalted and noblest attribute of man.

I was in a conversation some years ago with a young chemist who stated that his superiors for years had tried to manufacture a certain German dye and failed. He was given the assignment when he went with them. As he commented, he did not know that it could not be done, and synthesized the compound without any difficulty. They were amazed and wanted to know his secret. His answer was that he imagined he had the answer. Pressed further by his superiors, he said that he could clearly see the letters "Answer!" in blazing red color in his mind; then he created a vacuum underneath the letters, knowing that as he imagined the chemical formula underneath the letters, the subconscious would fill it in. The third night he had a dream in which the complete formula and the technique of making the compound was clearly presented.

"Joseph [imagination] is a dreamer, and a dreamer of dreams." "They conspired against him to slay him. And they said one to another, 'Behold, this dreamer cometh.'" Perhaps as you read these Biblical quotations there are thoughts of fear, doubt, and anxiety conspiring in your own mind to slay or kill that desire, ideal, or dream of yours. You look at conditions or circumstances, and fear arises in your mind; yet there is the desire within you which, if realized, would bring you peace and solve your problem.

You must be like Joseph and become a practical dreamer. Decide to make your dreams come true. Withdraw, and take away your attention now from appearances of things and from sense evidence. Even though your senses deny what you pray for, affirm that it is true in your heart. Bring your mind back from its wandering after the false Gods of fear and doubt, to rest in the Omnipotence of the Spiritual Power within you. In the silence and quietude of your own mind, dwell on the fact that there is only One Power and One Presence. This Power and Presence is now responding to your thought as guidance, strength, peace, and nourishment for the soul. Give all your mental attention to recognizing the absolute sovereignty of the Spiritual Power, knowing that the God-Power has the answer and is now showing you the way. Trust It, believe in It, and walk the earth in the Light. Your prayer is already answered.

All of us read the story of Columbus and his discovery of America. It was imagination that led him to his discovery. His imagination plus faith in a Divine Power led him on and brought him to victory.

The sailors said to Columbus, "What shall we do when all hope is gone?" His reply was, "You shall say at break of day, 'Sail on, sail on, and on.'" Here is the key to prayer: Be faithful to the end; full of faith every step of the way, and persisting to the end, knowing in your heart that the end is secure because you saw the end.

Copernicus through his vivid imagination revealed how the earth revolved on its axis, causing the old astronomical theories to be discarded.

I think it would be a wonderful idea if all of us from time to time recast our ideas, checked up on our beliefs and opinions, and asked ourselves honestly, "Why do I believe that? Where did that opinion come from?" Perhaps many ideas, theories, beliefs, and opinions that we hold are completely erroneous, and were accepted by us as true without any investigation whatever as to their truth or accuracy. Because our father and grandfather believed in a certain way is no reason why we should.

One woman said to me that a certain idea she had must be true because her grandmother believed it. That is absurd! The race mind believes in many things that aren't true. What came down from

generation to generation is not necessarily valid, or the final word and authority.

The above-mentioned woman, who was honest, and well-meaning, had a mind that was very touchy on psychological truths. She took everything in the Bible literally. This mind worked by prejudice and superstition, and opposed everything that was not in accord with her established beliefs, opinions, and preconceived notions.

Our mind must be like a parachute. The latter opens up; if it does not, it isn't any good. Likewise, we must open our eyes and minds to new truths. We must hunger and thirst after new truth and new knowledge, enabling us to soar aloft above our problems on the wings of faith and understanding.

The famous biologists, physicists, astronomers, and mathematicians of our day are men gifted with a vivid, scientific imagination. For instance, Einstein's theory of relativity existed first in his imagination.

Archeologists and paleontologists studying the tombs of ancient Egypt through their imaginative perception reconstruct ancient scenes. The dead past becomes alive and audible once more. Looking at the ancient ruins and the hieroglyphics thereon, the scientist tells us of an age when there was no language. Communication was done by grunts, groans, and signs. The scientist's imagination enables him to clothe this ancient temple with roofs; and surround them with gardens, pools, and fountains. The fossil remains are clothed with eyes, sinews, and muscles, and they again walk and talk. The past becomes the living present, and we find in imagination that there is no time or space. Through your imaginative faculty, you can be a companion of the most inspired writers of all time.

I gave a lecture on the 21st chapter of Revelation sometime ago in the Wilshire Ebell Theater in Los Angeles to our Sunday audience. The previous night while I was meditating on the inner meaning of the following verses, I intuitively and actually felt the presence and the intimate companionship of the mystic seer who wrote the inspired verses.

“And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and be their God.” (Rev. 21:2, 2)

Can't you now walk down the corridor of your own mind, and there see, inwardly perceive, feel, and sense God's river of peace flowing through your mind? You are now in the Holy City—your own mind—inhabited by such lovely people as bliss, joy, faith, harmony, love, and goodwill. Your mind is clothed with God's radiant beauty; and your mood is exalted, noble, and Godlike. You are married mentally and spiritually to God and to all things good. You have on your wedding garment, because you are in tune with the Infinite, and God's Eternal Verities constantly impregnate your mind. In your imagination, you sense and feel that you are the tabernacle of God, and that His Holy Spirit saturates and fills every part of your being. Your imagination now becomes seized with a Divine frenzy. You become God-intoxicated, having received the Divine antibody, the Presence of God in the chamber of your heart.

You can look at a rock, and out of that rock through Divine Imagination you can reveal the Madonna, and portray a vision of beauty and a joy forever. Never permit your imagination to be used negatively; never distort or twist it. You can imagine sickness, accident, and loss and become a mental wreck. To imagine sickness and lack is to destroy your peace of mind, health, and happiness.

On board ship one time, I heard a passenger exclaim when looking at the setting sun, “I am so happy; I hope this lasts forever!”

How often have you seen a glorious sunrise, and perhaps you said, “I hope this lasts forever”? Nothing in this transitory world lasts eternally; however, the Truths of God last forever. Darkness follows night, but morning will come again. Twilight will also come. You do not want things to stand still. You do not want to stand still either, for there are new worlds within and without to conquer. Change eternal is at the root of all life.

You do not want to remain in a rut. Problems are life's way of asking you for an answer. The greatest joy and satisfaction is in overcoming, in conquering. Life would become unbearable and

unendurable if we did not experience change. We would be bored by the monotony of things. You meet with night and day, cold and heat, ebb and flow, summer and winter, hope and despair, and success and failure. You find yourself moving through opposites; through your power to imagine what you wish to feel is to reconcile the opposites and bring peace to the mind.

In the midst of sorrow, grief, or the loss of a loved one, your imagination and faith—the two wings of the bird—take you aloft into the very Bosom of God, your Father, where you find peace, solace, and Divine rest for your soul.

In your imagination, you look into the very Face or Truth of God; and God wipes away all tears, and there shall be no more crying. All the mist and fog of the human mind dissolves in the sunshine of God's Love.

“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying; neither, shall there be any more pain: for the former things are passed away. Behold I make all things new.” (Rev. 4:5.)

When the night is black, you see no way out; that is, when your problem is most acute, let your imagination be your savior.

“I will lift up mine eyes [imagination] unto the hills, from whence cometh my help.” (Ps. 121:1.) The hills are of an inner range—the Presence of God in you. When you seek guidance and inspiration, fix your eyes on the stars of God's Truth, such as “Infinite Intelligence leads and guides me,” or “Divine Wisdom floods my mind, and I am inspired from on High.”

There is a designer, an architect, and a weaver within you; it takes the fabric of your mind, your thoughts, feelings, and beliefs; and molds them into a pattern of life that brings you peace or discord, health or sickness. You can imagine a life that will take you up to the third heaven, where you will see unspeakable and unutterable things of God; or through the distorted, morbid use of your imagination, you can sink to the depths of degradation.

Man is the tabernacle of God, and no matter how low a man has sunk, the Healing Presence is there waiting to minister to him. It is within us waiting for us to call upon It. You can use your imagination in all business transactions in a wonderful way. Always imagine

yourself in the other fellow's place; this tells you what to do. Imagine that the other is expressing all that you long to see him express. See him as he ought to be, not as he appears to be. Perhaps he is surly, sarcastic, bitter, or hostile; there may be many frustrated hopes and tragedies lurking in his mind. Imagine whatsoever things are lovely and of good report, and through your imagination you have covered him with the garment of God. God's world of ideals and God's infinite ideas are within him, waiting to be born and released. You can say if you wish, "God waits to be born in him." You can open the door, and kindle the fire of God's Love in that man's heart, and perhaps the spark you lit will burst into a Divine Fire.

The greatest and richest galleries of art in the world are the galleries of the mind devoted to God's Truths and Beauty. Leonardo Da Vinci, through his gift of imagination, meditated on Jesus and the Twelve Disciples, and what they meant. Lost in deep reverie, his imagination secreted the perfect pictures from the Infinite Reservoir within him, and due to his perfect focus, his inner eye glowed with an interior luminosity, so that he was inspired, and out of his Divine Imagery came the masterpiece *The Last Supper*.

You have visited a quiet lake or a mountaintop. Notice how the placid, cool, calm surface reflected the heavenly lights; so does the quiet mind of the spiritual man reflect God's interior Lights and Wisdom.

Picture your ideal in life; live with this ideal. Let the ideal captivate your imagination; let the ideal thrill you! You will move in the direction of the ideal that governs your mind. The ideals of life are like the dew of heaven that move over the arid areas of man's mind, refreshing and invigorating him.

The inspired writer's imagination was fired with Truth when he wrote: "There is a river the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High." (Ps. 46:4.)

By now you know that imagination is the river enabling *you* to flow back psychologically to God. The streams and rivulets are your ideas and feelings, plus the emanation of love and goodwill that goes forth from you to all men everywhere. Man looks out into the world; and he sees sickness, chaos, and man's inhumanity to man. The man

with the disciplined imagination soars above all appearances, discord, and sense evidence, and sees the sublime principle of harmony operating through, in, and behind all things. He knows through his Divine imagery that there is an Everlasting Law of Righteousness behind all things, an Ever-Abiding Peace, a Boundless Love governing the entire Cosmos. These Truths surge through the heart, and are born of the eternal Truth that through the imagination pierces the outer veil, and rests in the Divine meaning of the way it is in God and Heaven.

Imagination was the workshop of God that inspired the writer of the following matchless, spiritual gems—which will go down through the corridor of time and live forever. For tender beauty and for Divine imagery, they are unsurpassed in dealing with the availability and Immanence of God's Presence:

“For he shall give his angels charge over thee, to keep thee in all thy ways.” (Ps. 91:11.)

“Whither shall I go from thy spirit? or whither shall I flee from thy presence?”

“If I ascend up into heaven, thou art there. If I make my bed in hell, behold, thou art there.”

“If I take the wings of the morning, and dwell in the uttermost parts of the sea; even there shall thy hand lead me, and thy right hand shall hold me.”

USING THE SUBCONSCIOUS MIND IN BUSINESS

Long before our Bible was published, ancient wisdom said, “As a man imagines and feels, so does he become.” This ancient teaching is lost in the night of time; it is lost in antiquity.

The Bible states: “As a man thinketh in his heart, so is he.”

Legend relates that many thousands of years ago the Chinese wise men gathered together under the leadership of a great sage to discuss the fact that vast legions of brutal invaders were pillaging and plundering the land. The question to be resolved was: “How shall we preserve the ancient wisdom from the destruction of the invaders?”

There were many suggestions: Some thought that the ancient scrolls and symbols should be buried in the Himalayan mountains. Others suggested that the wisdom be deposited in monasteries in Tibet. Still others pointed out that the sacred temples of India were the ideal places for the preservation of the wisdom of their God.

The chief sage was silent during the entire discussion; in fact, he went to sleep in the midst of their talk and snored loudly, much to their dismay! He awakened in a little while, and said, “Tao [God] gave me the answer, and it is this: ‘We will order the great pictorial artists of China—men gifted with Divine imagination [which is the workshop of God]—and tell them what we wish to accomplish. We will initiate them into the mysteries of Truth. They will portray or depict in picture form, the great Truths which shall be preserved for all time, and for countless generations yet unborn. When they are finished with the dramatization of the great Truths, Powers, Qualities, and Attributes of God through a series of picture cards, we will tell the world about a new game that has been originated. Men throughout the world for all time will use them as a game of chance, not knowing that through this simple device, they are preserving the

sacred teaching for all generations.” This was the origin of our own deck of cards.

The ancient Chinese sage, according to the legend, added, “If all the sacred writings were destroyed, they could again be resurrected at any time through the symbolic teachings and inner meanings of the various designs on the playing cards.”

Imagination clothes all ideas and gives them form. Through the Divine artistry of imagination, these artists clothed all these ideas with pictorial form. In the act of imagination, that which is hidden in your deeper self is made manifest. Through imagination, what exists in latency or is asleep within you is given form in thought. We contemplate that which hitherto had been unrevealed.

Let us take some simple examples: When you were going to be married, you had vivid, realistic pictures in your mind. With your power of imagination, you saw the minister, rabbi, or priest. You heard him pronounce the words, you saw the flowers and the church, and you heard the music. You imagined the ring on your finger, and you traveled through your imagination on your honeymoon to Niagara Falls or Europe. All this was performed by your imagination.

Likewise, before graduation, you had a beautiful, scenic drama taking place in your mind; you had clothed all your ideas about graduation in form. You imagined the professor or the president of the college giving you your diploma. You saw all the students dressed in gowns. You heard your mother or father or your girl- or boyfriend congratulate you. You felt the embrace and the kiss; it was all real, dramatic, exciting, and wonderful. Images appeared freely in your mind as if from nowhere, but you know and must admit that there was and is an Internal Creator with Power to mold all these forms that you saw in your mind; and endow them with life, motion, and voice. These images said to you, “For you only we live!”

A young man said to me in the army before he was discharged, “I see my mother clearly. I can now imagine her welcome. I see the old home. Father is smoking a pipe. My sister is feeding the dogs. I can see every mark and corner of that home. I can even hear their voices.”

Where do all these vivid pictures come from? Keats said that there is an ancestral wisdom in man, and we can, if we wish, drink of that old wine of heaven.

The spirit or God in you is the real basis of imagination. Once in an examination in London, I did not know the answer to an important question. I got still and quiet, and said over and over again slowly, meditating in a relaxed way, "God reveals the answer!" In the meantime, I went on answering the other questions, which were easy.

We know that when you relax the conscious mind, the subjective wisdom rises to the fore. In a short while, the picture of the answer came clearly into my mind. It was there in words like a page of a book, with the entire answer written out as a graph in the mind. A Mightier Wisdom than that of my conscious mind or intellect spoke through me.

I had a very religious school boy about 14 years old come to me. Whenever he had a problem, he said to me that he would imagine Jesus was talking to him, giving him the answer to his problem, and telling him what to do. His mother was very ill; this boy was highly imaginative. He read the story of Jesus healing the woman with the fever. My little friend related to me, "Last night I imagined Jesus saying to me, 'Go thy way; thy mother is made whole!'" He made that drama of the mind so real, vivid, and intense that due to his faith and belief, he convinced himself of the truth of what he heard subjectively.

His mother was completely healed, yet she was considered at that time hopeless and beyond medical help.

Being a student of the laws of mind, you know what happened. He galvanized himself into the feeling of being one with his image, and according to his faith or conviction was it done unto him. There is only One Mind and One Healing Presence. As the boy changed his conviction about his mother and felt her perfect health, the idea of perfect health was resurrected in her mind simultaneously. He did not know anything about spiritual healing or the power of imagination. He operated the law unconsciously, and believed in his own mind that Jesus was actually talking to him; then, according to his belief, was it done unto him.

To believe something is to accept it as true. This is why Paracelsus said in the 16th century, "Whether the object of your belief be true or false, you will get the same results." There is only one spiritual, healing Principle and one Process of healing called *faith*. "According to your faith is it done unto you." There are many processes, methods, and techniques of healing, and all of them get results—not because of the particular technique or method, but because of imagination and faith in the particular process. They are all tapping the One Source of healing, which is God. The Infinite Healing Presence permeates all things and is omnipresent.

The voodoo doctor with his incantations gets results. So does the kahuna of Hawaii with his ministrations, the various branches of New Thought and Christian Science, the Nancy School of Medicine, osteopathy, and so on. All these schools of thought are meeting levels of consciousness and are doing good.

Any method or process that alleviates human misery, pain, and distress is good. Many churches practice the laying on of hands; others make novenas and visit shrines; all are benefitted according to their mental acceptance or belief.

When you are willing to stand alone with God and cease completely giving power to external things; when you no longer give power to the phenomenalistic world, which means to make a world of effect a cause; and when all your allegiance is given to the Spiritual Power within you, realizing it as the only Presence and the only Cause, you will not need any props of any kind. The Living Intelligence that made your body will respond immediately to your faith and understanding; and you will have an instantaneous, spiritual healing. If you are not at that level of consciousness where you can grow a tooth through prayer, the obvious thing to do is to go see a dentist. Pray for him and for a perfect, Divine, oral adjustment. As long as you believe in external causes, you will seek external remedies.

To illustrate further the power of imagination, I will tell you about a close relative of mine who had tuberculosis. His lungs were badly diseased, so his son decided to heal his father. He came home to Perth, Western Australia, where his father lived, and said to him that he had met a monk who sold him a piece of the true cross, and that

he gave him the equivalent of \$500 for it. (This young man had picked up a splinter of wood off the sidewalk, went to a jeweler's, and had it set in a ring so that it looked real.) He told his father that many were healed just by touching the ring or the cross. He inflamed and fired his father's imagination to the point that the old gentleman snatched the ring from him, placed it over his chest, prayed silently, and went to sleep. In the morning, he was healed; all the clinic's tests were negative.

You know, of course, that it was not the splinter of wood from the sidewalk that healed him. It was his imagination aroused to an intense degree, plus the confident expectancy of a perfect healing. Imagination was joined to faith or subjective feeling, and the union of the two brought about the healing. The father never learned the trick that had been played upon him; if he had, he probably would have had a relapse. He remained completely cured, and passed away 15 years later at the age of 89.

I know a businessman here in Los Angeles who has reached the top in his field. He told me that for 30 years, the most important decisions he ever made were based on his imaginary conversations with Paul. I asked him to elaborate, and he remarked that few people in the business world realized the wonderful guidance and counsel they could receive by dramatizing in their imagination that they were receiving counsel from the writers or great seers of the Bible.

I will quote this successful executive as accurately as I can: "Many times my decisions might have prospered the company or plunged it into bankruptcy. I vacillated, wavered, and got high blood pressure and heart disease. One day the idea came to me: Why not ask Jesus or Paul? I loved the Epistles of Paul, so when an important decision was to be made, I would imagine Paul was saying to me: 'Your decision is perfect; it will bless your organization. Bless you, my son! Keep on God's path.' After imagining I saw Paul and heard him, a wave of peace and inner tranquility would seize me; I was at peace about all decisions."

This was this businessman's way of receiving Divine Guidance by using his imagination to convince himself that right action was his. There is only one Principle of Intelligence in this world; all that is

really necessary is to say and believe, "God is guiding me now, and there is only right action in my life."

The mind, as Troward tells you, works like a syllogism. If your premise is correct, the conclusion or result will correspond. The subjective reasons deductively only, and its sequence or conclusion is always in harmony with the premise. Establish the right premise in your mind; you will be subjectively compelled to right action. Inner movement of the mind is action. The external movements and action is the automatic response of the body to the internal motion of the mind. Hearing a friend or associate congratulate you on your wonderful decision will induce the movement of right action in your life.

The man who used St. Paul to impregnate his mind with the belief of right action was using the One Eternal Principle of Intelligence. His technique of arriving at that place in his mind does not really matter.

Goethe used his imagination wisely when confronted with difficulties and predicaments. His biographers point out that he was accustomed to filling many hours quietly holding imaginary conversations. It is well known that his custom was to imagine one of his friends before him in a chair answering in the right way. In other words, if he were concerned about any problems, he imagined that his friend was giving him the right or appropriate answer, accompanied with the usual gestures and tonal qualities of the voice, making the entire imaginary scene as real and vivid as possible.

I was very well acquainted with a stockbroker in New York City who used to attend my classes at Steinway Hall there. His method of solving financial difficulties was very simple. He would have mental, imaginary conversations with a multimillionaire banker friend of his who used to congratulate him on his wise and sound judgment, and compliment him on his purchase of the right stocks. He used to dramatize this imaginary conversation until he had psychologically fixed it as a form of belief in his mind.

Mr. Nicols, Ouspensky's student, used to say, "Watch your inner talking, and let it agree with your aim."

This broker's inner talking or speech certainly agreed with his aim to make sound investments for himself and his clients. He told me

that his main purpose in his business life was to make money for others, and to see them prosper financially by his wise counsel. It is quite obvious that he was using the laws of mind constructively.

Prayer is a habit. This broker regularly and at frequent intervals during the day returned to the mental image in his mind; he made it a deep, subjective pattern. That which is embodied subjectively is objectively expressed. It is the *sustained* mental picture that is developed in the dark house of the mind. Run your mental movie often. Get into the habit of flashing it on the screen of your mind frequently. After a while it will become a definite, habitual pattern. The inner movie that you have seen with your mind's eye shall be made manifest openly: "He calleth things that be not as though they were, and the unseen becomes seen."

Many people solve their dilemmas and problems by the play of their imagination, knowing that whatever they imagine and feel as true, will and must come to pass.

Sometime ago, a certain young woman was involved in a complicated lawsuit that had persisted for five years. There was one postponement after another, with no solution in sight. At my suggestion, she began to dramatize as vividly as possible her lawyer having an animated discussion with her regarding the outcome. She would ask him questions, and he would answer her appropriately; then she condensed the whole thing down to a simple phrase, as suggested years ago by the French School of Mental Therapeutics. She had him repeat it over and over again to her. The phrase she said was: "There has been a perfect, harmonious solution. The whole case is settled outside court."

She kept looking at the mental picture whenever she had a spare moment. While in a restaurant for a cup of coffee, she ran the mental movie with gestures, voice, and sound equipment. She could imagine easily the sound of his voice, smile, and mannerisms. She ran the movie so often that it became a subjective pattern—a regular train track. It was written in her mind, or as the Bible says, it was "written in her heart and inscribed in her inward parts." Her conclusion was: "It is God in action," meaning all around harmony and peace. (*Harmony* is of God, and what you want in a legal case is a harmonious solution.)

In the science of imagination, you must first of all begin to discipline your imagination and not let it run riot. *Science* insists upon purity. If you wish a chemically pure product, you must remove all traces of other substances as well as extraneous material. You must, in other words, separate out and cast away all the dross.

In the science of imagination, you eliminate all the mental impurities, such as fear, worry, destructive inner talking, self-condemnation, and the mental union with other miscellaneous negatives. You must focus all your attention on your ideal, and refuse to be swerved from your purpose or aim in life. As you get mentally absorbed in the reality of your ideal, by loving and remaining faithful to it, you will see your desire take form in your world. In the book of Joshua it says, "Choose ye this day whom ye shall serve." Let your choice be, "I am going to imagine whatsoever things are lovely and of good report."

I know and have talked to many people who diabolically invert the use of their God-given faculty. The mother, for example, imagines that something bad has happened to her son, John, because he is late coming home. She imagines an accident, a hospital, Johnny in the operating room, and so on.

A businessman whose affairs are prospering, yet dwells on negativity, is another example of the destructive use of imagination. He comes home from the office, runs a motion picture in his mind of failure, sees the shelves empty, imagines himself going into bankruptcy, an empty bank balance, and the business closed down . . . yet all the time he is actually prospering. There is no truth whatsoever in that negative mental picture of his; it is a lie made out of whole cloth. In other words, the thing he fears does not exist save in his morbid imagination; the failure will never come to pass, except he keeps up that morbid picture charged with the emotion of fear. If he constantly indulges in this mental picture, he will, of course, bring failure to pass. He had the choice of failure or success, but he chose failure.

There are chronic worriers; they never seem to imagine anything good or lovely. They seem to know that something bad or destructive is always going to happen. They cannot tell you one reason why

something good should and could happen; however, they are ready with all the reasons why something dire and evil should occur.

Why is this? The reason is simple: These people are habitually negative; that is, most of their thinking is of a negative, chaotic, destructive, morbid nature. As they continue to make a habit of these negative patterns of thought, they condition their subconscious mind negatively. Their imagination is governed by their dominant moods and feelings; this is why they imagine evil, even about their loved ones.

For example, if their son happens to be in the army, they imagine that he is going to catch cold, become an alcoholic, or become loose morally; or if he is in combat, they imagine he will be shot, and all manner of destructive images enter their minds. This is due to the hypnotic spell of habit, and their prayers are rendered null and void.

Make a choice now! Begin to think constructively and harmoniously. *To think* is to speak. Your thought is your word. Let your words be as a honeycomb, sweet to the ear, and pleasant to the bones. Let your words be “like apples of gold in pictures of silver.” The future is the present grown up; it is your invisible word or thought made visible. Are your words sweet to the ear? What is your inner speech like at this moment? No one can hear you; it is your own silent thought. Perhaps you are saying to yourself, “I can’t; it is impossible.” “I’m too old now.” “What chance have I?” “Mary can, but I can’t. I have no money. I can’t afford this or that. I’ve tried; it’s no use.” You can see your words are not as a honeycomb; they are not sweet to your ear; they do not lift you up or inspire you.

Ouspensky was always stressing the importance of inner speech, inner conversation, or inner talking. It is really the way you feel inside, for the inside mirrors the outside. Is your inner speech pleasant to the bones? Does it exalt you, thrill you, and make you happy?

Bones are symbolic of support and symmetry. Let your inner talking sustain and strengthen you. “But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it. See, I have set before thee this day life and good, and death and evil.”

Decree now, and say it meaningly: “From this moment forward, I will admit to my mind for mental consumption only those ideas and

thoughts that heal, bless, inspire, and strengthen me.” Let your words from now on be as “apples of gold in pictures of silver.” An apple is a delicious fruit. *Gold* means “power.” *Pictures of silver* in the Bible means “your desires.” The picture in your mind is the way you want things to be. It is the *picture* of your fulfilled desire. It could be a new position or health. Let your words, your inner silent thought, and feeling coincide and agree with the *picture of silver* or your desire. Desire and feeling joined together in a mental marriage will become the answered prayer.

Be sure you follow the imagination of the Bible, and let your words be sweet to the ear. What are you giving *your* ear to now? What are you listening to? What are you giving attention to? Whatever you give attention to will grow, magnify, and multiply in your experience.

“Faith cometh by hearing,” Paul says. Listen to the great truths of God. Listen to the voice of God. What language does He speak in? It is not Gaelic, French, or Italian; but the universal language or mood of love, peace, joy, harmony, faith, confidence, and goodwill. Give your ear to these qualities and potencies of God. Mentally eat of these qualities; and as you continue to do so, you will be conditioned to those positive, enduring qualities, and the Law of Love will govern you.

You have heard this oft-repeated quotation: “Man is made in the image and likeness of God.” This means that your mind is God’s mind, as there is only One Mind. Your Spirit is God’s Spirit, and you create in exactly the same way, and through the same law as God creates. Your individual world; that is, experiences, conditions, circumstances, environment, as well as your physical health, financial states, and social life, and so on, is made out of your own mental images and after your own likeness.

Like attracts like. Your world is a mirror reflecting back to you your inner world of thought, feeling, beliefs, and inner conversation. If you begin to imagine evil powers working against you, or that there is a jinx following you, or that other forces and people are working against you, there will be a response of your deeper mind to correspond with these negative pictures and fears in your mind; therefore, you will begin to say that everything is against you, or that

the stars are opposed to you; or you will blame karma, your past lives, or some demon.

Truly the only sin is ignorance. Pain is not a punishment; it is the consequence of the misuse of your inner power. Come back to the one Truth, and realize that there is only One Spiritual Power, and It functions through the thoughts and images of your mind. The problems, vexations, and strife are due to the fact that man has actually wandered away after false Gods of fear and error. He must return to the center—the God-Presence within. Affirm now the sovereignty and authority of this Spiritual Power within you—the Principle of all life. Claim Divine guidance, strength, nourishment, and peace, and this Power will respond accordingly,

I will now proceed to point out how you may definitely and positively convey an idea or mental image to your subconscious mind. The conscious mind of man is personal and selective. It chooses, selects, weighs, analyzes, dissects, and investigates. It is capable of inductive and deductive reasoning. The subjective or subconscious mind is subject to the conscious mind. It might be called a servant of the conscious mind. The subconscious obeys the order of the conscious mind. Your conscious thought has power. The power you are acquainted with is thought. In the back of your thought is Mind, Spirit, or God. Focused, directed thoughts reach the subjective levels; they must be of a certain degree of intensity. Intensity is acquired by concentration.

To *concentrate* is to come back to the center and contemplate the Infinite Power within you that lies stretched in smiling repose. To concentrate properly, you still the wheels of your mind and enter into a quiet, relaxed mental state. When you concentrate, you gather your thoughts together; and you focus all your attention on your ideal, aim, or objective. You are now at a focal or central point, where you are giving all your attention and devotion to your mental image. The procedure of focused attention is somewhat similar to that of a magnifying glass, and the focus it makes of the rays of the sun. You can see the difference in the effect of scattered vibrations of the sun's heat, and the vibrations that emanate from a central point. You can direct the rays of the magnifying glass so that it will burn up a particular object upon which it is directed. Focused, steadied

attention of your mental images gains a similar intensity; and a deep, lasting impression is made on the sensitive plate of the subconscious mind.

You may have to repeat this drama of the mind many times before an impression is made, but the secret of impregnating the deeper mind is continuous or sustained imagination. When fear or worry comes to you during the day, you can always immediately gaze upon that lovely picture in your mind, realizing and knowing that you have operated a definite psychological law that is now working for you in the dark house of your mind. As you do so, you are truly watering the seed and fertilizing it, thereby accelerating its growth.

The conscious mind of man is the motor; the subconscious is the engine. You must start the motor, and the engine will do the work. The conscious mind is the dynamo that awakens the power of the subconscious.

The first step in conveying your clarified desire, idea, or image to the deeper mind is to relax, immobilize the attention, and get still and quiet. This quiet, relaxed, peaceful attitude of mind prevents extraneous matter and false ideas from interfering with your mental absorption of your ideal; furthermore, in the quiet, passive, receptive attitude of mind, effort is reduced to a minimum.

In the second step, you begin to imagine the reality of that which you desire. For example, you may wish to sell a home. In private consultation with real-estate brokers, I have told them of the way I sold my own home; they have applied it with remarkable results. I placed a sign in the garden in front of my home that read: "For sale by owner." The second day after placing the sign, I said to myself as I was going to sleep, "Supposing you sold the house, what would you do?"

I answered my own question, and I said, "I would take that sign down and throw it in the garage." In my imagination, I took hold of the sign, pulled it up from the ground, placed it on my shoulders, went to the garage, and threw it on the floor, saying jokingly to the sign, "I don't need you anymore!" I felt the inner satisfaction of it all, realizing that it was finished. The next day a man gave me a deposit of \$1,000 and said, "Take your sign down; we will go into escrow now."

Immediately I pulled the sign up and took it into the garage. The outer action conformed to the inner. There is nothing new about this. “As within, so without,” meaning according to the image impressed on the subconscious mind, so is it on the objective screen of your life.

This procedure or technique is older than our Bible. The outside mirrors the inside. External action follows internal action.

I was engaged by a very large organization to do some spiritual work for them. Through fraudulent means, others were trying to lay claim to their vast mining and other interests. They were harassing the company by legal trickery, and trying to get something for nothing. I told the lawyer to dramatize vividly in his imagination several times daily the president of the company that he represented congratulating him on the perfect, harmonious solution. As he sustained the mental picture through continuous mental application, the subjective wisdom gave him some new ideas—as he said, “Right out of the blue!” He followed these up, and the case was closed soon afterward.

If a person has a mortgage due at the bank and he does not have the money to cover it, and if he will faithfully apply this principle, the subconscious mind will provide him with the money. Never mind how, when, where, or through what source. The subjective mind has ways you know not of; its ways are past finding out. It is one of the instruments or tools that God gave man, so he could provide himself with all things necessary for his welfare. The man who hasn't the money to meet the mortgage can imagine himself depositing a check or currency required in the bank; that is, giving it to the cashier. The important point is to become intensely interested in the mental picture or imaginary act, making it real and natural. The more earnestly he engages his mind on the imaginary drama, the more effectually will the imaginary act be deposited in the bank of the subconscious mind. You can take a trip to the teller's window in your imagination, and make it so real and true that it will actually take place physically.

There is a young lady who comes to our Sunday-morning lectures regularly. She had to change buses three times; it took her one-and-a-half hours each Sunday to get there. In the sermon, I told how a

young man prayed for a car and received one. She went home and experimented as follows: Here is her letter, in part, published with her permission:

“Dear Dr. Murphy:

This is how I received a cadillac [sic]; I wanted one to come to the lectures on Sunday and Tuesdays. In my imagination I went through the identical process I would go through if I were actually driving a car. I went to the show room, and the salesman took me for a ride in one. I also drove it several blocks. I claimed the Cadillac car as my own over and over again. I kept the mental picture of getting into the car, driving it, feeling the upholstery, etc., consistently for over two weeks. Last Sunday I drove to your meeting in a cadillac. My uncle in Inglewood passed away; left me his cadillac and his entire estate.”

If you are thinking, *Well, I do not know of any way to get the money to pay off the mortgage*, don't worry about it. To worry means to strangle. Realize that there is a Power inherent within you that can provide you with everything you need when you call upon It. You can decree now with feeling and conviction: “My house is free from all debt, and wealth flows to me in avalanches of abundance.” Do not question the manner in which the answer to your prayers will come. You will do the obvious things necessary, knowing that the subconscious intelligence is directing all your steps, for it knows everything necessary for the fulfillment of your dreams. You can also imagine a letter from them mortgage company informing you that you are paid up; rejoice in the image, and live with that imaginary letter in your mind until it becomes a conviction.

Become convinced now that there is a power within you that is capable of bringing what you imagine and feel as true into manifestation. Sitting idly by, daydreaming, and imagining the things you would like to possess, will not attract them to you. You must know and believe that you are operating a law of mind; become

convinced of your God-given power to use your mind constructively to bring into manifestation the thing you desire.

Know what you want. The subconscious mind will carry out the idea, because you have a definite, clear-cut concept of what you wish to possess. Imagine clearly the fulfillment of your desire; then you are giving the subconscious something definite to act upon. The subconscious mind is the film upon which the picture is impressed. The subconscious develops the picture; and sends it back to you in a material, objectified form.

The camera is *you* consciously imagining the realization of your desire through focused attention. As you do so in a relaxed, happy mood, the picture is cast on the sensitive film of the subconscious mind. You also need a time exposure; it may be two or three minutes or longer depending on your temperament, feeling, and understanding. The important thing to remember is that it is not so much the time as the quality of your consciousness, degree of feeling, or faith. Generally speaking, the more focused and absorbed your attention is, and the longer the time, the more perfect will be the answer to your prayer. *Believe* that you have received, and ye shall receive. "Whatsoever ye shall ask in prayer, believing, ye shall receive." *To believe* is to accept something as true, or to live in the state of being it; as you sustain this mood, you shall experience the joy of the answered prayer!

HOW TO IMAGINE SUCCESS

God is always successful in His undertakings. Man is equipped to succeed because God is within him. All the attributes, qualities, and potencies of God are within.

You were born to win, to conquer, and to overcome! The Intelligence, Wisdom, and Power of God are within you, waiting to be released, and enabling you to rise above all difficulties.

There are many men who quietly use the abstract term *success*, over and over many times a day until they reach a conviction that success *is* theirs. Remember that the *idea of success* contains all the essential elements of success. As a man repeats the word *success* to himself with faith and conviction, his subconscious mind will accept it as true of himself, and he will be under subjective compulsion to succeed.

We are compelled to express our subjective beliefs, impressions, and convictions. The ideal way to succeed is to know what you want to achieve. If you do not know your right place, or what you would like to do, you can ask for guidance on the question. The deeper mind will respond; as a result, you will find a push or tendency in a certain field of activity.

The deeper mind is responsive to your thought. The subconscious—sometimes called “subjective or deeper mind”—sets in operation its unconscious intelligence that attracts to the individual the conditions necessary for his success. Man should make it a special point to do the thing he loves to do. When you are happy in your endeavor, you are a success.

Accept the fact that you have an inner Creative Power. Let this be a positive conviction. This Infinite Power is responsive and reactive to your thought. To know, understand, and apply this principle causes doubt, fear, and worry to gradually disappear.

If a man dwells on the thought, for example, of failure, the thought of failure attracts failure. The subconscious takes the thought of failure as his request, and proceeds to make it manifest in his experience, because he indulges in the mental practice of conceiving failure. The subconscious mind is impersonal and nonselective.

A business friend of mine, a tailor by trade, has a favorite saying: "All I ever do is add. I never subtract." He means that *success* is a plus sign. *Add* to your growth, wealth, power, knowledge, faith, and wisdom.

Life is addition! Death is subtraction. You add to your life by imagining whatsoever things are true, lovely, noble, and Godlike. Imagine and feel yourself successful, and you must become successful. You are never a slave to circumstances, environment, or conditions. You are a master of conditions. You can become a victim of conditions by mentally acquiescing to things as they are. As you change your mind, you change conditions.

A movie actor told me once that he had very little education, but he had a dream as a boy of being a movie star. Out in the field mowing hay, or driving the cows home, or even when milking them, he said, "I would constantly imagine that I saw my name in big lights in a large theater. I kept this up for years until finally I ran away from home; got extra jobs in the motion picture field; and the day came when I saw my name in great big lights, as I did when I was a boy!" Then he added, "I know the power of *sustained* imagination to bring success."

What does *success* imply to you? You want undoubtedly to be successful in your relationship with others. You wish to be outstanding in your chosen work or profession. You wish to possess a beautiful home, and all the money you need to live comfortably and happily. You want to be successful in your prayers, and in your contact with the Universal Power within you.

Imagine yourself doing the thing you long to do, and possessing the things you long to possess. Become imaginative; mentally participate in the reality of the successful state; enter into that state of consciousness frequently; make a habit of it; then you will find you will be guided to do everything necessary for the realization of your dream. Go to sleep feeling successful every night and perfectly

satisfied. You will succeed eventually in implanting the idea of success in your subconscious mind.

I know a drugstore clerk who was a licensed pharmacist receiving \$40 a week plus his commission on sales. "After 25 years," he told me, "I will get a pension and retire."

I said to him, "Why don't you own your own store? Get out of this place. Raise your sights! Have a dream for your children. Maybe your son wants to be a doctor or your daughter desires to be a musician."

His answer was that he had no money! He began to awaken to the fact that whatever he could conceive as true, he could give it conception.

The first step toward your goal is the *birth of the idea* in the mind, and the second step is the *manifestation of the idea*. He began to imagine that he was in his own store. He participated in the act mentally. He arranged the bottles, dispensed prescriptions, and imagined several clerks in the store waiting on customers. He visualized a big bank balance. Mentally he worked in that imaginary store. Like a good actor, he lived the role. (Act as though I am, and I will be.) This drugstore clerk put himself wholeheartedly into the act . . . living, moving, and acting in the assumption that his store was his.

The sequel was interesting. He was discharged from his position, went with a large chain store, became manager, and then district manager. He made enough money in four years to make a down payment on a drugstore of his own. He called it his "dream pharmacy." "It was," he said, "exactly the store he saw in his imagination." He became successful in his chosen field, and was happy doing what he loved to do.

The individual who habitually maintains a mental attitude of faith and expectancy of the best is bound to succeed and advance in life. The individual who is depressed, dejected, morbid, and despondent attracts failure all along the line. Fear is truly a lack of faith in Divine supply. It is faith misplaced. Fear is faith in the wrong thing. Fear is a belief in lack, or that man's good is being withheld from him.

"Son, thou art ever with me, and all that I have is thine." All things you need are in the invisible. It could be said that all things needed

are in the abstract. You must desire to be greater than you are, in order to advance in life. Desire comes first, followed by a recognition of the Power within you enabling you to manifest what you want. The subconscious mind is the medium through which all that you desire can be brought into objectivity. You are the one giving orders in the form of habitual thinking, feeling, opinions, and beliefs. The subconscious mind obeys the orders given by the conscious mind. If your conscious mind is opposed to all negative thoughts, they can make no impression upon your subconscious mind. You become immunized.

If, for example, you say, "I wish I were healthy, then I could be much more successful in my work;" begin *now* to realize that your body is your mind expressed. The subconscious mind is the builder of the body, and controls all its vital functions. Your conscious mind has the power to change any idea or group of thoughts held in the subconscious mind. You can impress the idea of health on your subconscious mind when you know that it can be done. A conviction and sincere belief is necessary. Affirmative statements establish a definite impression on the subconscious mind.

A wonderful way to impress the subconscious is through disciplined or scientific imagination. By illustration, if your knee is swollen and you are lame, imagine that you're doing the things you would do if you were in perfect health. You might say that I would go downtown on a bus, visit friends, ride horseback, go swimming, or hiking. First, in your imagination you go on these psychological journeys, making them as real and natural as possible. *Continue* to go on these psychological journeys! You know that self-motivation is yours. All movement is first of the mind or consciousness of man before any external movement can take place.

By example, the chair does not move of itself. You must impart motion to it. The same is true of your body. As you continue to do all the things you would do were you healed, this inner movement will cause the subconscious to build the body in accordance with the image back of it.

The following is a wonderful prayer for perfect health. A minister I knew in South Africa applied this prayer and healed himself. Several times a day he would affirm slowly and quietly, first making certain

that he was completely relaxed mentally and physically: "The perfection of God is now being expressed through me. The idea of health is now filling my subconscious mind. The image that God has of me is a perfect image, and my subconscious mind re-creates my body in perfect accordance with the perfect image held in the mind of God." This is a simple, easy way of conveying the idea of perfect health to your subconscious mind.

You can develop confidence by knowing and realizing that nothing can prevent you from achieving success. Develop a certainty in your mind that this Inner Power can be called upon to overcome all obstacles. There must be an assurance and determination on your part that you can achieve and accomplish what you set out to do. This positive, affirmative attitude constitutes confidence.

You have heard the Biblical expression "According to your faith is it done unto you." Faith in God is the realization that there is only One Spiritual Power that is Omnipresent, Omniscient, Omnipotent, All Love, All Light, All Beauty, All Life, and An Ever-Present Help in time of trouble. Know that His Power responds to your thought.

TRAVELING WITH GOD

(1956)



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INTRODUCTION

This book is based on a spiritual travelogue or lecture tour around the world. This was due to a deep inner spiritual desire over a long period of time.

I left Los Angeles the latter part of April via the Polar Route for Europe.

We must learn to listen to the murmurings and the whisperings of our heart strings which guide us on to action. I was not on the lecture trip very long before I became aware of the reasons why I undertook the journey. You will learn my many reasons as you read the pages of this book. I am sure it will prove most interesting and revealing to you.

Traveling this Polar Route is inspiring. I shall never forget the experience as I looked out through the window of the plane and saw the dancing lights, the variegated colors. It seemed as if the whole sky above us were engulfed in a blaze of glory. This vast panorama of Northern Lights floods the Heavens with great flames that shoot upward, amazingly beautiful, awesomely unforgettable, reminding you that God is indescribable beauty.

A little girl said to her mother, "Mommy, look at God dancing in the skies." These Heavenly lights reminded me of the quotation in the Bible wherein it says, "This is the light that lighteth every man that cometh into the world." John 1:9.

As a boy, I used to watch the Northern Lights, but never have I seen such a display of God's handiwork as I saw through the windows of the plane as it neared the Arctic Circle. I could not help but think that God was all beauty, and absolute bliss and harmony; moreover to witness the Dance of God in the sky you are compelled to think of order, rhythm, beauty, and proportion.

The plane made a stop in Greenland for a few hours. It's simply marvelous to see how gracefully the pilot lands on that bleak, icy island. Immediately on landing we were taken to a little mountain cabin for coffee. There I met a man who said to me, "I used to listen to you in Los Angeles. Will you go and see my brother in Copenhagen?"

I said, "Yes."

He added, "I knew you were coming. I saw you in a dream and I knew also you could explain matters to my brother and straighten things out between us."

I asked him why he thought his brother would listen to me. He said that his brother reads all my books and is a great lover of *Magic of Faith*.

Upon landing in Copenhagen, I went to see this man. I explained my mission regarding his brother and I found that he had had an intense hatred toward his relative in Greenland over an imaginary wrong and had refused to write or answer his brother's letters.

He had a very stiff neck which oftentimes is due to resentment or ill will. We prayed together and he joined with me in radiating Love, Peace and Goodwill to his brother. I wrote down a simple prayer for him: "Divine love, Divine peace, and Divine harmony operate between my brother and myself at all times." Constant repetition of this prayer will help one solve any kind of misunderstanding. Prayer is a habit, and frequent occupancy of the mind with this prayer will recondition the mind to harmony, peace, and good-will, resulting in the dissolution of the problem.

After our prayer together, he sat down and wrote a letter to his brother—it was beautiful and really would touch the heart-strings of any person. I began to think about his brother in Greenland who had a dream and saw me landing and entering the little cabin for coffee; which was provided some distance away from the landing-field. I felt very humble and began to marvel at the wonder of it all. "There are more things in Heaven and on earth than are dreamt of in our philosophy." Man does not always know the causes of his actions. There are times when a higher intelligence, you can call it the Fourth Dimensional Self, acts upon the mind of an individual causing him to be a messenger who fulfills the dream or desire of another. He may

think he is doing it of his own volition, whereas actually the Higher Self or Infinite Intelligence within him compels him to act.

People in Denmark are very hospitable. A young man drove me into the country to a home with a thatched roof and several flower pots on the window sill. The hostess, on learning who I was, took the Bible from the library and asked me to write a special prayer for protection as she was going on a journey to Turkey by plane, and having never flown before, she was afraid. This is what I wrote: "The airplane is God's perfect idea and it moves from point to point freely, joyously, and lovingly. Divine love surrounds it, enfolds it. The Light of God envelops me at all times. God is the pilot of this plane, and all its parts are functioning perfectly. God and His presence fills my mind and heart, and I rest secure in His everlasting arms."

I have never seen anyone so happy and radiant as when she read this prayer. She exclaimed, "Oh, I am so happy; I never knew how to pray before!" In the twinkling of an eye she saw the Truth—that she was as safe traveling by air, as walking out into her own garden. The highways and byways of the sky were made by God, and God dwells everywhere.

Before giving a series of lectures and a special class in London, I went to Oslo, Norway's capital. On the plane I met a most interesting man who asked me, "Won't you speak for us in Oslo?" I did. All of them understood English perfectly. He had no particular religious belief, but said he belonged to a secret order. He got a group of his friends together and we discussed miracles of the subconscious mind together from 7:00 p.m. to 2:00 a.m. the next morning. This business executive, who has large interests in London, said, "I never knew such a teaching as this existed, but everything you've said to me on the plane and in our club, I have always believed." This goes to show you again that man instinctively knows the truth about himself when he hears it and has an open mind.

I found that Norway had cast a spell of enchantment around me. The scenic grandeur, its fascinating cities and interesting folkways captivated me. The mirrored beauty of the snow-clad peaks and sparkling glaciers reminded me that God truly is The One, The Beautiful and The Good.

In London I gave a series of lectures in Caxton Hall and also special classes in the afternoon under the auspices of the London Truth Forum which I founded in 1951 during a lecture tour in England. This wonderful group has expanded considerably and is now the largest Truth Forum in Europe. Its leader is Dr. E. Fleet, who is doing marvelous work in the propagation of the truth. It is most interesting to see the number of the nobility and aristocracy in England who are interested in this inner teaching of the Bible, which is simply a science of life. When I told these wonderful people that I was on a world lecture tour, they wrote letters to their friends in the various countries and gave me letters of introduction to many of the most influential people in some of the cities I was to visit. The usual statement rendered by members of the London audience was, "Oh, I want my sister in New Zealand," or "my brother in Australia," or "my friend in South Africa to hear you!"

Before I left London, Dr. Fleet arranged a dinner at one of the exclusive restaurants on the Strand where were gathered the most advanced students of London. In this informal gathering I heard the most fascinating personal accounts of the miracles of prayer which will live in my memory forever. To hear these wonderful people tell how prayer works wonders, causes the Bell of God to ring in your heart.

From London I went to Ireland to speak at a place called Kilronan, Cloghron County, Dublin. Here are two wonderful people, Mr. and Mrs. George Dawson. They have spiritual gatherings at their beautiful home in the suburbs of Dublin. It really is a beautiful setting for a spiritual gathering and reminds you of the 23rd Psalm where it speaks of green pastures and still waters. I enjoyed the spiritual camaraderie here and I know that the labor of Love of Mr. and Mrs. Dawson prospers beyond their wildest dreams.

In the Shelbourne Hotel, in Dublin, I chatted with many men who asked about the New Thought teaching in America—what was it? They said that many of their relatives were returning to Ireland with all sorts of new ideas about religion. I found their conversation most refreshing and revealing.

One of my most ardent followers in Ireland is a relative of mine, a young man in Cork City who has made a deep study of all my

writings, particularly *the Miracles of Your Mind*, *The Magic of Faith*, *Love Is Freedom* and other books and is now teaching the contents to small groups in the city of Cork and surrounding towns. He is doing it quietly and is gaining many adherents.

From here I went to Paris, France, where I spoke for a Unity Center, conducted by that famous, outstanding teacher, Dr. Mary Sterling. She is doing marvelous work in the propagation of Truth among the French people and is an outstanding authority on the French language. She is an English woman who speaks French without any trace of accent, and the French people take it for granted that she was born and educated in France. She has translated *Magic of Faith* and *The Miracles of Your Mind*, two of my very popular books, into French. They have been published in Paris by a well-known firm and are now finding their way into all French-speaking countries throughout the world.

From here I shall take my readers to Lourdes. The rest of this book was written en route between lectures and in various cities and countries visited.

CHAPTER I

MY VISIT TO LOURDES

Here, the blind see, the dumb speak, the deaf hear, the lame walk, the wounded and the lepers are healed". This is what a Frenchman said to me as I entered the Grotto during my recent visit to this Healing Shrine. I have visited many of the Healing Shrines in Europe and the Orient from time to time. This time, however, I did the unusual. I mingled with the pilgrims, bathed in the waters and talked to many patients, some of whom appeared to be hopeless cases. I visited the hospital where the people were cared for, talked to doctors and nurses, and to many others. An English doctor said, "Come and see my sister. We are not Catholics, but we came here to bathe in the waters." I talked with her. She had a remarkable healing. Her brother said it was cancer in the last stages. I asked him to what did he attribute the healing and his reply was, "The atmosphere of the place, plus faith."

I talked with many people from all parts of the world who were drinking the water. Many claimed relatives had been healed, and that they had been benefited by the water. I watched for hours. Hundreds of people were wheeled from the waters after immersion. There was a strange light in the eyes of some. In one instance, I wheeled a person and conversed with her. She said, "I know I am cured." I asked, "How do you know?" I wanted to hear her response. She replied, "It's an inner feeling which I can't describe. I know I shall walk tonight." She spoke perfect English and was from the northern part of France. She did walk that night, and I chatted with her for a long time. She said her healing was due to the fact that she invoked "Our Lady".

Why do these healings occur? The percentage is small; nevertheless, doctors, scientists, and others admit the healings. The

question arises—why? We must admit that healings have taken place in all shrines throughout the world for countless generations. People have been healed at the Buddhistic shrines, and at the Shinto shrines of Japan, as well as at the shrines of Aesculapius. These people do not know anything about the Virgin Mary, or Jesus, or Moses; they are not interested; yet they have healings. The answer to all this is the simple truth that all healings are due to the Law of Belief.

There is only one Healing Presence—the Presence of God in man, and only one process of healing which is called Faith. There are, of course, many techniques and processes of healing, but actually there is no other healing power but that of the Living Intelligence within man which created him. It knows all the structures, processes, and functions of his entire body, and it can heal and restore any organ. Paracelus, 600 BC, said “Whether the object of your faith be true or false, you will get the same results.” In other words, what he is saying is that all healings are due to belief. What is belief? To believe something is to mentally accept something as true.

Many of those patients I spoke to at Lourdes came from great distances full of faith and expecting that they would be healed. Their imagination was fired by the wonderful reports of healings and the prayers of the multitude plus the music which cast a sort of spell over them. All this tends to impregnate the subconscious mind with the idea of health or the expectation of a miracle.

The subconscious mind responds according to the belief of the person, and restores the organ to its Divine pattern. The Bible says “Whosoever shall say unto this mountain, Be thou removed, and be thou cast unto the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.” Mark 12:23. All things are possible to him that believeth.

In Ireland some years ago I saw a man practicing the laying on of hands. He said to me, “The great doctors who have gone on administer healings through me.” He believed this himself. He had one striking cure in a case of paralysis. The trembling stopped and the man cried out, “I’m healed! I’m healed!” The operator believed

that some great healer now living in the next dimension worked through him and that healing power flowed through his fingers.

The reader must see one simple explanation in all this—one healing power responding to man's belief. The ancient Greeks said, "The doctor dresses the wound and God heals it." The doctors say to you today, "Keep the wound clean and nature will heal it." Nature is the Infinite Healing Intelligence within you which made you and which has the Divine matrix or pattern for every cell of your body. It also knows exactly how to create new cells and new organs.

The mountain that is to be removed, of which the Bible speaks, is the obstacle, the impediment, the ailment, or the problem. When you pray, believing, the problem vanishes and disappears like ships at the bottom of the sea which are no longer seen. All you have to do, the Bible says, is believe in your heart (your subconscious mind) that what you say is true. Nothing else is required, only *believe*. "Jesus said unto him, If thou canst believe, all things are possible to him that believeth." Mark 9:23.

Could anything be plainer or simpler than that quotation of Jesus given over 2000 years ago? You don't have to believe in shrines, waters, springs, bones of Saints, or any thing, or any person—just have *Belief* itself. *Belief* is the law or cause of all healings in Lourdes, Shinto shrines, Buddhist shrines, or any other healing shrines. Belief causes this healing power of God within you to respond and manifest itself in your world. This spiritual power is positively and definitely the only healing power in the world. There is but one Power and one Presence. "Hear, O, Israel: The Lord our God is one Lord." Deuteronomy 6:4.

The Lord is the spiritual power which is one and indivisible. All men, doctors, churches, meta-physicians, psychiatrists, and psychoanalysts are using the one power. All doctors, whether they are osteopaths, chiropractors, allopathic physicians, or practitioners of homeopathy, are tapping the one universal healing power through the Law of Belief.

Look at your world now. By *your world* I mean your health, wealth, environment and circumstances. This power is distributed in all phases of your life according to the level of your belief. It is not the water or the kissing of the rock in the Grotto at Lourdes that heals;

neither is it invoking the Virgin Mary to intercede for you or act as a mediator; rather, the result or healing you experience is due to belief in the mind. It is never the thing believed in or the person believed in; it is always mental acceptance or belief in your own mind that brings the response to your prayers. We do not criticize any person who seeks any form of healing; neither do we find fault with any religious group. All these groups and organizations are operating at the level of their belief; any church, organization, or healing method that alleviates the distress or suffering of mankind is, of course, good.

Every religion in the world is some form of belief, and they all worship the one God. We should rejoice to see the fundamental unity behind all religions. Divine Science and Psychology represent a true knowledge of God and how He works. It is true that no one can possibly know all about God, for God is Infinite; the finite mind can never fully encompass the Infinite. Nevertheless, we can discover certain functions of our conscious and subconscious mind. We can definitely determine how they work to a great extent. We can learn the power of our own thoughts and how this Infinite wisdom responds to our thought. We find that there is an answer to every problem within. When we fill our minds with Love, Peace, Harmony, Goodwill and the Truth of God, our body and environment magically melt into the image and likeness of our habitual thinking.

We discover, as we change our thought and feelings, that we change our destiny. We learn by experience and application that thoughts are things. Man is what he thinks all day long. You can now, this very moment, wherever you are commune with this God-Power within through the medium of your own thought; the Presence and Power will respond according to the nature of your thought. You do not need any wafer or wine to experience a spiritual communion with the God-self. Inspiration can come to you as you read this book now. Still the wheels of your mind, relax, let go, say quietly and lovingly, "The God Presence within me flows through my intellect now as inspiration and guidance. I am inspired from On High and the Light of God illumines my intellect." Do this for about five minutes or so; you will experience a flow of energy and vitality coursing through your veins. Moreover, the Divine Wisdom will flood your mind, and God's ideas will begin to flow into your conscious awareness revealing to

you everything you need to know, and showing you the way you should go. Actually, when you begin to awaken to the powers within you, you come to the definite conclusion that you need no external prop of any kind to make contact with the Almighty Power which doeth all things. You find you need no ritual, ceremony, liturgy, talismans, amulets, beads, candles, creeds, special rites, or forms of any kind. You come to the simple conclusion that good and evil are simply the movements of your own mind, and that your outer world forever corresponds with the inner pattern of your own mind.

Jesus said, "According to your faith be it unto you." You have heard the expression over and over again, "Faith moves mountains." "Thy faith hath made thee whole." Faith is a mental attitude, a way of thinking. It is like the attitude that when you deposit an apple seed in the ground, you will get an apple tree. You have faith that the sun will rise tomorrow morning. You have faith that you can drive your car, walk to business, do your work, or handle your profession successfully. You have faith that when you dial the right number, you will receive the answer. You may dial incorrectly for twenty years, but once you dial correctly you will receive the answer.

The farmer has faith in the laws of agriculture and waits with confidence for harvest time. The scientist working in his laboratory has faith in the possibility of the execution of the idea. All that the scientists or inventors have are invisible ideas in their minds. The scientist positively has faith that the wisdom which gave him the idea will also reveal to him everything he needs to know for its objective manifestation; so he keeps on experimenting, full of faith and perseverance, knowing that the way will be revealed. All great scientists, physicists and inventors are men of faith. They are dealing with the Invisible and Intangible, and they know and believe in their hearts that the invisible will be made visible. You could call faith "going in one direction only," knowing no opposition, because you believe in One Spiritual Power which knows no opposites and it has nothing to challenge it. To lack faith is to go in many directions, believing in two powers or having a divided mind. When you have faith, therefore, you identify yourself mentally with your ideal or goal, knowing in your heart or having a subjective feeling, that the Infinite

Intelligence which gave you the idea will give it form and objectify it on the screen of visibility.

I was just asked, a few hours ago, in Paris where I am now lecturing at the Unity Centre, why it was that a person who was in a coma and unconscious, and who could not pray, was healed instantaneously when his brother went to the Grotto, lit a candle, and prayed for him at Lourdes. The answer is simple. There is only one mind; time and space are unknown in mind. Mind is one and indivisible. His brother was at the state of consciousness where he believed in forms, ceremonies, and external objects. By believing that his brother would be healed as he prayed to the Virgin to intercede, and by complying with certain forms and ceremonies, the response of the Spiritual Power acted according to his belief. It was not because of what he did or where he was. His belief was perfect health for his brother. This idea of perfection was immediately resurrected in the mind of his brother and the healing followed. It says in Mark 11:24, "What things soever ye desire, when ye pray, believe that ye receive them and ye shall have them." This passage says, "*You shall have them*," indicating the automatic response of the law or action and reaction. The action was mentally accepting the idea of health and love. The reaction was the mental response or the answered prayer. All our experiences, conditions, events, and actions are merely the external manifestation of our habitual thinking.

I was asked after one of my lectures in Paris, "Is it true that the Bureau De Constatations, composed of distinguished physicians, acknowledged a percentage of remarkable healings taking place at Lourdes?" I replied that they admit remarkable healings; however, their explanations of those cures or healings vary.

Here is a question frequently propounded in Lourdes: "Why is it that the water which is obviously polluted with all kinds of virulent organisms and rarely renewed does not contaminate people?" I will answer this question by saying that it is again done unto us as we believe. The Law of Life is *belief*.

I went into the Piscines (baths) as they are called. I immersed myself in the bath. Many men, covered with all kinds of sores and loathsome diseases bathed in the same water. All were immersed in the same water. I was not the least bit afraid of contamination or

infection. The attendant gets a sponge and sprays the water into your eyes and ears and prays as he does it. He chants a prayer to what he calls the Blessed Virgin and asks you to kiss the crucifix. He is sincere and quite religious and tells you in English that your healing will follow. I wanted to see first-hand what they did and what the reaction was of the people who were immersed. I found a simple blind faith, not based on understanding, but just a blind belief that something would happen. I do not recommend that you enter the water and bathe in it if you are afraid of germs and infection. That would be very foolish. If you have no fear, nothing, of course, will happen to you.

A physician said to me that according to microbial analysis the water contained a great many noxious germs. However, he added, the water is strongly antibiotic. That is to say, it destroys the virulence of the most noxious germs. Physicists have examined the water for radio-active power, and chemists for special minerals, but all to no avail. Others say results are due to penicillin. However, I am informed, exhaustive analysis by scientists produced no such evidence. Tuberculosis and cancer have been cured at Lourdes, but penicillin has not been used for such diseases. The question naturally continuously arises, "Why do not people get infected by this naturally polluted water?" It is due to belief. When you see a great mass of people praying and believing that the water is sacred and has healing powers, the belief of the multitude or of the individual is sufficient; and again according to their belief is it done unto them. "As thou hast believed, so be it done unto thee." The power is not in the water. The power and the result are in their belief.

People ask me if an unbeliever or a person who ridicules the entire procedure at Lourdes can be helped or healed. It is quite possible and has happened. I have been told of many such instances by people in the village of Lourdes. Incidentally, they are most friendly and speak English very well. The people in Lourdes are wonderful—very kind, courteous and most hospitable.

You are now asking, "How can an unbeliever be helped when it is done unto you as you believe." Through the years I have heard frequently that men and women come to scoff at metaphysical meetings and many went away healed. There is hardly a week

passes by at the Wilshire Ebell Theatre that someone does not write and say, "I came to a meeting out of curiosity. I had migraine headaches regularly. I don't have them any more." or "I'm a Protestant, Lutheran, Jew, or Catholic and I came to your class highly skeptical but I had a marvelous healing." The reason is due to the prayers of others.

The Book of James says, "The prayer of faith shall save the sick, and the Lord shall raise them up." When you find the entire congregation joining together every Sunday at the Wilshire Ebell Theatre, praying that all those who are present be instantaneously healed, made whole and perfect, the exalted, spiritual atmosphere, or mood may well penetrate and melt the icy heart of someone, causing the Love of God to well up in the individual, resulting in a healing. There is no doubt that the spiritual atmosphere created at the theatre every Sunday morning where I speak in Los Angeles impinges itself on the receptive minds of people, resulting in answered prayer. An Infinite Healing Presence steals over that wonderful audience. I believe definitely it is the consciousness of Love that heals. The same is, of course, true at any shrine.

Here in Lourdes you find large bodies of people praying hourly for all the sick people in their own way, believing and expecting great things to happen. According to the law of belief, a person may be helped even though he is a so-called atheist, agnostic, or unbeliever. The belief of the multitude may heal him. Absent treatment or praying scientifically for a person who is not physically present has been practiced from time immemorial.

For example, a woman comes to a practitioner and says, "My husband is an alcoholic and does not believe in Divine healing or treatment." The practitioner begins to know and claim God's peace, and God's harmony floods his mind and heart, and his food and drink are God's ideas. Thus as the woman continues faithfully in knowing this truth about him even though he knows nothing about prayer, the treatment will become effective, and he will be freed from his destructive habit. As the practitioner frequently engages her mind with the idea of his freedom and peace of mind, results follow. It is the frequency, the habitual occupancy of the mind with the idea of his freedom and peace of mind that insures success. As the

practitioner continues to pray for him, she reaches a conviction and a complete healing follows. The healing is the practitioner's belief in the patient's freedom. Healing begins first in the mind of the practitioner. There being only one mind, the alcoholic feels the conviction of the person praying, and it is made manifest. This is the basis of absent treatment.

In reality, there is no absent prayer or treatment for there is no absence in the One Presence. There is only One Mind. The other person is rooted in you, based upon your belief. Change your belief about the other person and results follow.

A Roman Catholic from San Francisco told me all his troubles in the hotel at Lourdes. I listened attentively. I never said anything to him, but that night in my meditation I imagined he told me what I wanted to hear. For ten or fifteen minutes prior to sleep I imagined he was in front of me, telling me about his wonderful answer to prayer. I heard it over and over again, finally going to sleep in the assurance that it was so. In the morning at breakfast, he told me more or less the same thing as I imagined him telling me. He had received a cable from America which solved his problem. This is the meaning of, "He calleth those things which be not as though they were." Romans 4:17.

People in Lourdes said to me, "I kissed the rock where the Virgin appeared and the soreness on my lips and face disappeared." By now you know there is no power in a piece of stone or rock, but the multitude may proclaim, pray, chant and sing that the rock is holy and all those touching it will be healed. Again we come back to the same principle. It is the belief that does the healing, not the rock. People transfer the power that is within themselves to rocks, stones, waters, fountains, etc., and all the while the God Presence within silently waits for man, saying "Come unto me, all ye that labour and are heavy laden, and I will give you rest." Matthew 11:28.

I had more invitations to private homes in India and Japan than it was possible to accept. I visited several, however, for dinner and was shown their altars to Buddha and also their Shinto Shrines. There was a beautiful spiritual atmosphere in these rooms dedicated to prayer and no one could help admiring their deep sincerity and devotion. One Japanese gentleman said, "This is the room where I

pray for my ancestors just as though they were alive.” His wife prepared breakfast for Buddha every morning. She told me, in faultless English, of her remarkable healing at one of the shrines. The same universal principle responds to all men according to their belief.

I visited the world famous shrine called Diabutsu in Japan. A gigantic Divinity of bronze is seated with folded hands and head inclined in an attitude of profound contemplative ecstasy. It is forty-two feet in height and is called the great Buddha. Here I saw young and old making offerings at its feet. Money, fruit, rice, and oranges are offered. Candles are lit, incense is burned, and prayers of petition given.

The guide explained the chant of a young girl as she murmured a prayer, bowed low and placed two oranges as an offering. She also lit a candle. He said she was thanking Buddha for restoring her voice. Again we come to the same fundamental truth behind all religions which are based on some belief about God and are, of course, all psychologically true. She had the simple faith that Buddha would give her back her singing voice if she followed a certain ritual, fasted perhaps, and made certain offerings. All this helped to kindle faith and expectancy, resulting in a conditioning of her mind to the point of belief, and her subconscious mind responded according to her belief. What the adherents of Buddha fail to see is that all parts of the great statue represent truths of God and that the figure itself is purely symbolic, reminding man of the God presence within him. For example, from the forehead protrudes a jewel from which light flows, reminding one of the truth in our own Scriptures. “I am the light of the world.” John 9:5. Your own IAMNESS or life principle is the Light or Infinite Intelligence present in all men everywhere.

It is not the belief in the water, the rock, or the shrine; but belief in the mind that brings results. The essence of the law of belief is given beautifully in the Bible, “For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.” Mark 11:23.

CHAPTER II

“LORD TEACH US TO PRAY”

Luke 11:1

I am writing a part of this chapter in South Africa. I flew on one of those magnificent, stately clippers from Rome to Cairo. Here in Egypt you subjectively feel the mood of mystery and romance about the illimitable treasures of this country, which is called the cradle of civilization. Here you meet archeologists, Egyptologists, writers, clergymen, adventurers, poets, artists, dreamers, and scholars. Somehow Egypt casts an enchanting spell over all of them, and they are held spellbound in the presence of the great pyramids and the Sphinx. The magnificent shrines and temples of the Pharaohs hold you enthralled.

Many of the guides are thoroughly versed in ancient, medieval and Egyptian history. One guide spoke eight languages fluently. He said to me that all languages were within his subconscious mind and that he had not had much trouble learning all the languages because he would constantly affirm morning, noon and night: “These languages are within me and I speak them fluently.” He said he amazed his teachers by his rapid studies. Here you are given a lesson on the interaction of the conscious and subconscious mind. He was en-rapport with the subconscious mind. You know that when you tell your subconscious mind at night, “I want to wake up at 6:00 a.m.,” and it awakens you. The principle behind it is this: You thought about 6:00 o’clock consciously prior to sleep. If you had not done so, it would not have awakened you. So this young man applied himself to the study of languages by consciously telling his deeper mind, “I speak these languages fluently and I have a perfect memory of all that I read and hear.” There was a communion and cooperation

between these two levels and the real function was in operation. Jesus said, "My Father worketh hitherto, and I work." John 5:17.

Journeying on to South Africa for the purpose of speaking in Capetown, Johannesburg and West Africa, we circled the world's greatest waterfall, Victoria, fully twice as high and as wide as Niagara. This is where Stanley met Livingston, besides Zulus, Pigmies, and Watussi giants. Watching the falls you are held spellbound, and the words of the Psalmist begin to steal gently over the arid areas of the mind, refreshing, soothing and restoring your soul. "Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah. There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. God is in the midst of her; she shall not be moved: God shall help her, and that right early." Psalms 46:3, 6.

Jesus said in John 4:14: "But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." All the passages in the Bible referring to water are intended to remind us that God in us is a Living Spirit and this Spirit is the water of our spiritual life. We can't live without water. It is in all things animate and so-called inanimate. To view this waterfall is to be reminded of the waters of life or spiritual refreshment.

After gazing on the beauty of Victoria Falls, a fellow-passenger said to me that he seemed to be in a sort of trance and suddenly an answer to a most perplexing problem came into his mind—this is what the inner water is. An answer welled up within him giving him peace and confidence. He came to that inner place within himself where the waters of life flow freely. The subjective wisdom always rises to the surface mind when it is stilled and serene. This is the River of Peace which flows through your conscious mind and its streams make glad the City of God. The City of God is your own mind, at peace. All the people, namely thoughts, ideas, feelings and beliefs are now bathed by the internal river of peace. Go within yourself now; that is where the water of life is.

This man was terribly worried, confused, and perplexed and as his mind was stilled through contemplation of nature's beauty, a light

broke into his mind and he saw clearly what to do. “Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy and eat; yea, come, buy wine and milk without money and without price.” Isaiah 55:1.

Arriving at Johannesburg, I found the local Truth Center closed down as the teacher was away on a lecture tour. I interviewed a number of people there at the request of Dr. Brunt of Capetown. I was asking for guidance for the opportunity to lecture there. One of the people who interviewed me said, “My husband would love to have you lecture,” and he called up all his friends and acquaintances in Truth and we had a lovely time in Johannesburg. The answer comes, sometimes, in strange ways. “For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.” Isaiah 55:9.

I desired to visit the famous Kruger Park while in Johannesburg and the hotel management said, “You are too late—there will be no tour until next Monday.” My time was running short there and I said to my deep self, “Infinite Spirit opens up the way where man says there is no way.” Chatting with a man from Kimberley at breakfast, he told me of his problem, and I gave him a copy of *The Miracles of the Mind* and told him what to do. The next morning he said he never knew such simple methods of prayer existed and that he had no longer a problem. Then he told me that he and his chauffeur were going to Kruger Park, the great preserve, passing through tribal villages of Zulus, photographing everything from zebras and rhinos to giraffes out on the endless veld. He said, “We are going to see lions, baboons and elephants, birds that cry ‘go away’ and all kinds of animals for which I have no name.” Then he suddenly said, “We would deem it an honor to have you join us. You are my guest.” I couldn’t say “no”. This was the answer to my prayer. “For as the heavens are higher than the earth so are my ways higher than your ways.” Isaiah 55:9.

“Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come. Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever.
Amen.”

MATTHEW 6:9, 10, 11, 12, 13.

As we traveled, we discussed the meaning of the Lord's prayer. He had been asking many questions the previous night and I had promised to discuss this wonderful prayer. He said he had always looked upon it as a “must” prayer and that he said it every morning and also at night prior to retiring, but did not know whether it meant anything or not. Prayer is not vain repetition. Prayer, to be real and sincere, must be a movement of the heart and not of the lips. I told him I had recently spoken at Lourdes on the inner meaning of the Lord's Prayer and the following is the essence of my discussion with him and also at Lourdes.

When you say “Our Father” it means all of us have a common Father, that we are all brothers and sisters. All of us come from the one source. God is Life and all things come forth from the one Life principle. The two first words “Our Father” sum up the Lord's Prayer; it is the foundation upon which the whole prayer is based. In these two words are your enfranchisement, your happiness, and your peace of mind. Looking upon God as your Father reveals to you a source of power and strength for all your needs. The word “Father” denotes love, care protection, provider. Your human father watches over you, provides for you, labors for your welfare. He sees to it that you are provided with shelter, food, raiment, assurance and other constructive moods which help you grow physically, mentally and emotionally. In our early days our parents stand for God. However, behind the father and mother stands the eternal truth, “Every good gift and perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.” James 1:17.

The word Father means also the Creator, the Creative Principle of Life. When you say “Our Father” you are talking about the Supreme Being, the Infinite Power, the Creative Principle from which all things flow. You know, if I look at you, I do not see the real man. I do not see your thoughts, feelings, hopes, joys, fears, vacuities, yearnings,

aspirations, desires, plans, schemes, ideas, etc. All these are invisible. I do not see your mind, your spirit. You are really invisible. All I see is your form, the outline of your body. The invisible power in you is your Father—it is the creative power. It is impossible to know all there is about it. The finite mind can never fully comprehend the Infinite, but one certainly can learn about those inner powers. We can learn the power of our thoughts and feeling, our actions and reactions, and there is much we can learn about the laws of our own being.

The Bible says, “It is the Father within which doeth the works.” You lift the book—this is the power of your own awareness or consciousness; this is the Eternal Principle which never was born and never dies. Your consciousness is perpetual motion. It is eternal and divine. Push the chair aside. It is not your body doing that—it is the spirit within, the Creative Power. When you walk, talk, or lift the receiver—it is the Invisible Power in you acting in the body, telephone or typewriter as the case may be. The self-moving power is within you. The Unmoved Mover of all is within you. The body does nothing of itself. As you know, it has, as Quimby says, no initiative, no volition. It does not talk back to you. It responds to your thought. Our Father is the name given to this God power or Presence within us to remind us it is a beneficent, kindly power. It is the creative omnipresent power and Lord of all creation.

This invisible spiritual power is your Father. If you think of this power as cruel, tyrannical, and vengeful, then, of course, you experience the results of your own negative thinking. If you think God is punishing you, testing you, your own negative thought and imagery causes you to suffer accordingly.

Awaken now and look upon this Spiritual Power as a Loving Father who watches over you, cares for you, guides you and inspires you and this Spiritual Power will respond as a benediction and a blessing upon you. You will find yourself guided in all your ways and protected from negative experiences of all nature. You will also find true expression and prosperity by praying in this simple manner. Remember, as you turn to It, It turns to you, because Its nature is to respond according to the nature of your thought.

To know God is to look upon him as your friend, benefactor, guide and counsellor. The Bible, in the book of Isaiah 9:6 says, "His name is Wonderful Counsellor, The Mighty God, The everlasting Father, The Prince of Peace." Here is the whole story. Enthroned that concept of God in your mind and live with it and your whole world will magically melt into the image and likeness of your habitual concept. By mentally dwelling on this concept of God you will experience the reaction as love, peace, inspiration and energy. You now look upon the power as a Father who loves, cares and sends good things into your life and watch your world change accordingly.

The word Heaven means the Invisible State. In the absolute state it means bliss, indescribable beauty, and boundless love. You are told the Kingdom of Heaven is within you which means Infinite Intelligence, Boundless Wisdom, Omnipotence, and all the qualities and attributes of God are within you. These powers are in your own unconscious depths waiting to be brought forth by prayer and meditation. The treasure house of Infinity is within the heavens of your own mind. Relatively speaking, you are in Heaven when your mind is at peace; i.e., when you are poised, serene, and calm.

"Our Father which art in Heaven" Matthew 6:9, means the Invisible Spiritual Power which is infinite, timeless, shapeless and ageless. The word "Heaven" means it is without face, form or figure. As Troward so eloquently points out, Infinity cannot be multiplied or divided. The Infinite must be one—a unity, and there cannot be two Infinities, as one, he says, would quarrel with the other and they would neutralize each other. We would have a chaos instead of a cosmos. Unity of the spirit is a mathematical necessity and there is no opposition to the one power. If there were some power to challenge the Infinite one, it would cease to be Omnipotent or Infinite.

You can now see what confusion and chaos reigns in the minds of people who believe in two opposing powers. Their minds are divided because they have two masters, which creates a conflict, and causes their power and strength to be split. Learn to go in one direction only by believing in the one true God, your everlasting Father.

Here in Johannesburg, where I am interviewing and lecturing, it is called South Africa's Golden City, a city of laughter, gaiety, money and also troubled hearts. I was informed here by the hotel manager that sixty years ago Johannesburg was only a mining camp, and seventy years ago there was a vast jungle where paved streets and skyscrapers now stand. Here you find the hustle and bustle of New York City. The land where Johannesburg stands was offered to a man for eight oxen, sixty years ago. The owner wanted twelve, so for four oxen, the buyer, Mr. Jennings, did not purchase the land which in sixty years has so much wealth it would make Midas and Croesus appear as beggars. Had he known how to pray he would have advanced his offer to twelve oxen which was the price asked. Obviously he did not ask for Guidance and right action in his business affairs. Underneath this great city are gold mines reaching ten thousand feet below the surface. You find a city beneath a city. Here the native workers from all parts of Africa work extracting and refining gold.

The manager of one of the compounds where the colored people live who work in the mines had charge of nine thousand employees. The tribes are kept in separate rooms and quarters as they have different tribal customs, languages and gods. Some of these tribes are very primitive and superstitious. The manager, a Scotchman, told me that when the witch doctor prays the death prayer against the natives, all the doctors they have can't help them, they die. In other words, the native kills himself through fear but he doesn't know the reason. The same prayer by the voodoo doctor has no effect on the white missionary as he laughs at the witch doctor's incantations, showing you again the power of belief. The enemies are in your own mind and nowhere else. No one has any power over you unless you give him power in your own mind. The Spirit within you is the only sovereign and supreme power. It is one and indivisible and always responds to your thought.

I met a woman here in Johannesburg, South Africa where I am writing this book and giving lectures. She has six children, one of whom is a man aged about forty-five. She taught all her children to look upon God as the Great Father who would always guide and watch over them, sustaining them in all their ways. The son who

works in the gold mine here said he was told he couldn't live more than six months and he said to the good doctor, "Doctor, my Father couldn't or just wouldn't do that to me. I have three children. They need me and my Father loves me. He will heal me." The doctor thought he was joking but the man explained to him what he meant and he and the doctor became good friends. He had a healing and is now very strong and powerful and has a leading position in one of the gold mines here. This young man told me that there were times when the family couldn't see a way out of seemingly impossible situations, but his mother would have them all talk to the Father within, and because of His love for them he would respond, and the miracle always happened. This family leads a charmed life because they look on God as their "Father," kind, loving, understanding, and compassionate. A sister of this man had poliomyelitis and walks perfectly. I chatted with her and she said the same thing as her brother, "God, my Father, couldn't or would not want His daughter to be crippled. My Father wants me to be happy." I asked her how she prayed when she was a little girl and she said, "Every night I used to say, 'Loving Father, make your daughter whole, so she can sing and dance and be gay.' I was healed in two years."

"Hallowed be thy name." The word "Hallowed" means wholeness, purity, perfection. The Bible says it is "The Holy one who inhabiteth eternity, whose name is perfect." Isaiah 57:15. This means, of course, that God is Infinite Perfection, Absolute Bliss, Indescribable Beauty, Boundless Wisdom, and Absolute Harmony. Wholeness also means Unity, a oneness. There cannot be another. The word Name means the nature and character of the thing named. If I call you John Jones, it means not only your name, but your race, your social status, your wealth, your education, your family life and all things appertaining to you. It is your identity in the Universal Mind. "Hear, O Israel: the Lord, our God is one Lord." Deuteronomy 6:4.

You hallow the name when you recognize there is only one spiritual power which is omnipotent and supreme, exercising authority over your life. When your thought is constructive, harmonious, and sincere, this power responds as Mercy, as Love, as a Benediction, blessing and prospering you in all your ways.

You are hallowing the name of God when you mentally accept the fact that this power brings only goodness, truth and beauty into your life. It is forever responsive to your thought.

I just finished talking to a wonderful man from Kimberley. I told him I would refer to him in my new book. He was a soldier in the war and his leg was broken by gunfire. He knew nothing about The Healing Power within and said he was an atheist at that time. When the Army asked him his religion he said "Human Being." He was on crutches in an English hospital for a long time. He began to think, and he said to himself, "There is an Intelligence which made me, and it can heal my leg." He began to picture himself doing all the things he would do were he whole and perfect. Formerly he was an athlete. He lived the life of an athlete in his mind, having a picture of himself as he wanted to be. He participated in the mental motion, he dramatized it, felt it and made it real. He said he was unable to walk, but on the chair, he would feel himself riding a bicycle, climbing mountains or kicking a football. Furthermore, he began to claim he was strong and powerful. The amazing result of this was that in a few years he was pronounced the strongest man in South Africa for his size. His leg healed perfectly where the major bones were broken. He showed me his leg and there is only a scar there.

He hallowed the name of God by feeling himself whole and perfect, refusing to let his attention be distracted from his objective or goal. If he began to worry, fret, fuss and fume, he would not be hallowing the name. When he loved his ideal to the exclusion of everything else, he was really progressing and feeling the naturalness of the state sought.

The name is the nature or naturalness of the state prayed for. It is entering into a mood, feeling or mental atmosphere or actually living mentally with the state until complete mental absorption takes place.

In interviewing some people in Africa, I had a most interesting talk with a brilliant man from Europe. After the war he was one of those men without a country. He could not prove his identity. His home was destroyed and all his relatives and members of his family were killed. He wanted a passport. It was hopeless. He said he was refused many times. He said that in his own simple way he began to picture the Consul stamping his imaginary passport night after night.

Subsequent to his prayer, people came into his experience who testified and swore to his origin and background and papers were issued. He said meeting them was the strangest experience in the world. God's ways are past finding out.

"Thy Kingdom come." The Kingdom of Heaven is at hand. If someone says, "Lo here, lo there, believe them not, for the Kingdom of Heaven is at hand." God is within you, the very life of you. God is the Life and that Life is your life now. God is the Life Principle. God never forsakes you nor leaves you. I do not look for God's Kingdom to come—it is here now, within me. It is omnipresent. Recognize now, One Spiritual Power present everywhere. Everything in the world is made inside and out of it. Infinite Wisdom is within you at this moment, waiting for you to call upon it.

In speaking and conversing with people in Kruger Park, the great national preserve, one man from Livingstone who attended a few of my public lectures in Capetown said he had been praying for guidance regarding a human relations problem when a friend sent him a circular about my lectures in Capetown, South Africa. He flew down and received his answer. Moreover, while there, he was offered a most attractive, lucrative position which he accepted. This man must have asked five hundred questions in two days. He recognized that the Kingdom of God's infinite riches were within. He called upon It and It answered him. He was guided to his right place. He was doubly blessed.

Each person is a king in his own mind. You are master of your thought reactions. You can now order your thoughts around as you like, letting them give attention to whatever you choose to meditate on. Our emotion follows thought. You can tell your employees what to do and they obey you. You are a king, a monarch in your conceptive realm. You can refuse a passport to any foreign visitors to enter your kingdom, such as fear, doubt, worry, anxiety, criticisms, hatred, etc. You are a king and you order your subjects around and they must obey you, for you are an absolute monarch with power to kill, destroy and obliterate all enemies (negative thoughts) from your mental kingdom. You can do this with the fire of Divine Love or the right thought. You determine the mood or feeling you shall entertain. You can decide how you shall react to conditions, circumstances and

environment. If unpleasant news comes to you by courier or messenger, if others criticize, condemn and vilify you, remember you are a king and no one can hurt or injure you unless you give permission through your mental consent. Refuse permission and do not allow any negative thought to disturb you. You should positively refuse to react negatively. Say, "I am a King, walking the King's Highway. I remain unmoved, undisturbed, as nothing affects me except my own thought and through my own mental consent. I give allegiance and loyalty only to God and His Truths." "Thou sayest that I am a King and for this end was I born."

You were born to express more and more of God here and now and to let your light so shine that men see your good works, thereby glorifying your Father which is in Heaven. You are not begging or beseeching for some kingdom to come for it is your Father's good pleasure to give you the kingdom. God's Kingdom is come when you really see to it that your mind is governed and controlled by Divine ideas which activate, heal, restore, and inspire the mind. Our mind is controlled by ideas. Quimby says, "Man moves as he is moved upon. Man acts as he is acted upon." Ideas control you and the ideas you live with in your mind cause you to act the way you do. You are a king and you shall decree a thing and it shall come to pass. Your mood, your feeling, your conviction is your command to the deeper mind which automatically responds to your inner feeling and belief. No one talks back to you because you are the sovereign exercising supreme authority over your household and all your servants who are your thoughts, ideas, feelings and emotions, faithfully carrying out your orders. You are a king, traveling the King's Highway, and you are always sending messengers before you, based on your habitual thinking. These messengers prepare the way for you. In ancient times and even to the present time, when kings traveled, couriers and messengers were sent forth to prepare everything and get everything in readiness for the King. A royal welcome was assured. Likewise, soldiers searched the route in the same manner as when a president goes on a trip. Secret service men go over the route and examine rail tracks and platforms, keeping a watchful eye at all times. No thieves or robbers or gangsters can come near the king as he travels because of all the precautions taken for his safety.

As you walk in the consciousness of God's Love and as you pray that Divine Love goes before you to make straight, joyous, happy and beautiful your way, and as you live with that assumption, you too will have wonderful experiences on your journey and meet wonderful people. Wherever you travel be sure to issue orders to your people (your thoughts and feelings) to prepare the way for you so you will be assured of a royal welcome wherever you go.

I am writing this chapter in Capetown, South Africa, a beautiful city. Here you feel quite at home among friendly English-speaking people. Their accent seems to be the same as that of the people in London. I said to several students of Dr. Hester Brunt who is the Director of the Science of Mind in this city, "Are you from England?" They said, "No, born here." But their parents were from England which indicates the mental and spiritual atmosphere of the home, conditions and influences the child, wherever he may be born.

Dr. Brunt and her able assistants showed me the interesting spots around Capetown, the magnificent garden drive and its proud heritage of Cecil Rhodes and the early Dutch. Capetown resembles Hollywood at night. There is a wonderful Science of Mind Center here, and Dr. Brunt told me many Americans who come to her Centre ask her where are the lions and tigers. They seem to think that all you have to do is go outside the town a few miles and you will see them. This, of course, is not true.

For the adventure of a lifetime, it would fascinate and enthrall you to go to Kruger National Park where I saw big game run wild and strange lions stomp their backbones against the mud-guard of your car. I saw one man get out of his car and take a photograph of a black rhino, and when the rhino suddenly charged, the man had to run up a tree and remain there. We prayed for him in this manner, knowing that God's Love is in all his creatures, and as we radiated Love and Peace to the animal, it walked away and the man came down from the tree. He was an American who failed to observe the instructions of the guide.

Dr. Brunt and her daughter are doing marvelous work in the propagation of the Truth and their work is penetrating all parts of the Union.

I chatted with a man in the Grand Hotel in Capetown, South Africa who said to me, "When I travel, I travel like a king. God is a multimillionaire." I liked his attitude and asked him to elaborate and elucidate further and he did. He said, "When I left England by plane I said 'This plane is God's idea and all its parts are God's ideas and all the people are God's Beloved and God loves them and so do I. Peace, abundance, love, joy and inspiration attend me on the way.'"

He repeated those phrases frequently until, by a process of mental and spiritual osmosis, these ideas penetrated the depths of his subconscious mind. This man has had the most wonderful experiences, and though a complete stranger in Capetown, made very desirable contacts both business and financial. He met the girl of his dreams, and when I talked to him he was madly in love and had no appetite. Lovers lose their appetites, you know. He decreed that the messengers of peace, love, joy, and abundance would wait on him at all times. Behold, I send my messenger and he shall prepare the way. The next time you travel, be sure you are a King, living now in the Kingdom of God or all good. All the good you want is here now, waiting for you to claim it. "The works are finished." Hebrews 4:3. "I am the beginning and the end, there is nothing to come that has not been and is." Ecclesiastes 3:15.

Whatever you mentally feel and accept as true comes to pass. We actually give form and expression to that which already is. Actually, we create nothing. We do not create electricity. We display it or use it. We do not create peace. We manifest it by our mental attitude. Think for a moment of God's infinite ideas, there is only one Self Originator. Whatever you think of already is; otherwise, you couldn't think it.

Look at your piano. All tones are within it. All musical compositions are there. All you do is rearrange the notes and bring forth the melody which was there already. You can play a melody of love or a funeral dirge. You don't create the notes. The music and the tones were there from the foundation of time.

"Thy will be done on earth as it is in Heaven." A wonderful prayer. Realize that God's will is always being expressed through you at all times. Make a habit of affirming that God's will is being expressed in

all departments of your life, making certain of course, that you know what you mean when you say, "God's will is done."

The will of God is the nature of God, and God's name or nature as you have learned in Isaiah 9:6. is called Wonderful, Mighty God, Everlasting Father, Counsellor and Prince of Peace. God is Boundless Love, Absolute Bliss, Indescribable Beauty, Infinite Intelligence, Absolute Harmony, Omnipotent, Supreme and Absolute Peace. There are no divisions or quarrels in the Absolute. God's will for you must therefore be something wonderful, magnificent, glorious and far surpassing your wildest dreams. God is Life and His will for you must be to express a greater measure of life, i.e., to lead a full and happy life. Life cannot wish death. That would be a contradiction of God's nature or God's will, for the will of God is always the nature of God, and God is infinitely good and perfect and the author only of perfect good. Pray aright in this way, "God's will is being made manifest in my life as perfect health, harmony, happiness, peace, joy, abundance, love and perfect Divine expression. It is wonderful."

If you meditate on the above prayer regularly, your present environment and circumstances will magically change and be transformed into the likeness of what you are contemplating.

The inner meaning of the Lord's prayer which I am writing about was given in essence to a group of English-speaking visitors and tourists at Lourdes during my visit there, and I am writing part of it while lecturing in South Africa, Australia, New Zealand, India and Japan.

Now, when you say God's will is operating in my life it has a magnificent and beautiful significance full of spiritual precious stones. When you say God's plan is made manifest in my life, that too has a new and wonderful meaning. God's plan is God's will and His plan can only be Beauty, Order, Symmetry, Love, Health, and all the good things of life. God's plan for you could only be to express more of Himself moving ever onward, upward and Godward. Jesus said, "As thou hast believed, so be it done unto thee."

I said to a British pilgrim to Lourdes who was staying with his boy in a hotel near mine, "What do you mean when you say 'If it is God's will, my boy will be healed'? Surely God's will for the boy must, by

the very nature of God, be perfect health for the boy.” “I am come that you might have life and have it more abundantly.” John 10:10.

He seemed doubtful and puzzled. He seemed to think that God’s will for the boy must be something unpleasant or evil. What a monstrous concept of God! When you say “if” it means you are full of doubt, fear and anxiety. There is no “if” in prayer. Cross it out! Never, never say “if it’s God’s will” or “if it’s right for me.” What isn’t right for you? Do you have two God’s or one? When you pray for right action, there is only right action. Surely, you are not thinking of wrong action. If you are thinking of wrong action you have two powers, God and a Devil. Begin to put the true God back on the throne of His Glory in your mind.

This man was one of the pilgrims who listened to my explanation of the Lord’s prayer. He seemed deeply moved and touched by the presence of God within him. He said, with tears in his eyes, “I now know what God’s will for my boy is and I am going to claim it, feel it and believe it until it becomes a part of my consciousness and when I reach a conviction in my mind, then my will or desire becomes God’s will or the conviction that ‘it is done’.”

How simple the whole thing is, how beautiful! Why do we complicate these simple truths of God so that men fear God instead of loving His Holy Presence?

The few days I was in Lourdes saw a remarkable change in this boy. The boy began to say meaningfully and with a light in his eye, “God’s will is made manifest in my mind and body, and God walks and talks in me.”

I bade them goodbye and I know in my heart that the Father and the boy will both have the ecstasy and the joy and the thrill of witnessing and experiencing God’s Holy Will.

What a magnificent prayer. What superb spiritual strategy to say “God’s will be done.” “As thou hast believed, so be it done unto thee.” Matthew 8:13. All it means is this: if you enthrone in your mind the definite idea that God’s will is operating in all your affairs, this positive belief in your mind will govern your life and cause you to act and express yourself as you believe. Your dominant conviction dictates, governs and controls your entire life. It is a wonderful thing to know, as Quimby expressed it, that “man is belief expressed.”

When you know that the Light and Love of God are guiding and governing you in all your ways, you are automatically protected from making errors in judgment, unwise decisions and wasting your time and efforts along useless lines of endeavor.

In Dublin, after a lecture on *The Miracles of Your Mind*, one of my more popular sellers, a man asked me this question, "How do I know if God wants me to leave my position and open up my own business?" Such a question, of course, can be easily answered. The desire to go into business for himself is good and very good. It is Life seeking a higher expression through him. His desire for advancement and greater expression is good.

I told him not to sit around wondering whether God wanted him to be a butcher, baker or candle-stick maker, but to do the obvious, common sense thing. He is here on this plane to express, to grow, expand and unfold. If his desire is good and hurts no one, that is the will of God for him. I added firmly that he should deal positively and lovingly with his desire, knowing in his heart his prayer for God's guidance would watch over him, governing and sustaining, providing all things necessary for the realization of his dreams.

This young man realized that his mission was to welcome his desire for growth, nourish the idea in his mind and accept the good, knowing that Infinite Intelligence was guiding him in all its ways. His thought, being wise, his action must be wise also, for wise action follows wise thought. Action and reaction are universal throughout nature. When his premise is right, the result must also be right. It is through desire we grow. Your desire is God's gift to you. It is God's promise of fulfillment. A seed is a promise of a harvest. God is speaking to you now through the murmurings and whisperings of your heartstrings, perhaps in the field of music, drama, voice, etc. Accept your desire as a living reality now and walk in the light that it is yours. Maintain your belief in the reality of your ideal or plan until it becomes manifest in your experience.

In Oslo, Norway, where I spoke to a group in a private home, one of the group, a distinguished linguist, said, "What steps should I take after I fully believe that my prayer is answered?" The answer to that is that he will be compelled to take whatever footsteps are necessary for the fulfillment of his desire.

The law of the subconscious is compulsion. Man's subconscious beliefs and assumptions dictate, control and govern all his conscious actions. You don't aid the Infinite One. Everything you seem to do automatically happens according to your belief. You may think you are doing something but all your steps are controlled by the Deeper Self. You have freedom in this sense; you have free will in the choice of the idea, desire, or concept you entertain. As you mentally accept the idea as a living reality now, it becomes manifest in your world. Everything you do or whatever happens takes place because of your belief. When you assume something to be true in your mind, the subjective wisdom directs your actions automatically. He said he fully understood.

A woman asked me in Caxton Hall, London, where I gave a series of special classes, "What club should I join to meet men? In my work there are no men, all girls. I live alone, belong to no organizations, don't dance, swim or golf and I never meet men. What objective steps should I take after praying for my ideal companion?" My answer was that there was nothing to do, only to pray believing, and as she filled her mind with the qualities she admired in a man, then the seed would be planted and grow. She planted the seed by quietly dwelling on the fact that Infinite Intelligence revealed to her now a man with whom she harmonized perfectly, that he was spiritual, loyal, faithful, etc. When she had appropriated these qualities by mentally eating of them, she would automatically attract the image and likeness of her inner mood, and that's exactly what happened. She was going to the postoffice with office mail when a man in a hurry knocked all the bundles from her arm. He apologized profusely and asked her to dinner. She brought him to my lectures and said, "We are engaged. Here is my answered prayer."

This question of what shall I do after believing in the reality of my desire is a delusion; the deep-self brings it to pass in its own way, and whatever you do, whether you go to a dance, swim, or join a club has nothing to do with it. What you believe and accept in your mind causes you to take whatever footsteps are necessary and everything, as Ouspensky says, just "happens." The Bible says not my will be done, but Thine be done. You have learned what God's will is. It is Divine right action and all things good.

Enter into the joy of the answered prayer, and your will (wish, idea, desire) will become God's will or the consciousness of having or being what you long to be or possess. This is the consciousness of conviction which manifests itself in your world as a condition, experience or event.

"Thy will be done on earth as it is in Heaven" is a wonderful prayer as you now realize. Heaven means your own mind or mental atmosphere, and what you feel as true in the heavens of your own mind, you shall experience on earth or the objective plane (body, world, environment, circumstances).

Your will is your capacity to choose your goal, ideal or objective. Live with it mentally by loving it, nursing it, giving it your attention and whole-souled devotion. Finally it gels within you and your will has become God's will or the joy of the answered prayer. It is wonderful.

"Give us this day our daily bread." The bread spoken of represents not only every material thing you need in this world, such as food, raiment, clothing, expression, etc., but also the bread of the silence. We must eat of the bread of Heaven and our cry must be, "Lord evermore give us this bread." John 6:34. You may eat of the choicest foods and be hungry in your heart for peace, joy, love, happiness and inspiration. Every day of your life, mentally eat of God's ideas of wisdom, truth and beauty. You eat of the bread of Heaven whenever you turn away from the world, sense-evidence and feast on the Truth that there is only one power operating through the thoughts, feelings and imagery of your own mind. Shakespeare says, "Man's inhumanity to man makes countless thousands mourn."

When you read the newspapers, listen to the radio and press reports, you read of suffering, war, crime, injustice, poverty, and lack of all kinds. Perhaps you may feel the strains and stresses of your business or profession. Maybe the vexations, arguments and difficulties of the day have unduly upset you. If so, begin now to eat regularly of the bread of Heaven. Go in to the secret place of your own mind where you will not suffer from distractions caused by sense perceptions of the outer world. Think of God and Heaven and commune with that inner peace. You are now eating of the blessed bread of Heaven. In this secret place where God dwells there is peace, light, nourishment, energy and power to feed your mind and

soul, enabling you to overcome the stress and strain, giving you vitality and enthusiasm for tomorrow's or next week's work. Reject the false beliefs and the hypnosis of the world, and affirm in your own heart the supreme sovereignty of the spiritual power of the God-Self within you. You can overcome all things in your world with such faith and conviction.

Do not permit your mind to become paralyzed and hypnotized by the avalanche of sights and sounds presented by the five senses. Turn back to God and His presence in you. Mentally dwell on His wholeness, perfection, power and wisdom until your mind is lifted up and exalted. As you do this your mind will be fascinated, engrossed and absorbed in the great truths you are feasting on. You are eating of your daily bread, and you will hunger no more, nor thirst any more, for God in His wisdom, becomes a lamp unto your feet and a light on your path.

"My Father giveth you the true bread from Heaven." John 6:32. "I am the bread of life." John 6:35. Here you are told plainly that I am (God) is the true bread, eat mentally of all things good, eat of your desire now, mentally appropriate it, feast on its reality until it becomes a part of you, and when your mind is filled with the feeling of being what you long to be, you have eaten of the idea or of your good.

God and good are synonymous. "I am that bread of life." John 6:48. "The words that I speak unto you, they are spirit, and they are life" John 6:63. Here Jesus states explicitly that his words are spirit and life and are not to be taken literally.

The Bible says "He took bread, and gave thanks, and brake it, and gave unto them saying, This is my body which is given for you: this do in remembrance of me." Luke 22:19. Surely this is not to be taken literally. We have already seen that the language is mystical, allegorical and figurative. It is not actual bread but psychological food. The seed holds within it the body or form of the plant or tree; likewise the idea or desire you feast upon mentally has within it its own mathematics and mechanics. All you do is accept the idea and the subjective self clothes the idea and projects it onto the screen of visibility. To eat of your desire is to eat of the body of Christ, for Christ is the fulfilling of the law. Christ means your consciousness at

peace or the consciousness of fullness or the inner conviction that your prayer is answered. Christ means the wisdom and power of God functioning in your mind.

When you are praying or feasting on the reality of your desire you are feasting on Christ. Likewise, as you dwell on the glory and the beauty of God, as you contemplate that which is elevating and dignifying, you are actually eating of the body of Christ for these states will take form and become embodied in your world.

The body and form is already contained in the idea meditated on. Share this bread of Heaven with others. It's the bread of love, goodwill, understanding and the spirit of forgiveness. Practice the prayer of "give us this day our daily bread" by listening from this moment to the voice of your Heavenly Father, and your father is God. You call no man on earth your Father; only God is your Father, and you are now under Divine orders to bring forth harmony, health and peace.

Eat the bread of Heaven and live life gloriously by enthroning Wisdom as your Father and Love for your Mother. This is the Father-Mother God. The issue from this Divine union is Health, Happiness, Peace, Goodwill, Inspiration, Guidance and Illumination. "Lord evermore give us this bread."

"Forgive us our trespasses as we forgive those who trespass against us." To forgive is to love. You cannot make any spiritual progress in life except you practice the art of forgiveness. Supposing someone said something unkind or critical about you, suppose they smeared your character and you are smarting within from the hurt, forgive at once this way. Realize first of all that no one can really hurt you without your mental consent. You had to move in thought and feeling towards the other. The disturbance was created by yourself. If someone called you a skunk, are you a skunk? Of course not! How could it hurt you? You forgive the other by saying, "God's peace fills his soul." Undoubtedly he is mentally disturbed. Therefore, bless him and walk on in the Light.

You would not condemn a person who was a hunchback or who had Tuberculosis. Likewise, you must not condemn someone who is a mental hunchback, whose mind is twisted, distorted and under the sway of an evil or negative emotion. Have compassion on him and

see God there and pray for his peace. You forgive the other when in your inmost thought and feeling you grant to the other person his Divine right to harmony, health, peace and all things good. You must always remember that there can be no real spiritual advance for you except when you sincerely claim for everyone on the face of the earth what you claim for yourself.

If you are resentful, angry or jealous of another, you are actually withholding and depriving yourself of harmony, health and peace. Remember the suggestion we give to another, we give to ourselves. If you try to interfere with the good fortune of another, you are at that moment depriving yourself of good for then you are trespassing on the rights of others. If, for example, you try to prevent the promotion of a fellow employee by lying about him or passing derogatory remarks to his superior, you are actually in a mood of lack and limitation and will attract loss in some way. Forgive yourself immediately by getting mentally absorbed with your aim or goal in life and at the same time identify yourself with the God in the other and rejoice in his spiritual, mental and material advancement. Forgive yourself whenever you find yourself prone to criticize, condemn or injure another. Substitute the negative thought with a Godlike thought. In other words, change your thought and keep it changed.

Having finished in South Africa I flew from Johannesburg to Perth, Western Australia, a distance of eight thousand miles, stopping at Mauritius Island and Coco Island. The latter island is small and beautiful. An Englishman got a coconut for me and showed how to break it open and suck the juice from it. It is a delicious food. I learned from him that the reason the island was never flooded or submerged even though it was the same level as the sea was, as he said, because of a Higher Wisdom which caused the coral insects to build a protective wall around the island, making sure nothing would happen to the island or its inhabitants.

Here you see an Infinite Intelligence at work forever watching over man and His creation.

The variegated colors of the sea surrounding the island is a scene of beauty and a joy forever. Australia is called the "sunshine continent." It is an open, smiling, beautiful land of trees, beaches, and vast ranches.

Perth is cosmopolitan and hospitable. Here Dr. Charles Randall conducts a very fine Truth Centre. He has been teaching Truth here for twenty years and is beloved by everyone. The students here are most devoted, loyal and wonderful. His work is progressing by leaps and bounds. I found a fresh interest in Truth in Perth by people in all walks of life. The Seekers Center, conducted by Mr. and Mrs. Webb is also a great blessing to Perth and the students are wonderful.

Dr. Randall had been wishing and praying that some teacher from America would visit him and tell him about our work in the U. S. A. I was happy to hear him and his people say that I answered that prayer. Dr. Randall told me of the remarkable healings through his consciousness of Divine Love and God's Presence. Here we had a marvelous spiritual feast.

Sydney is another wonderful city and the people are very progressive. Several business men told me that they were adapting American ideas to all business methods. The same applies in the engineering field. The executives I spoke to in Sydney make frequent trips to America to learn the latest methods in the field of art, science, industry and medicine. In a century the Australians have made a garden of Eden out of a wilderness.

Mrs. Grace Aguilar and her husband conduct the New Thought Movement in Sydney. They are most gracious and kind and have labored long in the vineyard. I spent eight days here, lecturing afternoons, and evenings and I enjoyed it immensely, meeting most interesting people. One leading business man in Sydney told me how, through prayer, he built his business and amassed a fortune blessing many. His constant prayer was, "God show me the way to give greater service to humanity." That was his only prayer. The Wisdom responded and he is being blessed in countless ways.

I am writing this chapter in Perth, Western Australia. I have just finished talking to a young woman who suffered for years from migraine headaches, sinusitis, stomach trouble and severe asthmatic attacks. She told me a sordid tale of bitterness, hostility, and hatred towards her mother. I asked her where her mother was and she said, "Oh, she's dead ten years." It seems the mother left the estate to her sister in New Zealand and all this time she was poisoning herself with that mental poison called hate. It is a real

“killer.” I explained to her what “forgive those who trespass against us” meant. Jesus said, “Forgive until seventy times seven,” meaning one thousand times a day, if necessary.

She began to see that her mother acted according to her lights. Her mother did what she felt was right according to her state of consciousness, and that it was necessary for her to pray for her mother thereby blessing herself and her mother.

Prayer always prospers. Prayer heals the wounds of the heart. It stops the mouths of lions. It sets armies to flight. It opens prison doors. It turns water into wine and binds up the wounds of the brokenhearted. She wept copiously, which was good. It was a release and she said, “God bless my mother and His love be with her wherever she is.” This was the healing balm necessary; this was the spirit of God speaking; it was the spirit of forgiveness, goodwill and understanding. We prayed together for her mother, realizing that her mother was surrounded by God’s Light, Love and Truth, that she was illumined and inspired and that God’s Peace and Beauty filled her soul. God’s Love welled up in her heart, and this was the benediction which healed this woman.

I never saw such a change in my life. A light came into this girl’s eyes, a smile appeared on her countenance, a radiance seemed to surround and envelop her and she seemed suffused in the radiance of the Light Limitless. All symptoms vanished. She shouted out loud, “God is Love and I am healed!” She experienced in one moment the ecstasy of God’s Love sometimes called “the moment which lasts forever.”

Forgive until seventy times seven. Let us give ourselves the mood of love, goodwill, and understanding for our trespasses against the other. The cause of the girl’s troubles were, of course, hatred, guilt complex and fear. She knew it was wrong to hate, this caused a guilt complex plus a fear of being punished for harboring the ill will.

Fear contracts the delicate mucous membranes which symbolize the envelope of God’s Love, and when she entered into the spirit of forgiveness and filled her soul with love, she had an instantaneous healing.

Love frees, it gives, it is the Spirit of God. It is the Universal Solvent. It has neither height nor depth; it neither comes nor goes. It

fills all space and the ancients called it Love. You always know when you have forgiven the other. This is the acid test. Suppose someone told you some wonderful news about the person you say wronged you. How do you react? Do you resent it? Do you become disturbed? Would you rather hear the opposite? If so, you have not forgiven. The roots are still there. You wither the roots through prayer and love in the manner outlined and continue to do it until you are capable of rejoicing at hearing good news about the person who wronged you. You should rejoice to see the Law of God work for anybody regardless of who he is, what he is or where he is.

A Truth student in Sydney, Australia, where I gave a series of special public and class lessons, told me how he forgave another man who he said trespassed against him. You will find this interesting. He said, "I read your book review of 'Active Mind' by Orage in the New Thought Magazine where you said "Orage give you a wonderful treatment for solving your personal problems as follows: 'Compose a letter, written as from your friend to yourself, which would completely satisfy you if you received it. Put into it such words as you would like your friend to write or say to you.'" Then he added, "Your comment on that statement which was, 'This is the Law of Forgiveness,' impressed me immensely, and I applied it according to the statement in the book review." He added that he had been smarting from a letter received from his general manager and his attitude was, "This is the last straw—this I can't take." And he was boiling and seething with resentment, saying to himself, "This I can't forgive after all my years of faithful service, etc."

The Light came to this man as he read the book review and he sat humbly down and imagined the general manager had written him a letter which praised him and his work and which satisfied him in every way according to the Golden Rule and the Law of Love and Goodwill. He saw the words in the imaginary letter. He rejoiced in reading them and as he said to me, "I kept it up every night. I would read that letter over and over again and look at the general manager's signature." And all hatred left him as he continued to do this, and to quote him again, "The queerest thing in all the world happened!" The general manager wrote him a letter praising and promoting him, and the letter was the essence of what he had been

imagining and feeling for several days. Here is shown the great law of substitution of forgiving, giving for, substituting the mood of Love and Goodwill for any feeling of ill will or hostility.

What this man did, anyone can do. All he did was to follow out instructions given in that article by imagining he had received the kind of letter he wanted in his heart to receive. As he lived that event in his mind and rejoiced in reading the contents of the imaginary letter, the all wise deeper self cast the spell of God around the general manager, causing him to respond in kind. You give love and you receive love. "Forgive and you shall be forgiven." Luke 6:37. I said to this Truth student that actually no one can trespass against us without our mental consent. Consciousness is the only power and his state of consciousness, i.e., his habitual thinking, feelings, beliefs and opinions determined all his experiences, good or bad. He realized that the actions of others towards him reflected his inner mental attitude. They were simply instruments of the law which he had invoked, reminding him of his state of consciousness. Others are really messengers, telling us who we have conceived ourselves to be, and reminding us of the contents of our mentality. This man in Sydney had attracted that letter. Furthermore, as he told me, for many months he had deeply resented the fact that the general manager had not promoted him and yet had advanced others who were rather new with the organization. He felt that the general manager was very unjust, and unfair. The Light came to his mind, reminding him that the only thing wrong was his attitude, and his superior simply was testifying to his state of consciousness. His mind was full of recriminations and criticism and the intensity of this feeling caused the general manager's behavior toward him. When he mentally reversed his attitude and began to imagine and feel that he had heard what he longed and desired to hear, he was then uniting mentally with his aim, goal and desire in life and forgiving himself as well as the other. When the manager wrote him the letter he longed to receive, it was simply reflecting his changed mental attitude.

Begin now to cast the spell of God around you. You do this by entering into the feeling of the Spirit of Forgiveness, Love and Goodwill towards all. You are then surrounded by the spell of Goodwill, Truth and Beauty, and the envelope of His love surrounds

you, enfolds you and enwraps you. Actually you are God intoxicated, and this mood of yours casts an enchanting spell on the minds and hearts of all those around you, causing them to think that their kindness, cooperation and goodwill towards you originate within themselves.

Orage in "Active Mind" under the chapter of "Dying Daily" suggests a pictorial review of all events of the day as you retire. Yes, you certainly could die mentally to all negative experiences by running a motion picture in your mind, mentally sensing, seeing and feeling a revised pictorial review of all experiences, conditions and events based on the Golden Rule and the Law of Love, which is the Spirit of forgiveness, understanding and goodwill. You will then die to all negativity and resurrect the qualities of god within you. Let us always remember the truth of the statement. "A man's foes are those of his own household." Matthew 10:36.

The Bible says, "Whosoever shall smite thee on the right cheek, turn to him the other also." The right cheek means your objective world, your body, environment, circumstances or conditions. If you find things unpleasant and others placing obstacles in your way, don't resent, hate or resist the evil condition mentally. "Turning the other cheek" means mental non-resistance which is superb mental strategy. In other words, if you resist evil you are giving it your attention, thereby magnifying it and perpetuating the condition. "Turn to him the other also." Quietly turn away mentally from the negative condition and place all your attention on what you want. Contemplate things as they ought to be. Begin to see God in the other. Identify yourself mentally with the God Presence and contemplate the Divine solution. Imagine things as they ought to be and feast on the reality that it is so. Stoutly maintain a confident attitude regardless of conditions. Refuse to yield or succumb to the feeling of despondency or gloom.

You turn the other cheek by giving yourself something for the negative thought. Detach your consciousness now from all unlovely and negative ideas and concentrate your attention on the ideal you wish to achieve. Your speech, your mannerisms, your eyes and general posture will denote whether you have forgiven others and yourself. If you have truly forgiven the other, you will notify your face,

your eyes and your speech. Have you notified your face and all your organs that you have forgiven everyone? If so, a healing will follow.

There is a magnificent and wonderful movement in Japan called Seicho-No-Ie, meaning, "The Home of Infinite Life." It is the New Thought movement in Japan headed by that saintly and illumined soul Dr. Masahura Taniguchi. I spoke to his audience there. About two thousand were present at each lecture. They have one and a half million students of New Thought in Japan. Books are printed in English and Japanese; also, classes are given in English for Japanese-Americans as well as their own tongue. In one of his writings, Dr. Taniguchi cites several cases showing the power of forgiveness, i.e., giving yourself a new concept of life for the old materialistic concept.

In volume 4, number 3 of "Infinite Life, Wisdom and Abundance" he states that during a severe flood in one of the provinces several restaurants were washed away in a certain town without leaving any trace behind; however, the restaurant Hiragi-ya, at Yase, a meeting place for Japanese Truth students, was left intact. This was due to the mental attitude of the students who firmly believed that no calamity of any nature could ever befall them or their possessions. Dr. Taniguchi teaches his students that regardless of the natural calamity, if the student's mind is turned toward the Light, he will never be destroyed by the catastrophe.

In the book, just mentioned, Dr. Taniguchi refers again and again to men in Japan who were saved from train wreck, floods, earthquakes, ship disasters, etc. One striking instance was the case of one of his students who drove to a certain city in order to be on time for the boarding of a certain ship only to discover that he had been misinformed by a clerk regarding the sailing time. When he arrived, it had sailed about twenty minutes previously. He was indignant at the booking-clerk for giving him the wrong information. The ship he was to have sailed on met disaster due to collision. The article says the young man realized he was saved because he had the "Truth of Life" and he thanked God.

Practice the art of forgiving—giving for. Substitute for the belief in accident, misfortune, the concept of good fortune, security, peace of mind and an abiding faith in an Overshadowing Presence which

watches over you by day and by night. Realize regularly and systematically that you and your possessions and all that is yours rest in the secret vault of the Most High, watched over and cared for by the wisdom of the Almighty and you will find that all your ways are ways of pleasantness, and all thy paths are peace. Proverbs 3:17.

I quote from this Japanese pamphlet mentioned herein, "Even natural calamity cannot approach a person whose mind is illumined by the Light. Even if it approaches it cannot injure that person. Thunder, lightning, hail, and rainstorm will disappear when one prays knowing the Power of God. Heavy rain, windstorm, and earthquakes are all productions of the mind." Don't blame the weather conditions or the elements by stating that they are unfriendly, but simply forgive yourself. Cease blaming others for their trespasses against you. Realize that all that is necessary is the great art and science of prayer, which is the art of forgiving, giving yourself the Truths of God for the false theories, dogmas and concepts of life which have held you in thralldom and misery for years. Practice the art of forgiveness and thereby experience, "the Kingdom of God is at hand."

During a special class in Capetown held at the Science of Mind Center a brilliant lawyer, listening to a lecture on my recently published book "Believe in Yourself," gave me a clipping from a newspaper called *Argus*, dealing with forgiveness. I quote a few pertinent paragraphs. "Lieutenant Colonel J. P. Carne told of his life as a prisoner in Korea. During his eighteen months solitary confinement he did not have a bitter word for the action of his Chinese captors in imposing a sentence so harsh that doctors were amazed at his survival. When walking around his garden (in England) listening to the church bells welcoming him home, Lieutenant Colonel Carne said, 'The mental picture of this glorious place (his loved ones, his garden, his home) forever kept my mind alive. Not for one moment did I let it slip from my memory. As I walked round and round that dusty Korean prison compound, devoid of all vegetation, I imagined in it every plant and tree in my garden and orchard. I saw them spring through the ground, grow and bloom. It was a vision I never let slip away.'" The caption of the article was "A Garden Gave Him Courage."

The above is a beautiful lesson in the art of forgiving. Instead of resenting, hating, or indulging in mental recriminations, he gave himself a new vision. He imagined himself at home with his loved ones; he felt the thrill and joy of it all; he imagined his garden in full bloom; he saw the plants grow and bring forth fruit. It was all vivid and real. He felt all this inwardly in his imagination, the great workshop of God (read "Believe in yourself"). Here is a quotation from Colonel Carne in the same article, "Never forget your home or your loved ones, is the only way to face such an experience." He said other men would have gone insane or perhaps died of a broken heart, but he saved himself because he had a vision. "It was a vision I never let slip away." His great secret in the art of forgiving was his faithfulness to his mental picture. He was loyal and devoted to his mental picture and never deviated from it by destructive inner talking and negative mental imagery.

Notice the inner speech of the above-mentioned Colonel. Never once did he become antagonistic, hostile, or bitter in his heart. His heart agreed with his lips. The inner movement of his heart agreed with his conscious mental movie; finally, both became one. The two agreed as touching on something, and it came to pass. This is what Ouspensky meant when he spoke of inner speech agreeing with your aim, purpose, plan or the Truth. Your aim is your goal, your objective, your plan, purpose, desire. Your thought and feeling is your word—does it agree with your desire or aim? In the book of Isaiah, it says, "My word shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing where-to I sent it." Isaiah 55:11.

Your word is really your inner feeling, your mood, tone or conviction. It is sometimes called the still small voice. You may not hear it with the ear, but it is something you sense. Your word of forgiveness must not be of the lips. It must be of the heart. Look upon your word as the movement of the spirit. Therefore, when you say, I have forgiven Mary or John, note that the forgiveness must be of the heart and not of the lips. The lips and the heart must agree, then God speaks, for the two have agreed and it is done. "If two of you shall agree on earth as touching anything that they shall ask, it

shall be done for them of my Father which is in heaven.” Matthew 18:19.

“In the beginning was the word.” John 1:1. The word of God is the idea, the formulated desire, the clear-cut concept. It is actually God defining Himself to be this, that or the other. Everything you see in the Universe is the word (idea, mould, image) of God made manifest.

A priest in one of the Buddhist temples told me to visit a Zen Buddhist monastery where tourists never go and which is rarely heard of. It is in the province of Fukie. There they pray and meditate in the silence. It is something you see and feel. It is an experience of the soul. It is something you never forget. The monks speak to each other without using words, or any outward sign of communication. Their thoughts are really their words. Their word is the inner sound or feeling of their heart. It is really a spiritual word. I could feel their greeting, their prayers. I could almost hear the unuttered sound. I conversed in the silence with them and understood their silent speech.

I was given food in the silence. I knew that they knew I was coming and a room was prepared and I remained over night and joined them in prayer and silent contemplation. When the words you speak audibly agree with the silent movements of your heart, agreement is reached. This is spiritual speech. Your prayer is answered. Forgiveness is no longer of the lips, it is now of the heart. Remember, the spoken word may not always agree with your inner feeling, and then, of course, nothing happens because it is the inner feeling that manifests itself.

Here I am in New Zealand, a country of wonderful scenery. The Southern Alps and its fiords the fertile and lush bushland, the beautiful lakes and magnificent waterfalls equal anything you might see anywhere. As in Australia you see thousands of sheep everywhere you go. The leader, Mr. Silcock of New Thought here, is a prominent business man and head of a large furniture company, supplying most exclusive furniture everywhere in New Zealand. He told me how he found his beautiful home by the lake. He simply read the 23rd Psalm and said to himself, “Our home is surrounded by green pastures and still waters.” Here you see a beautiful, calm expanse of water, beautiful green country and thousands of sheep

grazing. It is really a scene from the 23rd Psalm. Mr. and Mrs. Silcock were Divinely guided to this lovely spot showing you that you can use the wisdom of the Psalms for many purposes. The Bible contains the congealed wisdom of the ages and more and more wisdom can be extracted from it by meditation and prayer. Here Mr. Silcock plans and spends much time writing and meditating.

One of his students took me to see the thermal region of New Zealand and the Maori villages. The thermal region is fascinating. People live right in the area of these spouting geysers and smoke and are not the least bit afraid of an earthquake, though earthquakes have shook the area previously. The visitor gets a lesson in Truth by visiting the Waitomo caves, which are an underground fairyland of unbelievable beauty. The “glow worm grotto” is one of the most beautiful sights in New Zealand, where the boat which carries you through is guided by millions of tiny lights glittering in the dark cave. The guide gives a highly technical and involved explanation as to why the worms shine like stars, but as the Truth student with me said, “Why didn’t he say ‘Infinite Intelligence operating through the glowworm causes it to glow so that its light attracts small insects upon which they live.’” These glowworms also secrete a sticky, thready, fibrous substance, looking like long threads which trap the insects attracted by the light. This is the way the glowworm eats.

Here again we see a wisdom beyond the ken of man at work. In one of the caverns the guide tells you this cave is called the Cathedral and it certainly looks like one. Water, over a period of thousands of years seeping through the ground, acting on calcareous and other deposits, form exquisitely beautiful forms resembling statues, angels, churches and other marble edifices, showing again beauty, order, wisdom, symmetry and proportion inherent in the various chemical interactions of the substances forming these fairyland caves.

The New Thought people here have their own beautiful temple and organ. I enjoyed lecturing here very much, and I know that the work here grows, prospers and unfolds in a wonderful way.

A student in New Zealand asked me about “The Art of Forgiving.” He said to me, “I don’t know whether I have forgiven my brother or not; could you tell me?” He spoke about the will which his father left

to his brother and, it was easy to detect he was still festering within. Yes, with words of the mouth he had been saying, "I forgive him." But it was not of the heart. He was still seething within. He was angry and upset about many things. Actually, he was centerless, confused, and as he said himself, "I know I am a neurotic!" He was living in a shadow world of inner turmoil, strain, stress, full of resentment toward a brother who received all the father's estate twenty years previously. He learned that in order to truly forgive he must have a sincere, earnest desire to do so. He began to pray sincerely for his brother from the depths of his heart, wishing for him God's peace, love, abundance, and all good things. Every time he thought of his brother or when the memory of what he termed "the wrong" came to his mind, he watched his inner speech—his inner realm of feeling and immediately cremated and burned up the negative thought with the fire and love of the right thought, such as, "God is with him now; peace fills his soul; God and His love fills my mind." These and a dozen other spiritual concepts filled his mind whenever negative thoughts came. In the course of a few days he was completely at peace and went to see his brother and when they met they embraced. His stiff neck which had bothered him for many years was made whole immediately. He asked me to write it up in this book in the sincere belief it might help others. He forgave himself also by identifying himself with whatsoever things are true, lovely and of good report. The inner movement of his heart which represents his inner word began to pour Light and Truth on his brother and also on himself. His lips and heart agreed as touching upon Love, Peace, and Goodwill.

"The word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it. See, I have set before thee this day life and good, and death and evil." Deuteronomy 30:14, 15. "Choose ye this day whom ye will serve." Joshua 24:15.

What kind of thoughts have you chosen to meditate on? What are you giving attention to as you read these lines? Feast on peace, joy, gentleness, goodness, goodwill and understanding. Fill your mind with these concepts and then you are choosing life. Identify yourself with your desire for health, peace and prosperity. Bring your mind to think along these lines. Force yourself to think constructively,

harmoniously and peacefully. Keep up the discipline and as you continue to remain faithful, you will begin to experience Life, something supremely worth experiencing—a life of peace, joy, happiness and security.

Always remember, it is the movement of your heart which gives validity to your word. What this student in Auckland was saying with his lips contradicted this inner feeling. It was the latter which was made manifest in his life as a stiff neck, confused neurotic mind, insomnia, etc. He decided to “choose life.” Whatever you experience in your daily intercourse with people, always represents the outer picturing of your inner feeling and convictions.

People are always saying, “Oh, I have forgiven Mary. I have forgotten all about it.” No, they haven’t, for to forgive is to forget. They are still talking about the old grievance, still nourishing it with attention and each time they talk about it, they reinfect themselves.

Pray sincerely and honestly. Work with your mind regularly until you have established the conviction of good and your inner feeling will certainly be objectified.

“O God, the fabulous wings unused folded in the heart,”
Christopher Fry.

You have wings enabling you to soar aloft into the haven of God’s peace and power. The wings are your thought and feeling. That is why a bird has two wings and that is why you have two wings. Regardless of what the difficulty is you don’t have to fight it, quarrel or wage war or make a frontal assault. You can rise above it mentally and contemplate the Divine solution—the way it is in God and Heaven. The paradise of God is the mind at peace. God’s paradise is within you. You can find it by stilling the wheels of your mind and think of God and realize the Infinite lies stretched in smiling repose within you.

This is the citadel of the Most High. Here you live beyond time and space. Here is the impregnable fortress, No one can lay siege to this citadel. That is where your wings take you. Here, fabulous wings are unused by millions. Feel the meaning of these words. You do this by writing them in your inward parts and inscribing them in your heart. To perceive these truths intellectually is one thing; to feel the truth of these beautiful words is another. Stop blaming others. There

is no one to blame but yourself. Also, cease holding grudges, animosities or prejudices towards people. These are the chains and rivets which bind you to the wheel of pain. Loose them and let them go; release all the prisoners out of the prison of your mind. The greatest prison in the world is the mind of man full of fear, hatred, and ill will. "Stone walls do not a prison make nor iron bars a cage."

You don't have to go forth seeking peace, happiness, health, joy, or abundance. Why say, "Some day I will be happy. Some day I will have my health back. Some day I will be prosperous." God is the eternal now. Love is of God, eternal, indestructible. It has nothing to do with time or space. Peace is—it's of God. Why postpone peace? Claim it now, and the God of peace shall be yours. Choose happiness now by dwelling on whatsoever things are true, whatsoever things are just, whatsoever things are lovely, whatsoever things are pure. If there be any virtue, if there be any praise, think on these things.

"A man is what he thinks all day long." Emerson.

Engage your mind on the above God-given truths and you will experience happiness now. Why wait? To resent, to refuse to forgive, is to postpone health, joy, peace, etc. "The Kingdom of God is within you." Luke 17:21.

You don't have to go searching for God's qualities, attributes, and potencies. You don't have to go searching for your brain, do you? It's within you. You have been searching, yearning, longing, hoping, wishing, dreaming, yet all the while God and all His Glory was within you, and you had the "fabulous wings" unused, folded in your heart. Rise with your wings of faith and love and God shall give you Light. "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." Ephesians 5:14.

"Lead us not into temptation but deliver us from evil."

"Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him. Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed." James 1:12-14.

Many people are under the erroneous belief that God is testing them or tempting them. I think it wise that they consider the 13th verse of the first chapter of James, and I am sure a complete healing of that false belief will follow. "Let no man say when he is tempted, I am tempted of God." The statement in the Lord's prayer, "Lead us not into temptation," deals with the function and the processes of man's mind. Here in this quotation you are told to be faithful to your announced plan and not deviate from your goal.

When you pray, you are endeavoring to unite mentally and emotionally with your ideal or goal. For example, talking here in Osaka, Japan to a prominent merchant, I found him full of fear because, as he said to me in perfect English, "The fortune teller told me the next three months would result in great business failure for me." He was enticed and drawn away from his announced goal, success and prosperity for himself, his organization and employees. "But every man is tempted when he is drawn away of his own lust, and enticed." James 1:14. Instead of remaining faithful to the idea of success, he was now thinking of failure and filling his mind with thoughts of bankruptcy, the closing down of the store, no bank balance. You can see how his morbid imagination was operating. Actually he was envisaging a motion picture of his own creation in his mind. There was no reality behind it. As a matter of fact, he said to me, "Business is good," but then he added, "It can't last and it won't." I explained to him that success and failure were simply two ideas in the mind. If he meditated on failure, he would, of course, attract failure. If he imagined himself successful and began to feel that he was born to succeed, he would, of course, succeed.

To mentally unite with the idea of success and to know that you are then invoking a subjective power which responds to your habitual thinking is to create success. He began to see that the thing he was fearing did not exist save in his own mind. Furthermore, he began to see how he was seduced, enticed and carried away mentally by a false hypnotic suggestion which caused him to become gloomy, despondent and dejected. I spent an hour with him in his home. Before I left he realized success was of the mind and that he molded and fashioned and shaped his own destiny by his thought and feeling.

You can easily see how he was being tempted or caused to turn away from his goal by a suggestion of failure given to him by another. The fortune teller had no power and could not have exerted any influence over this merchant except through his mental consent. He had to accept the suggestion of fear. He could have completely rejected the suggestion of lack and identified himself with the idea of success. In that way the false suggestion would have no effect.

“A man’s foes shall be they of his own household.” Matthew 10:36. The household is your state of mind and your victory over your enemy (negative thought) is to imagine and feel you now are what you want to be and remain faithful to your goal and according to your faith (mental attitude) is it done unto you. When you pray you must refuse to be seduced or tempted to yield to the thoughts of fear, lack, temptation. Do not give mental attention to doubt, anxiety, worry, for if you do, you are being tempted, i.e., you have permitted your mind to wander and unite with negativity and you fail to receive an answer to your prayer.

Here in India you meet people from all parts of the world. This is my second visit to this great and mysterious country. Some people call it the land of religions. I met people on the way to the Himalayas, and one Englishman was on his way to Tibet to visit the monasteries there. It is a colorful, interesting and fascinating country, full of fabulous temples, magnificent beautiful mosques, exotic bazaars. I met many people here who just came to see the Vale of Kashmir as well as some old friends.

I gave some talks in Calcutta and then visited a holy man with whom I have been corresponding for some time. I met him about thirty-three years ago in India. We chatted in the Lord Cecil Hotel, New Delhi, for a long time and then went to his retreat. He had the wonderful capacity to talk to you silently. I could hear his thoughts though he was two rooms away from me. His thoughts became audible to me inside my ear and occasionally I conversed with him through thought in his retreat. We meditated together in his garden retreat and we were lifted up into fathomless dimensions of our Father’s house. He told me he was going on to higher Dimensions, that he knew the day and hour and that it was near at hand. He said it is a greater work and he felt he could do much more. What he

meant to convey was that he intuitively perceived when he was going on to the fourth Dimension. Several teachers whom I have known intimately have told me when they were going on. They were subjectively aware and they went on in their sleep. One of my teachers said to the students, "I am going to sleep at 2:00 p.m. Goodby." It was 10:00 a.m. and at 2:00 p.m. the leader passed on. My friend's comment to me was, "We all have to go some time and we have to go some way, in some manner. Our body had a beginning and, of course, it has an end, but we have bodies to infinity. There are celestial as well as terrestrial bodies."

On my way to Japan I heard of my friend's passing on—not by radio or telephone or letter, but he spoke clearly to me one thousand miles or more away, saying, "I'm going on now. Goodby. I sent you a letter a half hour ago." I received the letter and also one from his friend and it was exactly at that hour he passed on. He said he had passed on because his soul's work was finished on this plane. There is no death. Death is in our thought, not in the person we pronounce dead. My friend went on to open new doors in the House of Many Mansions.

Another great teacher, Emmet Fox, said in his writings, "I am going to live forever. A thousand years from now I shall still be alive and active somewhere, in one hundred thousand years still alive and active somewhere else."

I believe it would be a wonderful thing if we trained teachers for the foreign field. There is a tremendous opportunity in India and all over the world for the spreading of the New Thought message of Wisdom, Truth and Beauty. One of my traveling companions was all upset and boiling within because, as he said, he saw people fall in the street from apparent hunger and exhaustion and people passed them by, taking no notice of them. His anger is not the answer. His resentment does not help. When men see God's Truth and understand the laws of life, the milk of human kindness, compassion and goodwill will fill their souls. Knowledge of the spiritual principle which we teach and its application can and does heal the wounds of man.

Scientific prayer is the answer to the hunger of the world. It is the spiritual remedy for disease, war, hate and crime. Isaiah gives the

answer, "The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound." Isaiah 61:1.

The above is the answer to the world's problems. The day is fast approaching when people will bequeath vast sums of money and fortunes for mental and spiritual research to the Divine Science and Psychology movement and other similar organizations for the purpose of revealing to all men everywhere that the germs of cancer, TB, poliomyelitis, etc., will not be found in a test tube. The name of the germ is fear—it is in the mind of man.

I told an English woman in Calcutta, who asked me to refer to her case in this book without, of course, identifying her in any way, how to handle a difficult domestic problem. People told her that her husband was supporting an Indian woman and seeing her frequently. She said they were married for thirty-nine years and had a grown family. She was deeply resentful and hated this other woman like poison. She had permitted herself to be tempted or turned away from God's love, peace, and goodwill. She had forgotten the spirit of forgiveness in her lust for revenge and to get even. She was ill. She was being led down a blind alley, not by God or any supposed Devil, for the only Devil in the world is the negative thoughts to which we yield or give attention. She didn't have to go along with the negative thoughts of resentment, hatred, and ill will. She had the power within her to completely reject such thoughts. Certainly they are unfit for mental consumption. She had the power to order the thoughts about, the same as you would order your store employees to attend to some business matter or routine. I explained to her how the captain on board the aircraft to Hong Kong showed me how they keep the aircraft on the beam. He showed me the beams of light and how they work and then pointed out how the ship was off the course fifteen miles due to bad weather, but in a matter of minutes it was right back on the beam and kept again traveling as God's plane through the heavens guided by His Light.

She saw that she was off the beam but the glory and wonder of it all is that she could instantaneously get back on the beam. "But this one thing I do, forgetting those things which are behind, and

reaching forth unto those things which are before, I press toward the mark for the prize." Philipians 3:13-14. She was drifting. She was off the beam of God's Glory, Light and Love. I told this woman she had to sincerely want to forgive and get back on the beam.

There must be a sincere hunger and thirst to do the right thing and then we are fifty-one percent over the hurdle and on the way to peace of mind. The Psalmist tells you about this true desire for inner transformation when he says, "As the hart panteth after the water brooks, so panteth my soul after thee, O God." Psalms 42:1.

She came to the point. She made a decision and charted her spiritual course of action. The solution was simple. Prayer was the answer, and prayer is to accept the gift of God which is already given. "Every good gift and every perfect gift is from above, and cometh down from the Father of lights with whom is no variableness, neither shadow of turning." James 1:17. "Let every man be swift to hear, slow to speak, slow to wrath." James 1:19. Be swift in hearing the good news but never indulge in negative thinking or in the mood of anger. Go within at once and galvanize yourself into the feeling of being what you long to be.

Here is how the woman healed the situation. She decided on my instructions to bless her husband. When you bless someone you identify that person with God's qualities and attributes and remain faithful to the God in the person. Each person you meet is an Incarnation of God and all you have to do is to realize what is true of God is true of the other. She prayed and truly blessed her husband by frequently saying with all the feeling and love at her command, "My husband is God's man. What's true of God is true of him. My husband is expressing God's love, harmony and peace of mind. He is Divinely guided and illumined by the Light. There is only Divine Love, Divine Peace and Harmony between us. I salute the Divinity in him." When thoughts of fear, worry or resentment came into her mind, she would immediately turn to the Spiritual Truth about him and silently claim, "He is God's man and God is being expressed through him," and other similar statements. The point was that she really meant it. She kept her eye on the beam of God's Glory. She knew that he who perseveres to the end shall find the answer. She was devoted, loyal, and faithful to her announced goal which was

Harmony and Love, where discord and confusion reigned previously. Love is an emotional attachment and she became attached mentally and emotionally to the truths of God.

I told her that as she gave her attention to the truth of God about her husband and persevered she would ultimately build a state of consciousness which would precipitate itself as experience into her life. Sooner or later she would qualify her consciousness and reach a climax of fulfillment and then the answer would come. Never once was she to permit her mind to wander after false Gods. To do so would rob her of her strength and faith and nullify her prayer.

Whole-souled devotion to the Truth is essential. You must not permit extraneous material such as fear, doubt, worry and other negative concepts to creep into your mentality. To do is to be seduced, is to be tempted, or caused to turn away from your true ideal and goal in life. You must be loyal to your chosen ideal or goal.

This woman was loyal to God and the Truth. She never once faltered. She was faithful all day long. She prayed without ceasing, which means she maintained the right mental attitude in spite of all appearances and unpleasant episodes and abusive treatment. She knew the Truth must win, and win she did. The third night the husband came home and said to her, "Here is the diamond bracelet I was taking to the other woman. You are the one I love." He asked forgiveness and admitted he was a fool, saying, "There is no fool like an old fool."

"Deliver us from evil." You deliver and free yourself from all negative experiences by realizing that you can have all things you want in life through the law of God. The law is, "I am that which I contemplate." Troward says it this way, "All things are made by the self-contemplation of spirit." I am that which I feel myself to be. Whatever you claim as true of yourself you become. The Power responds to your belief and to believe is to accept something as true. Then the Power responds accordingly and distributes itself in your world as health, wealth, abundance, etc. It is all done according to your belief. You don't have to hurt anyone in the world to get what you want. You can go to the same Eternal Fountain and drink of the water of Life. The price is belief, faith, conviction. All men can pay that price. States of consciousness manifest themselves. The Bible

says, “Go in and possess the land,” which means to go within your own consciousness and there claim and feel you now are what you long to be—that you possess what you long to possess and as you remain faithful to your claim and press your claim you will experience and manifest it.

Spell the word “evil” backward and you have your answer. It means to live life backward. You are here to learn to differentiate, to distinguish and choose between a good apple and a rotten apple, to eat the right berries and not the poison-out berries on the bush. You must learn when you are young not to play with snakes, but it is all right to play with dogs. Likewise, in the realm of the mind, you must refuse mental food unfit for mental and spiritual consumption. You must learn to reject all unsavory mental food. Follow the injunction of the Bible which states in majestic, spiritual overtones, “Get thee behind me, Satan: thou art an offence unto me: for thou savourest not the things that be of God, but those that be of men.” Matthew 16:23.

All this means is that you are now awakening to the Truth and you positively and definitely refuse to indulge in vicious and destructive thinking. Satan means to err, to slip, to make a mistake. It comes from the word Sata—to err. You err when you fail to contemplate God and all things Godlike. You are here to separate the sheep from the goats while sitting on the Throne of your Glory. All of which means, your throne is your consciousness of authority, your spiritual awareness which enables you to reject everything false, foolish and superstitious and choose all things according to spiritual standards.

I have just finished talking to a very wonderful spiritual man here in Japan. He told me many interesting and fascinating experiences. Incidentally, I might mention, he is arranging for me an introduction to the Abbott of one of the oldest Zen Monasteries in Japan. I have wished to see the inner workings of this Temple and the answer came through him. You never know how the answer comes. In class I discussed some of these experiences. I rarely, if ever, go the way of tourists. They are shown what the people want them to see. You must go away from the beaten track and enter into the life and the home experience of people in foreign lands in order to know them and feel what goes on in their minds and hearts.

There are two thousand Truth Centres in Japan and eight thousand New Thought reading rooms. There are hundreds of voluntary teachers who travel from point to point. There are a great number of specially trained personnel who go from Tokyo to lecture, teach and heal. They have most remarkable healings.

A most interesting thing I just heard is that a great number of communist leaders who have been released from jail, and were considered tough, ruthless, and fanatical are now teaching New Thought openly and with greater zeal than they ever taught communism. Dr. Taniguchi, the founder of New Thought in Japan, says all they do is give them or send them literature and pray and the miracle happens. They follow the instruction: "Resist not evil, overcome evil with good."

I listened to Dr. Taniguchi, the world famous teacher of New Thought in Japan, interpret Buddhist scripture writings for his audience like I interpret the Old and New Testament every Sunday morning to my people. Dr. Taniguchi is a dedicated man, a great spiritual leader, and he went through many schools of thought and at last saw the Light—one God and the way He works. God is all, there is nothing else. Dr. Taniguchi has built the most beautiful New Thought Temple in all the world. It is magnificent. I spoke to overflow audiences in this temple.

Here in Hong Kong, which means fragrant harbour, so Chinese and yet so British, is a land of enchanting contrasts. In parts of the city the ways of thousands of years ago still persist, showing the power of traditional concepts and mental atmosphere. Children grow up in the image and likeness of the dominant mental atmosphere of the home. Hong Kong, on the whole, is a great modern city of fabulous, spectacular beauty. Here you see emerald hills and sapphire bays. Ships from all parts of the world stop here. In the lobby of the Peninsula Hotel, you will see people from all parts of the world. I must now tell you about a Chinaman I met.

I bought some material from him and I saw he was intensely worried, gave me wrong change twice and also wrong merchandise. I asked him what the trouble was, and he said, "You are a minister?" I said, "Yes." He said, "I knew you were the minute you walked in the

door.” His trouble was that he was afraid of being shot because, as he said, “I wouldn’t go along with them in their nefarious scheme.”

“Deliver us from evil.” This is not a pious petition or supplication asking a Deity to keep evil away. The Bible is teaching you correct mental and spiritual laws. I asked this Chinaman, “Can God be killed?” He said, “No, of course, not.” “Well,” I said, “that’s all you have to think—God is the reality of you and God can’t be slain. Keep your mind on that ideal.” He had a Bible in his hand, an English Bible; he spoke excellent English. I opened it at John 6:44. “No one can come to me, except the Father which hath sent me draw him.” I explained to him the meaning of that passage which is simply this, that no manifestation or experience can come into your life except your own consciousness attracts it. I went on by saying that if he saw two men fighting and one pulled the trigger and shot the other, the man who was shot actually killed himself. That is the law. Many people can’t see that. Nevertheless, it is the absolute Truth. Nothing happens to man except his own consciousness decrees it consciously or unconsciously. Both men were in a murderous mental attitude and the external killing was simply the manifestation of the man’s internal destruction. The man who committed the murder, of course, is also responsible for his state of consciousness. He has killed Love, Peace, Goodwill, Harmony. He has killed his reason and his whole mentality is at war with himself. Fear and a guilt complex follows. He has slain the Peace of God in himself. He lives in fear of the electric chair and of the prison and of course, later on, policemen will come and put him in prison. But he placed himself in that prison thousands of times before it happened objectively. He is now suffering a psychological and spiritual death.

He seemed to follow this fairly well. I wrote a prayer for him somewhat like this, “There is only one Presence and one Power. I honor this Presence in my heart. There is no other. I now know no one in all the world can hurt me without my permission. I refuse to give mental consent or permission to anyone in the world to hurt me. I give no power to external conditions, to any person. I radiate God’s Love, Peace and Harmony to all these men (mentioning their names). God is with them and acting through them. I am surrounded by the Love of God which is the invincible armor of God. It is

wonderful. God is with me and all is well.” I instructed him to pray this way fifteen minutes, three times daily. As he did so these truths would sink into his subconscious mind and he would be at peace.

I just received a most marvelous letter from him saying that he never felt better in his life and that all fear had left him. Then there is a postscript to the letter which read, “I saw by the evening paper they were all drowned at sea this morning.” He was delivered from evil, negative imagery, and fear thoughts by prayer. The sequel or way the prayer is answered is always past finding out. “As the Heavens are above the earth so are My ways above your ways.” There must have been a great fear of death on the part of the men who were drowned—again a state of consciousness. It is not an angry God drowning people or punishing people. States of consciousness always manifest themselves. When we destroy the enemy in our mind through faith and loyalty to the one True God we are at peace. When a person is drowned or when he meets with sudden death or is accidentally shot, the thing to remember is that you don’t know the contents of the other person’s consciousness. You haven’t seen his habitual thinking, his moods, feelings and beliefs. His religion and environmental training plus his habitual mental atmosphere have entered into the conditioning of his consciousness. The race-mind believes in accidents, misfortunes, calamities, death and failure, etc. It must be clear to anyone who wants to think at all that if we do not consciously choose and direct our thought life, the world, or race mind will gradually impinge itself on our deeper mind and unconsciously we will attract negative experiences, not perhaps because we consciously gave our attention to these things, but rather that we failed to think spiritually and constructively.

This is why Jesus said, “Except ye repent ye shall likewise perish,” meaning except we change our thought and keep it changed we too shall be victims of the race mind. We are all immersed in the great collective unconscious of which Carl Jung speaks. We are receiving the thoughts, feelings and beliefs of the world mind now according to the degree of our receptivity. We are giving and receiving all day long. You are a broadcasting station as well as a receiving station. Subjectively we are one with all men in the world. Quimby said, “Our minds mingle like the atmosphere and each has

his identity in that atmosphere.” The man who does not pray or direct his thinking is just one of the herd and is pushed around by every wind that blows. Ask your friend, “Did you get the flu this year?” She will answer, “No, not yet.” She is expecting it, isn’t she? The flu is a belief of the race mind.

Sickness is a race belief. If you don’t believe in sickness and realized because God could not be sick, you couldn’t—then, of course, you would never be sick, you couldn’t be. If you really did not believe in a physical death, you would not leave any physical evidence of it. Fear is the death of faith. Hate is the death of love. Confusion and anger are the death of peace. Sorrow, grief and gloom are the death of joy. These are the thieves, robbers and murderers which rob, steal and kill our peace, happiness and health.

A man who had listened to one of the lectures visited me in the Hotel and said, “Why is it that I have done good all my life and yet evil follows me wherever I go, whatever I do?” He then proceeded to tell me all the good he had done and is doing for people and for the world, and it was very impressive. He gave large sums of money to the poor, to churches, and charitable organizations, he went regularly to church, sang hymns and did all the things he was supposed to do according to ritual and formula. He was really bitter toward God because, as he said to me, “God has let me down. I do his work and evil follows.” He then cited misfortune after misfortune which had befallen him and his family in spite of all his good works. He said the wicked seem to prosper like the green bay tree. All this sounds rather convincing, but there was an obvious error in the whole story. I asked him a simple question when he had finished and it was this, “Tell me about your thought life—that’s what I want to know, for that which we sow, we reap.” What we are in the inner world of the mind is what we experience on the outside. His inner realm of thought and feeling was full of recriminations, bitterness and condemnations. He was angry toward God. His thoughts were erroneous and highly negative and naturally he evoked and called forth the automatic response of his own unconscious mind.

Think good, good follows. Think evil, evil follows. He was thinking more or less in a confused manner. Nevertheless he was operating a law which responded according to the nature of his thought. A man

may be kind to animals, give candy to babies and repeat some prayers by rote, not knowing what they mean, in a sort of perfunctory manner. He may pay his taxes and be nice to the neighbors. All this is good and it is as it should be, but in his inner life he also must practice goodness, truth and beauty. His thoughts, feelings and reactions to life must coincide with the Golden Rule, the Law of Love and the Spirit of Forgiveness.

“Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Philippians 4:8. This is the answer to the question. God’s gifts were waiting for this man, but he had to open his mind to receive them.

“Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, said the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.” Malachi 4:10.

I told this man all he had to do was to completely change his mental attitude and begin to completely accept in his mind that God’s fullness was flowing through all the departments of his life, that he was Divinely guided and blessed in all ways. He decided to cease all negative thinking and from that moment forward to assume that Divine guidance, prosperity and right action would come forth in his life in the same way as the sun comes forth in the morning.

To enter into the spirit and wonder of it all is to open the windows of heaven and receive the blessing which was always there. He began to feel inwardly that he was guided, blessed and prospered, and he began to accept it mentally and decided to live in that mental atmosphere, and as the clouds become saturated and fall as rain, so will his changed mental attitude result in mercy and love and fall as the gentle rain from heaven. I haven’t heard from him, but I know from the Light in his eyes and the radiance of his smile that the windows of heaven are opened for him and as I write I am sure his mind is open to receive the dew of heaven.

It is our mission to ask wisely. We must learn how to pray aright. Our pains, aches and illnesses are life’s response to our negative

thinking, causing us to seek the Light and the cause. You are the creator of your own good and your negative experiences. Decide now to experience the glory and beauty of life. It is your mission and purpose in life to go up the Hill of God, expressing ever higher and higher states of consciousness, revealing to yourself and the world a grander and greater measure of His infinite wisdom, glory and power. Remember always that there is but One Power and One Presence. There is no other power to challenge, oppose or thwart the Infinite One. "There cannot be two infinities." Troward says, to repeat a quote, "If there were two opposing powers one would cancel out the other and there would be chaos instead of a cosmos." This power is your own awareness, your own consciousness, your own "I am" is God, the Infinite One, the very life of you. This is the mystery hidden from all generations. This is your foundation, the rock upon which you build your whole future. What is true of God is true of you.

To know and realize this is to become filled with a mystic awe, a reverence, a devotion which words cannot describe. You begin to realize what the poet meant when he said, "Closer is He than breathing, nearer is He than hands and feet." It is God believing himself to be you. You are God expressed for there is but One Being, One Life and all of us are the One Life made manifest. We couldn't be anything else for there is no other. "Hear, O Israel: The Lord our God is one Lord." Deuteronomy 6:4.

The evil that man is experiencing is due to his belief in another power. He is full of beliefs in secondary causes. Man must come back to the One, the Beautiful and the Good. It is written, "Hear, O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these." Mark 12:29-30-31.

"If a man say, I love God and hateth his brother, he is a liar; for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? And this commandment have we from him, That he who loveth God love his brother also." Epistle John 4:20-21.

The evil which man experiences would begin to vanish if he gave all his allegiance and devotion to one supreme power, recognizing no other. There is, as the commandment tells you, only one Power, one God, one Love, one Life, one Father of all. The Fourth Epistle of John really tells you in plain language that if you truly worship the one power, you will likewise express that love, respect and goodwill to your brother man. "If a man say, I love God and hateth his brother, he is a liar." Love is an emotional attachment, complete loyalty and allegiance to ONE—the one God.

Put your heart and soul into applying the Truths of God into your life and as you establish peace in your own mind and when your heart is full of love and goodwill to all, you will find that an inner peace becomes real and actually you begin to love all men everywhere, wishing for them all good things. Your love is now a spirit of forgiveness, an understanding and a sincere blessing and goodwill to all. "He who loves God loves his brother also." Here really, is the way to a happy, healthy and prosperous life. Your intense passion and desire to transform yourself plus your faith in an everlasting Power which responds to your thought, sets the creative law in motion (action and reaction) and the result is bliss, peace, happiness and joy. You know whatever is true of God is true of you, and as you claim that God's qualities, attributes and potencies are yours, and as you continue to do so, the God Presence responds accordingly. Your desire, plus your faith unite in a mystic marriage of the soul, and the offspring of such a union is peace, health, and joy. You have triumphed over evil, pain and trouble. God and His love fills your soul, and where love is there is no evil. Loving God and the good, you are in love with all men. "And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love, dwelleth in God, and God in him." Epistle of John 4:16.

CHAPTER III

MY VISIT TO HONOLULU

I am writing the last chapter of my book in this beautiful city of Honolulu, Hawaii. I was pleasantly surprised to be met at the Honolulu airport on my flight from Japan by about sixteen Japanese and they placed so many leis around my neck that my face couldn't be seen. The New Thought movement in Japan where I spoke cabled them, telling them I was coming and to invite me to speak. I enjoyed speaking at the New Thought Temple here called Seichon-ko-le, meaning Infinite Life Movement. The building is spacious and beautiful and their leader and members of the Board are dedicated men. Speaking in their Temple in Honolulu was a great joy and a magnificent spiritual vibration permeated the entire atmosphere. The people here are going from glory to glory.

"For thine is the kingdom, and the power, and the glory, for ever. Amen." Matthew 6:13. Here the inspired writer enters into a paeon of exultation and praise about the God presence within. Here you are reminded in majestic cadences which whisper and murmur in your heartstrings that the Kingdom of God is within you. All the wisdom, power and intelligence of the Infinite One is within you, waiting for you to call upon it. "The Kingdom of God is at Hand." The Love, the Peace, the Health, the Joy, the Answer you are seeking—all these are within you. They are present from the foundation of time. Don't wait for peace. Peace is of God. Tune in on the Infinite One now and let His river of peace flood your mind, your heart, your whole being. You will then discover that truly the Kingdom of God and His peace IS at hand. It is here now. "The works were finished from the foundation of the world." Hebrews 4:3. This is the whole story of prayer and religion.

The work being finished, all that you have to do now is to open your mind and heart and receive the gift of God. God is the giver and the gift. Man is the receiver. Begin now to contemplate the finished works of God and cease saying, "Someday I will be happy." Don't postpone the coming of God's Kingdom, of Peace, Harmony and Joy. "Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands." Timothy 1:6.

Change your thoughts and former concepts of an evil, disordered, chaotic world and realize that all is perfect in God and Heaven. In the midst of a storm at sea, deep down in the ocean there is absolute calm. The same is true of you and your world. Underneath the fretting, fussing and fuming, behind all of man's inhumanity to man there is an ever abiding peace, an everlasting law of righteousness and an absolute bliss and harmony. "I am God, and there is none like me. Declaring the end from the beginning, and from ancient times the things that are not yet done." Isaiah 46:9-10. Here in simple, beautiful, Biblical language, you are told that man creates nothing. He only gives form and expression to that which is already created, just the same way as Edison did not make electricity, he released it or made it manifest in your home so that you can use that which always was from the foundation of time.

Moses could have used television, radio or loud speakers in his day. The principle and all things necessary for this manifestation always existed waiting for him to use them. You don't create Love, Joy, Harmony, or Health. You express these qualities by reorganizing your mental pattern according to harmony and peace, and immediately you express these qualities of God. Your sickness, pain and aches are due to disorganized thought patterns. Reorder your mental patterns and perceive the Truths of God which are eternal and change not and again you will experience that which you thought you had lost. Don't think for one minute you are going to become more spiritual next year or fifty years from now. Spiritual growth and expression has nothing to do with time and space. God and His attributes are timeless and spaceless. In the prayer process you leave time and space and you enter Eternity—timeless, spaceless, and formless and as you contemplate God and His love you become more Godlike every day. All that you ever hope to be,

you are already. All that is necessary is to believe and assume you are it and you become it. It is here now. Don't say, "Some day I will be a great teacher." You are the teacher now, the All-Wise one is within you. I am sure you can't imagine God learning something, or that God is growing, expanding or evolving. God is and all there is is God.

The Book of Hebrews which I quoted from tells you that all the works are already finished. "I am the beginning and the end, there is nothing to come that has not been and is."

I like what an Indian sage in Ceylon said to me, "When I read your scripture I say, 'What did I mean when I wrote the book of John or what did I mean when I wrote Genesis?'" He said that he read the Vedas and Upanishads and all Sacred Literature the same way. This is a beautiful and a really wonderful way to read the Bible or Plato or any great works. Consciousness wrote all books, i.e., your real self, the self of every man. There is only One Being playing all roles. Therefore, when you awaken to this you realize you have been everywhere, you have seen everything, you have written everything. You have played all roles. You have been Jesus, Moses, Buddha, Mohammed, Plato and all men who ever lived.

There is only one Being dramatizing Himself as the many. This one Being is indivisible. It is now playing the role of the reader of this book. You have been everywhere; you have seen everything and the whole world and all of creation is within you. You (i.e., your consciousness) wrote all Bibles, spoke all languages. Your estimate and mental blue print of yourself determines what you are now experiencing. All tones are in the piano, but it depends how you play whether you strike a discord or play a melody of God. The principle of Harmony plus the tones and notes were there from the foundation of time. You can play "Pop Goes the Weasel" or a Beethoven Sonata. All that you desire now whether true place, a healing, inspiration, guidance, or prosperity already exists. All that is necessary is for you to believe that this is so.

Enter into the feeling of being or possessing what you long to be or possess and you will experience the manifestation, for according to your belief is it done unto you. Change your belief about God, Life and the Universe. Claim that all the things that are true of God are

true of you and you will enter into the Kingdom, the Power and the Glory.

It is wonderful for you to contemplate that Omnipotence is within you. This is the power that moves the planets effortlessly and sustains the galaxies in space. This gives you a feeling of reverence and you begin to feel the truth of the statement, "With God all things are possible." Just imagine for a moment that all the atomic, nuclear and electric power of the world is as nothing compared to that which is ALL. The Glory is the Light of God. When the writer says, "Thine is the Glory," he is referring to the Infinite Intelligence of God which created all things, sustains all things and governs the entire cosmos. For example, the Living Intelligence made your body, created all its organs, cells, tissue and muscles. Your conscious and subconscious mind are projections of it. It is the same Intelligence which guides the planets in their course and causes the sun to shine. It is the Intelligence, or Light which watches over the birds. "Behold the birds of the air, they toil not, neither do they gather into barns, yet God feedeth them." It is marvelous to contemplate the fact that God knows only the answer.

I was wondering last night what to say to a man from Persia who is staying where I am at present. So I went to sleep saying, "God, you know the answer for Thine is the Glory." I went off to sleep just dwelling mentally on the answer, nothing else. In the morning, I told him what was revealed to me and his reply was most significant. "Thank you, Brother, to God is the Glory." The glow and the ray (Glory) mean the warmth of His Love and the radiance of the Light Limitless.

In the class I gave on the Psalms at the Wilshire Ebell Theatre which was so immensely popular that I regularly receive letters saying, "When will you repeat the Psalms?" I gave the inner meaning of the 139th Psalm, one of the most beautiful, soul stirring and illuminating psalms in the whole Bible. Dr. Evans, the famous follower of Quimby, saw and understood its meaning. To him it was the key to all spiritual healing. It shed its glory on him. "My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being imperfect; and in thy book all my members

were written, which in continuance were fashioned, when as yet there was none of them." Psalms 139:15-16.

One young girl in the class meditated on what was said and when she went home, she began to talk to herself saying in effect, "The Living Intelligence which made and fashioned my body even before any of my organs appeared must have a pattern and a prototype of all organs, cells, tissues, etc. It must know how to remake a damaged organ inasmuch as it is the Creator and maker of the body." She heard the explanation about the little boy who was told that the man who made the Frigidaire could fix it and then the little boy was told God made his toe and could mend it too, if he asked him. The little boy, prior to sleep, said, "God, you made this toe; I want service on this toe. I want it now. Thank you. Amen." The little boy's toe was made whole. The Living Intelligence responded to the boy's belief and expectation. He expected service from the maker of his toe, like you would expect service from the maker of your ice box or washing machine. If it is out of order, the manufacturer knows what is wrong and certainly can adjust it. This is what the Psalmist is telling you. He says in effect, "In thy book all my members were written." The book is your deeper or subjective mind which created your body and all its organs. In that Book or Divine Mind is the perfect pattern or idea behind a heart, lung, liver, brain, or any organ. "All my members (organs) were written," which in continuance were fashioned, and came forth in regular order, gradually and systematically, so that in nine months the child is fully grown in the womb. "When as yet there was none of them." All your organs came out of the invisible. God's fully grown man was already in the cell, in the womb, in the same way as the fully grown oak tree is in the subjective mind even though you do not see it within the acorn. How could the acorn become the oak except the fully grown pattern already existed in the Divine Mind.

This young girl meditated on these truths and then she began to claim regularly and systematically, "The Living Intelligence which made my body now takes over and it is restoring, healing every atom of my being, making my whole body conform to God's perfect pattern of Harmony, Health and Peace." There was understanding and faith in that prayer. She knew what she was doing and why she was doing

it. She turned her damaged or diseased organ over to its maker for service and she demanded service like the little boy demanded it for his toe. She had a wonderful healing through the appreciation of the wisdom of the Psalm.

Begin now to realize that God knows only the answer. Infinite Intelligence could not have a problem. It has the answer. The greatest desert in the world is not Arizona, Sahara, or Mojave, it is in the wilderness of man's mind which is full of miscellaneous growths of all kinds, such as fear, doubt, worry, ignorance, superstition as well as other sorts of sundry concepts of a foolish nature.

Realize once and for all time that the Kingdom of Heaven is within and that it is the Father's good pleasure to give you the Kingdom. "Son thou art ever with me, and all that I have is thine." Luke 15:31. Prepare your mind to receive the good which already is. "Prepare ye the way of the Lord, make straight in the desert (your mind) a highway for our God." Isaiah 40:3.

As you enthrone God in your mind by regularly claiming, "Infinite Intelligence leads and guides me in all my ways," you know that the premise established in your mind is true. Therefore, the automatic response of the deeper self will be in accordance with your request. In other words, the result will be right and good and true. Keep on doing this and "Every valley (depressed state) shall be exalted, and every mountain and hill (obstacles) shall be made low, and the crooked (difficulties, entanglements) shall be made straight, and the rough places plain." Isaiah 40:4.

When you turn to the God Power realizing the Kingdom is within, know also that It answers you in Its own way. Simply trust It and believe It, like you trusted your mother when you were a child. You looked into her eyes and you saw Love there. Look to the Infinite Love and Goodness of God.

Love is Trust. Don't say How, When, Where or through what sources. Simply believe "For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." Isaiah 55:9. "For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord." Isaiah 55:8.

It is wonderful to begin to practice trusting the Infinite Intelligence within you, to become a lamp unto your feet and a light on your path.

Keep it up through habitual thinking and finally it becomes a dominant conviction. Then you have the real Lord or God Wisdom in charge of your mind as Ruler and Governor and then “Thy sun shall no more go down; neither shall thy moon give light unto thee: but the Lord shall be unto thee an everlasting light, and the days of thy mourning shall be ended.” Isaiah 60:20.

Cease giving power to a world of effect. The only power is God—your own Consciousness. There is no other. Let spiritual thoughts and the mood of confidence and faith plus the conviction in all things good rule, govern and guide the Kingdom of your mind. Then you are singing the song of the jubilant soul who wrote in the Bible, “The sun shall be no more thy light by day; neither for brightness shall the moon give light unto thee; but the Lord shall be unto thee an everlasting light, and thy God thy Glory.” Isaiah 60:19.

“For thine IS the Kingdom, the Power and the Glory forever and ever. Amen.”

PRAYER IS THE ANSWER

THE MEANING OF THE SACRAMENTS

(1956)



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CHAPTER 1

THE HEALING POWER OF GOD AND HOW TO USE IT

Baptism and Original Sin Explained

The word *sacrament* means a binding compact within the sanctuary of the soul. In simple language it is the harmonious relationship between the conscious and subconscious mind bringing you harmony, health, and peace. The word *sacrament* comes from the Latin word *sacrare* which means to make sacred, to make holy.

This book deals with the inner or real psychological meaning of the sacrament revealing a magnificent process of spiritual rebirth. As you peruse, meditate on, and apply the simple techniques outlined herein, you will discover a power within you which can lift you out of a sickbed, making you whole, radiant, and perfect. Here you will find the key to happiness and peace of mind.

The greatest prison in the world is the prison of the mind. Decide to be free now and to shape your life along Godlike ways. In every page you will learn about and how to use a wonderful, magical, healing power which will bind up the wounds of the brokenhearted, which will proclaim liberty to the captives, and the opening of the prison to those who are bound by fear, failure, misery, and pain.

Solve that problem now. Decide to be prosperous. Smooth out all difficulties. Move onward and upward through the Power of God within you.

In order to advance spiritually, we must give up the lesser for the greater; this is symbolized in the Bible by the sacrifice of animals. What the latter really means is to give up negative, destructive thinking, all negative emotions, and to make a place in the soul

(subconscious mind) for the higher qualities of goodness, love, and truth. In other words the sacrifice of animals meant the practice of the great law of substitution, such as giving love for hatred, bringing joy where there is sadness, bringing light where there is darkness, and entering into the spirit of forgiveness where ill will is. The slaughtering of beasts mentioned in the Bible is not slaughtering in the ordinary sense of the word. It is true, of course, that people in various parts of the world, not understanding the laws of the mind and the ways of God, propitiated their gods. There are parts of the world where they still offer up human sacrifices. In my recent round-the-world lecture tour I heard of many instances from governmental officials and other prominent people.

In ancient times when famine came, crops were destroyed, or cattle died from epidemic, men offered up bullocks and cattle. All this disaster, they believed, was inflicted by an angry God. In order to appease this angry Being, they offered him their gory sacrifices in the belief that thus they would gain his good will. The idea behind this was to give up something near and dear to them in order to achieve their objective or goal. This age-old, jungle superstition prevails to this day; the British Government has made heroic efforts to stamp it out in all parts of the Empire. Primitive man has offered up his own children—sons and daughters—to propitiate his gods.

I observed a man in India whose arms were paralyzed, and who was blind as a result of staring at the sun. He brought the paralysis and the blindness on himself voluntarily because he wanted to atone for his sins, thinking that by torturing himself he was pleasing his god. I have seen others who have crippled, distorted, and twisted themselves into all sorts of weird forms, miserable husks of what once were men. All this has been done to appease their gods or atone for their sins.

I heard a man in South Africa say, "I will give up drinking and cursing if God will spare my boy." Here again is a phase of the old racial belief—dread of an angry God. All these procedures and practices are due to the fact that man has postulated a god apart, an inscrutable, tyrannical, oriental, despotic sultan ruling in the skies. His concept seems to be that God is some sort of a cannibalistic

Moloch living in the skies who has to be appeased by blood-letting sacrifices and suffering.

Last July I visited a sacred shrine in the Orient. I chatted with a young girl at the shrine who had traveled four hundred miles to visit this Buddhistic shrine. She had not eaten for three days. She lit many candles and brought lots of fruit as an offering to Buddha. She prayed for a long time each day and each day offered up more candles and fruit. She said to me she was sure that if she fasted and spent all she could on gifts to Buddha, her prayers would be answered. I noticed she emptied her purse before the shrine of Buddha. Her prayer was answered not because she lit candles or gave oranges and rice to Buddha, but because of her belief. According to her belief was it done unto her. All her sacrifices were of no avail and meant nothing insofar as the laws of mind are concerned, for the law of life is the law of belief.

If man will sit still, relax his mind and body, and believe that his prayer is answered—it will be answered. Candles, oranges, journeys, and pilgrimages are not necessary. It would be silly to say that such practices at shrines are bad; they are not. These people believe that God looks with favor on their practices, and in that way they experience a feeling of inward *grace* following their ritual, ceremony, or offering. However, all such observances are really based on ignorance and lack of understanding.

“To what purpose is the multitude of your sacrifices to me, saith the Lord. I am full of the burnt offering of rams and the fat of beasts and I delight not in the blood of bullocks or of lambs and he goats.” *Isaiah* 1:11. The meaning of the above quotation is this: Any state of mind other than complete mental acceptance of your desire or ideal is an abomination unto the Lord. All sacrifices are superstitions and mean nothing. All that is necessary is to feel the reality of your prayer; live, move, and act in that mental atmosphere, as though it were already a fact. With that fixed attitude of mind, your belief will objectify itself. This is the meaning of “Believe that you have received and you shall receive.”

In this book we are going to remove all the wrappings and the trappings, and to reveal the principle at work and how to operate it scientifically.

To think that God requires you to shed your blood for someone, or sit in an ant heap until your feet are eaten up, as some men do in India is a monstrous absurdity and makes a cannibal of God instead of a God of love.

A man in London said to me last year, "We are here to suffer because the Bible says 'We glory in tribulation.'" *Romans* 5:3. Here is another instance of a man thinking that his redemption could only come through suffering. I explained this paragraph. When you find yourself in tribulation; i.e., if you have a problem, you seek the answer, the solution, the way out—that is to glory in your tribulation. The word *glory* comes from two words, *glow* and *ray*. Ray. means the Light of God or the Infinite Intelligence which knows only the answer; and the glow means the warmth, joy, the thrill you feel when you know that the action of God is now taking place where the problem is; as you remain faithful to this fixed attitude, the dawn comes and the shadows flee away.

Be sure you glory in your tribulation the next time. It is a simple technique of prayer. We must not twist it or distort it, placing more chains on people already suffering enough. Look upon the Bible as a story about yourself—a parable—a tale always to be told. The Bible is a great psychological document teaching you how to release the Power, the Wisdom, and the Intelligence of God lodged in your unconscious depths. You can begin to make a sacrifice now. I assure you, it will be the turning point of your life. Give up all beliefs in other powers, simply enthrone in your mind One Spiritual Power and give allegiance to that One Power only. Recognizing only One Power, uniting with It, knowing that its Life, Love, Truth, and Beauty are forever being expressed through you is the real sacrifice—all else is superstition and rank nonsense.

Here is how to practice the sacrifice. A friend of mine was involved in a lawsuit recently. The other man was lying and had sworn falsely. My friend was highly incensed, hostile, and full of recriminations. I explained to him that he would have to sacrifice his negative feelings by supplanting them with the mood of love and faith in the Absolute Principle of Harmony. Instead, therefore, of wasting his energy and vitality by indulging in negative thoughts toward the man who was suing him, he took his mind off him

altogether and began to pray in this manner: "The absolute Harmony of God reigns supreme in the minds and hearts of all involved in this legal case and there is a divine, harmonious solution. Divine Justice and Divine Love prevail." He repeated that statement of Truth knowingly, feelingly, and meaningfully until he felt it registered in his deeper mind. You inscribe these Truths in the heart by repetition, faith, and expectancy. He imagined these truths sinking into his deeper mind like seeds being deposited in the soil. After a few days he was at peace about the whole matter and subsequent events verified and testified to his inner mental attitude of poise and confidence. A verdict was rendered in his favor which blessed all. It was Divine Order. "Order is Heaven's first law." (Troward).

The above incident explains the whole idea of sacrifice and sacraments. The man gave up the mood of a problem and entered into the sense of oneness with God and His Law of Absolute Harmony. He freed himself from fear and worry and gave himself faith and confidence. We said a sacrament means to make sacred or holy. The word *holy* means to be integrated, to be at peace, to be healed, to be poised, serene, and calm. You are holy when your mind is at peace, when you are healthy, happy, and full of good will to all. There are various degrees of wholeness and perfection. You offer up a sacrifice when you turn away from pain and dwell on God's River of Peace flooding your mind and body. You have given up the burden of pain and decided to enjoy relaxation and perfect health.

A ship in distress on the high seas oftentimes lightens its cargo by casting overboard surplus freight in order to enable the ship to speed its way to a port of safety. Every time you pray, you are partaking of one of the sacraments and sacrificing something, because when you pray, you turn away from and give up a limitation of some kind.

For example, give up the idea of poverty and feast on the idea of plenty. Give up the idea of hate and feast on the idea of love. Give up the idea of sorrow and feast on the idea of peace. Give up the idea of envy and feast on the idea of good will. Praying in this manner you are really sacrificing because you are giving up the lesser for the greater. Philo Judaeus of Alexandria summed it all up in a few words when he said that the only thing you can offer God is

“Praise and Thanksgiving.” How beautiful, soul-stirring, and yet how true!

The Truth student is offering himself daily on a cross and shedding his blood in this sense. The cross means you are crossing over from darkness to light, from ignorance to understanding, from fear to faith, from pain to health, from ill will to good will. The Truth student is always psychologically crossing over; i.e., he rises with his two wings of thought and feeling above the barrier, the handicap, or the problem, and rests in the Secret Place, the inner recesses of his mind, where he contemplates the Divine solution. There he imagines and pictures the solution, the way things ought to be; he sheds his blood. Blood is life, which means he pours life, love, and feeling into the picture and makes it real. In other words, he makes his prayer alive. He senses and feels the reality of the invisible idea. The idea is real; therefore, he rejoices in the idea and gives thanks for the idea. In this way the student dies to the belief in the problem and rises to the belief in the answer, feeling in his heart that his prayer is answered. He has entered into the joy of the answered prayer; he has shed his blood for the other and saved him from his problem.

You will now see how simple it is to perceive the truth of the Bible. Let me illustrate. A friend of mine in Sydney, Australia, dined with me in the Australia Hotel, Australia’s loveliest hotel. He told me he had a tumor. He was a very fine Truth student and had a class for some Protestant clergymen twice weekly where he taught them the inner meaning of the Bible. We decided to pray about it. Impulsively I said to him, “I will shed my blood for you on the cross.”

He replied, “You know, that is the perfect way to pray.” I was delighted to hear him say that and asked him to elaborate. He told me that in an esoteric school in India where he had studied, the Yogi always had said of prayer that the passover and crucifixion stories express the perfect way of prayer. (See my book *Peace within Yourself*.)

I stayed eight days in Sydney, and again stopped there en route from New Zealand to India. I prayed for him night and morning. In this way I made his request my own, saying to myself, “I have to cleanse my own mind of the belief of a tumor.” The cross I carried was his desire for health which now became my concept of health

and perfection. I knew, in order for crucifixion to take place, the idea of his perfect health, harmony, and perfection would have to pass from my conscious mind to my subconscious mind; i.e., the idea would pass over from the conscious mind and become a fixed impression or belief in the subconscious mind.

Crucifixion means crossing over from the conscious to the subconscious mind. When you succeed in impressing your subconscious mind with the belief in perfect health—healing follows. You become fixed in the belief (crucifixion) that it is so.

Every night and morning I prayed this way:

“John Jones, my friend, is God’s man. He is pure spirit. God’s wholeness, purity, and perfection are made manifest and reflected in every atom of his being. This idea of harmony, perfect health, and peace is now impressed in my mind, and I know he is made whole, pure, and perfect. God and His Love are being fully expressed in his mind and body.” I quietly affirmed this every night and morning after entering into a drowsy, sleepy, meditative state. I shed blood for him, figuratively speaking, meaning I gave life to the words. *Blood* means life. I felt them as true. The *word* in the Bible means feeling, awareness, conviction. It is a mood, tone, an inner, fixed mental attitude. I had to die psychologically to the belief in a tumor and resurrect the idea of his perfect health and harmony. He prayed in a similar manner for himself. There was a complete healing in his case.

Anyone with ordinary common sense, a high school education, and an open mind will see at once the whole meaning of being saved by the blood of the lamb and all such kindred statements. The *lamb* means God, Life, the Healing Principle; the *blood of the lamb* means the Life, Power, Wisdom, and Intelligence of God in action. Could anything be more simple? If lost in the jungle, the Intelligence of God would lead you out if you turned within, and said, “God is guiding me now and reveals to me the perfect path.” The way would be shown you, and you would be governed by an Over-Shadowing Presence and compelled to move in the right direction toward your freedom. You were saved by the blood of the lamb. Do you hear? Can you see? Is it plain? Could it be simpler? You offer yourself up to God when you dedicate all your thoughts and feelings to God.

Feeling follows thought. When all your thoughts are God's thoughts, God's Power is with your thoughts of good.

I said to the students attending the lectures on the "Inner Meaning of the Sacraments" that they would hear very familiar words, but that I wanted them to hear the words spoken in an unfamiliar way. Let us take, for example, the following admonition given by Moses to the children of Israel, "Never leave any vessel uncovered." The *vessel* is your mind which you are supposed to guard, watch, supervise, and govern so that all sorts of sundry concepts of a negative nature cannot penetrate. In other words you should be busy filling your mind with God's ideas and verities so that there will be no room in your mind for negative and destructive thoughts. If you met someone on the street and he invited you to the slums, you would in all probability say, "No," offering as an excuse, "There are gangsters, assassins, and murders in those places, and I don't wish to go." You go down the slums of your mind when you indulge in the emotion of resentment, jealousy, and ill will. These gangsters who dwell in the slums of your mind will rob you of vitality, peace, happiness, health, and joy, and leave you a physical and mental wreck. Walk the sunlit streets of your mind and associate with wonderful companions, such as goodness, truth, and beauty. These companions will lead you into ways of pleasantness and paths of peace.

Your conscious mind must, therefore, act as a cover for the subconscious so that false beliefs, errors, fears, etc., floating about cannot enter your deeper mind and pollute it. The *cover* is your conscious, choosing, volitional, active mind. Watch carefully what thoughts, concepts, and ideas you choose to think upon. All our diseases are created by our own mind. Our mind is creative. If we think good, good follows; if we think evil, evil will follow. If you had free will, which you say you have, would you choose illness, lack, limitation, etc? Don't surrender your spiritual dominion.

Does your free will consist in making the wrong choice—a belief and faith in outer effects, in external causes? When you awaken to your inner power, you will choose only from God's storehouse. You will decide to select whatever things are true, lovely, and of good report. Your choice will always be some great Truth of God to

meditate on. You will choose the positive, the ideal, the goal, the solution, the way out.

The teaching of the sacraments is to get you back to the real free choice of good. How can you call yourself a free man with free will if you are held in chains to the belief in sin, sickness, hate, and are kept there by wrong instruction?

Before discussing the subject of Baptism, let us explain *original sin*. These two words are symbolic of the negative state of ignorance, a blindness to things spiritual. In the *Dictionary of Sacred Languages*, original sin represents a fall or descent into matter, in other words God becoming man. There is only One Being. Whenever a child is born, it is the One Being dramatizing himself as that child. When the child is born, whether the King of England or the man in the slums, it is born into all that its environment represents. It is born into the race belief, subject to the mental atmosphere of the home, and all those who come in contact with it.

Quimby said that a child was like a white tablet on which anyone who came along could write something. The dominant mental atmosphere of the parents during the creative act determines the type child that comes forth. (See my book on reincarnation which explains why abnormal children are born). All that original sin means when stated in simple, every-day language is a sense of separation from God. The child is at the mercy of the parents and grows up in the image and likeness of the mental and emotional states of the home. The Wisdom, Power, and Intelligence of God are resident in the child because the Kingdom of God is within all of us, and God is the very life of us.

The false beliefs, fears, and opinions of parents are impressed on the subconscious mind of the child, and he becomes conditioned accordingly; this is the stain of original sin or the immersion of all men in the race mind. The *sacrament of baptism* symbolically represents man awakening to his inner powers, discovering for example, that the Wisdom, Intelligence, and Love of God are within him, awaiting his use. When we discover the creative power of our thought, and realize that thought and feeling create our destiny, we move out of the race mind or law of averages, as it is called by Troward, and mold, fashion, and shape our own destiny.

Man, unaware of his spiritual power, makes all kinds of errors and wrong choices. When he begins to think on whatsoever things are true, beautiful, noble, exalted, and Godlike, he finds that the creative mind responds accordingly, and that happiness and peace result; this procedure is called wisdom by Quimby or the way of health and happiness. If your thoughts are wise, your actions will be wise. Action and reaction are found everywhere. Using the knowledge of the interaction of the conscious and subconscious mind and seeing that the relationship is harmonious and peaceful, the individual performs the true function and meaning of the sacrament.

The conscious mind is the analytical, natural, reasoning mind. It has the capacity to choose. It is personal and selective. The subconscious mind is impersonal and non-selective, and reasons deductively only. It is somewhat like the soil. Whatever you think and feel as true, the subconscious will accept and bring forth as a condition, experience, and event. The subconscious does not argue with you; it merely accepts the premise of your conscious mind, whether true or false, and proceeds to bring it to a logical, sequential conclusion.

This power of the subconscious acceptance is the reason why it is extremely important to choose wisely and select your ideas, thoughts, and plans based on the Golden Rule and the Law of Love. Never admit anything to your conscious mind which will not bless, heal, and inspire you. Ask yourself, "Is this thought or idea good? Will it lift me up? Is it Godlike? Where does it come from? Will it bless the other person"? If your thought, idea, plan, or purpose does not meet these general spiritual specifications, discard it as unfit for the house of God. You are really coming out of the race mind and entering into what Troward calls the Fifth Kingdom when you recognize the spiritual power within you as Almighty, One, and Indivisible. Looking upon It as the only cause and power, knowing at the same time that it is responsive to your through, you have discovered God, the Creative Power. Now you are a citizen of the Fifth Kingdom and no longer subject to race mind. You are now removing the stain of original sin because you reject the false beliefs, opinions, and traditions of man. You give no power whatever to the created world, realizing it is an effect, not a cause. Your allegiance is

to the spiritual power within. You love it and you are devoted to it. Let the following be your daily prayer: “I am a channel through which God’s Love, Beauty, Harmony, Peace, Opulence, and Intelligence flow. All the qualities, attributes, and potencies of God are now being expressed through me in a wonderful way. It is wonderful.”

As you claim this several times a day, and as you feel its truth written in your heart and inscribed in your inward parts, your world will magically melt into the image and likeness of your habitual thinking.

Baptism is a symbol of purification of the subconscious mind by Truth or right thinking. Dr. Nicoll states that the object of all sacred writings is to convey higher meaning and higher knowledge in terms of ordinary knowledge as a starting point. To understand the sacraments you must see them psychologically and perceive another level of meaning. The whole purpose and intention of the sacraments is to bring about an inner change, a transformation of the mind and heart so that man experiences a spiritual rebirth. The stories in the Bible are to be interpreted psychologically; otherwise, they become full of contradictions and absurdities.

Rebirth means to ascend to a higher level of understanding or spiritual awareness. In baptism you can see the priest or minister pouring water over the head of the one to be baptized. You can hear the words, “I baptize thee in the name of the Father, the Son, and of the Holy Ghost.” To say that man can be awakened spiritually or experience an inner transformation or rebirth by jumping into a pool of water or by having water poured on him is sheer nonsense. What is the meaning of water? The Bible uses outer, concrete tangible things to represent inner mental attitudes, feelings, and beliefs.

Let us take a few examples of what water means. “Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.” *John* 4:13-14. Here Jesus is referring to spiritual refreshment—divine inspiration. It means divine guidance or the ray of light which comes into a darkened, confused mind.

Quiet your mind, get still, say to yourself, “God has the answer.” Know it, believe it, and the moment you least expect, the response,

the idea, or answer will come suddenly into your conscious mind like toast pops out of a toaster; this is the well of water within your depths which wells up and refreshes the arid areas of your mind secreting the perfume of God's Healing Essence. I can't imagine anyone conceiving water here as meaning actual physical water. In ancient times and in all sacred languages, *water* was a symbol for Truth or the Eternal Reality and source of all manifestations. Water denotes unity, oneness, wholeness, purity, motion, or absence of parts. God is One and Indivisible.

"Infinity," as Troward says, "cannot be divided or multiplied." There are no divisions or quarrels in it. There cannot be two powers as one would neutralize and cancel out the other. Believing in One Power whose wholeness, purity, and perfection are flowing through you causes you to move mentally in a sense of oneness with all things good. You begin to reproduce all the qualities of God through self-contemplation of the spirit. You are then truly baptized because you are letting God's Truth anoint your intellect. Furthermore, your thoughts, words, and actions conform to spiritual standards and the Law of Unity which is the bond of peace.

Water is used also in the Bible for knowledge. "The words of a man's mouth are as deep waters, and the wellspring of wisdom as a flowing brook." *Proverbs* 18:4. A beautiful way to pray is to shut the door of the senses, go asleep to the world, and become alive to the Power of God within.

For example, if you wish to sell your home now as you read these pages begin to imagine the broker or a loved one congratulating you on the sale of the home. Feel the joy and thrill of the fact it is sold. (Believe ye have it now and ye shall receive.) Rejoice in that idea. Give thanks that it is sold. Enter into the reality of the state sought. Your feeling is the spirit of God moving over the water—your mind. Your mind is the water, or you could say your feeling is the water. It really doesn't matter. The fact is water takes the shape of any vessel into which it is poured; likewise your creative mind brings to pass whatever you feel as true. Your fixed states of mind become conditions, events, and experiences.

One of the meanings of water is mind. Your mind is forever moving or flowing like water, psychologically speaking. As you read

this your mind is moving and traveling psychologically from idea to idea, from thought to thought. When you contemplate the Divine solution, the perfect answer, when you realize that God solves all problems, and when you trust the Absolute Law of Harmony and Perfection to prevail, you can pray like the Psalmist (*Psalms* 46:4) who said, "There is a river, the streams whereof shall make glad the city of God." The *city* of God is your mind at peace, and the *streams* are the Godlike thoughts entertained by you. When you are thirsty, water refreshes you; likewise when you are perplexed, confused, and agitated, water, or spiritual knowledge, will refresh and restore your mind to peace. "And whosoever shall give to drink unto one of these little ones a cup of cold water only in the name of a disciple, verily I say unto you, he shall in no wise lose his reward." *Matthew* 10:42.

It would be foolish to read this inspired passage and think it refers to a cup of cold water. In all probability you would heat the water before giving it to the child. The word *cup* means the heart or subconscious mind. Notice the shape of the cup it can receive; likewise, your mind must be open and receptive before you can receive the Truth. Your mind (cup) must be like a parachute. A parachute is no good except it opens up. You can give yourself a cup of cold water as you read these pages and apply the simple truths elaborated on. You may also pass on these ideas to others thereby giving the little ones a cup of water. The *little ones* refer to all of us who have, at best, only a little knowledge of God and the way He works. No one can ever encompass and comprehend Infinity; i.e., the finite mind cannot understand the Infinite, *in toto*, but there is much we can learn and apply regarding the laws of our mind and the use of our inner power.

Baptism, the subject of these pages, antedates Christianity. People have baptized by fire and by water all over the world. As previously explained, all these ceremonies are symbolic. Baptism is an outward sign of a desired inward grace. The word *grace* means the Love and Wisdom of God. When we sense the reality of spiritual values and apply them in our lives, we are being baptized daily and hourly. The *water* poured on your head in the baptismal ritual represents symbolically the inner cleansing and purification of the

conscious and subconscious mind whether the neophyte be sprinkled, doused, immersed, or partly drowned in water. The external act has no real significance unless it is accompanied by an inner change. The inner change is all that matters.

If you find yourself afraid of germs, the weather, people, and conditions, you are not baptized. When really baptized, your eyes are open to God's Truth; His Truth grips you, making you exclaim with a loud voice, "I am Reborn!" When clean inside, you are clean outside. Cleanliness is next to Godliness. All the sacraments deal with the union of your soul with God or the Good. Your savior is the realization of your desire. If sick, health would be your savior. If your mind is full of discord, peace would be your savior. The solution to your problem, whatever it may be, is always your savior. If a man has thought that he was incurable before the idea enters his mind that God can do all things, that the Intelligence which created his body and all its organs can heal it, the mind fixed with this new idea, brings redemption. It is his Redeemer and a healing follows. Man now dies to the belief that he cannot be healed, and the idea of perfect health seizes his mind. The Infinite Healing Presence responds to his belief and healing follows. His prayer is answered—he is baptized or cleansed of a false belief. Meditate on the idea of health until it becomes a part of your consciousness and you will become full of the feeling of being what you long to be.

Jesus said, "Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born? Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God." *John* 3:3-4-5.

Nicodemus represents the type of mind you find everywhere which believes in the strict letter of the scripture; yet he is depicted as seeking the truth; i.e., he is becoming aware of a Divine power within. *Nicodemus* coming to Jesus by night means the average man, governed by his five senses, on awakening to the Truth, turns to the spiritual power within represented by Jesus and begins to digest and absorb heavenly Truths. Nicodemus represents a phase of mind typified by the person who has a particular religious belief

just because his parents had such a creed. Nicodemus was a *pharisee*, meaning a person who observes the external forms of religion without any spiritual understanding as to its origin or meaning. Nicodemus thinks that rebirth means being born again of a woman. What he fails to see is that man can enter the second time into the mother's womb symbolically and be reborn spiritually.

It is happening every day all over the world. The *womb* represents the creative mind, consciousness. The average man thinks of God as afar off. He considers Heaven as a place to which he goes after death. In order to perceive what rebirth is, we must discard our religious prejudices, dislikes, and illusions of the senses. *Rebirth* is a higher level of being, a new state of consciousness wherein man begins to think in a new way.

I knew an alcoholic in London who was also a murderer. He had an intense desire to become a new man. His constant prayer was: "God and His love fills my heart and mind." As he began to detach himself from the old way of thinking by meditating on God and His love, a tremendous internal change came over him, a Light came into his eye, he was seized by a Divine Power and lifted up to a higher level of being. He was possessed of an inner peace and tranquility. He had a transformation of the heart and he is now helping others to lead a glorious life. He went into his *mother's womb* the second time; which means that out of his joyous feeling or mood as he prayed came forth the healing, the inner peace which passeth all understanding.

Womb is symbolic of the creative power. What is the creative power? It is consciousness. What is consciousness? What you think, feel, believe, and give internal consent to. Your state of consciousness creates all conditions in your world. Awareness is the only power. Sometimes this is called consciousness. What are you aware of now? Do you say, "I am sad, I am poor, I am inferior, I am sick, etc." You are aware of these states, therefore you create them. On the other hand you can say, "I am strong, I am powerful, I am radiant, I am happy, etc." You can think and feel these moods; you will, of course, create circumstances accordingly. That is called the womb because a child comes forth out of a womb. Your mental children are health, harmony, peace, abundance, love, expression,

etc. Your thoughts are your mental children. Thoughts are things. “A man is what he thinks all day long.” (Emerson).

Your habitual thinking determines your destiny. The average man (Nicodemus) does not understand that rebirth is a mental and spiritual process, a spiritualization of his entire mentality. I explained to a young motion picture actress how to release her hidden powers, in other words, how to be reborn. She had not been expressing even one-tenth of her ability and talents. She began to imagine several times a day that she was thrilling the audience with the song of God which came forth from her. She began to say, “God sings, thinks, and acts through me.” She was focused on her ideal. As she continued to meditate in this way, she finally touched the reality of the state and objectively expressed what she subjectively felt. The real artist came forth out of the womb of consciousness. She washed away the old state of inferiority, guilt, and self-condemnation, and resurrected the qualities of faith, confidence, poise, and balance.

In baptism you go down into the water. This represents also going down into a grave—a dying. As you rise up out of the water in which you are immersed, it represents a rising from the grave—a coming to life, so to speak. When you are baptized, literally speaking, you go through rites representing burial and resurrection. The meaning of the whole thing is that the old man in you dies, and the new man is born. Water in the pond or lake will never cleanse you mentally. The only change that matters is a change of consciousness, a real change in the heart where you begin to think, feel, and act in a new way.

“That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.” *John 3:6*. The word *flesh* represents the world-mind, the race mind, the five-sense-man governed by opinions and false beliefs. His thinking and mental reactions to life are based on his conditioning. He is a sort of a stereotype machine. He responds automatically and mechanically to everything. His response to the headlines, to politics, to religion, and to people is always the same. Words of others trigger his actions. If you find fault with his political favorite, notice how he reacts. He is born of the flesh. The man who is reborn does not react mechanically and is not a machine. He realizes that news, people, comments, or criticisms cannot disturb

him because he knows that he is the only thinker in his universe, and no one has the power to disturb him.

When you have charge of your own thoughts and can order them around as you would employees, how could the other hurt you? You would have to decide to move negatively in thought. I am sure you now see what it is to be reborn.

The word *flesh* confuses so many people. I have met many people both here and in the Orient who believe that the way to overcome the *flesh* means a rigorous discipline, giving up the marriage life, becoming a vegetarian, half-starving the body, and giving up all physical pleasures. Others believe in flagellation and physical tortures of all kinds. It is true that many people who run off into caves—and into the wilderness think they are pleasing God; they hope to reach a higher level of spiritual awareness by such means. It is absolutely foolish to try to bring about a spiritual awakening by eating carrots, leading the life of a hermit, drinking six glasses of water every day, concentrating on a black spot on the wall, or concentrating on the navel. Remember one cardinal tenet of spiritual teaching, and that is, *never start from the external* to purify the mind. Starting only from the external, you are climbing up the wrong way. Start always from the inside. The outside is effect, the inside is cause. Take care of the inside, and the outside will manifest the inside. “As within, so without.”

Some people say to me, “I am now denying myself so many things.” What some of these well-meaning people mean is that they are denying themselves some of the many comforts of life. They are half-starved, neurotic, and suffering from mental aberrations. Many have separated from their husbands in the belief that they would become holier. They are confused by the word *deny*. God wants you to be happy and have all the joy and comforts of life. Enjoy all the good things of life and all its conveniences. They all come from God. Deny, i.e., reject all emotions which are negative and destructive. Reject (deny) mentally all thoughts unfit for the house of God (your mind). Refuse to indulge in self-pity, recriminations, and feeling sorry for yourself. Deny yourself the pseudo-pleasure of the hurt feeling, the holier than thou attitude, self-justification, spiritual pride, arrogance, conceit, and vanity. Of course, you have to deny yourself

in the sense that you will reject anything and everything that does not contribute to your inner peace in the sanctuary of your soul. Observe yourself many times a day and say, "What am I thinking now? What mental company am I keeping?" Check yourself; then begin to keep company with God and His way.

Look at the grub worm. Notice the metamorphosis which takes place there. Through this internal change it takes on wings and becomes a butterfly. Wings were not added on—the transformation reveals what was always there. Your wings are your thought and feeling enabling you to soar aloft and rest in the Secret Place of the Most High, beyond time and space, secure in that Impregnable Fortress, that Invincible Citadel. In that inner sanctuary you may meditate on the reality of your desire by sensing it and feeling it; and whatever you imagine and feel, you will become and will experience. This is called by Troward "self-contemplation of the spirit." Spirit feels itself to be a certain thing; then it becomes what it feels itself to be.

In another place Troward says, "Feeling is the law and the law is the feeling, the law of perfect creativeness." It is the feeling of the game, the feeling of the horse, the feeling of the artist, the feeling of the musician, the feeling of the man in prayer. Go now into that "sweet hour of prayer" and feel the reality of your desire, and the water in you—your consciousness will flow into manifestation (water and the spirit), (consciousness and feeling). "Be not fashioned according to the world but be ye transformed by the renewal of your mind." *Romans 12:2*.

The fertilized ovum becomes a man; this is a form of transformation. The seed becomes a true likeness. When the Bible speaks of baptism and transformation, it refers to a psychological and emotional transformation. You really live with your thoughts, feelings, beliefs, emotions, moods, images, concepts, and dreams all day long. The new interpretation of life is the real baptism. When a person is truly baptized, there is a mark on his soul which cannot be wiped out. Divine love is indelibly written in the heart and tongue also. God has put His mark upon you. You now reveal His light and love in all your ways. "Wist ye not that I must be about my Father's business?" *Luke 2:49*.

Baptism, or healing through prayer, was practiced in the Old Testament also. In the book of *II Kings*, Chapter 5, we read of a great Syrian called Naaman who was leprous. The maid to Naaman's wife told her that the prophet Elisha could heal her husband. Naaman went to see Elisha "and Elisha sent a messenger unto him saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean." *II Kings* 5:10. The Bible says Naaman was wroth. He expected the prophet to place his hands on him and heal him. His servants persuaded him to carry out the command of Elisha. "Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child and he was clean." *II Kings* 5:14.

A purely literal interpretation of this story would be too absurd for words. A psychological interpretation, which is what is intended, fills the soul with joy. Any man who is completely attached to the material world, and believes causation is external, is leprous in the biblical sense, *i.e.*, he is unclean and unholy. Any man with a problem is Naaman. It means the conscious, reasoning mind which is now ready to agree that there is a Divine, Healing, Omnipotent Power and he wants to unite with it. *Elisha* means God is salvation or the presence of God in you is the solution to your problem. The little *maiden* mentioned means spiritual perception or the awakening of the mind to spiritual values.

To wash in the Jordan seven times symbolically represents a cleansing of the mind through the baptism of spiritual thought. The Jordan means the subconscious mind which is influenced negatively and positively also. In man's ignorance and unredeemed state it is muddy with false concepts and turbulent with materiality and sense-evidence. This negative stream lodged in the subconscious, which is the cause of all disease and pain, must be cleansed by scientific prayer symbolized by washing seven times. When the subconscious is cleansed of the false belief, a healing follows. Hatred, the guilt feeling, resentment, jealousy, and other destructive emotions dam up the free flow of Divine energy and healing grace cutting off the flow of God's love and health. *Jordan* could be called the race mind which

flows through all of us. Actually, we are all immersed in the race mind or collective unconscious, as Carl Jung calls it.

Naaman was commanded to bathe seven times; this means to contemplate the Infinite Healing Presence within you knowing that this Living Intelligence which made you is now making you whole and perfect; then you are actually immersed in the Holy Omnipresence. You have gone to God within formless, faceless, all bliss, joy, peace, and beauty. There are no divisions or quarrels there. You are in Heaven where all is bliss, harmony, and peace. You have gone in meditation to Him who sent you. Here in the secret place of prayer you meditate on the perfect healing until you succeed in obtaining a vivid realization concerning it. The *seventh sprinkle* of water, or the *seventh plunge*, means the point of complete mental acceptance or conviction. The seventh sprinkle means the length of time it takes you to reach a conviction in your mind that your prayer is answered. The seventh sprinkle means the mind is stilled and fixed in the realization that you are now made whole or that you really possess that which you desire to possess.

As you fully and completely accept the idea of perfect health, you have immersed yourself seven times in the water and you feel no need or desire to pray further on the matter. You are satisfied and mentally you have a sense of inner certitude and deep abiding satisfaction. This is the seventh day, the seventh hour, the seventh sprinkle, the seventh bath, etc. Regardless of the malady, whether leprosy, tuberculosis, malignancy, growth, etc., you can now play the role of Naaman and be baptized spiritually by turning your attention completely away from the problem or involvement and place all your attention and devotion on your goal, ideal, or objective. As you begin to feel that an Almighty Power is responding in your behalf, confidence and faith will be generated. Continue to preserve, to bathe mentally in that holy feeling, the feeling of wholeness and perfection, until the day breaks and the shadows flee away.

In closing we will comment on the ritual and ceremony of baptism. Sponsors at baptism are like a regent who rules for the boy king until he comes of age. Likewise, the child needs the spiritual care and protection of parents until it can take care of its spiritual powers. We call such a person a sponsor or godparent. In ancient times there

was constant danger of death by persecutions and parents designated others to watch over the spiritual needs of their children in case they should die or meet with martyrdom. Sponsors make a profession of faith in the name of the child. Primarily, of course, the duty belongs to the parents. Parents become true sponsors for the child only when they pledge themselves seriously to surround the child with a happy, joyous, Godlike, spiritual atmosphere. When the father and mother keep their thoughts, feelings, and conversation upon the beautiful, the elevating, the dignifying, the loving, and the noble things of life, the child subconsciously receives the spiritual influence or mood and grows in the image and likeness of the dominant spiritual atmosphere. The child is now being baptized hourly and daily. If, however, parents quarrel, fight, resent each other; if they dwell on the limited, morbid experiences of life, there is no baptism for the child, regardless of all the ceremonies in the world. Parents should pray together for the child. Their thoughts should be centered on God's Eternal Love, Supply, Harmony, and Peace. Their mood should be the joyous expectancy of the best and nothing but the best. The child should be always dedicated to God and to His expression only. The child should be taught as soon as possible that he is a child of God and that God dwells in him. The home should be a dwelling place for God so that whoever enters says in his heart, "Surely God is in this place."

The sponsor in Baptism makes three solemn pledges to renounce Satan. The priest says, "Joseph, dost thou renounce Satan?"

Through the sponsors come the answer, "I do renounce him."

The priest says, "And all his works?"

Again the sponsors answer, "I do renounce him."

A third question, "And all his pomp?"

And the third reply, "I do renounce him."

The word *Satan* or *Devil*, refers to negative thoughts, negative imagery of any kind. It means that you reject all destructive talking and thinking in the presence of the child, and keep your mind as a tabernacle of the Most High. Satan is the adversary or all the adverse thoughts that come into your mind, such as beliefs in and fear of sickness, pain, misfortune, other powers, and other gods. Fear is your adversary. When you pray, you turn away from fear

which is nothing trying to be something, and you contemplate the solution, the way out, the answer. You devote all your attention to the answer; then you get a lift in consciousness and the spirit flows in response. You remain in that fixed state and the answer will come. You have cast out fear by entering into the mood of faith and confidence in an Almighty Power which is One and Indivisible. You have cast out Satan or the negative thought or image and supplanted it with the positive goal or ideal you wished to achieve. You renounce the Devil or Satan when you give up the belief in two powers, in two gods, and place all your faith and trust in the One Power and Presence.

“Hear, O Israel: The Lord our God is one Lord.” *Deuteronomy* 6:4. Satan is the accuser. Have you ever accused yourself, blamed yourself for the mistakes you have made? that is Satan. Cease this destructive attitude. Turn to things Spiritual and Divine, to some constructive work, and move forward in the Light. Get busy about your Father’s business. When busy on God’s business, you have no time to moan, cry, whimper, whine, and condemn.

“I beheld Satan as lightning fall from heaven.” *Luke* 10:18. Heaven is your mind at peace. When your mind is disturbed by the adversary (the adverse thought) there is Satan and war in heaven. Realize that the negative, as Troward says, is the absence of good, completely devoid of power as there is no principle to back it up, with nothing to sustain it; only the positive and the affirmative are real. When you assert the positive position, mentally coming to a clear-cut decision in your mind, Satan falls from heaven (error falls away). It falls as lightning, meaning the energy behind the negative thought is completely dissipated and destroyed in the same way that lightning explodes and wastes its energy.

The works and pomp renounced by the sponsor mean errors of all kind. Pomp refers to the vanity, conceit, and sham of the world. Pomp is an empty show. What is the use of putting on an act on the outside? It is what you think and feel inside that matters. Your words may belie your inner feeling. How do you feel about people in their absence? How do you meet people in your mind? That is the acid test of your inner state of consciousness. Your politeness on the surface is important. Are you polite when you meet them in your

mind? If you resent them in your mind, you have not renounced Satan. You alone are responsible for the way you think about people. You are the thinker in your own world.

Dressed in a beautiful, white surplice, a sign of purity, and in a purple stole, a sign of spiritual authority, the priest or minister tells the child to keep the commandments and love God. Then he breathes gently three times across the face of the child praying, "Depart from him, thou unclean spirit, and give place to the Holy Ghost, the paraclete." The *unclean spirits* are, as you know, the negative emotions of the parent. The *Holy Ghost* means God's Wisdom. You remember, Mary was pregnant with the Holy Ghost, symbolizing the subjective nature full of the Wisdom, Intelligence, and Power of God. All of us must give place to the Holy Ghost (Wisdom) if we wish to come out of the race mind (original sin). When you know that you are what you think all day long; when you realize that what you feel, you experience and attract; when you know that a change of feeling is a change of destiny, and that consciousness is the only cause and creative power in your world, you have received the Holy Ghost, the paraclete, and you are ready to blend your conscious and subconscious mind harmoniously and synchronously. You will now choose only from the Infinite Reservoir of Good or God.

The priest or minister makes the sign of the cross on the forehead and breast of the infant, a little salt is placed on the tongue, and the hand of the priest is placed on the child's head. Salt is a preservative, giving taste to food. You are to taste the sweet savor of the Truths of God and keep them forever lodged and preserved in the repository of the faithful breast. The *sign of the cross* means crossing over from darkness to light, from confusion to peace, from ignorance to wisdom. Whenever you pray, you make the sign of the cross which is the impression of your new ideal in consciousness, and this impression becomes an expression. You have crossed over from the limited state to the freedom state. Your desire for wealth can be achieved by making the sign of the cross, which is psychological and figurative, by entering into the spirit of opulence and living in that mood of wealth until you convey the idea of wealth to your

subconscious; then your idea or desire for wealth has crossed from conscious mind to subconscious mind; the sign is completed.

In making the sign of the cross you say, "In the name of the Father, the Son, and the Holy Ghost, Amen." The *name* means the nature of God, a complete recognition of God as the source or fountain of all good. The *Son* is your desire. The *Holy Ghost* is your feeling of being what you long to be, or the feeling of oneness with your ideal. The *sign of the cross* is the perfect formula for prayer. All it means is recognition, acceptance, and conviction. Look to God as source and cause. Accept your desire and walk in the feeling it is yours until you reach the point of peace of conviction within yourself; that is the sign of the cross. Isn't that beautiful?

The upright beam of the cross represents I AM or God. The transverse beam is your concept or estimate of yourself. What is your concept of yourself? Your concept of God determines your whole future, your entire destiny. Your concept of yourself is really your concept of God. The circle depends on the length of diameter. Increase the diameter and you increase the size of the circle. Enlarge the estimate of yourself. Get a new, lofty, exalted concept of yourself. Realize you are a son of God, heir to all of God's Wisdom, Truth, and Beauty. Live in that new mental atmosphere; then your circle of happiness, peace, joy, and abundance will magnify and multiply a thousandfold. Your desert will rejoice and blossom as the rose.

The priest pours water three times in the form of a cross on the head of the child repeating the words, "I baptize you in the name of the Father, the Son, and the Holy Ghost." The esoteric or hidden meaning of this is an explanation of the three aspects of Universal Spirit by the power of which all things are made, and there is nothing that is not made by that power. Hydrogen and oxygen electrolyzed produce water. A seed, the creative essence, and the soil brings forth the fruit. You find the trinity everywhere—man, wife, and child; idea, feeling and manifestation; thought, emotion, and conviction. The third element of the metaphysician is peace and God is Peace. When the conscious mind and the subconscious mind synchronize and agree with the idea or desire, the cross is completed.

The Father could be called your conscious mind which selects the idea or desire. The subjective feeling or emotional nature is that which receives the idea or desire through feeling. The male, or conscious mind, impresses the female, or subconscious mind, with the idea. The expression is made manifest and is the image and likeness of the impression. The son testifies or bears witness to his father and mother (idea and feeling); this is the Triune God—the Father, the Son, and the Holy Ghost.

The crown of the head is anointed in the form of a cross with oil of chrism. *Oil* represents illumination and healing. Chrism or Chrisma means Anointed One or Christos. The oil represents a union or sense of wholeness, a covenant with God. It means the intellect is now governed and anointed by the wisdom of God. You are now sanctified and a participant of God's Inner Wisdom which comes forth from the Treasure House of Eternity.

The child is offered a lighted candle. That is to remind him that he is to let his light so shine upon men that they shall see his good works, thereby glorifying his Father which is in Heaven. You are here to bring forth Wisdom, Light, Love, Peace, and Beauty. You are here to express more and more of God. "Receive this burning Light and keep thy baptism so as to be without blame." Observe the commandment of God that, when our Lord shall come to His wedding feast, thou mayest meet Him and live forever and ever. Go in peace and God be with you.

CHAPTER 2

LEARN HOW TO MAKE YOUR DREAMS COME TRUE

Confirmation

Every *sacrament* is an act of Divine union, resulting in a deeper downpour of grace—a sense of deep conviction of things spiritual beyond mere words. Every true prayer is a *sacrament* for it means uniting with your desire. Every desire or idea has its own fragrance; as you meditate on it, you will secrete a perfume, a joy, an inner fragrance which is a deep feeling of satisfaction. When you feast on your desire and call forth the mood, or the full feeling, your desire and feeling become one. Prayer is really a marriage ceremony as you are told in “The Marriage Feast of Cana.”*

When fear departs from your consciousness, it is the sign that you are really partaking of the various sacraments and entering into a state of grace and deep spiritual conviction. Jesus said that an adulterous generation ever seeks for an outward sign; none shall be given, but the sign of Jonah. The word *Jonah* means conviction, the idea felt as true. You must impregnate the subconscious (the whale) with your desire or idea through feeling; then a new Jonah (a new man) will come forth out of the whale (consciousness) clothed in the new desire.

All the stories in the Bible, as well as all the sacraments, deal with the relationship between the male and female principle within each of us. Another way of saying it is that our prayers deal with the proper, harmonious interrelationship between the objective and subjective nature of man. Dare to become lost in the joy of being what you long to be. You can become so identified with your desire

or ideal that all else is blotted out, and you are alone with your fulfilled desire.

One Bible student who took our classes on the inner meaning of the Book of Revelation and the Book of John told me recently that his young brother ran away from home with another boy. His mother was heartbroken. They couldn't find him anywhere. He stilled the wheels of his mind, touched his young brother's head and stroked his hair (all in his imagination); then he embraced his brother saying, "It's wonderful to have you back. You love your mother, don't you?" He did this easily, quietly, and lovingly. He was completely relaxed about it all and enjoyed the mental drama. When he opened his eyes, he told me he was amazed that his brother wasn't there, it was all so real, so natural, and so vivid. Meaning that he had fixed the state subjectively, that Jonah (his desire for his brother) had entered the subconscious (the belly of the whale), and lo and behold, the new Jonah came forth. His brother came home the next day. He said that he got as far as Phoenix, Arizona, when a compelling urge came over him to return home to his mother; this was the subjective wisdom which acted upon his mind causing him to return home.

You experience the sacrament of confirmation when you sense a feeling of rest from striving—a feeling that after all you no longer want or seek the state, since subjectively you feel your prayer is answered. The state is confirmed or felt as true. There is always a let down or sense of relaxation and peace when you succeed in impressing your desire subconsciously. When the spiritual creative act has been accomplished you cry, "It is finished!" You have succeeded in crossing over to a subjective level. You have died on the cross; i.e., you have left the old state and crossed over to the new state—the answered prayer.

Every answered prayer is a process of crucifixion. I don't know why we should dodge the issue; let us begin to teach it and get rid of all metaphysical superstitions about crucifixion and resurrection. In our chapter on "Holy Communion" we learn that Jesus looked upon bread as a concept of consciousness and not any conditioned form. We learn also about the chemistry of alimentation, its inner significance and its miraculous implications. Eat what you wish, what is good for you, and what agrees with you. Be sure you do not

become a neurotic or food faddist. Food, such as carrots, bananas, and grapes will not make you more divine. In this doctrine or sacrament of confirmation, you must remember that its real inner significance is the absolute belief in One God without any mental reservations. Do you really look to the One Source for your heaven on earth? Do you really understand the power of consciousness? When you can answer “Yes” to these questions you are really confirmed.

Confirmation is an outward sign of a desired inward grace—a sensing of the reality of spiritual values. The church refers to confirmation as a sacrament which makes you a strong and perfect Christian. We should understand that the word *Christian* applies to anyone who uses the principle of life constructively. It does not refer to beliefs or personalities. The outward sign of confirmation is the laying on of the bishop’s hands, the anointing with oil, and the repetition of certain prayers. The inward grace is the real sacrament. The church refers to the *Acts of the Apostles* as its authority for the sacrament of confirmation. “Then laid they their hands on them, and they received the Holy Ghost.” *Acts 8:17*. “Now when the apostles which were at Jerusalem heard that Samaria had received the word of God, they sent unto them Peter and John: Who, when they were come down, prayed for them, that they might receive the Holy Ghost.” *Acts 8:14-15*.

The material in the *Acts of the Apostles* may have some historical basis but much meat for the soul can be found therein if you will strive to discern behind every name of a personage, city, town, or country a state of consciousness, negative or positive. When it speaks of Saul dying, it means the five-sense, unholy-minded man dying to that state of consciousness and the Paul (little Christ) state of consciousness being born. In other words, you, the reader of this book, are Paul, meaning your intellect is illumined by an interior light, and you know your I AM (life) is God in you. Your own awareness is the God-Presence. Death and life are always going on in your mind. Paul said, “I die daily,” meaning he was constantly dying to erroneous concepts, negative ideas, and resurrecting continuously more of God’s wisdom, truth, and beauty. Nothing can be born without something dying. That is why the crucifixion (crossing over)

drama is forever taking place. You are always transcending former states. Peter (faith in God) and John (love of God) prayed for them that they might receive the Holy Ghost. These qualities are within you; when faith and love join forces, you truly enter into the Temple Beautiful (high spiritual consciousness) through the Gates Beautiful (conscious mind).

Through faith you become strong. *Faith* is going in one direction only, believing in One Power—the Spiritual Power within. You love God in the sense that you feel your oneness with Him, and you give the Spiritual Power your supreme allegiance, devotion, and loyalty. You are true to It alone. The sacrament of confirmation means that you are absolutely convinced that there is but one power and one cause—your own consciousness. You no longer give power to stars, the weather, other people, germs, external powers, entities, etc. You have dispensed with all secondary gods and powers. Confirmation takes place in your own mind and heart—it is purely psychological and has nothing to do with external rites or ceremonies. You have absolutely come to the point once and for all. You have made a definite, concrete decision. You have mapped out your future destiny. You know where you are going. You are no longer adrift on the ocean of life. On the pathway of life you will now keep your eye on the beam.

Here is a test to see if you have advanced to the degree of consciousness called confirmation: If you pray for a healing and say, “I can’t be healed” or “I’m incurable,” you are identifying and acknowledging other powers. You are denying the One True God. The minute you place a suppositional opposite in your mind to the One Power, you have not yet advanced to this level of consciousness called confirmation. To say, “I can’t make ends meet,” “There is no way out,” “It is hopeless,” “He is uncurable,” “I will lose everything,” “A jinx is following me,” or anything similar to them, you are mentally and emotionally uniting with negativity. You are not being loyal, true, devoted to the **ONE POWER**, your own **I AMNESS**. If you really believed, you would not mentally unite with these false concepts; this is called idolatry or in the Bible adultery. Idolatry and adultery are synonymous in biblical terminology. *To worship* is to give attention to, to exalt, to deem worthy of study and devotion.

To illustrate what true confirmation is: I was talking to a young Japanese boy during my lectures in Japan last year. He said that he had been sentenced to be shot during the war; he added that he had been accused falsely, but all that is beside the point. The point is, he called Peter (faith in God) and John (love and at-one-ment with the One True God—The One Power) and said boldly to himself, “I can’t be shot. I am a son of God. God can’t shoot Himself.” He kept repeating the words of the 91st Psalm. He wrote them in his heart. He knew there was only One Power. He was released with no explanations and told to go back to duty.

The Bible refers to the angel of the Lord which means a vivid insight and conviction in the Power of God enabling man to free himself from any limitation. When we are inclined to waver and doubt, when faced with a difficult situation, let us ask ourselves, “Where is my faith, what is the truth, what do I believe in?” The answer will steal over our minds like the dew of Heaven, and we will feel that our faith and trust are of God—omnipotent and able to save us like the faith of the Japanese boy who knew he could not be shot.

Your knowledge of Truth is being forever put to the test. Are there not times in your life when you had the fear that perhaps all this metaphysical business is simply barren dialectics and sophistry? But the Job state of mind comes to our aid, and like Joshua of old, we stand firm in the I AM state of mind, resting in God and His law. This state of mind bids the sun (conscious mind) to stand still and see the salvation of the Lord. The latter means the solution which the subjective wisdom will bring to pass as we turn our request over to it and trust it implicitly.

“Whom say ye that I am?” What answer do you give to this? Why not tell the truth and say, “I am a son of the living God.” Until you do this, the world will take you but at your own low estimate and evaluation of yourself. You must find the hiding place of Divinity in your own household. We must avoid all deification of personalities when considering the sacraments. Jesus said, “Why call thou me good?” Only the Father is good—“He doeth the works.” There is much allegory in the Bible, but these allegorizations do not necessarily destroy geographical and historical backgrounds. All cities such as Los Angeles, New York, San Francisco, Cairo, etc.,

take on a personality and quality of their own. Each city has a subjective feel based on the mental atmosphere of the inhabitants of the city. The same applies to personages, such as Paul, Jesus, Moses, Isaiah, Lincoln, or Washington who left their marks in human destiny. In other words allegory does not destroy history, but serves to enrich it. Today we say, “going to Munich” or “another Korea.” How meaningful have become popular phrases and places, such as “another red herring,” “spirit of Geneva,” etc.

If you have seen the play, *Lincoln*, I am sure you know that the writer of the play makes Lincoln say and do whatever he wanted in order to complete the drama or story. Likewise it does not mean that some of the characters in the Bible were not real, but the writers undoubtedly wrote a drama of truth around them portraying the results of states of consciousness. All stories in the Bible, therefore, are stories about everyone, about you.

In the sacrament of confirmation you are to be a witness to reality; i.e., you are to reflect the hidden beauty of God; then, with Jesus, you can well declare, “He that hath seen me, hath seen the Father.” You are firmly convinced of One Power and you say “Nay” to all else. When confirmed, in the true psychological sense of the word, you are completely finished with superficial, ritualistic religion, mere religious dialectics, and semantics which get you nowhere in the truth. Mere mouthings of the words “Jesus Christ,” “blood of the lamb,” “the cross of Christ,” etc., will avail you nothing unless you understand the meaning of these words. The external beliefs associated with these words represent rank nonsense and superstition.

You must be baptized before confirmation, which means that before the birth of Jesus (your awareness of God or I AM in you), you were John baptizing with water. John the Baptist came to the world wearing a leather girdle (disciplining of emotions), eating wild honey and locusts, and striking the axe to the root of the trees (false systems of religious beliefs). He represents you at the time you first turned away from religious beliefs. At first you felt like a pioneer preaching with great fire and zest. All of us pass through this sophomoric state. After a while we calm down or settle down and we begin preaching to the one who needs it most—ourselves.

In prayer or treatment, if you want to help another, turn your mind completely toward God; this is the first step in the treatment process. The second step is to contemplate the solution of the problem (the answer). Do this frequently until you arrive at a conviction. This is symbolized by Jesus in the Scriptures who is “the one who should come” or the manifestation of your ideal. Your desire objectified is your Jesus—your solution. Jesus and Joshua are identical in the Bible, both mean God is the savior or emancipator. In another sense Jesus represents the Truth which, when it ascends into working consciousness in a man, begins a series of acts which are the result of the descent of Holy (whole) spirit.

In confirmation you receive the Holy Ghost which means that you no longer have a blind faith but a living, dynamic vibrant faith in the God-power and wisdom within. When your intellect becomes convinced of the wonderful idea that you are a son of God and heir to all of God’s riches; when you feel the truth of this all through your whole being; the Holy Spirit (spirit of oneness with God) has come upon you in all its power and majesty, and there is no longer any need for John (conscious mind, reasoning, intellect). Your confirmation is complete because your feeling of conviction of God’s Presence takes over and leads you into the Holy of Holies within. Historically, it is quite possible that an illumined man who was a real student of the Holy Way or Holy Path did study in Egyptian and Indian esoteric schools, waxed strong in wisdom, and the healings attributed to him. This person, Jesus, also became an allegorization of the process in divine alchemy and transformation.

After receiving confirmation you are told that you are now a soldier of Christ. What does this mean? It means that your goal as a soldier is to be loyal to Truth and to God’s Laws of Love, Order, Beauty, and Proportion, which means that you refuse to dwell mentally on ideas extraneous and contrary to your announced objective as a soldier of the One Who Forever Is. You are a soldier of God when you follow out the orders and instructions you have received. You learned that you can overcome all problems through prayer, that the principle within will lift you above any experience and set you on the highroad to freedom and peace of mind; furthermore, you know and believe that there is a scientific way of prayer which

brings results. Knowing this, you have turned over a new leaf; you are on the way to victory over all things in your life. As a good and loyal soldier, you will always respond to your faith in God. You are aware that the subjective area of your mind responds to your mode of thought; therefore, you watch carefully to see to it that only Godlike concepts and ideas enter in. As a soldier you stand guard at the doorway of your mind, absolutely refusing permission of entry to any negative, limiting ideas or moods. You are always on duty. You are never off guard. By day and by night you are constantly on guard duty fully armed to resist all aggressors.

To be confirmed in the church, you must know the chief truths of your religion. In psychological parlance, you must know how your conscious and subconscious mind function. Up to and including the tenth century, it was the custom to confer confirmation on children after baptism. But that custom has been discontinued to a great extent as the person is supposed to understand his religion. The reason you must have been baptized before you can receive confirmation is simply this, "Wisdom will not enter into a malicious soul." *Wisdom* 1:4. You must cleanse and wash your mind of false beliefs and erroneous concepts to receive the wisdom or true knowledge of God. True knowledge of God is confirmation. All those confirmed add to their names, usually the name of some saint. *Name* means nature, and the addition of another name really means a new state of consciousness. The name you take is supposed to be a model and protector for you.

You have heard the expression, "his nature is to be happy." This means he has appropriated the consciousness of happiness. He has made it a habit to be happy, having chosen through constructive imagery and thinking. The qualities of happiness were appropriated by him and he expresses happiness. "Whatever ye shall ask in my name" means if you enter into the victorious, triumphant state of consciousness, you will receive. When you say your name is Mary Jones, this denotes everything about you, your characteristics, disposition, the fact you are a woman, your age, nationality, education, size, financial and social status, and all things appertaining to you. Your name completely identifies you. The new name you receive at confirmation represents, therefore, a new

awareness, a greater knowledge of the Truth of God, a greater understanding which the name represents. All this is lost to the candidate for confirmation. It is another ceremony in his life without understanding. The bishop, in a beautiful ceremony, says to the candidate for confirmation, "May the Holy Ghost (feeling of oneness with God) come upon you and the Power of the Most High keep you from sins, Amen." The word *amen* means the union or agreement of the conscious or subconscious mind which is answered prayer. If there is any argument or doubt in your deeper mind as to the truth of that which you affirm consciously, there is no real amen. Keep on persevering and agreement will be reached.

The bishop prays that wisdom, understanding, guidance, fortitude, and knowledge of Godliness be given to all those confirmed. The bishop, seated at the altar, dips the thumb of his right hand in the holy chrism, that is, the oil with balm, places his hand on the boy's head and makes the sign of the cross with the oil on his forehead saying, "I sign thee with the sign of the cross and I confirm thee with the chrism of salvation in the name of the Father, Son, and Holy Ghost." Then the bishop strikes the child confirmed gently on the cheek saying, "Peace be with you." The blow on the cheek is to remind the person confirmed that he is to be patient, knowing that in peace and in confidence lie his strength. The oil used is the perfumed oil which has been consecrated on Holy Thursday. Holy Thursday precedes Good Friday meaning the day of God's Love, or the moment when you become one with your prayer or ideal; then you have died to the old state and you have resurrected a new state of consciousness. Holy Thursday is the day when the oil is consecrated and is purely symbolic. *Holy Thursday* means an exalted state of mind, a high place in consciousness, a place of peace and love. When you succeed in becoming one with your desire, a wave of peace steals over you, and the mental and spiritual love act is completed, symbolizing the ritual of Holy Thursday and Good Friday (day of love). The old man is now dead. The new, subjective state is ready for resurrection; this is all a process of prayer. The *sign of the cross with oil* means that you have crossed over to a higher state of consciousness. The *forehead* is symbolic of knowledge and understanding. The *oil* bespeaks a greater measure

of light and wisdom. The perpendicular beam of the cross means God—I AM, consciousness, awareness. It means the Timeless One within all of us. The transverse beam of the cross represents your conception, estimate, or blueprint of yourself. That is the sign of the cross or your real concept of yourself. Your concept of yourself is your concept of God which determines your whole life. The transverse beam represents time and space also. The transverse beam of the cross represents past, present, and future. There is no growth in time. Don't say things will be better next year or five years from now. Your condition, circumstances, and experience will not improve or change for the better until you ascend to a higher level of consciousness represented by the perpendicular beam of the cross which is timeless and spaceless. Your spiritual growth and advancement has nothing to do with time and space. Rise in consciousness by contemplating the qualities and attributes of God and you become what you contemplate. Your transverse beam is then placed higher on the perpendicular beam. In other words you have ascended to another level of consciousness. That is the meaning of placing the sign of the cross on your forehead with the holy oil.

You realize, of course, that you do not ascend to a higher level of consciousness until you begin to transform yourself by daily prayer and meditation. It is not something that is conferred on you by another. The external ritual and ceremony, while beautiful and uplifting, may induce a happy, joyous, emotional reaction, but the only real, worth-while change is the internal change of the heart where the man becomes a new man in all his ways.

The *chrism of salvation* means that the chrism or perfumed oil is your solution. Salvation means solution. Chrism is perfumed oil which we have referred to and it means that Love and Wisdom solves all problems. *Wisdom* means the right thought. *Love* means the emotional attachment to the right thought, idea, plan, or purpose. That is all it means and that is all it ever meant. All these rituals and ceremonies, such as anointing with oil and making the sign of the cross refer to psychological changes in man; or to use biblical language, they refer to the descent of the Holy Spirit in man.

“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.” *Luke 4:18*. “This day is the scripture fulfilled in your ears.” *Luke 4:21*. Here Jesus is telling you that God or your Good is the Eternal Now. This very moment you can claim your good, such as peace, harmony, health, or true place, and the Spirit of the Lord is upon you meaning the mood of faith and confidence in an Almighty Power which never fails. This feeling of confidence and trust in the Spiritual Power sinks down into your mind and heart, lifts you up, fires your imagination, and kindles your faith, enabling you to fulfill your desire now, today.

Now is the day of salvation. Some people say to me, “O some day I will be happy,” or “Some time in the future I shall have a healing.” The healing principle is within you now. Use it this moment. Why say, “Some day I will pay all my bills.” Go within and claim that the spirit of opulence is manifesting itself now in all your affairs. Believe it, accept it, and watch the great drama of God in operation. Don’t postpone your happiness. Choose happiness now. Happiness is a habit. Make it a habit to be happy by choosing wholesome, constructive, joyous, and loving thoughts and imagery all day long. The peace of God is within. Why say, “Some day peace will come.” Tune in on the God of Peace and announce in the temple of your own consciousness the presence of peace, health, happiness, and abundance. They are waiting for you now. You take them according to law, and the law is “I am that which I contemplate.” Troward says, “All things are made by the self-contemplation of spirit.” You are that which you feel yourself to be. The feeling of wealth produces wealth now. The feeling of strength produces strength. The feeling of health produces health. Whatever you mentally identify yourself with and feel as true becomes a reality in your world. You have now found your savior in the temple of your own consciousness. Open the door today to a new life. Why postpone your experience of God. God is the Eternal Now. “This day is the Scripture fulfilled in your ears.”

“And suddenly there came a sound from heaven as of a rushing, mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat

upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.” *Acts 2:2-3-4*. When you subjectively feel as true what your reason and senses deny, you are filled with the Holy Ghost or Whole Spirit, meaning you are integrated or one piece. You no longer have a divided mind. You and your desire are one. You now speak in a foreign tongue, meaning the new affirmation, the new realization. You speak in a new tongue when you are happy, joyous, full of love, and good will. The word *tongue* means your mood, tone, feeling, and mental attitude. The Bible says “These men are full of new wine.” *Acts 2:13*. This means you are filled full of the feeling of being what you long to be. You can begin now and speak in a new tongue. If resentful, pour out the spirit of forgiveness, love, and good will. Pray for the other. Bless him. You are speaking in a new language—the language of God.

In what language does God speak? Not in Hebrew, Greek, or Gaelic. The language of God is sometimes referred to as the Still Small Voice, the voice of intuition whereby you are taught from within. The language of God is also the mood of Love, Joy, Beauty, and Peace. The unfoldment of the spiritual power within you is the gift of tongues. The tongues of fire represent the intelligence of God coming into your mind. *The sound from heaven* which you hear is the sound of your answered prayer. The *mighty wind* means the wave of peace which steals over your mind when you experience the joy of the answered prayer. When you read the second chapter of the *Acts of the Apostles* it says, “And when the day of Pentecost was fully come, they were all with one accord in one place.” *Acts 2:1*.

Let us enact this whole drama within ourselves now. The *day of Pentecost* means the day of feasting. Prayer is a feast at which you eat of your idea until you are one with it. One of our students recently heard from the teacher of his boy that his son was dull and backward, and should be sent to a special school. This father began to get lost in the joy of hearing the opposite. Every night he would imagine his son showing him his report card and saying, “Daddy, I received all A’s.” He kept this up until it became a living conviction. His boy blossomed forth and is one of the best students in his class. Pentecost means the fruit of the idea on which you meditate; this is

exactly what the father experienced. The father's prayer caused the intelligence and wisdom of God to well up in the mind of the boy, and he fulfilled his father's conviction of him. "They were all together in one place." This means to sit down, relax, stop the wheels of your mind, and concentrate all your faculties and thought forces on the spiritual power within; then focus all your attention on your ideal. As you do this, you will find an exhilaration of the whole man similar to that produced by wine. You are "filled with new wine."

As you busy your mind along these lines you will succeed in qualifying your consciousness with your ideal. When your prayer is answered, you speak in a new tongue. The man who was poverty-stricken and is now rolling in wealth is speaking in a new tongue. The man who was crippled with arthritis and now walks the earth a free man is speaking and proclaiming to the world the new tongue of health, faith in God, and His Healing Presence. He has received the Holy Ghost (whole spirit) a feeling of wholeness, of health, and peace of mind. The Bible says Moses "poured the oil of unction upon Aaron's head and he anointed and consecrated him." *Leviticus* 8:12. *The oil of unction* contained perfumed spices which were mixed with oils such as myrrh, cinnamon, and cassia. *Moses* means the subjective wisdom and intelligence of the deeper mind. *Aaron* is the intellect or the conscious mind. The *oil of unction* refers to the wisdom of God which illumines the intellect of man; then he is said to be anointed and consecrated. Pouring oil is a figurative and metaphorical expression. It is the language of the Bible which must be seen in a psychological sense to have any real meaning.

The word *Messias* is but a transcript of the Hebrew word *Messiah*. The word *Christos* is a translation into Greek of the same term which means anointed. You will read such terms as these in theological books: Chrism of salvation, chrism of spiritual ointment, perfume, perfume of perfection. All these terms mean the same thing, namely illumined reason. The oil used is olive oil symbolic of cheerfulness and thanksgiving. "Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard." *Psalms* 133:1-2. "Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend." *Proverbs* 27:9.

Outer things such as oil, ointment, perfume, etc., are used to portray the grace, the beauty, and the love of God operating in the mind and heart of man. You have noticed the odor of the garden after the rain. You have smelled the sweet perfume of the rose and you have smelled the briny ocean. Is it not through the sense of smell that we communicate with the beauty of the world all about us? Likewise, we are to inhale the perfume of Divinity by meditating on whatsoever things are true, whatsoever things are lovely and of good report. You cannot suppress the perfume of a rose; neither can you suppress the joy which arises in you as you enter into the realization of the answered prayer. "How much better is thy love than wine! and the smell of thine ointments than all spices! Thy lips, O my spouse, drop as the honeycomb: honey and milk are under thy tongue; and the smell of thy garments is like the smell of Lebanon." *Song of Solomon* 4:10-11.

Here the inspired writer is telling you how to pray and he likens it to a romance with a woman. When you pray it must also be a romance with God or your Good. Praise your desire or goal, exalt it, flatter it, kiss it, love it, feel the thrill, and wonder of it all. Let it fire and captivate your imagination. Let it thrill you through and through. Squeeze out the perfume of it. As you meditate on the reality of your desire, feeling the naturalness of the state sought, you are secreting its perfume and entering into the joy of the answered prayer. You are now confirmed in and convinced of this law.

This knowledge is like a sachet of myrrh, cassia, saffron, and cinnamon carried near your heart enabling you to release from the treasure house of eternity the sweet fragrance and perfume of Divinity now and forevermore. It is wonderful.

CHAPTER 3

LEARN HOW TO FORGIVE YOURSELF AND LIVE A CHARMED LIFE

The Sacrament of Penance

The Church says, in speaking of penance, that it is payment made to God for our sins or offences against God. It is taught that confession takes away the guilt of sin and the eternal punishment due to sin, but not the temporal punishment. The purpose of the confession is to forgive sin. The priest says in giving absolution, “I absolve thee from thy sins, in the name of the Father, the Son, and of the Holy Spirit.” As a penance, the priest usually instructs the person confessing to repeat certain prayers a certain number of times. These prayers are given as official punishment. It is also taught that sorrow for sins is necessary for confession. In other words, there must be a grief of the soul for having offended God.

If a thing is true, there is a way in which it is true. “The power for forgiving sins,” the Roman Catholic Church says, “is based on the statement of Jesus to his disciples. ‘Receive ye the Holy Ghost: Whose soever sins ye remit, they are remitted unto them; and whose soever sins ye retain, they are retained.’” *John 20:22-23*. Let us explain this in simple, everyday language. The word *sin* is from a Greek word meaning to miss the mark. When the Greek archers failed to hit the bull’s eye, it was said they sinned or missed the mark. Your goal, desire, objective, or ideal is the mark for which you are aiming. Failure to reach your goal or attain your objective is to sin. You are really sinning when you fail to lead a full and happy life.

A priest in the Bible is one who offers up a sacrifice, namely yourself. You are the priest, and the sacrifice you offer is your desire.

You give it up to the subjective mind in the same manner as a farmer gives a seed to the ground. This is why the inner meaning of the word *priest* is subjective mind, intuition, feeling. When you feel that you are what you long to be and you rest in that conviction, you are the priest offering up a sacrifice and forgiving yourself of your sin or your failure to reach the mark.

I want to tell you about a young girl from Nebraska working in an office in Los Angeles. She was shy, timid, hesitant, and felt she was inferior. She had no boy friends. She wanted to be married, have a home of her own, to love and be loved, and to be called Mrs. Jones. I explained to her how to forgive herself for her sin. She was sinning in the true meaning of the word because she failed to realize her desires. Actually by her mental attitude, she was rejecting her good. She began to feel she was wanted, cared for, and admired. She bought a date book in a ten cent store and placed names of admirers in the book. Then she began to imagine she was so popular with men that she could say “no” after looking up the dates in her book. All this was done in her imagination at night and at other times. She became immensely popular with men and was no longer a wallflower. She decided to marry and claimed that Infinite Intelligence attracted to her the ideal companion who harmonized with her perfectly. She imagined the ring on her finger at night as she went to sleep. She would touch and feel the imaginary ring. She actualized the state and fixed it in her consciousness by feeling the naturalness, solidity, and tangibility of the ring; moreover, she said that the ring implied to her that the marriage was already consummated and that she was resting in the accomplished fact. She attracted a most wonderful man, and they blend harmoniously in every way. She forgave herself for her sin.

The word *forgive* means to give for. She gave herself the mood of fulfilled desire for the feeling of lack and limitation. She hit the mark. She realized her goal in life and ceased to sin.

As you read this chapter begin now to realize that you are the priest and that you have the power to forgive yourself of all sins, errors, shortcomings, be they what they may, by putting on the garment or mood of confidence in the law which never fails to respond to your thought and feeling. Let your perception and

understanding of the creative law of your own mind be clear, positive, and penetrating. “Whose soever sins ye retain, they are retained.” *John* 20:23.

To retain is to keep, to hold back. If you are poverty-stricken and you join some church, cult, or creed and still remain poor, sick, and needy, you have not forgiven yourself. You are still retaining the mood or belief in poverty and you are not saved. You must demonstrate your savior or your faith in God. We are always demonstrating and manifesting what we believe in.

I visited the Queen of Angels Hospital some time ago to see a man who said he was passing over to the next dimension. The first thing he said to me was, “The Lord Jesus is my savior.” Such a statement, of course, is meaningless and makes no sense. The hospitals of the world are full of people who have personal saviors and yet none of them are saved. According to our belief it is done unto us. Our savior is the realization of our desire. Quimby pointed out one hundred years ago that wisdom was our savior and he called this wisdom operating in the mind of man the science of life and of health. Quimby called this Wisdom Christ. *Christ* means your capacity to embrace an idea, induce the mood of it, and weave it into the fabric of your mind through feeling. Your feeling of oneness with your desire is the Spirit of God moving in your behalf which brings your desire to pass; this is the creative law operating in you; such knowledge is your savior as attested to by many who attended two classes on the sacraments given on the West Coast because of their popularity. If you talk to a doctor about your ailment, to a lawyer about a divorce, or a psychologist about your mental troubles, you are confessing or revealing what is bothering you.

A young man attended one of the classes on the sacraments. He had failed in business and lost all the money his parents had given him to open up a store plus all the money they loaned him to pay bills. He was feeling sorry for himself and for his parents. He was also condemning himself which is one of the most destructive of all human emotions. Never condemn yourself or accuse yourself—it is highly destructive. Your mental attitude sends psychic pus throughout your entire system debilitating the entire organism, making you a physical and mental wreck.

The word *repent* means to think in a new way. It means to change your thought and keep it changed. *To forgive yourself* means to identify yourself with your ideal. This young man listened carefully and said to himself, "I can use that teaching." Furthermore, it made sense to him. He began to realize that all he had to do was to dwell on the idea of success and as he did the subjective power would compel him to do all things necessary to be a success. He began to think about success prior to sleep each night. He would think what success meant to him, and how God was always successful in all His undertakings whether planet, sun, or cosmos. He began to realize he was born to succeed and that success meant that he was getting results in his prayer life, that he was successful in his relationship with others, and in his chosen field of expression. He took the idea, "Success is mine now" and repeated it slowly to himself for five or ten minutes every night before he went to sleep. "In the sleepy state," Baudoin, the great psychologist said, "the mind is more receptive and passive, and it is easier to impregnate the subconscious at that time." The sequel is interesting. This young man had an overpowering urge to take up public speaking, which he did. Next, he went to night school and learned about advertising. Today he is a very successful advertising executive with a salary of \$25,000.00 a year. When he attended the class on the sacraments, he was getting \$50.00 a week plus a few dollars allowance for his car. He confessed his sins and repented in the true meaning of the word. How utterly simple these truths are.

"That ye may know that the Son of man hath power on earth to forgive sins. Arise, take up thy bed and go unto thine house." *Matthew 9:6*. The *Son of man* means the idea, the desire you wish to manifest, and naturally its realization would be forgiveness of your sin (failure to achieve). If in prison, freedom would be forgiveness of your sins. Your sin would be to remain in prison because you desire freedom. By living in the consciousness of freedom you could not stay behind bars. The Angel of God's Presence would open the door of the prison for you. *This angel* would be none other than your conviction of the Power of God to do all things. This is the same angel (mental attitude) which delivered Paul, Peter, and others from prison.

“Take up your bed and walk” is an idiomatic, oriental, graphic way of saying, “Take up the Truth. Rise in consciousness and know that with God all things are possible.” Take up the Truth of your own being now and walk the earth a free being. The Truth which sets you free is always the subjective factor; this is the truth behind all things. Whatever you subjectively feel and believe as true comes to pass whether good, bad, or indifferent. Surely this is simple.

If, for example, you say to me like a man did in a recent conversation in Calcutta, “If you want to be holy, you must lead an ascetic life and eat vegetables.”

I replied, “That is utter nonsense, but if you believe it, you have made a law unto yourself and you are bound by that law.” “Furthermore,” I said to him, “God doesn’t care whether you eat carrots, peanuts, or wild honey; neither does God care whether you marry or not.”

“For John came neither eating nor drinking, and they say, He hath a devil. The Son of man came eating and drinking, and they say, Behold a man gluttonous, and a wine-bibber, a friend of publicans and sinners. But wisdom is justified of her children.” *Matthew 11:18-19*. Jesus is telling you in plain language that Wisdom and Divine Understanding consist neither in eating meat nor drinking coffee, nor yet in abstaining from eating and drinking. You can lead an abstemious and ascetic life and be wise, or you can be married and the father of ten children, eat ham and drink coffee, and still be illumined and very wise in the ways of God. Wisdom is independent of either meat or vegetables. Wisdom and the Eternal Verities are always true. If you are a child of wisdom, you will look within and not without for the cause of all and for the source of power. The above mentioned Indian believed there was a great virtue in living apart from the world and eating nuts, fruits, etc.; that is the way it appeared to him. Many others reject that idea as ridiculous and they live among men, enjoy all the good things God provides—good food, God’s sunshine, and His flowers. They lead a life of abundance and inner tranquillity; feast on God and all things good. They are full of laughter knowing God doesn’t want them to live in a hovel so they live in a beautiful home wearing beautiful and expensive cloths, dressing for God outwardly as well as inwardly leading a balanced

life. They fly through the air with the greatest of ease, realizing the plane is God's idea also believing all things are good and very good. These people are illumined, and full of God's Wisdom, and find no virtue in fasting and starving themselves with orange juice and peanuts.

Wisdom knows no sinner or saint. It knows Itself. Why be concerned with non-essentials, with trivial things? Why strain at gnats and at the same time swallow camels—mountains of ignorance, fear, and superstition? It is said by some that God gave power to forgive sins to his disciples and those who followed them by these words, "And I will give thee the keys of the Kingdom of Heaven and whatever thou shalt bind on earth shall be bound in heaven and whatever thou shalt loose on earth shall be loosed in heaven." These words *heaven* and *earth* represent the invisible and visible state—your mind and body. The word *body* not only represents your physical body, but your environment, and all things that appertain to your world.

You have the keys to this inner kingdom. You are told over and over again, the Kingdom of Heaven is within. The word *within* means your thought and feeling. The kingdom of infinite intelligence, power, love, bliss, and all of God's riches are in your unconscious depths awaiting resurrection by you. Whatever you bind on earth, or stating it in another way, whatever you believe as true based on sense evidence and appearances, is accepted as true in your consciousness (heaven) and whatever you loose on earth is loosed also in heaven. This means whatever you reject mentally as unfit for mental consumption, whatever you detach your consciousness from and refuse to give attention to, fades out of your life. The reason for lack or limitation in your life is due to the fact you keep these states alive in your consciousness. When we starve the condition to death by rejecting the condition mentally, it dies for want of mental food.

It is not enough to reject the negative condition mentally, we must at the same time feast mentally on our good until we are absorbed in its reality. Then we have loosed the negative state on earth because we loosed it in consciousness or the heavens of our own mind.

The subject of penance and repentance confuses many. "Bring forth therefore fruits meet for repentance." *Matthew 3:8. To repent*

means, as we previously said, to think in a new way; as you do this, you will bring forth fruit, such as health, happiness, and peace of mind. Many people have rather strange, weird ideas about God, thinking God punishes people for their sins. They have a God of rewards and punishment.

When I was a boy, I used to hear my uncles and aunts conversing about many things; often times they would say, "You know John or Mary met with that accident because he or she ceased going to church." Whenever any calamity came to people, somehow they were considered sinful and the object of the wrath or will of God. I often wondered what kind of a God they had in their mind. What is your concept of God? Don't you know the answer you give to that question determines your whole future? If you think God is cruel, vindictive, an inscrutable tyrannical, cannibalistic Moloch in the skies, a sort of oriental sultan, or despot punishing you, of course, you will experience the result of your habitual thinking and your life will be hazy, confused, and full of fear and limitations of all kinds. In other words, you are expressing the result of your belief about God. You are actually having negative experiences because of your belief. God becomes to you whatever you conceive God to be. Above all things get the right concept of God. It makes no difference what you call God. Your belief or conviction about God governs your whole life.

If, for example, you believe in a God which sends sickness, pain, and suffering, you really believe in a cruel God. You do not have a good God. To you, God is not a loving God. Having such a weird, ignorant concept of God, you experience the result of such a belief in the form of all kinds of difficulties and troubles. Your nominal belief about God is meaningless. The thing that matters is your real, subjective belief—the belief of your heart. You will always demonstrate your belief; that is why Quimby said, "Man is belief expressed."

If you conceive of a God afar off in the skies you will certainly have a God of caprice possessing all the whims of a human being. With such a concept you will be like the business man who said to the writer, "I would be all right if God would leave me alone." Why not go back to the concept of *Isaiah*, chapter 9, verse 6, "His name shall

be called Wonderful, Counsellor, the Mighty God, The everlasting Father, The Prince of Peace.” Begin now, today, as you read these lines to enthrone the above true concept or belief about God, and miracles will begin to happen in your life. Realize and know that God is all Bliss, all Joy, Indescribable Beauty, Absolute Harmony, Infinite Intelligence, Boundless Love, Omnipotent, Supreme, and the Only Presence. Accept mentally that God is all these things as unhesitatingly as you accept the fact you are alive; then you will begin to experience in your life, the wonderful results of your new convictions about the blessed God within you. You will find your health, your vitality, your business, your environment, and the world in general all changing for the better. You will begin to prosper spiritually, mentally, and materially. Your understanding and spiritual insight will grow in a wonderful way and you will find yourself transformed into a new man.

This is what repentance really means, turning back to the One, the Beautiful, and the Good, counting nothing worthy but your devotion and attention to the One True God, the “Father of lights in whom there is no variableness or shadow of turning.”

I have made a study of the work of Philo Judaeus in the First Century dealing with the allegorical exposition of the five books of Moses called the Pentateuch. Philo explains the terms Lord and Lord God in a wonderful way. You have seen these terms frequently in the Bible. Philo says, “The Name denoting the Kind and Gracious Power is God and that denoting the kingly ruling power is Lord.” The prayer worthy of the highest admiration in the light of Philo is that one in which the Lord becomes to you God, and you cease to express any fear of Him, but lovingly give honor to Him as the Bestower of all kindness. The words *Lord* and *God* are used interchangeably also. The psalmist says “Know ye that the Lord he is God.” *Psalms* 100:3.

It depends how man looks at God whether he calls on Lord or God. These are simply two ways of looking at the same thing. Lord is the name for the Kingly Ruling Power as Philo says, but in ancient times the term Lord was given also to tyrants, despots, and others who had people under them serving as slaves and serfs. The condition was somewhat like the condition of slaves in the United States before their emancipation. The owner was their lord and

master, and they were completely at his mercy. This is the way many people look upon God. They have a cruel, vengeful God. He is a cruel Lord causing earthquakes, disasters of all kinds called “acts of God” in insurance policies. They say, “It is God’s will my child died,” or if someone says the child was born dead, they say “It is God’s will.” What a frightful, monstrous concept of God. Philo would have you look upon God as Love; regard It as your Great Benefactor.

I told one of our students in London, England, where I give a class almost every year, to look upon God as his Silent Partner, his Guide, his Comforter, to believe that God was always watching over him like a Loving Father, and to claim that God was always supplying his needs, inspiring him in all his ways. He wrote me saying, “I feel God is a Living Presence, a Friend, a Counselor, a Guide. My business has prospered three hundred per cent, my health has been restored, and I have thrown away the thick lenses I wore for twenty years.”

You can see what happened. He looked upon God as his Father. The word *father* meant something to him. It meant love, protection, guidance, and supply. God to him was a person. Troward would say, “There is a way in which that is true.” God is Timeless, Shapeless, Ageless, without face, form, or figure. God is the Living Spirit Almighty—personal in the sense that all the elements of personality are in God and are reflected in us, such as life, love, truth, beauty, joy, kindness, and gentleness. The gladness and warmth of your personality is revealing the Infinite Personality of God. God is Law, but God is more than law. God is Love, Light, Truth, Beauty, Wisdom, Joy, Order, Symmetry, Proportion, Rhythm, and Divine Order. God is Laughter, also, and the smile of a child is the smile of God.

What kind of a God do you have? To think of God, therefore, as your Heavenly Father full of Love, Light, and Beauty, and to realize that God is the Infinite Intelligence within whose Nature is Responsiveness causes you to get an immediate response according to the nature of your thought. You experience the reaction as inspiration, guidance, vitality, enthusiasm, prosperity, and other countless blessings. If your thoughts are negative all day long, to use Troward’s phraseology, you place yourself in the position of inverting

the use of the Power and It flows to you as negative experiences, such as lack, want, misery, pain, and suffering.

In order for man to awaken to freedom and peace of mind, he must certainly repent in the true sense of the term; i.e., he must realize that his experiences are the result of his habitual thinking. He is then discovering the Truth which can set him free.

I was asked this question in our class on the sacraments. "Why were the forty-four people blown up in the plane by the bomb over Denver?" These questions have always been asked. I like the answer Dr. Nicoll gives to that question in his writings. He cites the story in the Bible where the disciples asked Jesus the same question. "There were present, at that season, some that told him of the Galilaeans whose blood Pilate had mingled with their sacrifices. And Jesus answering said unto them, "Suppose ye that these Galilaeans were sinners above all the Galilaeans, because they suffered such things? I tell you Nay: but, except ye repent ye shall all likewise perish. Of those eighteen, upon whom the tower in Siloam fell, and slew them, think ye that they were sinners above all men that dwelt in Jerusalem? I tell you, Nay: but, except ye repent, ye shall all likewise perish." *Luke 13:1-5.*

You will see by the above that the disciples were under that age-old, superstitious belief that an angry God had punished these men because the tower fell on them; that somehow it was in punishment for their sins; or others today might say, it was their *karma*, which is another word for belief in a devil, only they have modernized it and called it *karma*. The latter word means law of action and reaction. Action is thought. Reaction is response to your thought. It means sowing and reaping, mentally speaking. The person who asked the question about the forty-four passengers on the plane said, "It must have been their *karma*."

The answer to the question is the same as Jesus gave, "Except ye repent, ye shall all likewise perish."

I knew a student who had planned to go on that flight from the east. She told me that she always prays for guidance and Divine right action claiming, "And the Lord, He it is that doth go before thee." A friend insisted that she drive with her to Los Angeles as she wanted company, so she traveled by car; moreover, she felt

intuitively she shouldn't go by plane. It was, she said, as if an inner voice was saying "No," and when the offer came to go by car, she knew she was right. She had been doing her penance or practicing repentance—another name for right thinking—and the wisdom within responded as right action, blessing her in all her ways. Had she not been a praying girl, she would undoubtedly have gone on that ill-fated plane and have been a victim with all the others.

It does not mean, as Jesus pointed out, that these people were bad people. No, not at all; they were victims of the race mind. All of us are immersed in the race mind or the collective unconsciousness which believes in death, accident, misfortune, trouble, and disasters of all kinds. All of us, as Troward says, are subject to the law of averages or race mind until we decide to rise above it through prayer and constructive thinking. The death of hundreds of children in a fire, or young officers blown up in the sea, or drowned in a submarine collision—these experiences have nothing to do with Divine punishment for sins, but they are due rather to the fact that people are immersed in the race mind which is forever conditioning their minds inasmuch as we are all broadcasting and receiving stations.

Quimby says, "Our minds mingle like atmospheres and each has his identity in that atmosphere." The thoughts, feelings, and beliefs induced by news, propaganda, television programs, commentators, plus the mental atmosphere of all those around you are forever impinging on the receptive medium of your mind; unless you do your own thinking, you will, as Jesus says, suffer a common fate; i.e., experiences of people governed by race mind.

Dr. Nicoll points out with radiant lucidity that repentance comes from the Greek *meta-noia* which means change of mind, mental transformation. This word has nothing to do with feeling sorry; neither has it anything to do with the sense of regret. What we need, therefore, is a complete mental housecleaning resulting in a completely new interpretation of life, a new way of thinking, so that we begin now to fill our mind with the Truths of God, thereby crowding out of the mind everything unlike God.

A Japanese Truth student told me during my recent lecture series in Japan that one day he had missed his train because his watch had stopped. He was disappointed for a moment; then he reminded

himself that God was always watching over him on his journeys and in all his ways. He learned during the course of the day that the particular train which he had missed had fallen from a cliff, and a great number had been killed and wounded. He added the explanation that when a student contemplates the Presence of God working in him, through him, and around him at all times, and makes a habit of this prayer, the mental and spiritual vibration of that student does not harmonize with the mental vibration of the train that crashes. This is an excellent, scientific explanation based on the law "two unlike things repel each other."

You and I know many good, kind, generous, church-going people who have suffered great tragedies in their lives, not because they are evil, nor because they are thinking about disaster or calamity, but rather because they fail to repent or truly think. How many people think? Thinking means comparing; i.e., comparing one thing with another, one proposition with another; it is your capacity to choose, to select. If the mental instrument can say only "Yes," comparison is not possible. You have a choice between two things—to one you say, "Yes," to the other, "No." All thinking involves, or should involve, selecting this and rejecting that; it would be impossible to select or reject unless your mind had the power of affirmation and rejection. You will see from this that most people do not repent (think wisely). As a matter of fact, what the average person calls thinking is not thinking at all, it is the collective unconscious of the race thinking through him.

You are thinking when your mind is dedicated to the Eternal Truths of God, when you reject all fear and contemplate the reality of your desire, knowing there is an Almighty Power which responds to your thinking and will bring it to pass. You are truly thinking when you reason things out in your own mind, rejecting all negative concepts as unfit for the house of God and feasting on the reality of the Divine solution, knowing that a subjective wisdom responds to your creative thought. You are truly thinking when meditating on whatsoever things are Lovely, Noble, and Godlike. How many do you think are thinking in a new way? They may be good from a worldly standpoint like the men on whom the tower of Siloam fell, but they are not thinking of God and His laws.

It is written, "Thou shalt worship the Lord the God and Him only shalt thou serve." Many good people, good in the sense that they are kind, say their prayers, are good citizens, pay their taxes, and vote every year, but that is not enough. If you looked inside their consciousness, you might find fear, phobias, fixations, grudges, ill will, suppressed resentment, and hate. I talk to many good people in the way the world means it and I find some are afraid of punishment in after life. They still distrust God since they are doubtful of His Love and Grace.

Troward gives the answer to the whole thing when he points out that this law of averages governs man in such a way that large numbers of individuals live and die, but the race or type is always preserved. "So careful of the type it seems so careless of the single life." He points out that you come out of this law of averages or race mind which believes in death, misfortune, sickness, failure, etc., by rising on the scale of intelligence. In other words as you become consciously aware of the fact that the spirit within you is God which responds to your thought, you rise above the law of averages and you no longer are subject to the world-mind and its false beliefs. You begin to take charge of your own life through constructive thoughts and Divine imagery causing a tremendous increase of freedom and sense of security to take place in your life which is always commensurate with the degree of your intelligence or spiritual awareness.

The difference between the man who repents and the man who just sits and lets the world go by saying, "I'm all right, I eat, sleep, and work, and God is good to me" is this: One is thinking wisely, and the Principle of Intelligence reacts accordingly by extending the border of his tent and increasing his freedom along all lines. The other man who just sleeps and eats is simply refusing to use the God-given Power within to rise above the world and its fears; he finds himself getting the flu when it comes around, or hay fever when timothy grass appears. He is open to the aches, pains, and confusion of the world. He remains governed by sense-evidence and race-belief, and lives under the law of averages.

I spoke to a woman one time in the Post Graduate Hospital in New York. She had cancer. She confessed to me that she had hated

her daughter-in-law like poison for thirty years, to use her own expression. She said she never thought of cancer or feared it, all of which was true, but the destructive, poisonous emotion lodged in her subconscious and took the form of cancer in her body. You don't have to think or fear cancer to get it; neither do you have to hate anyone in order to have it.

I recently spent some time with a very kind man—noble, generous, and magnanimous in every way. He had cancer all over his body; the reason was his father and two brothers died from it. He feared he would get it. He said he had lived with that terrible fear for over twenty years, "What I fear most has come upon me." It was not God punishing him; neither was it some past *karma* but it was all due to ignorance and fear on his part. No one ever told him how to pray. When he did pray, he was begging some far off God saying, "If it is God's will, he will heal me." Here again you see the old jungle God, an avenging God punishing his children. This man, having now a new concept of God, is well on the way to recovery, receiving encouragement and praise from his physicians.

Most people, when they read about train accidents, auto disasters, etc., seem to think that some outside force comes from somewhere and does harm to people who are entirely innocent; but the mental state and the disasters are "birds of a feather" and "flock together." A man with a strong faith trusting that an Overshadowing Providence is always watching over him is kept away from an unpleasant experience that might hurt or injure him in some way in the same way that oil and water repel each other. The man's faith in God and the unpleasant experience repel each other according to the law of belief.

Say now, to yourself, "I dwell in the secret place of the most High and shall abide under the shadow of the Almighty." *Psalms* 91:1. If you believe this in your heart, you positively will be invulnerable against all misfortune. You will have nothing at all to fear in this world. There is a mental attitude and a mental cause behind all accidents, fires, wars, and calamities of all kinds. Man is cause and also effect. You might be asking now, "What about natural calamity? can we be protected from that?" We must remember man's environment is always a shadow or reflection of his own mind. If his

mind is turned toward God and His Love, he will never be hurt or burned by any calamity, flood, war, or earthquake.

Dr. Taniguchi, leader of New Thought in Japan, and called the Ghandi of that country, points out that a flood in one of the towns in Japan wiped out a number of restaurants, leaving no trace behind. The restaurant, Hiragi-Ya at Yase, which was a meeting place for Japanese Truth students, was intact. Misfortune or calamity of any kind cannot be experienced by the person who believes that God's Truth is his shield and buckler. I believe wholeheartedly what Dr. Taniguchi says, "Heavy rain, windstorm, and earthquake are all productions of the mind."

I am frequently asked that age-old question, "What about children? They are innocent. A man of eighty or ninety is as much of a child as the child in the cradle. There is only one law and it is no respecter of persons. All children are born in the race mind, and, as Quimby points out, they are completely subject to the mental atmosphere of the home where they grow up in the image and likeness of the dominant mental moods of the parents and those around them. If mother gets terribly excited, the little child gets fever, etc., in the same manner that the girl in the office gets a cold because she sits near a fan in the office.

The man of seventy-five, crippled with arthritis, is like the little child crying in the wilderness saying, "How did this happen to me?" He blames the weather, diet, or something else. He would never think of blaming himself, his thought, or lack of thought. All people in the world are, like children in the cradle, governed by a race mind until they come to the use of reason and begin to think God's thoughts of peace, joy, health, and love.

When we begin to claim what is true of God is true of us, we are coming out from among them (race mind) and we are separate (taking charge of our own destiny). Parents are to do the thinking for children until they learn to reject the unsavory food of false belief, ignorance, and superstition. Ignorance is really the only sin in the universe, and the only punishment is the inevitable consequence of such ignorance. "Repent for the kingdom of Heaven is at hand." Turn to God now by a process of thought and you will find God is your own consciousness; this is your salvation. The word *salvation* means

soteria—a safe return; that is all it means. How simple, how beautiful that word is! No matter who you are; no matter what crime you may have committed, there is only *soteria* for you. Yes, a safe return back to the father like the return of the prodigal son. Beggar, thief, and holy man, all shall see the Transcendent Glory which God is; this is the ultimate destiny of all men. God couldn't have it any other way for God is Love.

Turn to God now and feel the truth of the words, "Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance." *Psalms* 32:7. Repent now by changing your thoughts; keep them changed, and the universal heart of God will pour out His blessings on you. You will then sing with the psalmist, "God is our refuge and strength, a very present help in trouble." *Psalms* 46:1.

CHAPTER 4

WONDERS HAPPEN WHEN YOU PRAY

Eucharist—Holy Communion

The cause of sickness, lack, and limitation is due to the fact man has surrendered his real heritage (spiritual dominion). Man's free will ends when he makes the wrong choice—a belief and faith in outer effects; this is really the meaning of the fall of man, the original sin. Man has forgotten his Divine Source and has made the opinions of man the Commandments of God. The problem of salvation is getting back to the choice of good—our Father's Kingdom within. The sense of separation from the One God is original sin (falling away from or missing the mark). We are then the fallen angel, i.e., fallen from Heaven, the ideal state. The fall always occurs when a sense of want and deprivation is experienced; this sense of want or lack becomes an urge to growth—to return to The One.

The birth of Christ or Holy Communion is a perpetual process which is experienced whenever you make a better conclusion by arriving at a conviction to be passed on for planting in the subconscious—the strong arm of the One Power. Be careful to make the right choice based on spiritual standards. Never fall into temptation by choosing a false basis of fear-laden beliefs and shallow opinions nourished by propaganda. The sin against the Holy Ghost or the Holy Spirit indicates failure to believe in the One Power ascribing power to outer things, and living in bondage to false gods.

The sacrament of the Eucharist together with all the other sacraments are steps in spiritual rebirth or various stages back to the Father's House; this whole process is known as redemption. The beauty, the glory, the ecstasy, Divine joy, and mystic significance of this process is sometimes lost in the beautiful ceremony and ritual

unless we understand the inner meaning of the ritual or dogma. Look at all sacraments as a sacred covenant or agreement between your conscious and subconscious mind. When the two touch and agree on anything, such as health, peace, abundance, or the solution to your problem, God or Peace comes in and steals over your mind.

In sacrifice and sacrament is the basic idea of giving something up to God (your higher self). Since God is all and possesses all already, why give him lambs, bullocks, children, daughters, sons, etc., as if he needed something. We have covered this adequately in the first chapter. We will stress the following point again; however you cannot give God anything but recognition, praise, and thanksgiving. You offer a sacrifice when you give up all your false beliefs and erroneous concepts. Study the proper interpretation of the various sacraments and you will become sanctified (made whole, an integrated personality) by means of your Godlike ideas concerning yourself, your neighbor, your so-called enemies, your relatives, and your God. At the point of conviction, the ideas you entertain will become manifest, for the “word (idea, thought and feeling) is made flesh” according to the sacramental esoteric covenant for “as ye sow, ye shall reap,” “for as a man thinketh in his heart (subconscious mind) so is he.”

The psychological law behind all this jargon is that the ideas you value or fear the most must objectify sooner or later. In order to practice having Holy Communion daily (communing mentally with wholesome ideas) be sure to train your conscious mind to accept only true and holy concepts concerning man, God, and the cosmos, so that you can do better work and carry on His Holy Will. God’s Will for you is always something transcending your wildest dreams. The sacraments teach that your mission is to disclose the hereness, nowness, and isness of God. Man is actually God expressed or made manifest. When you begin to receive Holy Communion which is to silently commune or meditate on the qualities and attributes of God, you will find yourself married to God and all the mysteries of the Heavenly state will begin to unfold to you. God will then work His Holy Will (Whole Will, Life, Love, Truth, Beauty, Order, Bliss, Joy, Abundance, etc.) through you, His beloved son in whom He is well

pleased. There must be a merging of yourself with the qualities of God—Truth, Love, Joy—The Only One.

To partake of the sacrament of Holy Communion, man ceases to become a noun and becomes a verb expressing the activity of God. This is the very basis of all sacred theurgical science. *Theos* (God) plus *ergos* (working) equals *theurgy*, or God working which results in healing. When you begin to receive Holy Communion regularly (psychologically speaking), you will never limit the Holy One and you will cease setting up any human beliefs as a barrier. Your awareness or consciousness moves under its own power. *Sacr*, the root of sacrament, has a phallic connotation, since the sex-power moves under its own power carrying the seeds of life and germination.

The outward receiving of sacraments must be accompanied by the inward growth of grace; unless the outer act is accompanied by an inner change of the heart, nothing is accomplished. The grace you receive becomes an everdawning sense of wonderment that you and God are an organic and functional unit. If you are a practitioner or teacher, you live by grace which means the love and wisdom of God flood your mind and heart; then you speak your word with authority. The teacher, working under grace when he prays for someone, reveals that person as he really is, free from the shackles of wrong beliefs, and sees him with the true Vision of God who pronounces all things good. This is the winning of the crown of glory and grace for your work now. It is written not by might (physical effort), not by power (mental, as in mesmerism), but by the Spirit. As you contemplate the harmony, beauty, and perfection of God for your client, he is freed from *karma* (negative state in subconscious mind) and lives under grace (love) and truth (freedom).

Behind all symbolism, ritual, liturgy, and ceremony you *must* find the inner, ignition spark. The Bible is full of phallic symbolisms, such as found in the Psalms, etc.—Gates—King of Glory—Lord of Hosts, Jonah (idea), and the whale (womb, subconscious mind). All the involved symbology of the sacrament will not mean anything to you unless you understand better the interplay of the conscious mind (Jonah, phallus, King) and the subconscious sometimes called circle, whale, womb, Queen Esther, the Christ within, and the gates of the temple.

Every sacrament is an act of Divine union resulting in a deeper experience of a downpour of grace which is a sense of deep conviction beyond words. Prayer, the ancients knew, was the act of Adam drawing Eve out of his rib, or, to state it in another way, was to draw out the feeling, the mood from the depth of yourself which is appropriate or fit for the beloved desire or ideal. Every man is the fit bridegroom as he comes bearing proper seed concepts worthy of a son of God. When fear, ignorance, and superstition depart from your consciousness, it is a sign that you are really partaking of the various sacraments and entering into a state of grace and spiritual conviction. You know well whereof you speak and send forth your decrees like a king with power from on High.

There is always room at the top in all walks of life; the same is true in this teaching. We have a multitude of workers toiling at valley-level. There is virgin ground on the spiritual level of consciousness.

Quimby took on all challenges, sickness, and lacks of all kinds. He was able to stop in its tracks the thing which his quaking patients feared would come upon them. He introduced in the field of consciousness man operating from an exalted, Godlike state of consciousness. He was full of grace (wisdom and love) and understanding. His exalted mood brought about an electronic induction of grace and confidence in his patients who reported blessings, healings, and gifts divine from the One Source. The vibrations of fear could not and did not persist in the mental atmosphere of such a worker. Quimby discovered what everyone should know that the sign of demonstration or an answer to your prayer occurs when you sense a feeling of rest from striving, a feeling that after all you no longer want it, since subjectively it is done. There is a let down because the creative act has been accomplished. It is finished. Real healing is a matter of basic understanding. Your desire or concept, whatever it is, leave to God to give the increase, to transform your body, and heal an organ for you.

A boy said to me one time when I was teaching a class in catechism, "Bread always remains bread; how can it be changed into something else?" I am sure that all reading these words know a little bit about chemistry. The writer of this book has done research work

in the field of Chemistry and Pharmacology. Bread, butter, and milk are changed into blood, flesh, bone, and muscle. The wine and the bread which the Italian and French have for lunch are changed into flesh and blood by the Chemist within. The important part from the standpoint of the Eucharist is the psychological transformation:

Transformation means the changing from one thing to another. A chemist, through the process of fractional distillation, makes alcohol from sugar or grain. Alcohol can be changed into vinegar by certain ferments. Radium transforms itself into lead. When the ancient alchemists spoke of transforming lead into gold, they had in mind the sublimation of the grosser passions of man into spiritual channels. The purpose of the alchemist was to give birth to a new man by a new way of thinking. The language of alchemy was a secret language like the language of the Bible which is written largely in the language of parable and allegory.

The average man was referred to as lead, and to change lead into gold (spiritual powers) was the object of the alchemist. God represents the Hidden Mine or the Kingdom of Heaven within man. By following the alchemical formulas which were really forms of prayer, the man of lead resurrected the latent God-Powers and became a man of gold. A plant, by a process of photosynthesis transforms the air, water, chemicals, and enzymes of the earth into new substances called nuts, fruits, peas, etc. Let us see how you transform the various and sundry impressions, thoughts, and concepts coming to your mind all day long. Suppose someone calls you a skunk. Do you take Holy Communion, or do you become negative, resentful, and angry? Why should you? Are you a skunk? Why should you permit another to disturb you? Why don't you transform that impression into a Godlike idea by realizing that God's peace floods the mind and heart of the person who said it; this is called transforming impressions. You are digesting and absorbing Truths of God. If you want to partake of the sacrament of Eucharist, you must transform all impressions of life which come to you and make sure only that which is elevating, pleasing, and dignifying is implanted in your mind for digestive purposes. You must change your reactions to life; eating of a wafer or drinking of wine or grape juice won't change you internally. If your reactions to life are mostly

negative, you are separated from God and all things good. You are not in tune with the Infinite, neither are you mentally communing with the Holy One, God (Holy Communion).

It is no use to say Mary or John is to blame because he or she does this or talks like that. The point that matters is that you have permitted *yourself* to get negative. You have allowed a gangster and assassin to enter the invisible place, the Secret Place of the Most High. You live in your inner, invisible world of the mind. Look around you now—you see a chair, table, television set perhaps, and the other furniture of the room where you are. Are not your thoughts, feelings, emotions, fears, doubts, and hopes just as real as the furniture? If you allow yourself to identify with any negative emotion, you have eaten unsavory food. You must go back to Holy Communion, mentally engage your thought on the Eternal Verities, and go up the Hill of God by elevating your thought life.

Holy Communion should be a constant practice whereby you look upon God as your Silent Partner and look to Him for strength, sustenance, and guidance. Prayer should be a habit, and you keep prayed up when you constantly think, speak, and act from the standpoint of the Golden Rule.

Here is a test to see if you have really partaken of this sacrament in its spiritual significance. Have you ceased saying “I” to negative thoughts, moods, feelings, impulses, to every feeling of anger, envy, and dislike? Do you say, “I don’t like her, I resent him, I am depressed, I hate her, I fear?” When you attach something constructive to “I am” or “I” you are really eating of the bread of Heaven. You create whatever you attach to “I am.” If you say, “I hate” or “I resent,” you are identified with a negative, destructive emotion and mentally eating unsavory food which will poison you mentally and physically. When walking down the street, you would not enter into a pool of muddy water. In the same manner when you travel psychologically the streets of your mind, you avoid the slums and association with gangsters, murderers, and assassins in your mind, such as fear, ill will, resentment. You can refuse to go along with negative emotions. Avoid them like you would the dark alleys of your city. Your mother told you when you were young to keep away from bad company. Keep away now from bad company in your mind. Do

not let negative emotions touch you; neither do you touch them. Begin to realize that the trouble is within you; then you will cease blaming others.

You have heard the story about the Irishman who was shortsighted and refused to wear glasses. He kept saying his eyes were perfect, but he was constantly complaining about the papers, saying they were so badly printed. What thought comes to you when someone criticizes you and spreads lies about you? Observe your reaction, notice it, taste it. Is it pleasant? If you have advanced to the grade of the sacrament of the Eucharist, you will remain unmoved and undisturbed. Your food will be the bread of peace, love, and good will—this is the bread of the silence. You have arrived at that state of consciousness where you know the other can't hurt or disturb you; no one but you can. You refuse, therefore, to eat of negation. You will be full of compassion for the other person; in your understanding you will pray for that person's peace and illumination. Have you had your Holy Communion yet? Do you now see? Do you hear? Do you understand?

The terms *Eucharist*, *Viaticum*, *Lord's Supper*, *Holy Communion*, *passover* all mean the same thing. The Synoptic Gospels (*Mark* 14:22, *Matthew* 26:26, *Luke* 22:17) refer to the Last Supper; likewise Paul in *I Corinthians* 11:23. In ancient times at Jewish meals the following blessing was said over the bread and wine, "Blessed art thou, O Lord our God, King of the Universe, who bringest forth bread from the earth," and before drinking wine, "Blessed art thou who createst the fruit of the vine." The Eucharist, i.e., the ceremony and ritual, had in its earliest form an element in common with the ordinary Jewish meal which was sanctified by thanksgiving uttered over the bread and over the cup. "We are one body: for we all partake of the one loaf." *I Corinthians* 10:17. To Paul the Eucharist meant the Truth of God which was for Jew and Gentile alike. It was a sacrament representing the unity in God of all people. The single loaf broken into fragments and distributed among the faithful was the pledge of their intimate union.

"Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; For

this is my blood of the new testament, which is shed for many for the remission of sins.” *Matthew* 26:26, 27, 28. The *Book of Common Prayer* teaches that all the Sacraments are simply tokens of a Christian and “signs of grace and God’s good will.” *Bread and wine* are symbols of Divine Substance and Divine Life (see *Steps in Prayer* published 1946). Bread and wine are automatically changed by the Intelligence within you into flesh and blood. In ancient, harvest times people gathered together and shared bread with each other and drank wine. It was a form of thanksgiving and gratitude for a wonderful harvest; but it also portrayed love, a union of many hearts. Bread is made up of many grains of wheat which represent a gathered-togetherness of all our thoughts and emotions in the contemplation of God. In making wine we crush and squeeze out the juice of the grape. This means we must go within and press out of our own consciousness the joy of the answered prayer. *Wine* symbolizes joy. The cup symbolizes the receptive mind which is capable of receiving and accepting the reality of the desire. Drinking of the wine means the happy, joyful state of mind wherein you pour out love and feeling into your desire and contemplate its reality. Bread and wine indicate a wonderful method of prayer. The word *bread* means not only physical food, but also money, clothing, and all things needed in this three-dimensional plane; furthermore, the word *bread* means spiritual food such as thoughts of peace, love, and happiness.

Man may eat of physical bread, but he will hunger again. The bread you give to others and to yourself is the noble, dignified, Godlike state of consciousness. You must select ideas and thoughts which heal, activate, bless, inspire, and elevate your mind; thus, you are eating the bread of Heaven, which is peace, happiness, and freedom. If a man lives to eat, to get power over others, or merely to accumulate worldly honor and riches, he will hunger. He must not neglect spiritual food and nourishment. He may have all the material wealth he wishes, for wealth is not of itself, a deterrent to happiness and spiritual growth, and yet have peace of mind, joy, and happiness. Man cannot live without love, beauty, and peace. To spend all your time in the pursuit of worldly things will bring disillusionment, grief, and sorrow. Man becomes cold, cruel, callous,

and indifferent when he separates himself from the heavenly food of love, good will, charity, kindness, gentleness, and love of beauty.

“Man doth not live by bread alone but by every word that proceedeth out of the mouth of God doth man live.”

When the Bible says, “Take ye and eat; this is my body,” we realize at once that this is a figurative statement, and under any circumstances whatever is not to be taken literally. Troward says, “If a thing is true there is a way in which it is true.” Every formed thing, whether a solar planet or the desk you are seated at, represents the body of God. The whole world is really the body or form of God—God made manifest. Matter is Spirit in form, or Spirit reduced to the point of visibility. No matter what we eat at the table may be considered the body of God, and whatever we drink, whether milk, coffee, or grape juice, could be called the blood or Life of God. We know, of course, the food we eat is consumed and transformed into energy, new cells, and in general contributes to our well-being.

The Bible is a psychological document and is not referring to material things except indirectly. It uses outer, concrete things to represent inner psychological states of mind. When it speaks of *body*, it means your pictorial image or ideal. When the ideal or image is impressed on the subconscious, it is made manifest in the exact image and likeness of the mood that entertained it.

For example, if your ideal is to become a great singer, this ideal captivates your mind and generates a delightful mood or feeling; this mood conceals the body or form of your ideal. The mood is the Father which generates its likeness on the objective plane. “As within, so without.” (See *Steps in Prayer*, page 22.) The oak is contained in the acorn, so also is the mustard plant in the mustard seed. In other words the body or form of the mustard plant is in the seed already. Jesus said, “Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life.” *John* 6:27. “For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said, unto them, I am the bread of life.” *John* 6:33, 34, 35.

By *bread* is meant all that is spiritual, such as faith, hope, trust, and confidence in God which come from the heavens of our mind

and give life to our ideas. These moods and feelings are the bread of Heaven. Such mental attitudes overcome appearances of things and all sense-evidence. *Bread* is the inner power which the illumined mind draws from the inexhaustible storehouse within. The spiritual meaning of anything is its real meaning. All physical or external things are but shadows or symbols of spiritual realities. The *Truth* is bread which feeds our soul, refreshes our mind, changes the eater, and is not itself changed into the eater. Referring to the allegorical *manna* or heavenly food, "the bread which the Lord hath given you to eat" *Exodus* 16:15. Philo writes, "Dost thou not see the food of the soul, what it is? It is the continuing Logos (Intelligence, Light, Divine Idea) of God, like unto dew, encircling the soul on all sides." "I am the bread of Life." *John* 6:35. I AM is the name of God, meaning Life, Awareness, the Formless, Faceless Presence within us, The Living Spirit Almighty. I AM is first person, present tense.

Mentally feast on God or the Good now. Feast on your desire and its reality. Continue to eat mentally of your ideal until you reach the point of acceptance or conviction. *Conviction* means that you engage your mind on a certain goal until you reach or get the reaction which satisfies. This is the place of fulfillment. You have eaten fully and all is well. Troward tells you always to go to the end in prayer; having imagined and felt the end, you have willed the means to the realization of the end. If you continue to feast on the accomplished fact, the moment comes when you can eat no more; then you say, "It is finished," or "Amen." These words of confirmation refer to the finished, psychological state of consciousness where you subjectively know that the thing prayed for is a fact in consciousness. You do not have objective proof as yet, but you are not waiting for results because you know the moment you think not, the manifestation or demonstration will appear. You remain unmoved in the absolute conviction that the solution felt as true within must be experienced without.

As you walk the street or drive your car, you may eat the bread of Heaven by sensing and feeling the God-Presence within you. You know this God-Wisdom and Power can overcome, transcend, modify, and transform any obstacle or discordant circumstances in the physical world. You are eating of the bread of Heaven when you

know that the internal world of the mind and spirit is causative, and that the subjective always overturns and overthrows the objective. Your constructive consciousness, full of faith and confidence, supplants the mood of fear and lack, and your answer comes.

To certain religious groups the Mass is said to repeat, in an unbloody but true way, the death of Jesus. It is called the sacrifice of the body and blood of Christ, really present on the altar under the appearance of wine and bread. Mass is offered for the living and also the so-called dead. In the Catholic Church it is believed Christ is mystically slain in a way that the human, finite mind cannot understand. The doctrine of transubstantiation, which teaches that the wafer and wine are transformed into the actual flesh and blood of Jesus, cannot be taken as literally true. When the Psalmist sang, "O taste and see that the Lord is good," *Psalms* 34:8, he referred to the response man receives when he turns in thought to the Divine Intelligence within him. He feels its response. It is sweet and gives him a sense of pleasure and deep satisfaction. *To taste* is to appropriate. When you eat of an idea mentally, you are tasting its savor and you rejoice in its digestion.

The following verses are always quoted in support of the literal interpretation of flesh and blood. "Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him." *John* 6:54, 55, 56. "This is an hard saying; who can hear it?" *John* 6:60. "From that time many of his disciples went back, and walked no more with him." *John* 6:66. In verse 63 of *John* 6, Jesus explains the whole subject for all who have eyes to see and ears to hear. "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life." In other words, he is talking figuratively and psychologically. The words are spirit—something you feel and sense in your heart, a movement of consciousness. The words are full of life in the sense that the ideas you entertain animate, sustain, inspire, and lift you up. The flesh profiteth nothing. The *flesh* means that the outer ceremony, ritual, formula, and wafer, is meaningless unless accompanied by an interior change. The mechanical repetition of a prayer is also

meaningless. Prayer is a movement of consciousness. It is, as Emerson said, "The contemplation of things from the highest standpoint." Socrates gave the answer when he said in Plato's *Phaedrus*, "May the outward and inward man be at one." When Jesus said, "It is the spirit that quickeneth," He is referring to an inner feeling, awareness, an inward sign of grace. By *grace* is meant a deep, inner sense of harmony and love. When the inner harmony reveals outer harmony, you are living in grace. No matter what disturbances or shocks occur at the periphery of our life, if we are truly living in grace, we will go back to the Divine Center within, and there rest in peace and in confidence, gathering strength and power to overcome all obstacles.

One time I knew a man who was a very brilliant chemist. He never did anything but dream about new inventions, new formulas, and new discoveries. He had formulas given to him in a dream which he discarded. He said to me once, "You know, I had a dream last night and I saw a formula explained in detail."

I said to him, "Perhaps that was the answer to your problem of synthesis."

He ridiculed the idea saying, "I said, it was only a dream." He would go three times a week to Holy Communion; after receiving the wafer he would feel very good, happy, and radiant for several hours following until someone criticized his work or something went wrong; then he would go into a tantrum.

I explained to him one day in detail why he felt so good after receiving the Eucharist or wafer. This is the essence of what I said: "You believe that you are actually eating the flesh and blood of Jesus in a wafer; this acts as a powerful auto-suggestion to your subconscious mind, causing it to respond with a sense of well-being, joy, and inner sense of gladness; this new mood of yours is all due to expectancy. You have prepared your mind to receive grace and according to your belief is it done unto you. You are really a slave to a wafer and completely dependent upon it for a sense of peace and security. In other words, you are a victim of suggestion. Supposing you were up front in the battle lines, or the ship or airplane in which you were traveling got into trouble, what would you do? Where would you get the strength, comfort, guidance, and protection you would

need at that moment?" Then I explained to him that he could contact God within himself through his own thought and that there would be an immediate response for the nature of Infinite Intelligence, as Troward says, is "responsiveness." He could by meditation, i.e., by mentally absorbing and eating of an idea, induce a mood of peace, confidence, trust, and even ecstasy.

I explained to him about a soldier in the first World War, all alone in a trench, surrounded by the enemy. The soldier recited slowly the words of the Twenty-third Psalm. He drank in each word, believing in his heart that God was his shepherd, watching over him, taking care of him. He trusted this Overshadowing Presence to lead him to safety. A terrific storm arose and the enemy battalion retreated several miles to another location; this young soldier, saved by an inner strength, an inner confidence, walked through the woods twenty miles and found his comrades.

This soldier told me that as he prayed, "God is my shepherd, He leadeth me beside the still waters," a sudden wave of peace and comfort seized his whole being and he was exalted and lifted up spiritually. The soldier had partaken of Holy Communion. He had turned to the God-Power in his thought and had received a transfusion of the Holy Spirit which brought about a strong, calm, mental atmosphere blessing his inner life. He was not dependent on a wafer or wine which remains flour and wine regardless of all the prayers said over it. It is, of course, changed into your body and blood when you eat the wafer and drink the wine and its substance is changed by the Great Chemist within into new cells, nerves, tissues, muscles, and blood. It becomes flesh of your flesh and bone of your bone in a physical sense.

After considerable discussion with my chemist friend along these lines, he became intensely interested and is now teaching others about the Hidden Power.

Eating of the body and drinking of the blood refers purely to psychological transformations and nothing else. What about the impressions that come to you during the day? Begin now the art of transforming them. Are you working on your negative emotions, inner discord, and destructive imagination? The transforming power is at the place of the intake of impressions—your inner mind. Begin

to think in a new way and you will become a new man. As long as you think in the same way, nothing changes. To change your life does not mean changing outer circumstances and conditions; it is to change all your mental and emotional reactions to life. Do you always react the same way to people, to news, to conditions? Are you stereotyped in your reactions? Watch your reactions now, today. See if they are mostly negative. If negative, you are not eating of the bread of Heaven because you are not transforming the impressions which come to you. You must never permit news, propaganda, criticism, and statements of others to provoke negative reactions in you. When you are tempted to react negatively, stop immediately and say, "God thinks, speaks, and acts through me"; then a great wave of peace will steal over you; this is the bread of Heaven; eat of it all day long. Return love for hate, peace for pain, good will for envy, and as you continue to do this, an internal peace will prevail, proving the sacramental act, which is your covenant or agreement with the good.

By turning to the Spirit within, we receive nutrition and power; this is the food and bread of the silence, the bread of love and peace. By partaking of this inner, wonderful food, we shall never hunger, neither shall we get faint or weary. Keep on eating the bread of righteousness, which is right thought, right feeling, and right action; this will pay you tremendous dividends.

In the Lord's Prayer we read, "Give us this day our daily bread." *Matthew 6:11*. The Lord's Prayer antedates Christianity and stems from an ancient Jewish prayer called the *Kadish* which indicates that the truth and meaning of bread was universally understood. In looking to God as your Universal Source of supply, knowing that His supply is your supply now, and that there is always a Divine surplus in your life, means that you are claiming your daily bread, which was given to you from the foundation of time. The inner and the outer man is forever fed and nourished by God's Wisdom and Love. The soul of man cries out for Wisdom, Truth, and Beauty, which is the food of the wise. God's ideas are Infinite. You can pass on some of these ideas to others, thereby breaking the bread of God, sharing it with all who hunger. The Christ in you is the true bread of life. Paul says, "The Christ in you, the hope of Glory." Christ is the Presence of

God in all men. The feast of bread and wine is called the Last Supper because it is the last psychological feast you partake of before you pass over from pain to peace or from limitation to freedom. The solution to your problem is your savior.

An actress in one of my classes some years ago was unemployed for a long time. I explained Holy Communion to her. She said she received it every week at church but she was still unemployed and obviously in want. She had not discovered her savior. I gave her a new idea which penetrated her mind. "Take ye and eat, this is my body;" she now understood the body to mean that the plant was in the seed; the apple tree was in the seed, the form of expression is also in the desire.

Troward states it beautifully when he says, "The desire (idea) has its own mathematics and mechanics with it. You don't add power to the seed or energy, you place it in the soil and it will grow of its own volition." She ate the body of Christ by accepting the idea of a contract in her mind. The idea is dead and static by itself. We must give life to the idea. We must quicken it. Being an artist, she was quick to see and understand. She knew she had to take the cup and drink the wine or blood, a figurative way of saying she had to call forth the feeling, the enthusiasm or, to quote Troward, "We have to enter into the spirit of it." The *spirit* is always the animation, the movement of consciousness, the warmth, the life of the idea. It is the spirit of the game, the spirit of the artist, the spirit of the musician, the spirit of the man in prayer. She was drinking the wine of life when she was imbibing the reality of the idea and feeling the thrill and wonder of it all. She used to imagine that I was congratulating her on her wonderful contract. She used to do this for three or four minutes two or three times a day. She would hear the voice and feel the thrill. The frequent engagement of her mind on this mental picture (see chapter "Imagination" in my book *Believe in Yourself*) brought an impregnation of the idea in her subconscious and before the class terminated she received a wonderful contract at a fabulous salary.

When Jesus took bread and blessed it, that simply means your idea, your desire, plan, enterprise, your wish, that which you want to be, to do, and to have. The idea or desire is the male element; then you must drink of the cup which is the feeling, the receptive mind

which receives. The cup, or heart, is the subjective in man, the seat of emotions and feeling. In other words, thought and feeling, husband and wife, idea and emotion, must blend together and become one; then your prayer is answered. To state it in another way—whenever your conscious and subconscious mind synchronize and unite with any idea or desire—it is established and made manifest. You could explain the drama in many ways; yet it all comes back to a simple, universal process of prayer: It is the feeling, emotional, or subjective nature of man and woman that accepts the idea or desire, giving it form and function.

In some cathedrals you have seen the saint's head on his heart; this symbolizes the union of the mind and heart in all prayer, or in biblical language, the body and the blood of Christ. The word *Christ* means Logos or the I AM, God, the Life Principle in us. In other words, Christ is the way the Life Principle works. You are Christ in one sense when you know that thought and feeling create your destiny; then you have discovered Wisdom. Quimby called Wisdom—Christ. Knowing that thoughts are things and that your feeling nature is the Spirit of God, you can, therefore, transcend all obstacles and deliver yourself from all discouragement, lack, and despair.

When the priest places a quantity of wine in the chalice and adds some water, the act is symbolic of the union of mind and wisdom. The *wine*, rich and strong, represents the qualities, attributes, and potencies of God; the *water* represents the mind always in motion. It is the marriage or union of love and wisdom which brings forth the science of health, happiness, and peace of mind spoken of by Quimby one hundred years ago.

The words of the priest when he distributes Holy Communion are rarely understood in their true significance. "May the Body of our Lord, Jesus Christ preserve thy soul into life everlasting." Interpreted properly, all it means is this: the idea, the knowledge, the awareness that your own I AMNESS is the Lord Jesus Christ, enables you to preserve your soul or subconscious from negative influence as you will no longer attach anything negative to I AM. Jesus means I AM or God within you. Christ means savior. Your I AM or God is your savior. In other words, all it is saying when translated from Hebrew or

Greek is to acknowledge the Presence of God within. Accept It, tune in on It, and the Holy Presence will heal, bless, answer your prayer, and solve all your problems, for “with God all things are possible.”

As the priest washes his hands during mass he says, “Lord, I have loved the beauty of Thy house and the place where Thy Glory dwelleth.” You are the house of God, and the Indescribable Beauty of God indwells you; the Glory, meaning the Infinite Intelligence and Wisdom of God, also dwells within waiting for you to call upon it. You love His Beauty and Glory as you turn to Him in reverence, adoration, and in complete recognition of His Absolute Sovereignty. Looking upon the Spiritual Power as the source of your health, wealth, energy, and all things, you are loving it. All of us are in constant need of Holy Communion, i.e., union with the Spirit within. We need to dedicate our lives and actions to God. Internal strength and faith in God are our greatest defenses against the encroachments of negative thoughts and pressures from the external side of life.

If you want to drink the blood of Christ, if you wish to find the Holy Grail or the Holy Cup, you will find it in your own heart called the Chamber of His Holy Presence. Open your mind and heart now and let in the influx of the Holy Spirit. Go on a great psychological, mystical banquet by meditating on Love, Light, Wisdom, Power, and Peace. You will find your heart (cup) will become filled full of the blood of Christ or the life of the Truths contemplated. “Drink ye all of it.” It is the love of God welling up in your heart. Pass this mystic cup to others. You do this by rejoicing in the Love and Beauty of God flowing through all those around you and through all men everywhere. Realize in your heart as you walk the streets, as you enter your own house or office, that all people you meet are partaking of that cup of Love, Light, and Truth. You are now blessing others; praying in that way, you will always abide in the joy of good works. Now you bear witness to the Christ; you testify to the Holy One within because your heart is full of love and good will. Drink every drop of the cup. It is the dew of Heaven, and you find yourself in a state of indescribable bliss. You are dead to the old state and you live in the new.

“This is my blood of the new testament which is shed for many for the remission of sins.” *Matthew 26:28*. Having come to this point, you know that in order to really transform yourself or heal another you have to shed your blood; i.e., give life to the idea, activate it, and charge it with interest which is feeling. Now you are giving your life to the new idea, and the old idea dies because you took your attention from it. You testify to the new state, and your sins are remitted or forgiven. The sin is to miss the mark, the target, or your failure to realize your desire. As long as you desire something, you are sinning because you fail to realize it. As soon as you enter into a realization of complete mental acceptance of your desire, the Savior or Christ is born, and you are at peace; this is called the blood of the new testament meaning you are testifying to a new state.

If your mother is sick, you must shed your blood on a cross for her in order to help her. It is, of course, foolish to take these things literally. The words of the Bible are allegorical, figurative, and psychological. I heard a man in Hyde Park in London in 1921 say something similar to the above. I thought it strange then, but shortly afterwards I knew what he meant. The idea of health is real—it is of God. Therefore, you take your mother’s request (her cross); make it your own and go within yourself to God, saying and affirming, “Here in the secret place all is bliss, joy, happiness, perfection, glory, light, and love.” As you give life, love, and feeling to the idea of your mother’s perfection and as you claim that what is true of God is true of her, you are shedding your blood (giving life to the idea of health, harmony, and peace). You will continue to shed your blood by frequent occupancy of the mind with the prayer until you die to the belief in her sickness and resurrect your conviction of the way it is in God and Heaven. There being but one mind, what you felt as true in that atmosphere of health and peace will be resurrected in her experience. You died in Golgotha (place of imagination and feeling) and shed your blood for your mother and for the remission of her sins. Her sin (sickness) has disappeared and health is resurrected. You experienced the crucifixion (crossing over) or the passover, two words meaning the same thing. You crossed over from the conscious mind, belief in sickness, to the subjective belief in perfect health. You succeeded in conveying the idea of perfect health to the

subconscious through repetition, faith, and expectancy; that is the crucifixion.

This should be shouted from the house-tops. We should cease telling people that the Jews killed our savior. We should begin to tell the Truth to all men that man is his own savior for God indwells him. We must cease perpetuating class and religious hatred which will continue as long as we teach the literal meaning of the crucifixion. To read the Bible literally it becomes a monotonous, sadistic document giving the impression that God is a cannibalistic Moloch seeking bloody sacrifices. "Draw out and take you a lamb according to your families, and kill the passover." *Exodus* 12:21. Here is the same drama as the Eucharist—Lord's Supper or Holy Communion. You draw out a lamb which means your desire comes out of consciousness. You must kill the desire by identifying with it and absorbing its reality like a sponge absorbs water. Your desire is now a living conviction. You spilled the blood of the lamb on your desire. The blood of the lamb is simply your inner mood of faith and confidence in your capacity to impregnate your subconscious with your desire through feeling its reality. You sprinkle the blood on the door of your senses and all the Egyptians (negative thoughts) are destroyed.

Let your five senses become anointed with the wisdom and intelligence of God, and as you awaken to your inner power, you will cast the spell of God around you. Therefore, no evil shall befall you; neither shall any plague come nigh thy dwelling. You are now married to God, i.e., mentally and emotionally united to God and all things good. "Your cup runneth over and goodness and mercy shall follow thee all the days of thy life." *Psalms* 23:5, 6.

CHAPTER 5

TECHNIQUES FOR SPIRITUAL UNFOLDMENT

Holy Orders

Place yourself under holy orders now and miracles will begin to happen in your life. You confer holy orders on yourself when you begin to practice the Presence of God all day long; whenever your attention wanders away, bring it back to the contemplation of His Holy Presence in all things and in all people everywhere. You are now a moving, healing force. You are ordained. You can no longer be fearful or timid for you are under holy orders—orders of the Holy One (God).

It is said by some churches that Jesus instituted holy orders when at the last supper he said to his disciples, “Do this in remembrance of me.” *Luke 22:19*. “Whose soever sins ye remit, they are remitted unto them; and whose soever sins ye retain, they are retained.” *John 20:23*. “Thou art a priest for ever after the order of Melchizedek.” *Psalms 110-4*. “Without father, without mother, without descent, having neither beginning of days, nor end of life; but made like unto the Son of God; abideth a priest continually.” *Hebrews 7:3*.

The word *Melchizedek* is symbolic of the God-self within you. The God-Presence has no father or mother, so it is really simple to realize that you are the priest yourself. You are told in the seventh chapter of *Hebrews* that Melchizedek is King of righteousness, King of Salem, meaning King of peace. You are the high priest, and the offering or sacrifice you make is your desire; i.e., you turn over your ideal to your deeper mind which is the great fabricator that brings it to pass in due season. A priest is a mediator—you are always

mediating or bringing about through scientific prayer a Divine adjustment in your mind. As you read these pages, perhaps you are saying to yourself, "I want victory over this difficulty," or perhaps you wish a perfect healing.

One of our radio listeners recently heard me speak about the way a young girl healed herself of cancer. She kept repeating to herself frequently with deep feeling and conviction, "Only God and His love grows in every atom of my being." She filled her mind with that truth and her physician complimented her on her great faith. She was a priest offering up her sacrifice, meaning she turned away from the problem and entered into the feeling or consciousness of health which was her savior or salvation. She mediated between the invisible and the visible. She called on the invisible healing power which responded to her faith and was made visible in her body as perfect health. Her mental attitude of receptivity, acceptance, and faith carried her out of that state of pain and suffering to health and peace of mind.

Perhaps you have certain desires which you have failed to realize. Become now the real priest and resolve the conflict. Your feeling is the priest which enables you to move in consciousness from one state to another. If, for example, you look at your problem now, it has within it the solution or answer in the form of a desire. The realization of your desire would save you. If poor, begin now to feel wealthy. Enter into the spirit of opulence. Imagine and feel you are wealthy and prosperous. As you continue to do this, you are the priest mediating or making peace between that which you now are and that which you want to be. You will discover that the feeling of wealth actually produces wealth. You have given up the mood of poverty for the mood of opulence. You are the king of righteousness, meaning you practice right thought, right feeling, and right action. You are a king because you have complete control of your own realm of the mind. You can order your thoughts around and cause them to obey you instantly. You know that there is always a way out and an answer. When fear, belief in other powers, rumor, propaganda, or scare headlines crowd into your mind with overwhelming force, recall at that moment that you are a priest of God and under holy orders to bring forth harmony, health, and

peace. You must remain absolutely faithful and steadfast to your ideal. As you continue to dwell on your goal, you are climbing the hill of God; as you continue to climb mentally, you will enter the fixed or conditioned state of consciousness called answered prayer.

The bishop says to the priest about to be ordained, "Receive power to sacrifice to God and offer mass for the living and the dead in the name of the Lord. Amen." After repeating the Creed, the bishop lays his hand on the head of the priest repeating, "Receive the Holy Ghost whose sins you shall forgive, they are forgiven them and whose sins you shall retain, they are retained." You receive the Holy Ghost when you sense your oneness with God and all things good. Through your knowledge of the laws of mind, you have the power to forgive sins because all you have to do is to identify yourself emotionally with your desire—this is hitting the mark. You have then ceased to sin or miss the mark you are shooting for in life.

I will now interpret the Apostles' Creed for you. It was formulated early in the fourth century at a time when Christianity had to fight for its dogmatic realizations. For the first three hundred years Christianity did its most effective work in the healing arts as the result of pure religion free from all rigidity of definitions. The early Christians really knew the Truth, hence there was no need of quarreling about definitions and dogma concerning the Truth. When you understand the Truth, you do not quarrel about it. "You shall know the truth and the truth (itself) shall make you free." Rationalizations, creeds, and formulas have no healing power. Truth itself, even unstated, has its own motive power. Truth comes first, thinking about it comes as an afterthought for purposes of explanation and teaching.

Taylor compares what he calls the Christian creed and the pagan creed, and, to say the least, they are amazingly similar. The Nicene Creed, 325 A.D., was an eastern exposition of what is called today the Apostles' Creed. Rome broke away from the Eastern Church which was more mystical.

1. I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible.

2. And in Jesus Christ his only son our Lord who was conceived by the Holy Spirit.
3. Born of the Virgin Mary.
4. Suffered under Pontius Pilate.
5. Was crucified.
6. Dead and buried.
7. He descended into hell.
8. The third day he arose again from the dead.
9. He ascended into heaven.
10. And sitteth at the right hand of God, the Father Almighty.
11. From whence he shall come to judge the quick and the dead.
12. I believe in the Holy Ghost, the communion of saints, and the forgiveness of sins.

The simplest way to look at this is to realize that you are Jesus Christ when you begin to practice the Presence of God. Jesus is your illumined reason or intellect. Christ means the Presence of God in your unconscious depths. When you are using your conscious and subconscious mind harmoniously, you are Jesus Christ in action. Your conscious and subconscious mind are projections of the I AM or God within you. The word *son* means expression—you are the son or expression. New Thought stresses the distinction between Jesus (illumined reason) and Christ (subjective self). *I and the Father* means one integrated identification, climaxed by the statement “Who has seen me has seen the Father.” The Holy Ghost or Holy Spirit proceedeth from the Father and the Son. Whatever moves you emotionally is your spirit—your God.

God is first person (spirit).

Son is second person (mental conception, idea, picture, desire).

Holy Spirit is third person (movement of the spirit relative to your desire and your oneness with it).

The hidden symbolism of the Virgin Birth (Jesus’ birth) and the Immaculate Conception (Mary’s birth) are as follows:

Anna, mother of Mary, means consciousness of love, free from sense of separation from God (*original sin*—psychological separation from God). We, ourselves, embody these phases of consciousness. Anna, Mary, and Jesus are states of consciousness. The Jesus state

of consciousness is born of virgin consciousness—untainted by the world. *Suffered under Pontius Pilate* means that your reason and intellect, the governor of your world, attacks your new conception (Jesus) which would save you, i.e., your desire. The unilluminated conscious mind seeks to control, limit, and browbeat the subjective self.

The crucifixion means your new conception is accepted by your mind. The people in your mind (i.e., thoughts and concepts) cry, “Release Barabbas, keep Jesus.” All of which means keep that which will save and bless you mentally. Let the negative concept or false beliefs go (Barabbas).

The *cross* means you are always hanging your ideas on the perpendicular beam which is consciousness, infinite, and boundless. Death and birth are really one—disappearance and reappearance on another plane of consciousness.

He descended into hell means your new idea (Jesus) must enter the subjective level through thought and feeling; then the subjective wisdom takes over and carries on without taking thought, and rules now at the right hand of the Father (strong conviction now secured, subjectified). He shall come to judge the quick and the dead. Where are your dead (your ideals, your urges)? Jesus will awaken them. Jesus (the conviction of security) will remove all doubt and discouragement.

To believe in the communion of saints is a process of tuning in to good ideas (saints) and shutting out wrong wave-lengths (false beliefs, fears, doubts).

The Apostles’ Creed is really a drama of your own consciousness, and all the characters mentioned are states of consciousness. When you receive holy orders, called *ordination* in New Thought language, you become a minister of a wisdom, an instruction, that transforms your whole life and brings you peace and happiness. You become a minister of Christ. *Christ* means knowledge of God. Christ means the Wisdom, the Truth, and the Beauty of God. You are actually giving to all men wisdom called Christ which, when accepted by them, brings about an interior change. It is truly the science of health, happiness, and peace of mind.

This sacrament is truly received by you when you receive your calling from God; this is called your vocation. This sacrament is a feeling, a mood, a yearning, a longing, and a burning desire to be one with your Father in heaven. It is your desire to be one with all things good. You are under orders to show forth the works of God. You are taught of God; this is the calling of holy orders. You are under orders to bring forth wholeness, peace, beauty, and perfection. You are ordained in the sense that you are under the orders of the Holy One.

A complete copy of an ordination service and what it means is given in one of my books called *Fragrance of God*. As a minister you are to give wisdom to people. Wisdom is more precious than rubies, and all the things you can desire are not to be compared with it. If you have wisdom, you will not need a healing or a bowl of soup or an old suit of clothes. Wisdom is the pearl of great price and the priceless gift of the minister of New Thought; this is why he gives up the lesser for the greater. All his time is devoted to the dispensing of Wisdom or the Light of God to man. It is foolish for a minister of New Thought to dissipate his energy and waste his precious time in various drives, bazaars, blood banks, etc. All the time available should be given to the transfusion of God's Grace and Wisdom into the minds of man. As a minister, your eyes must be dedicated to see the Glories and Beauties of the Deity. Your hands are consecrated to play the sweet melody of God.

Hands are symbolic of direction. With your hands you fashion, mold, and shape. You are now to fashion, mold, and shape all your thoughts, words, and writings to the glory of God. Your feet are to go on errands of God's love and mercy. With your feet you travel from point to point. You teach others how to move psychologically from lack to fulness, from pain to peace, from ignorance to light. Your voice and your words must, from now on, be "like apples of gold" in "pictures of silver." Your words are to be "as a honeycomb," sweet to the ear and pleasant to the bones.

Begin now to feel the Holy Spirit stealing over you. Take the cup and pass it to everyone you see, meet, or visit. "He took the cup and gave thanks, and gave it to them. Drink ye all of it." The *cup* is your heart. The *heart* is the chamber of God's presence. Your heart holds

your joy, your love, your goodwill, your life-blood. *Blood* is the life of God; mystically it is the blood of Christ or Wisdom. As you contemplate God's Beauty, and as you feast on God's Love, you find the Love of God welling up in the heart. This cup is sometimes referred to as the Sacred Chalice, the Holy Grail, the vessel that caught Christ's blood on the cross. You perceive, of course, that this language is figurative, allegorical, and mystical. The cup is your mind which is receptive to the truth. Remember always, whatever you meditate on, you invoke the mood or feeling of the idea. In other words, your heart or subjective nature gathers in itself the life which is called the blood of the idea that you are contemplating. Dwell on that which is elevating and dignifying; then you are drinking the blood of Christ, and your cup or heart is becoming full of love and good will.

Drink of that cup and pass it on to the congregation. Let them partake of that cup, that mystic feast. As you continue to contemplate the Glory and Beauty of God, you may enter into a state of ecstasy and experience a union with God which is the moment that lasts forever. Let wisdom be your father, and love your mother. The son from this divine union is health, happiness, peace, and joy. From this moment forward you will listen to no man's voice; neither will you take orders from man or the world of opinion. You will listen to the voice of your father, and your father is God. You are under holy orders—orders of the Holy One. You are, therefore, to bring forth wholeness, peace, beauty, and perfection. You are also to call it forth in the other person. You are taught of God. Let the Glory of God descend upon you. Claim and feel His healing essence flowing through you. In the silence of your soul you venerate the Deity. God is heard in the silence; Truth is transmitted in the silence; Truth is felt in the silence; for God abides in the silence. "The perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain opinions, but God alone speaks in us, and we wait in singleness of heart that we may know His will, and in the silence of our spirit, that we may do His will and do that only."

Practice this great truth and you have ordained yourself. You are under holy orders and a priest forever according to the order of Melchizedek.

CHAPTER 6

THE MEANING OF MARRIAGE AND DIVORCE

Sacrament of Matrimony

What therefore God hath joined together let no man put asunder; this refers to a spiritual union, a marriage of the heart. In our prayer-life it means this: “When man reaches the absolute conviction that his prayer is answered, this conviction is unshakeable; you are joined to God or your good; the two become one.” Those of you who have read my book *Love Is Freedom* which deals at length with marriage, divorce, how to attract your Divine companion, and other articles, are familiar with some of the Truths I am going to elaborate on in this chapter. We must realize that God or the Truth is not present at many marriages.

For example, some months ago I talked to a young lady aged twenty-nine who had been married nine times. She acquired a husband almost every year and after a few weeks or months of married life proceeded to divorce him. The reason for all this was that she was resenting the first husband and had never forgiven him. Therefore, she was attracting men based on her inner state of consciousness.

We don’t attract what we want in life, we attract according to our state of consciousness. You can readily see what her state of consciousness was. She was full of resentment, ill will, and bitterness. The subconscious multiplies whatever we meditate on and gives us compound interest; therefore, each of her husbands was progressively worse.

How often is marriage a real sacrament, meaning a spiritual union? How often is it really a legal ceremony against which the parties to the contract begin to chafe in a few weeks? Remember,

you marry a state of consciousness. When there is a true, spiritual union between two people ("God hath joined"), there is no divorce for none is wanted. They blend spiritually, mentally, and physically. This is the biblical or spiritual way to pray for a companion, a wife: Close your eyes, be still, think clearly and with interest on the qualities and attributes you admire in a woman, feel that you are now married to such a woman. Know and believe that Infinite Intelligence within you is irresistibly attracting to you the right companion. Infinite Intelligence takes over when you pray this way and attracts to you a woman who is the image and likeness of the ideal on which you meditated. You will harmonize perfectly and there will be mutual love, freedom, and respect; this is called the "marriage made in heaven" or peace and understanding.*

Many people enter into marriage without ever praying for guidance or right action. Marriage to be real must first be spiritual. There must be a union of two hearts. Many women say to me, "Oh, I want to get married for security" or "I want a home;" this attitude of mind is not correct. Men marry sometimes because the girl is pretty or she has a lot of money or political influence. Such marriages are false because they are not founded on love which is a movement of the heart. The mere fact that they are married in a church does not sanctify the marriage or make it real.

Recently I talked with a woman who was deceived and tricked by her husband. He told her, prior to marriage, that he was a representative for an eastern concern, that he was single, that he belonged to her church organization, etc.—all lies. It turned out that he was an ex-convict, a wife-beater, and was living with another woman when he married her. She had advanced him some money which is what he married her for. She thought it was a sin to get a divorce; yet she longed for freedom and peace of mind. I explained to her she was not really married at all, that such a marriage was simply a sham, a mockery, and that she was living a lie. She proceeded to get a divorce immediately and dissolved this fraudulent marriage.

Marriage is an accord of divine ideals, a harmony, and purity of purpose. Harmony, honesty, love, and integrity must prevail in the minds and hearts of both husband and wife. If there were a needle in

your thumb, you would recognize that the needle does not belong in your thumb but in the pin cushion. Likewise, there are cases of hopeless incompatibility where two people do not belong together any more than a fish belongs on land. It is much better to break up a lie than live a lie.

I recall the case of a young girl during the war who got highly intoxicated one evening and found herself with a marriage certificate next morning. She had married a native of one of the islands. She was shocked beyond words and had to get psychiatric treatment. The answer, of course, was to dissolve the marriage immediately.

Marriage is not a permit by the state for abuse, cruelty, or torture. Marriage is a union of two souls seeking their way to the heart of reality. Each is married to God or good and they see the Christ or Presence of God in each other. The Bible says, "Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery." *Matthew 19:9*. The word *adultery* means to unite with negative and false concepts of any kind. We are always performing mental marriage acts. Psychologically speaking, man's wife is what he is conscious of being, what he feels as true of himself—his inner conviction or estimate of himself. From this concept or belief about himself, children, such as health, conditions, experiences, and events are born or expressed.

I performed a marriage ceremony for a wonderful young couple in the Middle West one time. In about a month's time they separated and the wife returned to her parents' home. What had happened to their romance? In talking to the young man I found he was practicing adultery or fornication all day long. Adultery means idolatry or worship of false Gods; i.e., giving attention to negative concepts in the mind, forsaking the worship of the one spiritual power within which is the only cause and only power. The young man said to me, "Every day I kept thinking that she would run around with other men. I was jealous of her. I did not trust her. I began to imagine that she was with former boy friends and I was full of fear that I would lose her." He was fornicating in the sense that he was uniting with evil in his mind. The word *fornicate* means to mentally engage or go along with destructive thoughts and negative imagery. (Job says, "What I

fear most has come upon me.”) The young man was imagining evil about his wife and cohabiting with fear, jealousy, and loss. He had broken his marriage vows wherein he promised to cherish, love, and honor her at all times, and forsaking all others, to remain faithful to her alone.

Before anything happens in our world, it must first take place in the realm of the mind. That is why fornication and adultery really take place first in the mind. This young man’s fear was communicated to the subconscious mind of his wife who did not know the laws of mind what he feared and believed actually took place. He saw his belief made manifest; then he blamed his wife. It was done unto him as he believed. When both learned about the workings of their conscious and subconscious mind, they began to pray together; a complete healing of their marital problems followed. “And whoso marrieth her which is put away doth commit adultery.”

How often have you put away or failed to remain faithful to your ideal, goal, or objective? When you no longer nourish, feed, and sustain your ideal, but engage in worry and anxiety, you are truly committing adultery and living with another (fear). You have adulterated your ideal by polluting your mind with fear. The young man learned that he should see his wife as she ought to be—radiant, happy, peaceful, and joyous. She also learned to imagine her husband as he ought to be—loyal, faithful, successful, and happy; they lived peacefully afterwards.

What attracted you to your husband? Enumerate the qualities which you admired in him, nourish and sustain these after marriage and cease being a scavenger. Likewise let the husband say to himself, “What were the qualities and characteristics which I admired in my wife and attracted me to her?” Then let him mentally dwell on them and exalt these qualities in his mind. That is seeing the Christ in one another. To practice this will cause your marriage to grow more peaceful through the years. To quote Emerson, “Man is what he thinks all day long.” When a man thinks negatively all day long, he eventually becomes ill, morbid, morose, crotchety, and neurotic. This destructive, mental attitude causes him to vent his spleen on his wife, family, and those around him. He is already divorced in his mind for the simple reason that he has separated himself from God

or the good. He is cohabiting with evil. He is no longer married to peace, harmony, love, and understanding.

In order for peace and love to prevail in the home it must first prevail in the mind. The Bible is a psychological document; it points out that when man visits the slums in his own mind and keeps company with mental murderers, such as hate, resentment, anger, or ill will, he is cohabiting with evil and therefore guilty of fornication and adultery. In the biblical language he is already divorced; if he keeps up this mental attitude, of course, eventually there will be a separation or divorce on the external plane. The body does nothing except it is acted upon by the mind.

The Bible says, "He that looketh upon a woman, to lust after her, hath already committed adultery with her in his heart." The heart is the seat of the emotions, the feeling nature, the subjective self. Here you are told adultery is of the heart or the mind. The body moves as it is moved upon. Quimby pointed out that the body acts as it is acted upon. When we cleanse our mind, our body will be clean. When our mind is in tune with God, all our actions will be Godlike and noble. Problems in marriage are solved in the same way as any other difficulties—through prayer. Each should see the other radiant, peaceful, happy, and joyous. The wife, for example, in a meditative state imagines her husband is telling her how wonderful and kind she is and how happy he is with her. If she is faithful to this treatment, he will be transformed and peace will be restored.

We must remember that because a man and a woman have a marriage certificate and live in a home, it does not follow that that is a real home. Perhaps it is a place of discord and hate. When a child is present and the parents do not know the law of life, it is better to break up such a union than have the mood of hate stifle the mind of the child. Many times a child's life and mind are dwarfed by the mood of the parents which result in neurosis, crime, etc. It is far better for a boy to live with one parent who loves him than to live with two who hate each other and fight all the time.

The question frequently arises, "Should I get a divorce?" This is an individual problem. It cannot be generalized. In some cases divorce is not the solution any more than marriage is the solution for a lonely man. Divorce may be right for one person and wrong for

another. A divorced woman may be far more noble and Godlike than many of her sisters who are living a lie rather than face the truth. In many instances marriage is a sham and a farce. The usual excuses and alibis to cover up are that it would be bad for John's business, or the neighbors might talk, or it is bad politics, etc.; this, of course, is making a mockery of marriage.

The way of prayer will heal the hurts and wounds of married life. If one of the parties gets angry, resentful, or peeved, the thing to do is to immediately heal it by harmonious thinking plus the mood of love and good will. Chop the head off every angry, morbid, critical thought. Cremate them and burn them up with the fire of Divine love. Let husband and wife do this regularly, and the marriage will grow in beauty and love as the years roll by. When the husband or wife engages the mind with evil or destructive thoughts toward the partner, he has deserted God and is an adulterer and fornicator. If he keeps this up, he will become morbid, morose, and hateful. The end result will be either separation, divorce, or annulment of the marriage ties.

I had a rather strange interview one time in Texas. A woman and man came to see me in the hotel in Dallas. They said they had quarrelled over a piece of property a few years previously. They were very angry toward one another and each sued for divorce. They were divorced after about a year in another state. Each had remarried, and they said it was a great mistake. They married on what they called the rebound. They said, "We love each other—what shall we do?" I told them to dissolve the sham and farce of the present marriage and go back to each other, which they did. "Blessed are the meek." They were meek in the sense that they were teachable; they were humble, admitting their mistake of foolish pride, and desire to get even with each other. Divine love led them to each other in the first place. Love heals, restores, opens prison doors, and solves all problems.

Occasionally a woman says to me, "I'm in love with a man but I can't marry him because he is a Jew, a Catholic, or he is not in Truth." This, of course, is absurd. Love knows no creed or religion. Love transcends all these things and knows nothing about the

various religions. Love is of God. Let love rule and guide your married life, and the peace of God will reign supreme in that home.

I was asked a few hours ago over the telephone if a father could, by mental means, break up or cause the dissolution of a marriage. It seems the young lady in question married a Catholic and they are deeply in love. Her father, she says, hates Catholics and he belongs to another church. The father tells his daughter that he can, by mental means, get his daughter back. You have seen by now that the girl is afraid of malpractice. I explained to her that her father has no power whatsoever, no more so than an old rabbit's foot or a stone in the field. She began to realize that the only power was in her own thought and consciousness. She began to pray that God's Love unite them and that His Love surround and enfold them. She affirmed that the Grace, the Beauty and the Love of God governed their lives and ruled their hearts. She knew nothing could come between her and the man she loved. The only power to govern, control, and direct her marriage was her love and devotion to Truth. The sequel to this was that her father's hate was melted in the sunshine of her love.

To maintain a happy married life, pray together and you will stay together. The contemplation of divine ideals, the study of the mysteries of life, a common purpose, plan, and personal freedom bring about that mystic marriage, the wedded bliss, that holy union in which the two should become one. Remain wedded to God and all your ways shall be ways of pleasantness and all your paths shall be paths of peace.

CHAPTER 7

METHODS OF HEALING

Extreme Unction

You have been reading about familiar words used in an unfamiliar sense. You read in the Bible that Moses admonished the children of Israel, “Never leave any vessel uncovered.” You must learn to keep your conviction as a cover. Keep your illumined conscious mind as a cover over your subconscious mind, or any old opinion or idle belief will come floating in and take over the powers of the subconscious.

Religion comes from *religio* and means “to bind back to.” We should be bound to God; but usually we are bound to false gods—to our troubles—beliefs—fears, etc. When you give a spiritual treatment to another, you must keep a cover on your mind, meaning that you reject completely that sickness has any power, and that you speak with authority knowing that God and His Presence are now reflected mentally and physically in the other. As you continue in this conviction results will follow. Do not wander away mentally. Try to keep one-pointed. Religion is essentially the process of making the ideal concept real in form and substance.

The fall of man is the spiritual self forgetting its majesty and glory by putting on the garment of materiality. The only way back to the Father’s House is by means of a spiritual rebirth by various stages indicated in the various sacraments—Baptism, Eucharist, Confirmation, Penance, Holy Orders, Matrimony, and Extreme Unction. This whole process in religious terminology is called redemption. We must not lose the beauty and spiritual significance of this process in a maze of ritual, ceremony, and liturgy. A sacrament is a sacred covenant or agreement between the conscious and

subconscious mind. When the two agree, you are at peace; this is God in action in your life. The sacraments teach you that man's mission is to reveal the hereness, nowness, and isness of God. Man is an expression of God. When man is really baptized and confirmed, he is married to the Eternal Verities and all mysteries begin to unfold in him. Cease beating about the bush. It is not talking, reading, or thinking about the Truth that does it, but what you believe in your heart that is made manifest. We demonstrate according to the level of our belief.

Every sacrament is an act of union with the Divine resulting in a deeper experience of a downpour of grace. A sacrament is the act of finding or calling forth from the depths of yourself the mood, the feeling fit for your beloved desire.

All the sacraments are dealing with the psychological marriage of the male (idea, desire) with the female—a receptivity of the mind, a conception in which you lose yourself or fall in love—"lose your head." The head is your idea or desire lost or deposited in the subjective mind.

In the sacrament of extreme unction—all openings of the body through which sin may enter are bathed and cleansed with the holy oil of spiritual awareness so that man may not see, hear, or feel evil any more. The Church says extreme unction is that sacrament instituted by Jesus in which, by being anointed with holy oil and having special prayers said by the priest or minister, those who are in danger of death from sickness receive the grace of God. The authority for the sacrament is taken from the book of *James* which says, "Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him." *James* 5:14-15. Anointing with oil is a symbolical act referring to the endowment of man's soul with Divine love. To anoint means to make whole, to illumine, to inspire. "Thou hast anointed my head with oil." *Psalms* 23:5. Jesus went up the Mount of Olives, the mountain yielding oil. David went up the Mount of Olives. This is a high state of spiritual awareness. Your highest concept of God is the mountain you climb in prayer. It means a high, exalted state of

consciousness. Olive trees and olive oil, which is the oil used in extreme unction, signify the healing power of love. Olive oil is symbolical of the Holy Spirit (the feeling of inner oneness with your desire.)

The *dove* returned to Noah in the ark with an olive leaf in her mouth (the certitude of inner knowing). The two witnesses of *Revelation*, eleventh chapter, are the “two olive trees and the two candlesticks standing before the Lord of the earth.” These two refer to love and wisdom.

This is how a young girl in our Bible class gave extreme unction to her mother. She received a telegram from her sister in New York saying that her mother was dying from coronary thrombosis—a similar condition to that from which President Eisenhower suffered. This young girl told me that immediately after receiving the telegram she got still and quiet, went within herself, and began to press out the oil of joy, the oil of gladness, and healing. She began to imagine her sister saying to her over the phone, “Mother had a marvelous healing.” She began to hear this over and over again prior to sleep. She felt the joy of it all and said she was lost in the joy of the good news. “Therefore God, thy God, hath anointed thee with the oil of gladness.” *Psalms* 45:7. Her mother had a most remarkable healing much to the amazement of all concerned. In Biblical language she anointed her mother with oil in the name of the Lord.

The *oil* is wisdom and love. Her wisdom consisted in knowing that if she would take the idea of perfect health for her mother and induce the mood of it in her own heart, she would immediately call forth the Power of God relative to that idea, bringing a healing to pass in a way which is past finding out. Her love consisted in seeing her mother as she ought to be—radiant, happy, and free. When you love the other person, you love to see him become and express all that he longs to become and express. In loving the other person, you lift him or her up in consciousness, feeling the truth of what you affirm. This is the *oil* with which you anoint (make whole) him. The *name of the Lord* means the naturalness of the state sought. Name means nature. When the young girl appropriated the mood, the feeling of wholeness for her mother, she was asking in the name of the Lord. There being only one mind, what the daughter felt as true in her

mind about her mother was resurrected in the mind of the mother three thousand miles away. "He sent his word and healed them."

"Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped the feet with her hair: and the house was filled with the odour of the ointment," *John* 12:3.

Spikenard means faith in God and in His healing power. You can enter into a delightful mood of love and expectancy like the above-mentioned girl. *Jesus* is your desire, the thing that saves. Your desire must be anointed; i.e., as we contemplate the answer and begin to feel it, we get the reaction which satisfies. This is the fragrant state, the happy state, our house (mind) was filled with the odor of ointment (the answered prayer). *Feet* symbolize understanding of the laws of mind, and *hair* means power. You wipe the feet of Jesus with your hair when you know that the desire which you turn over with faith and confidence to the subjective power within you will be resurrected by the creative law within you in ways you know not of. "For in that she hath poured this ointment on my body, she did it for my burial." *Matthew* 26:12. The *burial* is the death of the old state of consciousness and the birth of the new. When your ideal is buried in the subconscious, there takes place the dissolution or death of the old state and the resurrection of the new man.

The odor of the ointment or holy oil is a symbol of bliss, of joy. "An odour of a sweet smell, a sacrifice acceptable, well-pleasing to God." *Philippians* 4:18. The sacrifice you offer is that which elevates, dignifies, and blesses you. The only thing you give to God is the grateful heart. Someone said, "Oh, God, who has done so much for us—give us one more thing—a grateful heart." Whenever we meditate on the great truths of a psalm, we are, biblically speaking, offering a sacrifice to God.

I saw a man who was given a few minutes to live receive extreme unction and an hour afterwards have a remarkable recovery, almost an instantaneous healing. The priest sat by his side. On a table near by were two lighted candles, a plate with some crusts of bread to remove the oil from the priest's fingers, some cotton to remove the oil from the anointed eyes, ears, nose, lips, hands, and feet of the sick person. Sometimes the consecrated oil is called "the oil of the sick." Oil, as you know, has soothing qualities, but rubbing oil on the

hands, feet, eyes, ears, etc., of a man will neither heal him nor cure him if he is dying from some disease. Obviously, you must look for some other explanation. You will ask why the above mentioned dying man was healed after the ministration of the priest. The answer is simple when you know the working of the subliminal mind in all men, sometimes referred to as the subconscious mind. The prayers of the priest plus the man's faith in the holy oil administered appealed to the cooperation of the subconscious mind of the sick man. In other words a blind faith was generated embracing an utter reliance on the prayers offered.

It is for the same reason that people are healed at Shinto Shrines and the shrine at Lourdes. In all such cases the healing is due to subconscious belief, though it may be attributed by the person healed to Jesus, the Virgin Mary, or holy oil. An ancient prayer said during the anointing of the sick might be of interest: "With this heavenly anointing, he shall find peace within and without; all pain, all sickness of soul and body are gone." This makes a powerful impression on the minds of some people whatever is impressed in the subconscious mind is expressed in the body and environment. The Bible says the apostles "anointed with oil many sick people and healed them." *Mark 6:13*. We do not take this literally. The girl mentioned in this chapter who prayed for her mother anointed her with oil three thousand miles away in the true meaning of the word.

Before receiving extreme unction, the one who receives it confesses his sins and receives absolution. When the priest calls upon the Lord, the Holy Virgin, St. Joseph, etc., to uplift the man, all this has a profound effect on the receptive minds of some sick people and oftentimes a healing or recovery follows.

Another interesting case will illustrate what I mean when I say recovery sometimes follows the administration of this sacrament. I knew a man who was a chronic alcoholic, had committed various crimes, and found himself at the end of the rope. His mother had brought him up a devout Catholic; so when he was apparently on his deathbed, he sent the nurse to get a priest. He confessed all his crimes and sins, received absolution and the sacrament of extreme unction which we have already explained. He seemed radiant and happy afterwards. The reason for this was that he now had a deep

inner faith and conviction that he was on the right side of God and all was forgiven. He relaxed and was ready for what he termed "Heaven." The nurse and doctor noted a remarkable improvement and the prognosis was made that he would live. In ten days he was whole and perfect. The man is now eighty-two years old and is still very strong and healthy. How did all this come about? The answer is not in the wafer or the oil administered. It was the relaxed attitude, his surrender to God which immediately released his mind and body from the pressures of pain, fear, guilt, and hatred. His body responded in a miraculous manner to the new mental attitude. His inner sense of freedom and peace of mind was the healing agent and nothing else. The mechanism of the healing was not due to the wafer and the oil; the latter was merely a perceptible sign, a practical means of creating concrete his faith in God.

Many people do not understand that extreme unction is the sacrament of the sick, and the word *death* is never mentioned in the prayer. A Catholic who is sick may ask for extreme unction if he thinks his sickness is serious and receive it. The Infinite Healing Presence of God is present everywhere and is in all men and responds to our belief. There is only one process of healing and it is the exercise of faith. "Thy faith hath made thee whole." When a Catholic hears the following prayer at extreme unction, it may well have an effect upon him and kindle the faith necessary to cause the Healing Principle to respond. "Heal, O Redeemer, the infirmities of the sick person, heal his wounds and forgive his sins. Make all the infirmities of his body and soul disappear and by your mercy give him full spiritual and corporal health."

The Bible says, "The prayer of faith will save the sick man and the Lord (the subconscious mind) will raise him up." *James* 5:15. It is faith that brings the healing, not the ritual, ceremony, oil, or wafer. Faith is just belief in the mind—a thought which you accept as true. A person condemned to death receives the sacrament, viaticum, or holy communion, which sacrament was explained in a previous chapter. He does not receive the sacrament of the sick (extreme unction), for the obvious reason—he is not sick.

The symbolism and spiritual significance of anointing the eyes, ears, etc., is as follows: Your eyes are anointed that you may see the

glory and the Truth of God; your ears that you may hear and understand the truth; your nostrils that you may reject all mental food unfit for the house of God; your lips that the words of your mouth and the meditations of your heart may be acceptable to God; your hands that they may mold, fashion, and create according to God's perfect pattern and play the sweet melody of God; the feet that you may always travel in love and on errands of mercy and good will.

We have gone through the seven sacraments representing seven lights or degrees of awareness. Seven is the number of fulness. Seven denotes the sabbath, the stillness, the rest which follows true prayer. Many times you pray about a certain subject until you have a definite feeling that your prayer is answered. There is then no need to pray further; furthermore, there is no desire to do so. You are possessed by an inner certitude and trust. This is called the seventh day or extreme unction—the last step in the healing of the situation or condition.

The first step is: Baptism. Cleansing the mind, knowing that my desire is my savior.

2: Confirmation. Becoming convinced that God—the Spiritual Power within—will bring my desire to pass. I reject completely all negative thoughts by reminding myself that the Spirit within is the only Power.

3: Penance. I change my thought and keep it changed. I quietly focus my thought on my desire, knowing the Almighty Power is responsive to my thought.

4: Eucharist. I mentally feast on the reality of my desire, and as I do, I generate the blood or life of the idea. I make it alive within me; I animate, nourish, and sustain it.

5: Holy Orders. My feeling is the priest which mediates between the invisible and visible state. I continue to dwell on the reality of my desire by imagining and feeling the

reality of it. I am now changing to the consciousness of victory and truth.

6: Marriage. My conscious and subconscious mind are now in perfect agreement and there is no argument. I am one emotionally with my desire. There is a psychological marriage and a wave of peace has come over me. God is present now. I rest and relax. The mental creative act is finished.

7: Extreme Unction. I am anointed. I am at peace. I have reached the sabbath—a sense of stillness. I am unmoved, unconcerned. I walk in the assumption that my prayer is answered. There is no effort or work on my part. I have reached the sabbath, the seventh hour, and it was the seventh hour He was healed.

PEACE WITHIN YOURSELF
*THE MEANING OF THE BOOK OF
JOHN*

(1956)



INTRODUCTION

This book is based on a series of lectures and classes given on the inner meaning of the *Book of John* in America and many other parts of the world. In 1948 I published *St. John Speaks* giving the psychological life-germ hidden behind the words of this book. It was very popular and became a transforming instrument lifting the minds of students from the literal to a higher level of meaning. Due to innumerable requests all over the world, I have issued this revised, enlarged edition giving the essence of my most popular of all lectures on the *Book of John*.

The Bible is a book intended to teach you correct mental and spiritual processes. The object of all the Bible parables, allegories, and discourses is to convey spiritual truth so that man may learn to advance and grow spiritually. In a series of lectures on the spiritual meaning behind the stories in the *Book of John* in South Africa, Japan, India, and Europe on a recent world lecture tour, I said to thousands of students, "Unless you have the inner psychological and spiritual meaning behind the Bible, you have no Bible at all." Paul said, "*For the letter killeth, but the spirit giveth life.*" 2 Cor. 3:6.

The Bible contains the congealed wisdom of the ages. A holy man in India said to me last year that the *Book of John* was the most mystical of all books of the Bible or any Bible in the world. He added that it was the most profound work on the laws of life.

The ancient writers of the Bible were illumined men; they had three ways of expressing their thoughts. The same word took in their pleasures—the literal, figurative, and the hieroglyphic sense. The first two ways, that is to say, those which consisted of taking words in the literal or figurative sense, were spoken; but the third which could only receive its hieroglyphic form by means of the characters of which the words were composed, existed only for the eyes and was

used only in writing. (See *The Hebraic Tongue Restored*, Fabre D'Olivet.) Through an understanding of the symbols and the meaning of each Hebrew letter (denoting a certain state of consciousness), man can interpret the Bible without much difficulty. Strong's *Concordance* and Young's *Concordance* are used by the writer in determining the meaning of names in the Bible.

Truth comes as a sword, for we must die to our illusions (beliefs in merely historical Biblical characters) and awaken to the psychological significance before man can know himself. The Bible is essentially a story about ourselves although undoubtedly some of the characters were factually historical. All the stories in the Bible teach functional psychology and practical metaphysics. Any of the historical characters, therefore, refer to attained levels of consciousness—moods, feelings, and ideas. The carnal mind (conscious mind, the intellect) has difficulty in grasping the things of the spirit. This is the reason so many students of New Thought do not grow faster spiritually. They will cling fanatically to historical characters as such and fail to secure confidence in themselves—in their Self—The One Altogether Lovely! They are so busy setting up outer gods that they ignore the God within.

We get nowhere in the New Thought Movement by attacking the historicity of Jesus, Moses, Paul, etc; all this is idle speculation and a waste of time. Why not accept “the bare bones” of historical fact (not ecclesiastical jargon and legend), and begin clothing the bones with the flesh and blood of metaphysical reality and wisdom? The writer believes there was a man called Jesus who lived and performed so-called miracles of healing, but the historical Jesus also symbolizes and personifies the Universal Principle common to all individual men.

The Jesus of the Bible has more than one meaning. The word *Joshua* is identical with the name Jesus. Joshua (Jesus) means God is Savior. God is Deliverer. When you read the Bible, look upon Jesus as Taylor said, “illumined reason or your knowledge of God.” It also means realization of your desire, the solution to your problem or salvation, the God-Presence within. Jesus symbolizes the cornerstone rejected, but which is most essential in building the temple of God-consciousness. The realization of our desire saves us from any predicament in the world; therefore, that is our savior. Our

own consciousness or conviction saves us. “Thy faith hath made thee whole.”

It is never a man that saves; it is that saving state of consciousness which works the miracle. A man with hatred in his heart finds love is his savior since it restores peace. Love would be Jesus—or savior—in that instance. The truth which Jesus taught saves, not the man Jesus. The man Jesus merely discovered the truth that functions in and about himself. “Ye shall know the truth, and the truth shall make you free.” By example, your feelings or mood of opulence will save you from poverty.

Undoubtedly the great mystics who wrote the Bible used the historical Jesus as the ideal man whom every man aspires to be. They also used him to personify spiritual and ideal states of consciousness. Instead of worshiping men, let us increase the valuation we place upon ourselves. Instead of worshiping Jesus as God, let us find and worship the God of Jesus. Do not bow mentally to idols or strange gods, as your own awareness is God—the only Living Reality.

The Gospel according to St. John (*gospel*—good news)* should not be studied from the historical viewpoint. It teaches you how to bring health, harmony, and peace into your life by increased understanding of God. Let us be asleep to the world, awaken to God, and move upward from glory to glory walking always in the Light.

Jesus gave us the challenge, “Be ye perfect as the Father is.” Does this not mean that as long as we persist in and remain on the human, conscious level, we can never cease being man? Hence we never become as God in our respective world of body, mind, and circumstance.

We must realize that God is Omnipresent. He is in us and He is the very life of us. He has His own Unity and Integrity in Himself, but you have Him in you on your level of awareness.

CHAPTER ONE

(1) In the beginning was the Word, and the Word was with God, and the Word was God.

In the beginning means the beginning of any creative process. Let us put the above quotation into application immediately. You read in the Bible, *He sent his word and healed them*. Suppose you wish to pray for your mother who is ill; you would send your word this way. The *word* means your desire, your clearly formulated idea or concept. Your desire or word must be specific and definite. You have the idea of perfect health for your mother. This idea is real. It is the seed which, as Troward says, has its own mathematics and mechanics with it. You don't give life to the seed; you can't make it grow. You deposit it in the soil, and by a process of watering and fertilizing the seed, you accelerate its growth; you don't coerce or make it grow. It has its own vitality and power to grow as inherent qualities.

The word was with God. This is your second step. *With* is a preposition joining two ideas together by feeling. The word *with* means feeling, conviction. As you still the wheels of your mind by thinking of the Healing Presence within which created your mother, your mind becomes receptive. This is the soil in which you deposit your seed or desire. Feel and know that the Healing Power of God is now transforming, healing, and restoring your mother into God's perfect pattern of harmony, health, and peace. Continue to do this until you get into the mental atmosphere or mood of health. You can even imagine your mother is home, doing the things she always did. You can hear her tell how the miracle of God worked in her life and her remarkable recovery. All this can be made intensely vivid and real in your Divine, mental workshop. Your feeling of health is now resurrected in the mind of your mother and releases its healing and

therapeutic potency there. The reason for this is that there is only one mind, and in the mind-principle there is no time or space; hence your idea of perfect health is instantaneously felt by her. You are thinking of your mother which identifies her in Divine mind. She, being the receiving station, receives your heavenly broadcasts, as subjectively you are one; in the subjective, passive, receptive state of mind there is no here nor there. Your thought is Omnipresent. You may continue to pray for your mother two or three times a day in the above manner, paying no attention whatsoever to hospital reports, or the belief or opinion of relatives. Continue to know that your thought and feeling are the *words* which heal. This is your authority. You are the mental surgeon performing a delicate, mental operation. Your instruments (thought and feeling) must be sterilized at all times. Incisively and decisively you reject all fear-thoughts and you speak the word with conviction knowing that what you decree governs and controls your mother's body. You have succeeded in giving life to the concept of perfect health for your mother in your own mind, knowing the idea will germinate and grow of its own accord. You watered it with faith and expectancy, and your word (your inner feeling, your conviction of health) was God. It was good (God and good are synonymous). It came to birth as a perfect healing for the person you prayed for. You have put into application the formula of prayer.

The whole *Gospel of John* teaches how consciousness accepts an idea and projects it as a condition, experience, or event. This same idea is expressed in the story of the whale swallowing Jonah. The *whale* represents your subconscious mind which receives any idea (Jonah) felt as true; then expresses (or casts forth on dry land) what is impressed upon it.

It is said Jonah remained in the belly of the whale for three days. This represents the length of time it takes you to reach a conviction or the feeling your prayer is answered. It has nothing to do with three days time. The numeral *three* represents the length of time you work with the idea mentally, until it is absorbed by your consciousness.

(2) *The same was in the beginning with God.* (3) *All things were made by him; and without him was not any thing made that was made.* (4) *In him was life; and the life was the light of men.*

There is only One Creative Power. There is only One Source. God is called Awareness, Unconditioned Consciousness, Life. There is only one Life and all things in the world are made inside and out of Life or Consciousness. The Bible calls God I AM which means Being or Existence. I AM conceives itself to be sun, moon, stars, planets, etc. In fact, everything you see is the I AM in infinite differentiation. There is only one Cause, one Substance, one Source. Whatever you affix to I AM through feeling, you create in your world of expression. That is what the Bible means when it says that there is nothing made that is not made that way. Nothing is made without feeling. If you feel poor, you become poor; if you feel prosperous, you become prosperous; if you feel dignified, you become dignified.

Light means Intelligence in the Bible. Infinite Intelligence is within you (I AM). Feel and know that you are Divinely led in all your ways and that is exactly what you will experience; then you will know and feel the meaning of *and the life was the light of men*.

(5) And the light shineth in darkness; and the darkness comprehended it not. (6) There was a man sent from God, whose name was John. (7) The same came for a witness, to bear witness of the Light, that all men through him might believe.

Darkness refers to ignorance or lack of knowledge of the way our mind works. We are in darkness when we do not know that as we think and feel so are we. Man is a conditioned state of the Unconditioned One, with all the qualities, attributes, and potencies of God. Man is here to discover who he is. He is not an automaton. He has the capacity to think two ways—positively and negatively. When he begins to discover that the only good and evil he experiences are due to the action of his own mind, he begins to awaken from the sense of bondage and limitation to the outside world. Not knowing the laws of mind, man does not know how to bring forth his desire.

The name *John* does not refer to any particular man, but represents a state of consciousness where man begins to intellectually perceive the truth. All of us are here to bear witness of the Light (God) within. We bear true witness when we express harmony, health, and peace in our mind, body, and environment. Jesus is a symbol of every man continually transcending himself. He was called the Wayshower setting forth and revealing the powers

within all men. He said to all, "*The things I do, ye shall do and even greater things shall ye do.*"

The same Power which Jesus used is within all of us. If we will only rise in consciousness to the point of acceptance which Jesus did, we, too, will open the eyes of the blind, unstop the ears of the deaf, and do all the things which Jesus did because we believe.

(8) *He was not that Light, but was sent to bear witness of that Light.* (9) *That was the true Light, which lighteth every man that cometh into the world.* (10) *He was in the world, and the world was made by him, and the world knew him not.* (11) *He came unto his own, and his own received him not.*

Verse eight means your intellect (another name for John) is not the true light; it is a projection of the Infinite Intelligence within. But when my intellect is anointed or illumined by the Wisdom of God, I bear witness of the Light.

A simple illustration of this is as follows: I had a knotty problem to solve a few days ago before I started to write on this chapter. I got still, relaxed, and said, "Infinite Intelligence knows only the answer. The answer is mine now." I dismissed the matter and started writing. While writing these last few lines, the answer popped into my conscious mind like toast pops out of a toaster. This is called guidance or intuition. *Intuition* is simply the Wisdom of God lodged in the subjective of man, rising to the surface mind, revealing to man the solution or answer. We use the intellect (John) to carry out the inner dictates of the Divine Presence.

The true *light which lighteth every man* represents the I AM or God in man. In simple, every day language we say that awareness or consciousness is the light of the world. This is readily understood.

If, for example, you were not aware of something, it would not be in your world. Supposing a house fell down a few blocks away from you, if you did not see it happen or hear the noise, so far as you are concerned, it did not happen; your light (awareness) did not shine on it; therefore it is not a part of your consciousness. Remember this truth—Whatever you become aware of comes into your world. In other words, your awareness is the light which creates your world. By *your world* I mean your body, circumstances, environment, and all your experiences.

You have already read in verse five *the light shineth in darkness*. False concepts, wrong theories, and negative thoughts represent your darkness. If you believe a fan gives you a stiff neck, it is a false light or knowledge and causes suffering in your world. Ideas and concepts which inspire you, thoughts which elevate, dignify, heal, and bless you represent the Wisdom of God which is the true Light. True knowledge of God will light up the heaven of your mind and give you peace, serenity, a sense of security, and tranquillity. I believe you have a good idea of what the word *awareness* is all about now. We must remember that we create our own world after the image and likeness of our own mental pictures and thought patterns.

Verse ten points out that your consciousness is the creator of your world, but the majority of people do not know that the cause of all is their own state of consciousness. *A state of consciousness* means what you think, feel, believe, and mentally assent to.

Verse eleven explains that the average person refuses to believe that his state of consciousness is the cause of all his experiences—good or bad. He prefers to blame something outside himself.

(12) *But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.*

The same power which Jesus used is within all men. If we completely accepted the fact that God is Omnipotent in the same way that we make a telephone call, we could raise the dead, heal the blind, and do all the things which Jesus did. We, theoretically, give assent to these truths but we do not really believe them in our heart. This is why we keep on praying in order to convince ourselves of the truth which we affirm. As long as we go on believing we are sons of John Jones or Tom Thumb, we will never do the works of God. All we have to do is to recognize the Power of God and believe; then the miracle will happen.

(13) *Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.* (14) *And the Word was made flesh, and dwelt among us (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.*

The *flesh and blood* spoken of represents our present limitations which pass away the minute we recognize the Spiritual Power within,

realizing its Omnipotence, knowing at the same time it is responding to our thought-patterns and mental imagery. The *will of God* is the Nature of God; and the Nature of God is Goodness, Truth, Beauty, Wholeness, Completeness, and Perfection.

The words *being made flesh* is experienced by you when you enter into the feeling of being healed; then you will be healed. Thus the word (your desire) is made flesh (manifested), and you behold the glory (Divine idea objectified) of the only begotten (your supreme desire) full of grace and truth, meaning harmony and the happiness which follow your answered prayer.

(15) *John bare witness of him, and cried, saying, This was he of whom I Spake, He that cometh after me is preferred before me: for he was before me.* (16) *And of his fulness have all we received, and grace for grace.* (17) *For the law was given by Moses, but grace and truth came by Jesus Christ.*

You are John and you are always bearing witness or testifying to your state of consciousness. All external change follows inner change.

Dr. Nicoll, in his writings, speaks of the language of parables, allegories, and miracles of the Bible. What he is saying is that everything said in the Bible, whether parable, allegory, or discourse has a definite, inner, psychological meaning, apart from the literal sense.

Look at the statement, "*He that cometh after me is preferred before me.*" The consciousness or conviction of being healed must precede the healing. There was a man with a paralyzed hand who healed himself recently (a member of our audience) by claiming ten or fifteen minutes several times daily that the Healing Power of God was healing, vitalizing, and restoring his hand. He became a new man. The man with the paralyzed hand died and the man with the perfect, functioning hand awakened. This refers to the death in the belief of paralysis and the birth of the idea of perfect health. It is your own consciousness dying to an old state and giving birth to the new concept.

Verse seventeen means the law and the word, the cosmic (Moses) and the personal (Jesus). Moses is your desire, and Jesus is your conviction. Moses and Jesus refer to two phases of your own

consciousness. Moses gives us the law that feeling is the creator. Jesus Christ means the harmonious union or functioning of our conscious and subconscious mind. Christ is the fulfilling of the law. *Jesus Christ* in simple, everyday language means I am filled full of the feeling of being what I long to be. Grace and truth (love and freedom) follow that state of consciousness.

(18) No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, he hath declared him. (19) And this is the record of John, when the Jews sent priests and Levites from Jerusalem to ask him, Who art thou? (20) And he confessed, and denied not; but confessed, I am not the Christ. (21) And they asked him, What then? Art thou Elias? And he saith, I am not. Art thou that prophet? And he answered, No. (22) Then said they unto him, Who art thou? that we may give an answer to them that sent us. What sayest thou of thyself?

We do not see God with the naked eye. We see God in the same way that we see an answer to a knotty mathematical or geometrical problem. All men are begotten of the Only One. We are all sons or expressions of the One God or Life. Your clarified desire is also a son of God or idea of the Infinite. Your desire for health is a definite promise or declaration of the God-Power to heal you.

John (intellect) is not the Christ (Wisdom of God). Art thou Elias? Elias means God is Savior. Before the answer to any problem can come into our experience, we must realize that Infinite Intelligence is within and responds to our thought. In other words, Elias must come first. Art thou that prophet? The prophet is always Jesus or your inner conviction or feeling which determines what is to come. A simple way of answering the above Bible verse fifteen is to realize *John* is your conscious mind awakening to the truth. *Christ* is the subjective Wisdom and Power of God which you call forth when you still your mind and reject the appearance of things. As you quietly contemplate the answer, you become aware of the Inner Voice and Divine Wisdom which wells up and anoints your intellect showing you the way you should go.

(23) He said, I am the voice of one crying in the wilderness, Make straight the way of the Lord, as said the prophet Esaias. (24) And they which were sent were of the Pharisees. (25) And they asked

him, and said unto him, Why baptizest thou then, if thou be not that Christ, nor Elias, neither that prophet? (26) John answered them, saying, I baptize with water: but there standeth one among you, whom ye know not.

The voice crying in the wilderness is the cosmic urge, the ideals, and impulses which well up in all of us. It is the innate Principle of Life or God in all of us which ever seeks to do right. It is like a voice in the wilderness crying for the right way. When we are *in the wilderness*, we are in a limited state. The Lord is the power and the authority of our mind in tune with the Infinite. We are in the wilderness of hearsay, idle thought, and opinion until we awaken to the Kingdom of God within. This kingdom is not afar off in time or space but co-exists with the life of all of us. We can enter into the kingdom of peace, harmony, and joy when we cleanse our mind of false beliefs (baptism) and accept the Truths of God. John (conscious mind) baptizes with water. We are not, of course, cleansed by pouring water on the head. We have only to *cleanse our feet and we are clean every whit whole*.

The *feet* symbolize our understanding. When we die to our false beliefs and superstitions, we are ready to believe that the God-Presence is none other than our consciousness or awareness. Our consciousness is without face, form, or figure. It is the Invisible, Formless Power within us taking form according to our thought and feeling. Here in your world of the mind or consciousness, you are the Christ or King of your world. Your *robe* as a king is the garment or mood of love. The *crown* you wear is the awareness of the Power of God. The *scepter* you hold is your authority to use this Power to bless, heal, and inspire.

John said, *I baptize thee with water*. Water, of course, is used here in a special sense. Jesus said, *The water that I shall give him shall be in him a well of water springing up into everlasting life. John 4:14.*

Water means Truth or the Wisdom of God reigning supreme in the mind of man. As you read these words, you know the power of your own thoughts to take charge of your mind, expel all enemies, and direct the Divine forces wisely and constructively. *The poor and the needy seek water and there is none, and their tongue faileth for*

thirst. Isaiah 41:17. Suppose you baptize yourself with water now. Water means your consciousness which, like water, will assume the shape of any vessel into which it is poured. The vessel is your mental attitude or your feeling. Our unconditioned consciousness is always conditioned (conditions, experiences, and events in our life) by what we think, feel, and believe. To know this is to possess the truth which liberates you. It certainly baptizes or cleanses the mind of beliefs in external powers and causes. Our feeling of health produces health; our feeling of wealth produces wealth.

(27) He it is, who coming after me is preferred before me, whose shoe's latchet I am not worthy to unloose. (28) These things were done in Bethabara beyond Jordan, where John was baptizing. (29) The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world.

In verse twenty-seven we are told that the conscious mind is not worthy to unloose the latchet of the shoes of the deeper mind or subjective self. By the *subjective self* I mean not just the subconscious mind, but the Presence of God or the I AM within us. *Feet* symbolize understanding, and the shoes cover the feet. In other words the conscious mind does not know the secret of creation or the manner in which the Infinite Wisdom and Intelligence within man brings things to pass. Its ways are past finding out. The conscious mind cannot unlock or reveal how, when, where, or through what source the answer to prayer will come. Many things seem impossible to the conscious mind, but to the Invisible Power within man, all things are possible. *Canst thou believe? All things are possible to him that believeth.*

In verse twenty-nine the *Lamb of God* is a symbolic reference to the sun as it enters the sign of Aries, a ram or a lamb. The ancients called the sun the savior of the world as it redeems the world from darkness and death when it ascends the heavens. When John (your intellect) recognizes Jesus (the God-Power within), you begin to fulfill your desires and aspirations, and your sins (your failure to reach your goal and fulfill your desires) are taken away.

(30) This is he of whom I said, After me cometh a man which is preferred before me: for he was before me. (31) And I knew him not: but that he should be made manifest to Israel, therefore am I come

baptizing with water. (32) And John bare record, saying, I saw the Spirit descending from heaven like a dove, and it abode upon him. (33) And I knew him not: but he that sent me to baptize with water, the same said unto me, Upon whom thou shalt see the Spirit descending, and remaining on him, the same is he which baptizeth with the Holy Ghost. (34) And I saw, and bare record that this is the Son of God. (35) Again the next day after John stood, and two of his disciples; (36) And looking upon Jesus as he walked, he saith, Behold the Lamb of God! (37) And the two disciples heard him speak, and they followed Jesus. (38) Then Jesus turned, and saw them following, and saith unto them, What seek ye? They said unto him, Rabbi (which is to say, being interpreted, Master), where dwellest thou? (39) He saith unto them, Come and see. They came and saw where he dwelt, and abode with him that day: for it was about the tenth hour. (40) One of the two which heard John speak, and followed him, was Andrew, Simon Peter's brother. (41) He first findeth his own brother Simon, and saith unto him, We have found the Messiah, which is, being interpreted, the Christ. (42) And he brought him to Jesus. And when Jesus beheld him, he said, Thou art Simon the son of Jona: thou shalt be called Cephas, which is by interpretation, A stone (43) The day following Jesus would go forth into Galilee, and findeth Philip, and saith unto him, Follow me. (44) Now Philip was of Bethsaida, the city of Andrew and Peter. (45) Philip findeth Nathanael, and saith unto him, We have found him, of whom Moses in the law, and the prophets, did write, Jesus of Nazareth, the son of Joseph. (46) And Nathanael said unto him, Can there any good thing come out of Nazareth? Philip saith unto him, Come and see. (47) Jesus saw Nathanael coming to him, and saith of him, Behold an Israelite indeed in whom is no guile! (48) Nathanael saith unto him, whence knowest thou me? Jesus answered and said unto him, Before that Philip called thee, when thou wast under the fig tree, I saw thee. (49) Nathanael answered and saith unto him, Rabbi, thou art the Son of God; thou art the King of Israel. (50) Jesus answered and said unto him, Because I said unto thee, I saw thee under the fig tree, believest thou? thou shalt see greater things than these. (51) And he saith unto him, Verily,

verily, I say unto you, Hereafter ye shall see heaven open, and the angels ascending and descending upon the Son of man.

The essence of the above verses is a wonderful formula for prayer, its meaning is as follows: In verse thirty-eight the question, *Where dwellest thou?* obviously does not refer to a village or a street address. To think so would be too absurd for words. It means, where do you dwell in consciousness—your state of mind? Do you abide in the consciousness of love and oneness with God? We must so discipline our minds that we remain unmoved and impervious to the negation of the world. The disciples Andrew, Simon, Philip, and Nathanael represent faculties and powers within us. Jesus represents our I AM or Consciousness. Andrew means perception, i.e., seeing the truth about anything. You are using the disciple or faculty Andrew when you know God has the answer, that there is a way out, and when contemplating the happy ending. Simon means to hear the good news. You are using this faculty when you no longer look to outer conditions for hope or encouragement.

In verse forty-two Simon's name is changed to a stone. A *stone* means the rock of faith. A stone is hard, solid, and fixed. This means your faith is immovable and unshakeable. Now your confidence is trust in the Invisible Spirit within which becomes all things to all men. Your knowledge of the law enables you to maintain a strong conviction regardless of appearances and outer change.

The next faculty you call is *Philip* which means perseverance and stick-to-it-ive-ness. Philip means a lover of horses. A trainer of horses is firm but kind. He has the rare quality of patience, perseverance, and determination. You need these qualities to succeed in prayer-life also. Many people quit after a few days and say, "What's the use? It doesn't work for me." Be Philip and ride your horse (mood) to victory. Keep your attention focused on your goal by frequent occupancy of the mind until it takes root within you; then you are using Philip's qualities of character and action.

Philip finds Nathanael—the latter meaning the gift of God (our desire). In verse forty-five we read, *We have found him of whom Moses in the law, and the prophets, did write, Jesus of Nazareth, the son of Joseph.* *Joseph* means disciplined imagination. *Jesus* is our solution to that which we want, and it comes from Nazareth (a stem,

sprout, idea, thought). If we will take that sprout or idea, no matter how fantastic it is, and see it clearly as a fact now existing in consciousness, we have psychologically called *Andrew*. If we will have faith in God to bring it to pass, we have called *Simon* (the faculty of hearing or feeling the good tidings within). We sustain or ride that mood until it becomes a subjective embodiment within us. We are now calling Philip. Then *Nathanael* appears (the gift of God—our desire made manifest). We say, “Yes, this is Jesus (my answered prayer, my solution) and He is of Nazareth (that idea or desire I nourished). Yea, verily, it is the son of Joseph, the manifestation of what I imagined and felt subjectively as true.” When we completely accept our desire in consciousness without reservations, we are, indeed, an Israelite without guile.

Verse forty-eight speaks of a *fig tree* meaning we are in a state of sorrow, sadness, and limitation until we discover our Inner Power. When we call our three disciples, we come out of the limitation and no longer sit under the fig tree of lack. Our own consciousness i.e., thought and feeling, possess the answer to our need, did we but know where and how to seek and find it. The metaphysical key to demonstration is offered in the following statement: Before we ever pray for anything, “It is.” Creation is finished. We simply give expression to that which has already been formed subjectively and spiritually.

Go within now; claim, feel, and imagine what you want in a meditative state and become one with it. I do not know how often you will have to do this, but this I do know, if you will continue to remain faithful to your mental picture, the Almighty Power will objectify your ideal. Whatever you envision, you can achieve. Do not fail to dream lofty dreams (angels of God ascending and descending) and make them come true. In moments of meditation, as you get lost in the joy of being what you long to be, you are ascending with your ideal to the heavens of your own mind. In a little while you will see it descend on the objective plane as a condition, experience, or event. The practice of these simple truths is *the true light which lighteth every man that cometh into the world*.

CHAPTER TWO

The first miracle by Jesus is recorded here as that of changing water into wine. We discover about one thousand years previously that the same story is recorded of Bacchus, the wine-God. The cup spoken of in the New Testament and the chalice of Bacchus are identical in meaning. The ancients called the juice of the grapes the blood of Bacchus. All this is symbolic and is merely telling us that by the transformation of our consciousness, we can realize our desire. *Changing water into wine* means experiencing the joy of the answered prayer.

The consciousness of health produces health. The consciousness or feeling of wealth, produces wealth. Consciousness is all things to all men, and whatever you assume yourself to be, you experience. In the same manner as you press juice out of a grape, so do you press out of your consciousness all things you wish by assuming you are what you long to be. As you live in the mental atmosphere of being what you long to be, that mental atmosphere becomes saturated, and like saturated clouds fall as rain, so will there be a precipitation of your good on the screen of space.

Bacchus was depicted as the god of good-cheer and hilarity. The poets have been rather eloquent in the praise of this mythological character. The names Bacchus, Osiris, Dionysus, Chrishna, and Adonis which signify the Lord of Heaven or the Lord and God of Light are all terms referring to a God-Presence within. The above names are masks of concealed truth. In the Greek ceremonies, pots of water were carried into the temple and placed at the feet of god. It was reported that overnight the water changed to wine. This so-called wine was then distributed to the multitude and referred to as the blood of Bacchus. The *wine*, of course, refers to spiritual food, or the Wisdom of God.

The *marriage feast* is the union of the mind with Divine Wisdom. The *Rubaiyat* of Omar Khayyam refers to the feast of bread and wine, the same eternal story of man's feasting on the Wisdom, Truth, and Beauty referred to as the bread of God. *Drinking the Wine* is the inspiration, joy, and love which well up in man as he animates and makes alive God's Truths in his heart. An inner transformation takes place, and he becomes a new man, because he drank of the new wine* or the new interpretation of life.

Prayer is likened in the Bible to a wedding feast. The Kingdom of Heaven is within. In the unconscious depths of man is to be found the Infinite Intelligence, Power, and Love of the Infinite One. Here man can find the solution to any problem, peace for the troubled mind, strength and power for the weary, health for the sick, and wisdom and light for the confused.

We will now partake of the wedding feast of Cana in our own mind. The marriage feast of Cana is a psychological drama taking place within your own mind. You, the reader, have all these psychological states within you.

(1) *And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there.* Galilee means your mind or consciousness; Cana means rod, stem, or your desire. The marriage is the mental and emotional union with your desire. The mother of Jesus, reminding him of lack, means your moods of lack, fear, and doubt which challenge your ideal or desire. Perhaps you are praying about something now while you read this. Is not there a challenge or opposition in your mind at the same time? This is the mother or feeling. Jesus means your own I AM-NESS or your consciousness.

(2) *And both Jesus was called, and his disciples, to the marriage.* The disciples are the faculties of your own mind which must be present at every marriage feast. You are attending a wedding of the mind with your desire, goal, or objective in life. You must call forth the bride or the correct feeling from the depths of yourself. Troward points out that "feeling is the law and the law is the feeling."

(3) *And when they wanted wine, the mother of Jesus saith unto him, They have no wine.* Wine in the Bible represents the objectification of your ideal. They have no wine is a reminder of lack, a suggestion of doubt. It refers to the tension, anxiety, and fear which

grip the mind caused by the appearance of things, the verdict of the world, and the opinion of others. All these may challenge you.

How do you conquer these doubts and fears? The answer is given in the following: (4) *Woman, what have I to do with thee? mine hour is not yet come*. This is an oriental, graphic, and idiomatic expression signifying a complete mental rejection of all negative thoughts, and the recognition of the fact that there is but One Power, that the fear-thoughts have no power, and that there is nothing to sustain them. You figure out in your own mind that fear and doubt are a conglomeration of sinister shadows having no substance. You feast on the truth that the power lies in your own thought which causes the Spirit within to respond; now it is Omnipotence thinking and it has nothing to oppose it; therefore, you are assured of victory and triumph.

All negative thoughts and suggestions are recognized by you as illusions of power, for after all, there is only One Power—God—the Living Spirit Almighty within. This is the argumentative method used in prayer and practiced by Quimby one hundred years ago, which enables you to come to a conclusion or verdict in your own mind of the availability of the Omnipotence of God or Good at all times, in all emergencies, and in every crisis. As fear falls away, faith and confidence fill the mind; then you become united with your desire, and its fruition and blessings appear in your life.

(4) *Mine hour is not yet come*; this means that a conviction is not yet reached in the mind. (5) *His mother saith unto the servants, Whatsoever he saith unto you, do it*. The *servants* are our thoughts and feelings, in other words, our faculties and attitudes of mind. When you pray, you order your thoughts to give attention and devotion to what you wish to accomplish. You do not permit them to wander off. You do this in the same manner as you order employees in your store. You want to be one with something highly desirable, such as health, true place, or right action; you can't afford to have your servants (thoughts) engaged in creating the opposite of what you seek. This would stultify your prayer-efforts and render all your action null and void. It would be praying two ways, and one would neutralize the other. You would thus be like the soldier marking time; i.e., you wouldn't get any place or arrive at any destination in your

mind. *Your hour* has not come because you are not yet one with your goal. It has not been subjectively felt as true.

By illustration if you are praying for a healing of your eyes, and you notice they are not yet functioning perfectly, keep on praying maintaining your devotion and loyalty to the One Healing Presence now in action in your mind and body; you will win. The mother (feeling) in the first part of this prayer reminded you of lack. As you begin to meditate and pray, your mother (mood) changes to one of confidence, faith, and trust in the Only Power there is. The feeling of triumph and satisfaction is noted in the expression: *Whatsoever he saith unto you, do it* (6) *And there were set there six waterpots of stone, after the manner of the purifying of the Jews, containing two or three firkins apiece. The six waterpots of stone . . .* Dr. Nicoll says *water* is the psychological understanding of the truth (stone). He is referring to levels of spiritual knowledge or awareness. He refers to *stone* as taking truth literally; *water*, the psychological meaning behind the words, and *wine*, the inner joy which follows the inner transformation of man as he appropriates and applies the Truth of God.

Six refers to the six days of creation, or the creative fiat taking place in the consciousness of man. It represents a purifying, cleansing process which takes place or the change from the old to the new state. *Six* and *sex* are synonymous. The *six waterpots* refer to the psychological cycle that man goes through to bring about the subjective realization of his desire. This may endure for a moment, an hour, days, weeks, or months depending on the faith and state of consciousness of the student.

(7) *Jesus saith unto them, Fill the waterpots with water. And they filled them up to the brim.* In the prayer-process you become completely detached from the external world, and you meditate on the end or the solution until you reach the point where the inner certitude comes, whereby you know that you know. After the mental and emotional act is finished there is no desire to pray any more about it. Consequently, you know that it is finished. This is the meaning of *They filled them up to the brim*. You are actually filled full of the feeling of being what you long to be. When you fill your mind to the brim with the joy of answered prayer, there is no room for

negative, unresolved conflicts, such as ill will, resentment, or antagonism. Your entire mental attitude is absorbed in the reality of your desire.

(8) *And he saith unto them, Draw out now, and bear the governor of the feast. And they bare it.* The *governor of the feast* is the conscious mind which gets the idea or desire and places it in the subjective mind where it gestates and grows in the darkness; in due season it burst forth into manifestation. Whatever is impregnated in your subconscious mind is always objectified on the screen of space; then you are consciously aware of that which we formerly only felt subjectively as true.

(9) *When the ruler of the feast had tasted the water that was made wine, and knew not whence it was: (but the servants which drew the water knew;) the governor of the feast called the bridegroom.* The *ruler of the feast* is the conscious mind and its five senses. When the conscious mind becomes aware of *water made wine*, it becomes aware of the answered prayer. *Water* is also referred to as unconditioned consciousness, and *wine* is conditioned consciousness made manifest according to your belief. The *servants which drew the water* represent the mood of peace and confidence, and you know that your prayer is answered. *The governor of the feast called the bridegroom* means the thrill of the joyful union with your good. You are now married to your highest ideal.

(10) *And saith unto him, Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse: but thou hast kept the good wine until now.* This is true of every man when he enters into truth. He sets out with high spirits and ambitions. He is the new broom that sweeps clean and he is full of good intentions. Oftentimes he forgets the Source of his power and becomes drunk with power, so to speak. In other words, he misuses the law and selfishly takes advantage of his fellow man. We find that many times men in high places become conceited, opinionated, and arrogant. This is all due to ignorance of the law. The law is that power, security, and riches are not to be obtained externally. They must come from the treasure-house of consciousness. If you remain in tune with the Infinite, you discover that you are always drinking of the wine of life, love, joy, and happiness. To the spiritually-minded

man, God is the Eternal Now and his good is present at every moment of time and point of space.

Many people are drunk in the Biblical sense when they are full of fear, grief, and other discordant states. That is being drunk emotionally. The wonderful news is that God *is* the Eternal Now. You can change your thought this moment, and you change your destiny. At any moment of the day you can gather your mental garments together and go on a great psychological feast of joy and happiness. Enter on the high watch by realizing the ever-availability of the God-Presence and its immediate response to your thought. All our good is in the Greater Now. We have to leave the present *now* (our limitation) and imagine the reality of our desire in the meditative state. What you have seen and felt in the Greater Now, your consciousness, you shall see objectified as you walk through time and space. We will see our beliefs expressed. Man is belief expressed. (Quimby).

(11) This beginning of miracles did Jesus in Cana of Galilee, and manifested forth his glory; and his disciples believed on him. (12) After this he went down to Capernaum, he, and his mother, and his brethren, and his disciples: and they continued there not many days. (13) And the Jews' passover was at hand, and Jesus went up to Jerusalem, (14) And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: (15) And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; (16) And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise. (17) And his disciples remembered that it was written, The zeal of thine house hath eaten me up.

The *passover* represents a change of consciousness. Whenever man prays, he has celebrated the passover, because he passes psychologically from one mood to another. Your *feast of the passover* is to identify yourself with your ideal in your mind, remaining faithful to it until your prayer is answered.

Jesus going up to Jerusalem (city of peace) means turning in thought to the God-Presence within. When you assume the attitude of prayer, you are, in Biblical language, entering into the temple to

pray; sometimes you find *money changers* there which represent the thieves and robbers who deprive you of your good.

In the prayer-process you must cast out error, fear, criticism, jealousy, resentment, and forgive everyone. Refuse positively and definitely to give power to external conditions or people. Throw out of your temple with the sword of truth, referred to in the Bible as a *scourge of small cords*, all fear, doubt, and worry. Claim that the God-Power is the only Power and that It is working on your behalf now. Chop the head off all other thoughts which pretend to have power. Ask these negative thoughts where they come from and what is their source? There is nothing to back them up and sustain them as there is no principle behind them. Having come to a clear-cut decision in your mind where the Power is, you are charged with confidence, and your psychological journey is assured of success. Use this *scourge of small cords* regularly by making definite pronouncements of truth in your mind which cut into the negative state like whip cords and sever your connection with them completely.

(18) *Then answered the Jews and said unto him, What sign shewest thou unto us, seeing that thou doest these things?* Many people are always looking for proof—for a sign.

I heard a practitioner say one time that if God healed her hand, she would begin to teach again. This attitude is wrong. She is looking for a sign. I told her to go back to the platform and teach as if nothing had happened, knowing in her heart that God would honor her claim to a perfect hand functioning in Divine order. She followed the advice, and in a matter of months the partially paralyzed hand was functioning normally. The only sign is your inner feeling, your faith, or conviction. Your *sign* is the inner wave of peace and confidence which wells up within you. You wait for the answer to your prayer with the same assurance you would wait for the rising sun; this is the inner sign of faith.

(19) *Jesus answered and said unto them, Destroy this temple, and in three days I will raise it up.* The *three days* refer to the trinity or the function of the mind—the first is desire; the second day is working with the desire until all fear is banished from consciousness;

the third day refers to conviction or the feeling of being which I want to be.

(21) *But he spake of the temple of his body.* The body mentioned in verse twenty-one is the manifested world of man—the out-picturing of his consciousness.

(22) *When therefore he was risen from the dead, his disciples remembered that he had said this unto them; and they believed the scripture, and the word which Jesus had said.* (23) *Now when he was in Jerusalem at the passover, in the feast day, many believed in his name, when they saw the miracles which he did.* (24) *But Jesus did not commit himself unto them, because he knew all men.* (25) *And needed not that any should testify of man; for he knew what was in man.*

The essence of these verses is to remind man that we must never believe that a thing does not exist because we cannot see it. When we feel the thrill inside, we know that our prayer is answered and that it will come into manifestation.

CHAPTER THREE

(1) There was a man of the Pharisees, named Nicodemus, a ruler of the Jews: (2) The same came to Jesus by night, and said unto him, Rabbi, we know that thou art a teacher come from God: for no man can do these miracles that thou doest, except God be with him. (3) Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. (4) Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born? (5) Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. (6) That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. (7) Marvel not that I said unto thee, Ye must be born again. (8) The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit. (9) Nicodemus answered and said unto him, How can these things be? (10) Jesus answered and said unto him, Art thou a master of Israel, and knowest not these things? (11) Verily, verily, I say unto thee, We speak that we do know, and testify that we have seen; and ye receive not our witness. (12) If I have told you earthly things, and ye believe not, how shall ye believe, if I tell you of heavenly things? (13) And no man

hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven. (14) And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up; (15) That whosoever believeth in him should not perish, but have eternal life. (16) For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. (17) For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

Before giving the wonderful inner meaning of this story, I am going to show the marvelous teaching method outlined in this chapter of the Bible. It has often been remarked that the worst teaching takes place in the units of higher education—the high school or college—while the best teaching methods are found to be used in the kindergarten where children really grow up to successive levels of emergent consciousness. In the former, the teacher usually lectures to the pupils making no effort to probe the listeners for tangible signs of understanding and the ability to apply the principle and techniques present.

The riveting of new *ideas* and new concepts is to be accomplished only by the patient preparation of the learner's consciousness by skilled presentation, questioning, skilled recapitulation, reviewing, and summarization of the field of content; then should follow the important pedagogical step—application and use of the principles taught. This last step will correspond to the Master's injunction, *Go and do likewise*. Let us look at the following method of teaching.

(a) The scene of Jesus and Nicodemus comments: The environment is the night scene protecting a distinguished but timid and fearful pupil; the subject of instruction is "the birth from above"; the aim of the teacher was probably to bring about a mystic change

in the life of the pupil. The method used was conversation including questions, answers, a remarkable, concrete illustration of the working of the spirit (*John 3:8*), and the exhilaration of surprise (*John 3:10*). Another striking method of the Bible method of teaching is given in the case of Jesus and the woman of Samaria (*John 4:1 to 42*). A complete teaching situation is indicated in the unfoldment of this lesson with the factors—master, pupil, environment, subject matter, aim, and method.

(b) Find the following pedagogical techniques in the situation: the point of contact between pupil and teacher, and the use of attention and interest through surprise power, the method of teaching utilized the principle of personal association. The use of the pupils' apperceptive background encouraged the comment. "In that saidst thou truly"—living water and thirst—and various problems raised during the conversation, such as the woman's problems used as a point of contact causing an awakening of conscience and leading to the theological problem, felt and stated by the pupil, "Where shall God be worshiped?"

The pedagogical interplay illustrated in these lessons indicate the essential difficulty of the job of teaching the mystic content of metaphysics in such a way that the hidden springs of consciousness are touched, come alive, and produce real seekers of Him (God-consciousness) Whom to know aright is Life Eternal (complete identification with the Self—the Father within). The teacher of the hidden meaning of the Bible has the joy of leading the pupil to see, hear, taste, touch, and smell at higher levels of consciousness for *in the Father's house there are many mansions*.

The explanation of the story is as follows: *Nicodemus* means man groping toward the Light, the presence of which he has become dimly aware. He is aware only of the physical birth which is typical of the man whose senses are glued to material things. You could look upon this as a dialogue taking place between your intellect and the Deeper Self within. Nicodemus is judging from outer appearance and evidence, "for no man can do these miracles that thou doest except God be with him." He is still wedded to the old thought, yet is dissatisfied and is seeking Light. Being a *man of the Pharisees* means that he is one who adheres to the letter of the law, but lacks

the spirit which giveth life. He is the worldly-minded man who fails to realize that his own consciousness is God, the Creative Power within himself, his Redeemer and Saviour. He has no internal vision or perception of truth as yet.

In verse two *coming to Jesus* means coming to the truth or light. The answer given him by Jesus which symbolizes truth is that *except he be born again he cannot see the kingdom of God*. Nicodemus (five-sense-man) does not understand the working of the mind or spirit within represented in the statement, *the same came to Jesus by night*; this is a symbol of spiritual darkness, yearning for Wisdom.

To be born again means to think in a new way, to undergo an internal transformation of the mind by realizing and knowing that God is the Spiritual Power within which can be contacted through man's thought, thereby bringing about the rebirth of consciousness. Nicodemus judged by the visible state. When we are born again, we judge by the invisible state. Everything in the Bible is intended to convey a special meaning, and the main point is to know what is meant. We are not at all concerned whether such a conversation actually took place between two men two thousand years ago or not. We are primarily interested in what it means to us, and how we can use the drama to rise in the knowledge of God. The psychological life-germ is the meat we seek. As you read this story you are reading about yourself and probably asking the same question as Nicodemus.

In teaching you may cite a hypothetical case and various incidents in order to illustrate your point. The illumined men who wrote the Bible undoubtedly invented many of the characters in their very vivid imagination in the same way as some of our screen writers invent certain characters.

Shakespeare delved into some of the ancient legends and myths and meditating on their meaning brought forth, through his artistic and awakened mind, allegories of vital interest to all of us. He mentally clothed them in the garments of men and women and breathed into them the breath of life. All the characters he portrays live in all of us.

Likewise, the characters portrayed in the Bible and their experiences are true in the sense that they are applicable to all of us

and truer than if they were actual historic events occurring on a certain date, in a certain country, and confined to a certain man or woman.

The *rebirth* spoken of here is a new level of consciousness. Many think of rebirth as coming back again to this plane. Probably that was also in the mind of Nicodemus. Others think that *to be born again* is to join some church and accept some personal saviour. "How can a man be born when he is old?" The average man thinks of God as far off. He considers heaven as a plane to which he goes when he leaves this plane. He fails to see that anyone can enter the second time into the mother's womb, psychologically, and be reborn spiritually. Man can enter the Womb of God (his own consciousness) again and again and be reborn to higher levels. There is no end. *Your womb* is your inner feeling—your subjective nature.

Here is how *you* may enter the womb of God and be reborn: Get still and quiet by relaxing the mind and body. Detach yourself from the old way of thinking and form a new concept or estimate of yourself. Imagine and feel the reality of the new ideal; live with it; envelop it in love; woo it; then the ideal will be resurrected in you, and you will become a changed man.

*I knew a murderer one time who confessed to me that he had killed a man. He had an intense desire to transform himself and be reborn mentally and spiritually. I wrote down the qualities and attributes of God for him. He began to still the wheels of his mind. For fifteen or twenty minutes several times daily he would quietly, silently, and lovingly claim and feel that God's love, peace, beauty, glory, and light were flowing through his mind and heart, purifying, cleansing, healing, and restoring his soul. As he did this regularly, these qualities came out of his mother's womb, which was his own feeling or mood as he prayed. One night this man's whole mind and body, as well as the room he was in, became a blaze of light. He was actually blinded like Paul by the light for a while. He said to me that all he could remember was that he knew the whole world was within him and that he felt the ecstasy and rapture of God's love. His feeling was indescribable. It was in other words the moment which lasts forever. He was a changed man. Truly he expressed the real incarnation of God in his mind and heart. He began to teach others

how to live. He was born of water and the spirit. Water will take the shape of any vessel into which it is poured, so will your mental attitudes and beliefs assume form and shape in your world.

Spirit is a feeling, a mood, or animated state of consciousness. *To be born of water and the spirit* is, therefore, to begin to contemplate God and His Love in a new way; to get a new mental perspective, and to begin to feel the joy of the answered prayer within you. When we see the word *verily* in the Bible, it points the finger at a statement of truth which instructs us to stop, look, and listen. *To be born again* means spiritual rebirth—the birth of God in man. *Be not conformed to the world: but be ye transformed by the renewing of your mind. Romans 12:2.* Cease being a grubworm and become the butterfly. Experience the inner transformation; rise with wings of faith and understanding, and soar aloft over present difficulties and limitations. The wings within you are unused. Don't wait for God to do something. God will do nothing for you except through your own thought. God has given you everything. You are here to awaken through your mind, feeling, and consciousness. The transformation you are seeking you give to yourself psychologically and emotionally. The phrase *born of the flesh* means the mind saturated with world beliefs and opinions. You are born of the flesh if you let the world-mind and the race-belief govern you. Turn within and let your mind be governed by God's ideas. You will then be *born of the spirit*.

In verse eight, the *wind* is the spirit and takes form according to our belief or conviction. The *sound thereof* means our feeling, subjective embodiment, or conviction. In other words we hear the sound of our belief. We can never tell how, when, where, or through what source our prayers will be answered; this is the secret of the Father within. *His ways are past finding out. Rest in the silence*, and the moment you think not the *son of man* will appear with healing on his wings (objectification of your desire). As every man is born of the spirit, so is his every manifestation born.

When you say, "Why is my prayer not answered?" the question answers itself. In asking that question we indicate doubt and fear. Have faith, trust God like you trusted your mother when in her arms, you saw love there. When doubt enters, focus on your ideal, and

through frequent occupancy of the mind, you will find your faith grows.

These truths are so simple and direct that we walk over them, failing to see clearly what is meant, and we exclaim like Nicodemus, “How can these things be?” Heretofore we thought it was necessary to have wealth, power, influence, etc. in order to get what we wanted. The reverse of this is true. We simply claim what we want in consciousness and know that it is so; then it will come to pass according to our mental attitude. *According to your faith be it unto you. Matthew 9:29.*

I will now touch on the important verses of the rest of the chapter. (14) *As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up.* The *serpent* is a symbol of the Healing Presence within man; the *Son of man* is the idea, desire, concept, or ambition you wish to manifest; *man* in the Bible means mind. You must play the *role* of Moses which means a triumphant attitude of mind believing in One Spiritual Power (I AM). As you lift your concept up in mind to the point of acceptance, you will experience the healing, or the answer to your prayer. You are lifting the serpent up when you contemplate the true nature of God.

(16) *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*

If you are sick, God has given you the only begotten Son—a mind. You must learn how to use it. You will find that when you use your mind in the right way, you can have health, wealth, and peace of mind. Your desire is your savior; by identifying yourself with your desire you will mentally embody and manifest it. The world is your outer expression. God’s Love for you is that He has given you Himself. You have all the equipment necessary to overcome all difficulties and obstacles. Believe in this Power, and you shall not perish through pain, misery, and suffering, but you shall lead the abundant life spoken of by Jesus.

(27) *A man can receive nothing, except it be given him from heaven.* This means consciousness is the cause of all. In other words all your experiences are out-picturings of inner mental states—the heavens of your own mind.

(30) *He must increase, but I must decrease.* This means intuition or the Wisdom of God must increase and grow, and the intellectual, materialistic concept of life must diminish. Our intellect must be anointed with the Wisdom of God; then we will use our conscious, reasoning mind to carry out the dictates of the Divine.

(34) *For he whom God hath sent speaketh the words of God: for God giveth not the spirit by measure unto him.* We speak the word of God when we feel the truth of what we affirm; this is the Holy Spirit, feeling of wholeness, or oneness; then there is no doubt.

CHAPTER FOUR

(1) When therefore the Lord knew how the Pharisees had heard that Jesus made and baptised more disciples than John, (2) (Through Jesus himself baptised not, but his disciples,) (3) He left Judaea, and departed again into Galilee. (4) And he must needs go through Samaria. (5) Then cometh he to a city of Samaria, which is called Sychar, near to the parcel of ground that Jacob gave to his son Joseph.

Jesus' entrance into Galilee (conscious mind) sets forth the increased awareness of God's Presence welling up from the subjective depths (Judaea). Here is a marvelous lesson in prayer, teaching all of us how to eradicate racial, political, and religious prejudice. *Sychar* means idolatry or the worship of false gods, i.e., giving our attention to anything negative. In prayer we must separate our thoughts and give our attention to God and His Omnipotence and give power to nothing else. To give power to conditions, circumstances, and external causes is to practice idolatry. *Joseph* means disciplined imagination or our capacity to imagine the end and feel its reality.

(6) Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.

Jacob's well refers to the inside of man, his soul or subjective, and emotional life. In this well lay all wisdom, knowledge, and power. It is the infinite storehouse of all forms of immaterial life. From this soul or subjective self are born all the experiences of man. We must drink from the great unconscious depth within us.

(7) *There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink. (8) (For his disciples were gone away unto the city to buy meat.)*

The woman of Samaria is the feeling of lack and limitation. It represents a prejudiced mind full of sectarian beliefs, etc. Jesus, our desire, says to us, “*Give me to drink*”; that is really the Higher Self or God-Self speaking through us telling us to move out of our limitation or problem. Whenever we have a problem or difficulty, the answer is always knocking at the door in the form of a desire. We must drink of inspiration, guidance, strength, and power. *His disciples* are our thoughts, feelings, and general attitudes which assume the attitude of prayer in the city of our mind where they *buy meat* or become strengthened through faith in the Omnipotent Power on which they are focused.

(9) *Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans.* This verse indicates confusion, racial prejudice, and a disturbed mind.

(10) *Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.*

The gift of God is our desire. If man knew that his Awareness was God, and that his desire was simply life urging him forward, he would turn within to the Source and claim his desire as a reality now. *The woman of Samaria* represents that type of mind which believes in an external God and does not know that the God-Presence is submerged in the Great Unconscious within and is governed by five-sense evidence which dominates her. A psychological change and a spiritual awakening process is denoted in the following verse, (11) *The woman saith unto him, Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?*

The woman in us, means our doubts and fears are based on false beliefs about God and His laws. *Thou hast nothing to draw with* refers to the fact that man thinks in order to get what he wants, he must have a prop. He must have a bucket to draw with. He takes things literally and imagines that it is necessary to belong to some church or sect in order to be saved. As long as a man does not know

that the Kingdom of God is within, he will postulate it as outside; furthermore, he believes the external world is causative from which come all his confusion, hates, prejudices, and doubts. He is always asking *from whence hast thou that living water?* *Living water* means inspiration, truth, healing, guidance, or whatever man needs for spiritual refreshment. The old beliefs are that we need ritual, ceremonies, altars, and churches in which we may worship, pray, and petition. The old race beliefs, traditions, creed, and dogma raise their heads and challenge us. The old thoughts that we are the playthings of chance, that there are entities and powers outside ourselves which we must oppose and fight—all these die and disappear so that we might experience the living water—the Kingdom of Heaven within. *Truth* is the sword causing us to sever and give up all our false concepts, beliefs in personalities and tradition. Sometimes there is a poignant parting with these old ideas. Instead of giving power to historical characters, we must have reliance and confidence in our own subjective depths which is the creative medium responding always according to the level of our belief.

(12) *Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?*

The challenge continues. In other words, this is the *well* of traditional belief, or the old concept of an anthropomorphic god to whom we beg and make our supplications. This is usually a god of wrath created out of the figment of man's imagination, an inscrutable and tyrannical being. Men challenge the truth that God is their own indwelling, formless awareness. "Closer is He than breathing, nearer than hands and feet!" They point to their church and its dogma with a long record of saints, martyrs, prophets, and its ritual, ceremonies, pomp, and power. They say our fathers worshiped and died for all this. Men die as readily for superstition as they do for truth. They refuse to accept the truths of their own psychological capacity to be independent and free from limitation, troubles, pain, and misery of all kinds. Millions are governed, controlled, and dominated by the ideas, erroneous opinions, and false beliefs of men long since dead. They are living in the dead past described in the Bible as *living among tombs*. The *tomb* represents the records of the dead past. When

man refuses to test his opinions and seek the right answer, he remains in bondage to these dead dogmas and man-made traditions.

Man can find the ideas and forms of truth that will lead him to a higher state of himself. He can discover a science of life, knowledge, and a wisdom enabling him to attain health, happiness, and peace of mind; but first he must divest himself of the false knowledge and beliefs which rob him of his true state.

In order to become a chemist, it is necessary to study the laws of chemistry, chemical equation, reactions, etc. To get the wrong idea or false knowledge of the subject would be highly dangerous. Imagine studying under a teacher who does not understand chemistry himself; this would be a case of the blind leading the blind. Ask yourself where your religion came from. Trace the history. Investigate and explore these beliefs. Track them back to their hiding places which rest in man-made tyranny and lust for power. *In vain they do worship me, teaching for doctrines the commandments of men. (Matthew 15:9).*

(13) Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: (14) But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

Many do not know where the waters of life exist. When you speak of water, man begins to think in terms of drinking water and fails to see that you are speaking of the refreshing power of spiritual values. Man seeks without for security, integrity, peace, and happiness; yet, all the while, these powers come from within.

I told our class on Ouspensky's inner teachings about a man who offered a million dollars to his physician if he would heal his boy. The good doctor explained that medical science had done all that was possible and the only thing that could save his boy was prayer. The man said, "I don't know how to pray." You see how thirsty he was? He did not know where to drink from, or that the fountain of life was within him. He did not know how to drink of faith, confidence, and trust in an Infinite Healing Presence. The doctor taught him how to pray and his son lived.

You cannot buy peace of mind, health, joy, or faith in God. You cannot purchase Wisdom. All the real gifts of life are intangible; they come from the Spirit. They are the Eternal Verities.

Let us see a different level of meaning in all the stories of the Bible. All of us can reach a higher potential within ourselves; by correct knowledge and scientific mental practice we can attain a higher level. Enthroned now the ideas of peace, security, and happiness in your mind. Live with these ideas until they become subjective embodiments; then you will never thirst again. *The well of water springing up into everlasting life* is the Living Spirit Almighty within; by meditation and prayer we can enjoy the fruits of the spirit down through the corridors of time until time shall be no more.

(15) *The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.* (16) *Jesus saith unto her, Go, call thy husband, and come hither.*

Our *husband* should be God or Good. We should see to it that our mind or consciousness is impregnated only with noble, lovely, and wise concepts. This is what happens, however, in the majority of cases: Our five senses become impregnated with all kinds of false knowledge, sundry concepts, and errors of all kinds are constantly impinging on the receptive media of the mind. The avalanche of sights, sounds, false beliefs, and fears are conveyed through our five senses which impregnate our mind, becoming five false husbands whereas Wisdom should be our husband at all times. The result is that the emotional nature of man is constantly reproducing in his experiences the limitations impressed on his emotional nature by the unillumined five senses.

The Bible says, *Thy maker is thine husband. The husband shall be head of the wife*, which means the idea you entertain impregnates your emotional or subjective nature. When our thoughts are God's thoughts, we are *calling the husband*.

(17) *The woman answered and said, I have no husband. Jesus said unto her, Thou hast well said, I have no husband:* (18) *For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly.*

The person in a confused state of lack and limitation does not have God or Good as a husband; hence, the answer, *I have no*

husband. When we dwell in the mental atmosphere of fear and anxiety, we are not married to God; therefore, we do not have a true husband (a disciplined, spiritualized, conscious mind). Is your religious belief satisfying you? Does it give you comfort, peace of mind, and inner growth? Ask yourself, are all my ideas based on the truth of God?

(19) The woman saith unto him, Sir, I perceive that thou art a prophet. (20) Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where man ought to worship. (21) Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet in Jerusalem, worship the Father. (22) Ye worship ye know not what: we know what we worship: for salvation is of the Jews. (23) But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. (24) God is a Spirit: and they that worship him must worship him in spirit and in truth.

Many people think that the only place to worship is in a church made of brick and stone or at a certain shrine. Here we are told that we should worship God in spirit and in truth. To *worship* means to give your attention to, to be worthy, to be devoted. A *church* is a symbol of a mental and emotional state dedicated to wisdom, love, and truth. Your church is the inner sanctuary of your soul. The *choir* represents the inner feeling of joy, the exalted mood, which follows the silent contemplation of God. The church is within (assemblage of Divine ideas, attitudes, and faculties focused on God). The *high priest* is within (feeling). God is within (our consciousness or I AM-NESS).

Salvation is of the Jews. This does not refer to any race of people. One of the meanings of the word *Jew* refers to the intellect illumined by the Light. Salvation, or the solution, comes to the man whose intellect is anointed by the Wisdom of God. The true Jew knows the Messiah is within; his faith in God is his savior. He trusts in the Infinite Intelligence to respond to his prayer. He knows the Messiah that is to come is the solution, or answer, to his prayer.

Let these truths which we have elaborated on here become alive in you, forming a living spring of fresh and wonderful meanings; then

you will hunger no more, neither will you thirst any more. You will drink from the fountain of living waters; God shall wipe away all tears from your eyes, and there shall be no more crying.

We will now touch on the main highlights of the rest of the chapter. In other words, we will discuss the *meat* of it.

(29) *Come, see a man, which told me all things that ever I did: is not this the Christ?*

Christ is your awakening to the truth or illumined reason. You are now aware that all things that ever happened to you have been due to the limitations imposed upon you by your five senses; furthermore, as you look back upon your life, you realize you have constantly given witness to these false impregnations. The whole conversation or agreement between Jesus and the woman at the well is the argument that takes place in the average person's mind between the appearance of things, i.e., what his five senses say and what he desires to be. There is a challenge in his mind. The Greater Self within you says, "If you would only believe you are now what you long to be, you would become it." The lesser you says, "It's too good to be true. Look at the evidence. The well is deep, and I have nothing to draw with." Suspend the evidence of your senses. Go within, shut the door, and begin to feel you are what you long to be. Continue to do so until you qualify your consciousness; then a sense of rest and peace will come. You will objectify what you subjectively accepted.

(35) *Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.*

The *meat we eat is the will of God*. The will of God for all men is the abundant life which is the mental appropriation of all things good. We must not say that it is *four months to the harvest*. In other words we must cease postponing our good. Your good, your desire, exists now in the next dimension or higher level of being. Peace, health, harmony, wisdom, etc. are all within you. Don't postpone peace; accept it now!

For instance the home you wish to sell: Realize it is already sold in Divine Mind. Accept that mentally; then the Infinite Intelligence will bring you and the buyer together. The invisible idea is the reality

behind everything. That is why it is not four months to the harvest. All states of consciousness exists in the Greater Now within you, so does all Wisdom and Knowledge.

Frequently you hear, "He told me all that I ever did." The past is an open book to a psychic, intuitive person. In a partially subjective state many people can tune in with the subconscious mind of the other and read the past easily; for anything that has ever happened in a man's life is impressed and registered in the inner, subliminal consciousness.

(44) For Jesus himself testified, that a prophet hath no honour in his own country.

The *country* in Bible language refers to a state of consciousness. We must leave our present state of mind and move psychologically to another realm of mind where we meditate on spiritual processes and functions. When we still the mind and engage our attention on our good, the Power of God flows through the focal-point of attention. We have now moved into another country, because we have reached a new state of consciousness or concept of ourselves.

(50) Go thy way; thy son liveth. (52) Yesterday at the seventh hour the fever left him.

The above quotations are really the essence of the balance of the chapter. Here we are given a lesson in absent treatment. Actually there is no absence in the One Presence when treating or praying for the healing of another; it is necessary to discipline and cleanse your mind of the fears and opinions of mankind; you must do this emphatically and decisively. The next step is to turn to the Healing Presence within and feel that the patient is free from his false beliefs and opinions, knowing at the same time that your thoughts of health, peace, and happiness are God in action. Your inner knowing that harmony, health, and peace are the true gifts of God for your patient is also resurrected in your patient's mind.

He sent his word and healed them. When another is ill, he calls for help and alleviation. You can take his request accepting his healing in your mind to the point of conviction. When you reach the point of complete, mental acceptance, that is called the seventh hour, the Sabbath, or stillness of the mind, knowing that your prayer

is answered. This is the meaning of the Bible statement *at the seventh hour his fever left him*.

CHAPTER FIVE

(1) After this there was a feast of the Jews; and Jesus went up to Jerusalem. (2) Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches. (3) In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water. (4) For an angel went down at a certain season into the pool, and troubled the waters whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. (5) And a certain man was there, which had an infirmity thirty and eight years. (6) When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? (7) The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. (8) Jesus saith unto him, Rise, take up thy bed and walk.

A *feast* represents a psychological feast in which we meditate on that which we want. *Jerusalem* means at peace, or the consciousness of peace. *Jesus going to Jerusalem* means stilling the mind and contemplating peace. *Bethesda* is a haven of rest. You enter the rest when you detach your consciousness from the world and think of God and His Laws. Still the wheels of your mind and think of the Living Spirit Almighty within you. At that moment you are in the *pool of Bethesda*.

The five porches means our five senses. Our sense-evidence denies what we pray for; furthermore, we have been impregnated with all kinds of limitations and false beliefs through the five senses. Our hopes, dreams, aspirations, and ideals which we have failed to realize represent the multitude of impotent folk, blind, halt, and withered within us.

The sheep market means that prayer is like a market place where we exchange one thing for another. *Sheep* represent the lovely states we wish to embody, consequently we must buy or exchange the mood of lack for the mood of opulence, the feeling of sickness for the feeling and picture of perfect health. You could call the conscious mind the market-place wherein we may buy, sell, or exchange our ideas, concepts, desires, false beliefs, doubts, etc. The average five-sense man who judges by appearance and is involved in external phenomena only seems to be waiting for something to happen, not knowing that the Creative Power is within enabling him to give life to his ideas and desires of his heart.

We are told an angel disturbs the pool. The word *angel* comes from angelus, meaning an attitude of mind, new idea, or desire which wells up in your heart. Your desire disturbs the pool which is your mind. You will have no real peace until your desire is realized.

As you read this book, maybe your desire is to sing on television but you find yourself blocked. Perhaps you are plagued with doubt, anxiety, fear, or you permitted the negative suggestions of others to depress you. You are told *whosoever stepped in first was made whole*. You must realize once and for all that no one can really get into the pool (Presence of God) before you, for the simple reason that your own thought is the only power. The suggestions of others, the race mind, and its beliefs have no power over you. External conditions and suggestions of others are not causative. You would have to permit yourself to move in thought negatively first.

You are *first in the pool* when you know God is One and Indivisible; this Presence is Unity. There are no divisions or quarrels in it; moreover there is nothing to challenge Omnipotence. When you think of God and His Healing Power, you are one with the Almighty, with Omnipotence Itself; then it is actually God thinking and your thought or prayer will and must come to pass. All fear and negative

thoughts of the world cannot now enter into your mind, because you are focused on God, the Omnipotent One. How could anyone, therefore, deprive you of your good? That is why it is written, "One with God is a majority." The Source is Love; It knows no fear. Troward says, "There cannot be two Infinities as one would cancel out the other."

You are always hearing some people say, "It was John's fault." "Only for Mary or Susan I would have been promoted." They are always blaming others for their troubles and misfortunes. In Biblical language they are saying, "While I am coming, another steppeth down before me."

When you pray for a healing, do you permit the stars to step in your way? Do you give them preference by saying that due to the configuration of the planets, you can't be healed now? If you are, you are double-minded and not recognizing the Supremacy of the One Power. Your allegiance is divided, and nothing happens. You have a conflict in the mind. Come to an inner stop and believe in the God that made the stars. Why worship a confluence of atoms and molecules in the heavens.

This is how you get into the pool of the Holy Omnipresence which forever burns its Lamp of Love in your heart and keeps its Light of Life forever on your path. No one can say, "I AM," for you. It is first person, present tense. If you speak to your sister you say, "You are" When speaking in third person, you say, "He is or they are".

One of our students in the Bible class on the *Book of John* said to herself, "I possess the power to say 'I AM'. No one can say it for me. I now believe I am what I wish to be. I live, move, and have my being in that mental atmosphere and no person, place, or thing can get in before me or prevent me from being what I long to be; for, according to my belief, is it done unto me." She had a remarkable demonstration using the above prayer.

Cease giving power to external circumstances, the weather, other people, and the world of effect. Cease making an effect a cause. There is only One Power, the Spirit within you, your own awareness or consciousness. If you wish to be first in the pool, you will stop transferring the Power within you to others and the worship of strange gods and ideas. Accept your wholeness, completeness, and

perfection now. The *angel who disturbed your pool*, or consciousness, is your desire for health. The *impotent man* is the man who does not know where the Power is. He believes it is outside himself. As he gradually awakens to the truth of his own being, he realizes that the Healing Presence is within and that he can contact it.

The *thirty and eight years* in the numerical symbology or science of the Bible means the conviction of God's Presence and coming of age spiritually. The number *thirty* refers to the Trinity or the creative working of our own mind; the *eight* means octave or man's capacity to rise higher through knowledge of mental and spiritual laws.

The Trinity for healing is:

1st. Recognition of Spiritual Power as Supreme and Omnipotent.

2nd. Your desire for health.

3rd. Claiming, feeling, and believing in your perfect health, knowing the Almighty Power responds according to your faith and mental acceptance of the idea of perfect health.

The number *eight* is added when healing takes place. Eight is composed of two circles representing the synchronous or harmonious interaction of your conscious and subconscious mind, or idea and feeling. When your desire and your emotional nature agree, there is no longer any quarrel between the two, and a healing follows. All those reading this wonderful chapter of the Bible may now apply it and work wonders in their own life.

The command by Jesus, or your own illumined reason, "Rise, take up thy bed and walk" is your own inner conviction which speaks to you, telling you that you are healed. It is the command on the inside. You have taken up your bed (truth) and walked the earth a free man. All this happens on the sabbath.

The sabbath is the inner certitude or sense of stillness which follows true prayer. It is that point of consciousness where you are unconcerned, unmoved, and undisturbed, because you know that, just as surely as the sun rises in the morning, so will there be a resurrection of your desire. When you believe in your heart, you can't

say, “How?” When?” “Where?” or “Through what source?” When you have reached the end of your mental journey, psychologically speaking, you don’t say, “How?”

By example, when you arrive at Chicago, you don’t say, “How did I get here?” You *are* there. As you walk in the ever-availability of the God-Presence and live in that Spiritual Atmosphere, you are always in the sabbath.

(9) *And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.*

Millions celebrate the sabbath on the outside, thinking it is a sin to drive a nail in a piece of wood, etc., all of which is absurd. They do not know that the sabbath is on the inside. They fail to realize that it is celebrated every day when man abides in the consciousness of the ever-availability of goodness, truth, beauty, and abundance during the whole course of his life.

We will cover the essential highlights of the rest of the chapter by explaining the key verses and avoiding as much repetition as possible. Many of the verses overlap and have already been covered and explained previously.

(17) *My Father worketh hitherto, and I work.*

It is necessary to have cooperation and agreement between the two levels of mind for the harmonious expression of our ideals. There must be no argument or quarrel in our emotional or intellectual side; both must agree. When the two synchronize and agree on anything, it is established and made manifest. If you think about awakening at 5:00 A.M. prior to sleep, the deeper level of your mind will awaken you. This is a very simple illustration of the meaning of the above passage.

(22) *For the Father judgeth no man, but hath committed all judgment unto the Son.*

The *Son* means idea, thought, mind, or expression. It is our own mind which judges and condemns. *As a man thinketh in his heart, so is he.* We pass judgment on ourselves by our thought, or concept of ourselves.

(30) *As I hear, I judge . . .*

What do we hear? Do we hear good news about ourselves and others, or do we entertain negative attitudes?

(23) That all men should honour the Son, even as they honour the Father . . .

We should honour the Son—meaning we should have a loftier concept of ourselves. We should thrill to this concept, envelop it in love, after which we embody it. If we are not radiant, happy, exalted, and joyous, we are not honoring the Father.

(30) I can of mine own self do nothing: as I hear, I judge: and my judgment is just.

This verse means that the conscious, reasoning mind of man is not creative. It is the subjective self of man that has the answer, sees all, and knows all. Our *judgment is just* in the sense that action and reaction are equal. Man sets the law of mind in action based on his judgment. All mental action, such as decisions arrived at, things reasoned out, take place in the conscious mind. The absolute does not reason. Judgment, the conclusion arrived at in your mind, invokes the automatic response of the law in accordance with the decision or thought.

If your judgment or decision is wise, you will experience the just response of your judgment. If man errs in his judgment and makes a serious mistake, he will experience the response or just reaction which some people call vengeance. There is no imbalance, no favoritism in the law. Action and reaction are always equal and all of us know, or should know, this from our own experience.

(39) Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.

Men search the scriptures and quote them freely. They have the letter of the law, but lack the spirit of the law which giveth life. The worship of God must be an inner awareness and not just ritual, ceremonies, forms, and liturgy or biblical quotes. There must be an inner mystical elevation, a sincere desire to be one with the Father in spirit and in love; then revelation will be certain to follow.

(46) For had ye believed Moses, ye would have believed me: for he wrote of me.

Moses means to draw out of the deep our desire, goal, or ideal. If we believed in the reality of the desire or ideal, knowing it already exists in another dimension of mind, we would believe in God or our

good; for our desire, when realized, would save us from any predicament. It would be our savior.

CHAPTER SIX

(1) After these things Jesus went over the sea of Galilee, which is the sea of Tiberias. (2) And a great multitude followed him, because they saw his miracles which he did on them that were diseased. (3) And Jesus went up into a mountain, and there he sat with his disciples. (4) And the passover, a feast of the Jews, was nigh. (5) When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat? (6) And this he said to prove him: for he himself knew what he would do.

This parable deals with inner transformation. *The feeding of the five thousand people* represents the hungry, confused, depressed, and fearful thoughts which follow us psychologically all day long. The *great multitude* is composed of the messages coming from the external five senses. We have to feed the blind, the halt, the hungry, and lame thoughts in ourselves. We must give spiritual food and knowledge to such blind people (thoughts).

For example, men have thoughts in their minds which speak to them and tell them that heaven is up in the sky some place, and hell is something below them. When men learn that they make their own heaven (harmony, peace, and joy) and hell (pain, misery, and suffering) by wrong thinking or failure to think, the blind thoughts begin to see and understand the cause of their trouble. It might then be said that the blind see.

This above story in the Bible is intended to teach man to establish a center of power within him independent of external things. The

average man believes only in the reality that his senses show him. He seems to think that the external world with all its events is the cause of everything. Man is spiritually blind when he does not know that he has the innate capacity and ability to bring his ideals to fruition regardless of external conditions or sense evidence. The Self of man moves through all restrictions and knows no opposition; it is Omnipotent.

I gave a lecture in New Zealand in 1955 during a world lecture tour dealing with this parable. A man in the audience at one of the lectures said he couldn't see how his son could be healed. He was spiritually blind; he fed that blind state by claiming the Infinite Healing Power was transforming his son. He was previously deaf to the truth; now his ears were unstopped and he heard that the Infinite Healing Intelligence responded to man's thought, that its Nature was responsive. His son had a healing.

The man felt the truth of what he affirmed. He tasted the sweet savor of God, meaning he had a delightful sensation in seeing his prayer bring forth a wonderful healing. His sense of smell was fed, i.e., discernment. He separated the false beliefs and errors in his mind and arrived at the truth, a feeling of harmony and perfection for his son. The five thousand (erroneous thoughts) were truly fed in the spiritual and psychological meaning of the Bible.

To understand this wonderful drama is to realize that all suffering, sickness, pain, and lack are all lies; then you experience an extraordinary inner calm that results through seeing the truth about yourself. This man saw the lying thoughts in him. Some of these thoughts said to him that his son could not be healed, "He's too far gone now," "It's hopeless," "Why bother?" "Others died with the same disease," etc.

I told him to look at that motley crew in his own mind and feed them with the knowledge that the Living Intelligence and Power which made his son's body could also heal it. He proceeded to look at all the deceitful, lying, stupid, ignorant, superstitious, fearful thoughts (people) in his mind saying to himself, "I am a slave and a serf to these thoughts; they are my master. I should be the master and in control of my own mind, bidding all my servants (thoughts)

what to do.” He decided to take charge, become the master of his household, and give meat to all the hungry states.

We begin to *feed the five thousand* when we begin to discipline the five senses. (We have covered that to some extent in chapter four when we discussed the woman with the five husbands. The meaning is really the same). The point of this story in chapter six is to teach you to change your level of consciousness, to rise higher. The person you are, the state of mind you possess, attracts the same situations, the same insoluble problems. If you change yourself, your whole life will change. You find that the things which upset you no longer have the same power over you. When you pray you go into a mountain with your disciples, meaning your attitudes and mental faculties are turned to spiritual and mental processes.

(5) *Whence shall we buy bread?* refers to the bread of heaven, the bread of the silence where we mentally eat of harmony, health, peace, and all good things. (7) *Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little.* (8) *One of his disciples, Andrew, Simon Peter’s brother, saith unto him,* (9) *There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many?*

The term *lad* means Christ, or man awakening to the truth. Names, such as John, Peter, Christ, etc., mean states of consciousness. To say, “John wrote the Gospel,” does not prove it. There is no historical proof, actually no one knows for certain who *John* was, whose name is appended to this Gospel. We do not know exactly when it was published. All this is really of no importance, for the simple reason the psychological truths of the Bible are as true today as they were two thousand years ago. When we come to this parable of the loaves and fishes, we do not look upon it as a historical event, but rather something that is happening all the time in all parts of the world.

Two hundred pennyworth of bread is the double-minded state and will not satisfy man. It represents the confused state or feeling of lack.

To call Andrew means to see the truth about your capacity to show forth God’s eternal supply. The word *Andrew* means perception or seeing the truth about any situation. It means to live in the truth.

Philip is the persistence, and *Peter* is faith in God.

We have *five barley loaves* signifying the undisciplined senses and two small fishes, referring to idea and feeling, or the harmonious union of the conscious and subconscious mind in prayer.

(10) *And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand.* (11) *And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would.* (12) *When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost.* (13) *Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.*

Make the men sit down means to adopt the receptive attitude of mind. All characters of this drama are within yourself. You are Jesus calling your faculties and attitudes of mind together in the attitude of prayer for the purpose of solving your problems. In this process you separate yourself psychologically from the world, from the power of the senses, and you begin to see the solution to your problem. You still the wheels of your mind, the five senses are turned inward, and all your faculties and thoughts are focused on God.

Let me illustrate how a young man, in our Tuesday classes on "The meaning of the Sacraments" multiplied the loaves and fishes. He had ulcers of the stomach, had very little food for his family, and was living on twenty-five dollars a week from unemployment insurance. He was involved in all his aches, pains, misery, and negative imagery. This young man learned about the Infinite Healing Presence within him; several times daily he stilled his mind, got quiet, and began to claim that God's river of Peace and Harmony was saturating every atom of his being. He was focused on his health, had mental pictures of himself doing the things he always did, and eating the food he always ate. He was contemplating health and giving his devotion and attention to his highest concept of health. In his meditation he called Andrew by imagining his wife was congratulating him on his perfect health, his wonderful promotion, and added income. He performed this mental and spiritual operation

frequently, which is calling Philip, meaning perseverance. He also called *Peter*, or faith, by having a conviction, a certainty, that the God-Presence was within; as a consequence he felt the health, abundance, and supply he needed was a definite possibility as the “nature of God or Infinite Intelligence is Responsiveness,” as Troward says.

This kind of mental practice led him away from the confusion, vexations, and turmoil of his five senses into the quietness and acceptance of God’s Healing Presence. He fed the five thousand unruly thoughts in his mind and multiplied his good by his knowledge of God and His laws.

Giving the five loaves to the disciples means that the five senses are now anointed with peace, harmony, and the sense of supply. Our senses are fed with the Inner Wisdom of God. You can practice feeding the five thousand now—today—as you read this. Move away from the cares and anxieties of the world; think of your Divine Centre; get the positive feeling that God is present there at that point of stillness. You are now breaking the hold of the fearful and warring five senses. Think of your desired objective, aims or goal, and know the hand of God is upon it. A stillness, an inner peace, and quietness will steal over you. As you adhere to the fact that through this Authority and Power of God you will receive an answer, you shall see a manifestation of your ideal.

Gathering up the fragments represents the Divine measure that is always “pressed down, shaken together, and running over.” “Blessed are the merciful for they shall receive mercy.”

To pray for another is to pray for yourself. To rejoice on the success of another is to bring success to yourself. Did you ever give some fragrant flowers to someone and then smell your hands? If so, you will remember the fragrant odor of your hands. The good you claim, feel, and believe as true of others will, of course, be resurrected in their experience, but you also will be blessed in countless ways, which means twelve basketsful are left over.

We will now give the highlights of the key passages or most important verses of the rest of this chapter.

(18) *And the sea arose by reason of a great wind that blew.* (19) *So when they had rowed about five and twenty or thirty furlongs,*

they see Jesus walking on the sea, and drawing nigh unto the ship: and they were afraid. (20) But he saith unto them, It is I; be not afraid. (21) Then they willingly received him into the ship: and immediately the ship was at the land whither they went.

Entering a ship in biblical language is entering into a new mental attitude, mood, or feeling which transports you from one point in your mind to another, or higher level of consciousness. Jesus is always walking on the waters of your mind. *Jesus* is the idea or desire you seek, the solution to your problem. *The great wind that blew* represents the negative thoughts and emotional turmoil present in the individual. You may be saying at this moment, "I wish I could see the answer to my problem." That is Jesus coming down the waters of your mind.

Verse nineteen says they were afraid when they saw Jesus walking on the waters. Sometimes we are afraid to trust the Power within and we say, "I wish I knew the answer," or "There is no way out of this dilemma," etc. However, as we reflect on the truth we have been taught, we begin to realize the desire knocking at the door of our heart is just as real as any of the furnishings in the room we are in. It is real in another dimension of mind and has its own structure, form, and shape; but it seems intangible and invisible to us from a three-dimensional standpoint. The voice within you says, "It is I," meaning it is the Infinite One within you speaking to you saying your desire or idea is real, it is not a lie. The moment you realize your dream or ideal is real, you nourish it with attention, love, and devotion; then you are Jesus walking upon the waters of your own fear, hesitancy, and doubt. You stand on them, so to speak.

Your vision is now on your goal and you go where your wisdom is. Your faith and confidence are the ships which lead you to the port of safety. You are willingly receiving Jesus into your ship and *immediately the ship was at the land whither they went*. When you lose the sense of fear and walk with absolute confidence psychologically in your mind with your desire, you have accepted your savior; then Jesus has come into your ship. The *land* you arrive at is the manifestation of your goal.

(26) Jesus answered them and said, verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did

eat of the loaves, and were filled. (27) Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

The people seeking Jesus symbolize desires, ideas, and concepts that we have which are always tending toward fulfillment. We must seek the truth for its own sake and not just for the loaves and fishes. There is no real security in any tangible thing. There is no government that can legislate or guarantee peace, harmony, health, joy, abundance, and security. Our real security lies in our knowledge of God and our oneness with Him. The man who has an abiding faith and trust in God to supply all his needs will always be watched over by a benign Providence wherever he goes. When stock markets crash, governments topple, or when some natural calamity wipes away all his material possessions, the man of faith is always secure in God; his faith in the Divine Source is the rock on which he stands. It never fails him. He finds himself again living in the midst of God's abundance and peace.

Great material possessions, wealth, and lots of money are not a deterrent to spiritual growth or illumination, but while these things are necessary on this plane, we must know that our security does not rest in them. Our security is always in God and His love. When we place our trust in Him, we will in all probability suffer no material losses either, or if we do, we will recoup the losses immediately without suffering much discomfort in the meantime.

Peace, integrity, happiness, inspiration, and harmony are treasures of the spirit. They are intangible, and it is also well to remember that even though a man has a million dollars he cannot, for instance, buy health, peace, joy, or the real love of a woman. These are not for sale. The price we pay for the above qualities and attributes of God is faith, confidence, and trust in the Father of Lights, in whom there is no variableness, neither shadow of turning.

We must be friendly, not that we may gain friends, but because it is a God-given attribute to be friendly. Many people enter the Truth Movement, make a few demonstrations; then disappear only to return later when they are in trouble. We must seek the Truth for its own sake, and let all else go. Man abiding in the consciousness of

peace, harmony, love, and realizing the availability of God's ideas and supply, never lacks for any good thing, for all things are added to him. Let us not labor for the meat which perisheth. *The meat which endureth forever* is the Divine ideas, the everlasting verities.

(30) *What sign shewest thou then, that we may see, and believe thee?*

Man is always looking for a sign. *There shall be no sign given him but the sign of Jonah*, which means one's inner feeling, our inner certitude or conviction in the reality of the invisible mental state in which we live, move, and have our being. We must learn to believe in the unseen; for "God calleth things that be not, as though they were, and the unseen becomes seen."

Some years ago I was told about a Scotch Presbyterian minister who was lost in the desert during the first world war. He took the Bible literally and asked that God send him manna. He received a sweet, sugary substance and ate of it. It was done unto him as he believed. However, flour, bread, cakes, etc. are not the true bread. *The true bread* is thoughts of peace, happiness, joy, and good will. When we identify ourselves with the great Truths of God, we are eating of the true bread of heaven.

(35) *And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.*

The bread you eat comes from heaven which is our own consciousness, or the Spiritual Power within us. You can enter the Secret Place now in your own mind, and feast on all good things. When you feast on the good things within, you shall never want for any good things on the external plane. The *banquet table* of the Lord or the Law is ever before us. *The bread* we eat is the Divine ideas; the meat we eat is Power and Strength of God; *the wine* we drink is the joyous feeling; *the fruit* is the answered prayer. When man discovers the Spiritual Power within he exclaims, "The wilderness is paradise now!"

Referring to the allegorical manna or heavenly food, the bread which the Lord hath given you to eat, Philo writes, "Dost thou not see the food of the soul, what it is? It is the Logos (light, truth, Divine ideas) of God, like unto dew, encircling the whole of the soul on all

sides, and suffering no part of it (the soul) to be without its share of the Logos.” The spiritual manna is wisdom, which waters our mind and heart and puts sweetness and gladness into our mouths.

(32) *Moses gave you not that bread from heaven.*

When Moses fed the manna to the Israelites in the wilderness, that was not the spiritual food from the Spiritual Power within. *Moses gave the bread of heaven* in the Ten Commandments and other parts of the Bible attributed to him. Literally speaking, *manna* is the sap and juice of the flowering ash used in medicine. I used to eat it as a boy and enjoyed its taste immensely. (I have no reason to doubt the story of the Scotch minister who said this substance-like-manna came floating in the air so he could eat it. He was sustained by this mysterious food until he was rescued; yet, that is not the true bread.) We may eat of delicious food and have all the wealth we want plus all manner of worldly and tangible possessions; yet, we can become very hungry for peace, joy, health, happiness, love, and laughter. All these come from God within and must be appropriated in our consciousness through meditation and prayer. This is why we read in the Bible, (34) *Then said they unto him, Lord, evermore give us this bread.* This is your cry and the desire of all men everywhere.*

(44) *No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.*

We can experience nothing unless it is a part of our consciousness. In other words, our level of being, or consciousness, attracts to us all experiences, conditions, and events. We cannot escape from the contents of our mind unless we decide to change. Before the old can be destroyed something new must be accepted mentally. As we learn to change our mental pattern and imagery according to spiritual standards, we will enjoy new and wonderful experiences. The outer world is always a reflection of the inner world of the mind; for “as within, so without.”

The last day refers to the time we die to all sense of limitation and frustration, we are then raised up, or spiritually awakened. Every day is the last day in the sense that our last, waking estimate of ourselves, as we fall into the deep of sleep every night, is the last mental picture. It is our last concept; when we believe it, it shall be resurrected or raised up as a condition, experience, or event.

(53) *Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.**

Eating of the flesh and drinking of the blood signify that we mentally appropriate and pour life into our desire by feeling the reality of it. Blood is life. We must, therefore, animate and make alive our idea, desire, plan, or purpose. There must be a union of the mind and the heart. As we do this, we are eating and drinking of our desire. Except we do this, we have no life. We are dead. We must be creative and cause our ideas to take form in our experiences because our state of consciousness resurrects and makes alive all that we believe and give consent to.

(63) *It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.*

Here Jesus explains that he is speaking psychologically and not in a literal sense. To take the terms *flesh and blood* literally is, of course, too absurd for words. It is true that all food solid or liquid which we partake of is transmuted into tissue, muscle, bone, and blood cells; in that sense, all food undergoes transformation into the body and blood of God. The food eaten is also transformed into energy, circulating in our brain which is our thinking center. This is why one scientist said, some time ago, that the food we eat becomes a thought in the brain.

(70) *Have not I chosen you twelve, and one of you is a devil? Our devil* is our limitation. Our desire indicates our lack.

A brilliant artist in one of our classes pointed out that he could not bring out the really true tones, shades, and values of a brilliant color unless he used a background of gray and black. These latter shades seemed to enhance the beauty of the other.

How would you know what joy was unless you could shed a tear of sorrow? How could you know what peace was unless you could experience a twinge of pain? Man would not know what abundance was unless he could experience the sense of lack. All of us are born with twelve faculties; one of these is called Judas which means a sense of limitation. I must know I am in a sense of loss and privation before I can ever know what will fulfill my sense of lack.

Perhaps, as you read these pages, you have certain urges and desires for something grander and greater. You could not have these

urges within you except for the fact that your present state is one of limitation. All of this is good. It is through our problems we grow. Every time you are presented with a difficulty or a problem, it is your opportunity to bring forth the Divinity within and conquer. You are born to conquer. If you had nothing to overcome, you would never discover yourself. You would be a robot. Your devil is the fact that you have left the absolute or unconditioned state and you now find yourselves in a conditioned or limited state which is called the three dimensional world.

(71) He spake of Judas Iscariot the son of Simon: for he it was that should betray him, being one of the twelve.

Judas interiorly symbolizes that state whence blossoms perfection. Your Judas is perhaps now reminding you that you desire a greater measure of health, a greater sense of freedom or abundance. Your state of lack prompts you, causes you to wish, and desire for fulfillment of these states of lack; hence Judas is betraying (revealing) your savior. The realization of your desire is always the savior, your salvation, your redeemer. This is why you can't dismiss Judas, as in the drama of the Bible Jesus (illuminated reason) can't get rid of the man who betrays him. You can't possibly take this literally. It is beautiful and glorious when you understand the psychological and spiritual significance.

The Bible says that we will always have the poor with us. Of course, that is true. We must experience limitations in order to grow. There is no other way. When in bondage, you have the urge for freedom. Look around you in the field of electronics, chemistry, physics, astronomy, metaphysics, etc. We know very little even about electricity. Our knowledge of all these things is very limited. It is the same with everything. Do you say you know all there is to know about the hidden wisdom of the Bible? There are layers of meaning in the Bible which have not been plumbed by any man; in the same manner that there are fish in the sea that have never been seen nor caught. We are in the Presence of Infinity; never in Eternity could you exhaust the Glory and Beauty that is within you. All things are growing and unfolding in this world; there is nothing perfect.

The Book of Hebrews says that the works are finished and complete in the Absolute, or the Kingdom of God within. Your state

of limitation, your problem, your difficulty is therefore a blessing in the sense that it is through these states of limitation you grow. As you grow in wisdom, you solve your problems. No matter how wise you are, whether a Paul, a Moses, or a Jesus, you will meet challenges and obstacles, for there is no end to spiritual growth and unfoldment. Being on the spiritual path, you will react differently to the challenges of the world. You will remain unmoved, undisturbed, calm, and peaceful because you have learned to turn all problems over to God and let Him carry the load. God wipes away all tears from your eyes, and there shall be no more crying.

By overcoming our problems through prayer and meditation, we reveal (betray) the Christ which means the Power of God in action. When we die completely to all sense of limitation, we become the God-man here and now returning to the glory which was ours before the world was. *Thou hast been in Eden, the garden of God; every precious stone was thy covering. Ezekiel 28:13.*

CHAPTER SEVEN

There is much repetition in this chapter. We will take the essential verses which reveal the most wonderful method of spiritual treatment ever given to man. The method of spiritual treatment outlined in the key verses of this chapter formed the basis of Quimby's amazing healings.

(1) After these things Jesus walked in Galilee: for he would not walk in Jewry, because the Jews sought to kill him. (2) Now the Jews' feast of tabernacles was at hand. (3) His brethren therefore said unto him, Depart hence, and go into Judaea, that thy disciples also may see the works that thou doest. (4) For there is no man that doeth any thing in secret, and he himself seeketh to be known openly. If thou do these things, shew thyself to the world. (5) For neither did his brethren believe in him. (6) Then Jesus said unto them, My time is not yet come: but your time is always ready.

The brethren of Jesus are all those states of hope, faith, trust, desire, and ideals; these are always with us. We must be careful where we walk in our mind, in the same manner as we must be careful of where we walk on the outside. We must be extremely cautious of the company we keep as we walk down the streets of our mind. There are thoughts in your mind always seeking to kill your Jesus, or your desire.

You may desire health, this is Jesus walking in Galilee (your mind); other thoughts come and challenge you. They say, "You don't know enough," "You are getting worse," "What is the use," etc. You see these thoughts are about to slay your idea or desire for health. You must not permit them. You must subjectify your desire or idea of health by taking a vacation from the belief of the senses, detaching your attention from sickness and symptoms, and focusing your

thoughts on the concept of health. As you make a habit of this by frequent occupancy of the mind with mental pictures of health, plus your belief in the response of the Healing Principle, you will succeed in going to Judea, i.e., the subconscious realization of perfect health.

The disciples you take with you in meditation are your faculties and attitudes turned inward toward the Divine Healing Presence. (6) *My time is not yet come; but your time is always ready.* Your time has come when you have achieved victory over the problems or when a conviction has been reached. Faith, belief, and trust are always ready and waiting to work for you; these are your brethren.

In the following lies the key to the whole chapter, (33) *Then said Jesus unto them, Yet a little while am I with you, and then I go unto him that sent me.* (34) *Ye shall seek me, and shall not find me: and where I am, thither ye cannot come.*

What manner of saying is this that he said, "Ye shall seek me, and shall not find me: and where I am, thither ye cannot come?" Quimby said that the practical application of the principle of healing is outlined in these verses. This teacher of truth called in a woman who was aged, lame, bound down, and on crutches. He states that her ailment was due to the fact she was imprisoned by a creed so small and contracted that she could not stand upright or move ahead. She was living in the tomb of fear and ignorance; furthermore, she was taking the Bible literally and it frightened her. In this tomb, Quimby said, was the Presence of God trying to burst the bars, break through the bands, and rise from the dead. When she would ask others for an explanation of some passage of the Bible, the answer would be a stone; then she would hunger for the bread of life. Dr. Quimby diagnosed her case as a mind cloudy and stagnated due to excitation and fear caused by inability to see clearly the meaning of the Scriptural passages she had been reading. This showed itself in the body by her heavy and sluggish feeling which would terminate in paralysis.

Here at this point Quimby asked her what was meant, *A little while I am with you and then I go to him that sent me.* She replied it meant that Jesus went to heaven. Quimby explained what it really meant by explaining that *being with her a little while* meant his explanation of her symptoms, feelings, and their cause; i.e., he had

compassion and sympathy for her momentarily, but he could not remain in that mental state; the next step was to go to Him that sent us, which is the Presence of God in all of us.

Quimby immediately traveled in his mind and contemplated perfect health, which is a part of God. He said to the woman we are talking about, "Therefore where I go, you cannot come, for you are in Calvin's belief, and I am in health." This explanation produced an instantaneous sensation, and a change came over her mind. She walked without her crutches. She was, as it were, dead in error, and to bring her to life or truth was to raise her from the dead. "I quoted the resurrection of Christ and applied it to her own Christ or health; it produced a powerful effect on her." (Quimby's *Manuscripts*.)

Apply this principle of healing in your life. Supposing your son is sick, go within to Him who sent you. God or Life, sent all of us into the World. God is all Bliss, Harmony, Peace, Beauty, Wisdom, and Perfection. You turn within in thought and quietly realize that the Wisdom and Infinite Intelligence of God is right there within you. The Living Intelligence and Power of God sent you into this world and fashioned all your organs from its own Invisible Pattern. You are now turning to the maker of your body. You are relaxed, at peace, poised, and calm. You are full of confidence that the Creator of your body and mind can create and refashion your body according to His Own Divine Pattern.

You have seen your son, sick and in pain, but now in your meditation you are talking to the God-Presence calling forth its Healing Presence. Think of your son and immediately dwell on the peace, health, and harmony of God. You know these qualities, potencies, and aspects of God are now being reflected in your boy. You are now getting into the mental atmosphere of health and, like Quimby, you are contemplating the Divine ideal which is perfection, wholeness, and harmony for your son. Do it frequently three or four times daily until you believe in the idea of perfect health. When you mentally accept that the Healing Power of God is working for your son, that is a treatment.

You will seek me and you cannot find me means others may wonder what you are doing and be unable to follow you in understanding or belief. *And where I am, thither ye cannot come.*

Other members of the family or the patient himself may be unable to rise in consciousness and enter into the feeling of perfect health because they are wrapped up in worldly beliefs. Quimby said that man's false belief was the sepulcher in which the Wisdom of God is confined, and that the truth is the angel which rolled away the stone of superstition and ignorance healing the mind and body.

The word *treatment* used in New Thought circles means the harmonious interaction and direction of the conscious and subconscious powers for a definite, specific purpose. In treating others or ourselves we never identify with the disease. We have compassion for the person momentarily, *yet a little while I am with you*; then we go to God and Heaven realizing the ideal perfection of the patient. The pharisaical beliefs (fear and doubt) cannot enter where confidence in God's Power is. In prayer you are one with God, the only Presence and Power.

(42) *Christ cometh of the seed of David, and out of the town of Bethlehem, where David was?*

Christ, or the Spirit of Truth, comes out of Bethlehem—house of bread, our own consciousness, or awareness—called I AM. Quimby called Christ, "Wisdom." We must look for Wisdom within. To know that you can embrace an idea, emotionalize it, and feel its reality causing it to become manifest on the screen of space is a part of the Wisdom called Christ. To know that you are what you think all day long is also a part of the Wisdom called Christ.

(49) *But this people who knoweth not the law are cursed.*

When we make a negative use of the law we experience the automatic response which is, of course, negative. This is called a *curse* in the Bible. It is wisdom to know that "as a man thinketh in his heart so is he." *Get wisdom and with all thy getting, get understanding. Prov. 4:7.*

CHAPTER EIGHT

(1) *Jesus went unto the mount of Olives. (2) And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them. (3) And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst, (4) They say unto him, Master, this woman was taken in adultery, in the very act. (5) Now Moses in the law commanded us, that such should be stoned: but what sayest thou? (6) This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not. (7) So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her. (8) And again he stooped down, and wrote on the ground. (9) And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst. (10) When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee? (11) She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more. (12) Then spake Jesus again unto them, saying, I am the light of the world: he*

that followeth me shall not walk in darkness, but shall have the light of life.

Jesus *going up the mount of Olives* means spiritual understanding.

J When you turn within to the God-Presence seeking light on your problem, peace, truth, and beauty minister unto you. People are prone to take everything literally. We must remember there is an allegory of words also. For example, when we speak of the blind, the halt, the deaf, and the lame, we must remember there is a spiritual blindness, an inner deafness, although the outer ears are normal and not diseased. There are those who do not want to hear anything new. They refuse to listen to the psychological meaning of the Bible and they are spiritually deaf. Many people are afraid to move forward to their announced goal; they see obstacles; these are lame people.

The idea behind all Bible stories is to convey a psychological and higher meaning than that of the literal interpretations of the words. To look at this parable literally is one thing, to understand it from a psychological standpoint is another. Quimby, about one hundred years ago, gave the interpretation of the woman caught in adultery. I think his insight into the meaning of this parable is superb. He points out that the adultery spoken of in those days was that she left the old orthodox ways and began to listen to the teachings of Jesus. She had, therefore, sinned in the eyes of all her former friends. The stones represented the accusations, ridicule, and abuse heaped on her by others; however, when she ceased to worry about what others thought, and as she adhered to the truth, she ceased to find fault with herself. When she ceased to find fault with herself, all the world ceased to throw stones at her!

This means that no matter how a man may have transgressed the laws of life, no matter how heinous his crime, even though he is condemned by society; if he will rise in consciousness to the point where he ceases to condemn himself, the tongues of all the gossips are stilled and not a hand is lifted against him. A few perfunctory prayers will not suffice, but a deep hunger and thirst to become a new man, plus a transformation of the mind and heart, will expunge

from the mind the errors of the past and make all things new. *Though your sins be scarlet, they shall be white as snow, though red like crimson they shall be as wool.*

The word *adultery* spoken of in the Bible means idolatry or spiritual immorality. Whenever we enter into a negative mood of fear, hate, and resentment, we have committed adultery because we have married a false belief and adulterated the truth. Whenever we believe in two powers, or if we say there is a devil, we are committing adultery in the real meaning of the word. Any time we cohabit with evil, such as envy, jealousy, slander, criticism, resentment, hate, etc., we are polluting the sanctuary of God, which is our own mind.

It is written that our mind should be called a house of prayer, but when we identify with negative thoughts and emotions, we make our mind a den of thieves. Whatever we are identified with, we become. If we identify with resentment we have committed adultery in the heart (subjective feeling, emotion); this negative emotion now governs and controls our speech, thought, actions, and reactions. When man is under the sway of negative imagery and emotion, he is a serf or a slave, and is being actually ordered around like a servant by the negative thoughts reigning supreme in his mind. (I would refer you, at this time, to the second chapter "Marriage Feast of Cana" where it is pointed out that all prayer is really a marriage feast.)

What are you mentally and emotionally identified with at this moment? Your marriage partner is your present feeling, awareness, mood, or inner conviction. Your estimate or blueprint of yourself determines what kind the children of your mind will be. The children which come forth from your real feeling about yourself are made manifest as health, peace, abundance, social, and financial status, etc. Any time you give attention, feeling, and emotion to any negative thought or idea, you are committing adultery in Biblical language.

If a wife or husband begins to brood or nourish a grudge, he or she has already committed adultery, because this person is mentally and emotionally united with ideas and concepts of a negative nature. The man who is crotchety, petulant, cantankerous, and constantly complaining is cohabiting and lying down with evil thoughts in his bed. *His bed* means his mind. We lie down amidst our thoughts,

don't we? Do we find rest unto our soul? We would find that deep abiding peace, rest, stillness, and security if we returned in thought and love to the Divine Center within and looked at others through the light of our aim. *Our aim* is peace, harmony, joy, health, and happiness.

Begin now to reach toward everyone according to the Eternal Verities. You will find yourself under the influence of the spiritual forces within you. Whenever you feel yourself prone to be angry, think immediately of your aim, goal or objective in life; immediately all the force is taken away from the negative thought. A positive, confident feeling of goodness, truth, and beauty will take over, and you go ahead spiritually by leaps and bounds.

(5) *Now, Moses in the law commanded us, that such should be stoned.*

Begin now to see the psychological significance of this wonderful drama. Notice how people throw stones at themselves all day long. Take, for instance, a man who lost considerable money in business; let us say he went into bankruptcy; oftentimes he sits alone, broods, criticizes, castigates, and flagellates himself saying, "Why did you invest that money?" "You should have known you would fail," "I'm no good," "I'm a failure," and a dozen other statements of a similar nature flow silently from his lips. He is accusing himself. He is throwing stones at himself. The only accuser is the feeling of lack, failure, and inability to realize our objective.

The harlot, the woman with the illegitimate child, who may be condemned and stoned by the world, may turn to the truth within and claim her freedom. She realizes that God condemns no one. *His eyes are too pure to behold iniquity.* Society and the world may condemn her. *All judgment is given to the son. The son*, as Dr. Nicoll says, is your mind. This is the place you pronounce judgment on yourself by the thoughts you entertain. The harlot learns that all she has to do is to cease condemning herself; God has already forgiven her. As a matter of fact God or the Absolute knows nothing about her errors or fears. She, therefore, forgives herself by *giving* herself the mood of peace, love, and harmony for the mood of guilt, despair, and self-condemnation. She turns from the past and completely detaches herself from the former way of living. She mentally and emotionally

identifies herself with her aim which is peace, dignity, happiness, and freedom. As she does, God and His Glory respond automatically. She finds a wave of peace moving over the arid areas of her mind like the dew of heaven; moreover, the Light of God penetrates all the dark corners of her mind. The dawn of God's Wisdom appears, and the shadows of fear, guilt, and self-condemnation flee away. As she ceases to condemn herself, neither can the world condemn her.

(10) *Hath no man condemned thee?* (11) *She said, No man, Lord.*

This parable states Jesus stooped down. We *stoop down* whenever we turn away from the One Presence and Power and worship false gods. We must never descend from our high state of consciousness. We must never be deflected from our aim. When we permit fear, worry, and anxiety to enter in, we have stooped down or turned away from faith in God and all things good.

The devil represents the accuser in the Bible, or the negative thoughts and feelings we entertain which remind us that we have missed the mark or our objective in life. Remind yourself of God, remember Him, and go back to the Source from which you came; think, speak, and act from the Divine Center within you which is the Secret Place of the Most High; you will then be lifted up and again be identified with your aims which are the great Truths of God which you have learned. You are here primarily to resurrect God's qualities. When you mentally think of Him and His Love, you are always lifting yourself up into a higher level of being.

(7) *He lifted himself, and said unto them, He that is without sin among you, let him first cast a stone at her.*

This is exactly the way you address the motley crew in your mind. You silence them by completely rejecting them mentally, realizing they have no power—nothing to sustain them. They are nothing trying to be something. You chop their heads off, cremate, and burn them up because you have returned in faith and confidence to the Secret Place of Stillness within yourself, where God and His Omnipotence dwells. The armor of God is around you now.

(9) *Jesus was left alone, and the woman standing in the midst . . .*

Jesus and the woman represent yourself when you have actually united with what you want to be or to have. All condemnation is

gone. You are alone with your ideal. You have experienced the joy of the answered prayer in your own heart.

There is much repetition in the rest of this eighth chapter of John. We will, however cast light on the main or most important verses.

(24) *If ye believe not that I am he, ye shall die in your sins.*

Troward says, "I am that which I contemplate." You become what you claim and feel yourself to be. Except you now believe and accept as true that you now are what you long to be, you will remain as you are. In other words, you will *die in your sins*, meaning you will fail to reach your mark in life. If a man who is poverty-stricken refuses to enter into the mood of opulence and the belief in a God of abundance forever supplying all his needs, he will remain poor regardless of the church he joins or what creed he adopts.

(31) *If ye continue in my word, then are ye my disciples indeed;*
(32) *and ye shall know the truth, and the truth shall make you free.*

One obvious truth is this, if you were now sick, the realization of health and peace of mind would free you; this would be the truth which would set you free. The acceptance of your desire for health would be your savior and redeemer. You continue in the word when you remain faithful to the idea or feeling of perfect health in your mind regardless of appearance. The *word* is your thought, your feeling, or inner awareness.

A few minutes ago, while writing this chapter, a woman telephoned me long distance telling me how she put into practice one of the healing methods outlined in one of my recent books *Traveling with God*. She had what the doctor said was a very severe case of blood poisoning in her foot which penicillin and other antibiotics failed to relieve. She was unable to walk. Six or seven times during the day she stilled the wheels of her mind, closed her eyes, and went within. She turned mentally away from the foot, the appearance of things, and became completely detached. Quietly and gently she claimed that the Infinite Healing Presence was saturating every thought and every atom of her being making her whole, pure, and perfect. She kept affirming this for two or three minutes. In her imagination she walked around the house sensing and feeling all the objects in the house, and doing all the things she ordinarily would do. She did this for about five minutes; then she ended her spiritual

treatment by giving thanks to the God-Presence within. She sustained this method of prayer for several days (she continued in the *word*) until a complete healing took place. The day the doctor was supposed to operate on her he was amazed at the complete, rapid healing of her foot.

The *knowing of the truth* is simply a movement of your mind whereby you identify with your desire, accepting it completely. Maybe you are saying to yourself, "I wish I could get out of this present position." Or maybe someone reading this is saying, "I wish I could go to London for a vacation but I have no money." You are free because you can shut out your present surroundings and mentally feel and imagine you are in London. You can remain in this meditative state for several minutes or longer until you feel the naturalness of the state. As you open your eyes, you are not in London, but you traveled there psychologically. You fixed it in your mind. You have freed yourself from your sense of want or lack. The Deeper Self will devise the way whereby you will go to London. You can mentally appropriate and take possession of any state of consciousness; this is why you are free. Your state of consciousness objectifies your meditations, feelings, and beliefs.

(44) *Ye are of your father the devil, and the lusts of your father ye will do.*

If we have a negative idea enthroned in the mind, our *father* is the devil. We must impregnate our mind with the seeds of truth and nourish their gestation with love and devotion. If a man is hateful or resentful, he has evil for his father and his mother. The dominant mood is always the controlling factor. Belief in fear, old age, death, sickness, and all other false beliefs represent the devil, because they lie about the truth. When you spell devil backwards, it spells *lived*. Millions of people are governed by the thoughts of the past and are living according to the old pattern and experience. In other words, they are living backwards, because they are being ruled by doubts and fears acquired in the past. The *devil* means living backwards.

(58) *Before Abraham was, I am.*

Before any manifestation appears, it must first come out of the invisible. We must first have the feeling of conviction in our own consciousness. Where were you before you were born? You are told

in plain language you were in the I AM state. You were in the Absolute or Paradisaical State. When your boy or girl is born, the child is the Universal Life, God, or I AM assuming the role of that particular child. It is the Unconditioned becoming conditioned. It is the Formless taking form. *I was naked and ye clothed me.*

CHAPTER NINE

(1) And as Jesus passed by, he saw a man which was blind from his birth. (2) And his disciples asked him, saying Master, who did sin, this man, or his parents, that he was born blind? (3) Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him. (4) I must work the works of him that sent me, while it is day: the night cometh, when no man can work. (5) As long as I am in the world, I am the light of the world. (6) When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay. (7) And said unto him, Go, wash in the pool of Siloam (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing. (8) The neighbours therefore, and they which before had seen him that he was blind, said, Is not this he that sat and begged? (9) Some said, This is he: others said, He is like him: but he said, I am he.

Here we are told the story of a man born blind, and the usual question is asked, "Who did sin, this man or his parents?" In a spiritual sense all men are born blind when born into this three dimensional plane. We have left the formless state and we look upon the world and see the limitation and restriction, having lost the awareness of our dominion and power over external circumstances and conditions. *Our birth* is called the fall of man, and our awakening to the Power of God within us is called being born again. When we

are possessed by wisdom, we begin to see spiritually. Man is psychologically and spiritually blind when he does not know that he becomes what he thinks all day long. Emerson said, "A man is what he thinks all day long." The Bible says, "As a man thinketh in his heart, so is he."

Man is spiritually blind when he hates, resents, or is envious of others. He does not know he is actually secreting mental poisons which tend to destroy himself. If you say there is no way to solve this problem, that the situation is hopeless, that is spiritual blindness. You begin to see when you get a new perception of the mind knowing that there is an Infinite Intelligence within you which can solve all problems and which responds to your thought. Your mind has now received a new illumination, a new light. As you mentally claim that God is guiding you now, revealing to you the perfect answer, you find yourself automatically led to do the right thing and the way opens up. You were once blind to these truths; now you begin to see the vision of your health, wealth, happiness, and peace of mind.

Looking at the story of the Bible in another way, it was believed in the old days that if a man were born blind, it was due to past karma and that he was here to expiate for his sins. The people of that day also believed that the sins of the parents were communicated to the children. For example, if the parents were insane, all their children would be insane also. Troward says, "If a thing is true, there is a way in which it is true."

The *sin* spoken of in the Bible refers to the mental attitude, the mood, the feeling of the parents. All sin refers to movements of the mind rather than that of the body. Parents transmit their habitual thinking, their fear, tensions, and false beliefs to their children through the mind, not the body. Our feelings and moods create. What is the nature of your mood? What tone do you strike during the marital, creative act?*

For example, if there is someone in the parents' world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression is brought forth. There are blind and deaf states of consciousness from which blind and deaf children come forth. Whatever tone is struck by the parents, a

corresponding expression comes forth by the laws of reciprocal relationship.

In Ezekiel is written, *What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and the children's teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel. Ezek. 18:2-3.*

The only thing passed on to children are the moods, mental states, or beliefs of the parents. It is possible, for instance, for anyone to have a son who may become a Shakespeare, Beethoven, Lincoln, or a Jesus depending on the moods of the parents or their state of consciousness at the moment of conception. Jesus or Illumined Reason rejects the popular, superstitious belief of the people that the man's blindness was due to his karma. That is to say, he may have blinded people in a former life and is now back on this plane again to suffer and atone for his crime. Another very popular, superstitious belief was and still is that he was born blind because his parents were blind, or they had sinned or had some physical disease. Of course, as you know, a man and wife though congenitally blind or blinded by accident may give birth to children with perfectly normal vision.

It is the mood or state of consciousness at the moment of conception during the marital, creative act which determines the nature of the child. It is also true that a mother through prayer, may change the mental and physical nature of her child while he is still in the womb. A mother through prayer could bring about a perfect healing. In God's eyes the child is perfect. God sees all His creations as Infinite Perfection.

The answer of the man of prayer or the scientific thinker to all disease and trouble is to set forth the works of God, "I must work the works of him that sent me, while it is day." This means while the Light of Truth is shining, we consciously direct the law. A great number of people have healed their eyes through prayer. The Absolute never condemns or judges.

You can read in various magazine articles the miracles of healing taking place at various shrines throughout the world, setting forth the Power of the Healing Presence within all of us Which never fails to

respond, as we turn to It in faith and trust. It is never the shrine, the ritual, or ceremony which heals, it is faith which makes them whole. The voodoo doctor in the jungles of Africa and Australia heals by faith also. There are others who claim they are healed by bathing in certain waters or pools and by the bones of saints which they have touched. The reason for these healings is that their minds moved from fear and worry to faith.

There is no understanding behind these blind, faith healings. All these methods are good inasmuch as they relieve man of his troubles, pain, and sickness; however relapse is frequent because there is no scientific awareness of the Spiritual Power involved, and many return to the old, mental patterns reinfected themselves as before. Scientific, Divine healing is the combined function of the conscious and subconscious powers directed specifically and scientifically for a definite purpose. The *works of the Father* are to express His own Nature, Goodness, Truth, and Beauty for He is within us.

To make clay of the spittle represents a drooling state like a boy hungers for candy and drools at the mouth. It is that joyful, bubbling up state. You have seen geysers bubbling up; the clay is very much alive. The *clay* represents the average man who is dead and unaware of the treasure-house within him. He is dead to his inner potentialities being unaware of the Presence and Power of God within him. As he awakens and becomes enthused, he becomes alive to God; this is the meaning of *he spat on the ground and made clay of the spittle*. This latter phrase is an oriental, idiomatic, figurative expression meaning a deep, inner conviction that we now have in consciousness what we want and we reject blindness or the old state of limitation. We now see the truth in the same way a boy sees the answer on the blackboard to his problem in trigonometry.

For example, a boy may write down on the blackboard three and three equals seven. The teacher is absolutely sure, based on his knowledge of the science of mathematics, that three plus three equals six. His declaration or pronouncement that three and three are six does not make it so; it always was so. He is convinced of its truth, consequently the boy rearranges his figures on the blackboard to conform to the truth.

Likewise, what is true of God is true of man. God can't possibly be blind, deaf, dumb, or sick. The truth about man is that the Living Spirit Almighty is within him. It is all Bliss, Wholeness, Joy, Perfection, Harmony, and Peace. It is all the wonderful things you have ever heard of. There cannot possibly be any quarrel or division in this Boundless Wisdom. Therefore, as you anchor your mind on these Eternal Truths about God, identifying yourself with them mentally, a rearrangement of the thought-pattern takes place in your mind and the Wholeness and Perfection of God is made manifest. The boy had to rearrange his figures to conform to the mathematical principle in the same manner as you redirected your thought-pattern in accordance with the principle of harmony. The electrons of your body automatically respond in accordance with the law of reciprocal relationship or the law of correspondence. *The clay* spoken of is a hard, dry, false belief. It is a muddy, confused mind which must be cleansed; then we spit (bring) forth our conviction of truth.

Go wash in the pool of Siloam means give up, send away. We are now detaching our consciousness from the old state which washes away the false idea and we feel and affirm the spirituality of all substance. The blind state also represents our inability to see the state that would bless us. When man does not know that his savior is the realization of his heart's desire, he is truly blind.

Had I not come they would not have known sin. In the blind state we do not know sin even though we may manifest lack and limitation of all kinds. The race-mind is doing all our thinking for us, for when our eyes are opened, we begin to think for ourselves. We think from the Divine Center within; therefore we no longer think negatively, but positively. As long as we continue to think from the artificial, superimposed centers of prejudice, fear, and ignorance, we shall experience strife, sickness, and violence. Let us be true thinkers and we shall experience mercy which droppeth as the gentle rain from heaven.

To sin is to miss the target of peace, health, and happiness. It is our failure to reach our goal or objective in life. If we have no mark to shoot at, we certainly do not sin. The real sin is failure to realize our objective and live a full and happy life.

There is much repetition in the rest of the chapter, but we will take the key verses, or the main highlights, and elucidate on them.

(14) *And it was the sabbath day when Jesus made the clay, and opened his eyes.* (15) *Then again the Pharisees also asked him how he had received his sight.*

The Pharisee is everywhere. He is the five-sense man or the man who adheres to ritual, ceremony, form, and external forms of worship. He thinks the sabbath refers to a day of the week and fails to realize that the sabbath is an inner movement and engagement of the mind on our ideal or desire, until we reach a point of stillness within and the outside world and its verdict no longer trouble us. We are alone with God and resting on our inner knowing. The Pharisee does not know where the solution is because he looks to the outside and not the inside. The inside is cause, the outer is effect. The Pharisee is always making the outside cause, worshipping the letter of the law and lacking the spirit which giveth life. When we awaken to our Inner Powers we exclaim, "Whereas I was blind, now I see."

(41) *If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth.*

Pharisaical thoughts come into the mind of all of us at times when we pray, namely the doctrines, opinions, and teachings of men. The questioning and apparent argument that follow from verse eighteen to the end of the chapter represent those states of consciousness concerned only with form, ritual, and ceremonies. The practice of religion to the average Pharisee who is walking the streets of every city in the world is based upon adherence to tradition and superstition. To open the eyes of the blind, or the healing of a cancerous condition through prayer seems impossible to these people for they believe in the verdict of the race mind and world-opinion only.

We must look through the symbol of religion and see the principle behind it. The latter is the meaning of the phrase, (39) *For judgement I am come into this world, that they which see not might see; and that they which see might be made blind.* You are here to judge, for all judgment is given to the son. Your thought is the judge, to think is to compare. You compare one thing with another. You accept the good and reject the negative or false belief. You are here to discern,

discriminate, and choose. When you discover God within, you choose only from the treasure-house of God's riches. You are awakening to the truth. Prior to that you did not know how to choose. Now your knowledge and awareness of the Divine Power enable you to choose only that which heals, elevates, blesses, and enriches you.

If you had real free will, you would not choose sickness, lack, misery, pain, and misfortune. *That they which see not might be made blind . . .* When functioning as a five-sense-man, living like most people in the law of averages, you must become blind to all your former theories, beliefs, traditions, and dogma and become alive to God and His Omnipotence; then you truly see. In the true process of prayer you must become deaf and blind to anything and everything that challenges your prayer. You refuse to look at evidence of things and appearances. Your vision is on God and His answer. If we have no target to shoot at, we do not miss it or sin, but if we claim to know the truth and fail to realize our objective, our sin remaineth. It is not enough to say, "I see the truth;" we must *know* the truth, and the truth will set us free. *Knowing* is the inner seeing or silent inner conviction wherein we raise the idea or desire to the point of acceptance. Herein lies our freedom.

CHAPTER TEN

(1) Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber. (2) But he that entereth in by the door is the shepherd of the sheep. (3) To him the porter openeth; and the sheep hear his voice: and he calleth his own sheep by name, and leadeth them out. (4) And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice. (5) And a stranger will they not follow, but will flee from him: for they know not the voice of strangers. (6) This parable spake Jesus unto them: but they understood not what things they were which he spake unto them. (7) Then said Jesus unto them again, Verily, verily, I say unto you, I am the door of the sheep. (8) All that ever came before me are thieves and robbers: but the sheep did not hear them. (9) I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture. (10) The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

The *door* is the door of our own consciousness. *I am the door.* Everything we experience in life comes through our own consciousness. Our states of consciousness represent what we think, feel, believe, and give consent to. Our states of consciousness are always made manifest. Nothing happens on the outside without

first happening on the inside. Before we can manifest health, peace, and abundance, we must first possess our desire in consciousness. We must have the feeling of possession inside. I must be before I can have. The ancients said, "To be is to have."

If a man tries to achieve what he wants through external means, it will forever elude him. He is a thief and a robber in the sense that he is robbing himself of the joy of manifesting his ideal, by refusing to claim and feel its reality mentally. He must have the mental equivalent first; then its manifestation follows. Our own mind or consciousness is the door to all expression. I talk to people who are trying to be spiritual by going on rigid diets, abstaining from certain pleasures, and subjecting the body to very difficult and painful postures. Others go on fruit diets and retire from life, hoping that by this means they will reach higher levels of development. Fasting and going on rigid, physical discipline will not bring about a mental transformation which is what is desired. They are trying to climb some other way, and, of course they become completely disillusioned.

It is absurd to imagine or conceive that a person starting from the external standpoint could reach higher levels of spiritual awareness. The alibi such people use is that it is written, "A man must deny himself." You must deny yourself the morbid satisfaction of entertaining grudges, pet peeves, ill will, resentment, self-righteousness, spiritual pride, self-justification, and holier than thou attitudes. The above mentioned passage quoted by some people must be seen in its true psychological light to have any meaning at all. It surely does not mean that you deny yourself the comforts and conveniences of life. Where did these things come from? You must deny and reject the old way of thinking and reacting before you can possibly rise to higher levels. You cannot remain the same mentally and ascend spiritually. There must be an internal change. *Be not conformed to this world: but be ye transformed by the renewing of your mind. Rom. 12:2.*

You have noticed, or at least you are aware of the metamorphosis of the grubworm out of a butterfly. This symbolizes a transformation which you can undergo. You have wings which have not been used, the ways of thought and feeling, enabling you to soar aloft into the

bosom of your Father in heaven. The transformation in Biblical language does not refer to the transformation of a cell into a human being, but refers to a psychological and an emotional change.

Let us take the following simple illustration: A man wishes to be healed and affirms over and over, "I am healed." If his statements are mechanical, he will get no results. He must enter into the spirit or feeling of perfect health. He must claim and feel the truth of what he affirms in consciousness. Healing follows the silent inner knowing of the soul. To be wealthy I must assume the consciousness of wealth; then wealth will follow. If you want to grow spiritually, there is a wonderful standard set up by Paul, *Whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Phil. 4:8.*

Start from within—not from without, spiritualize your thoughts, feelings, reactions, and emotions. See to it that all your thoughts, mental practices, and impulses conform to the spiritual standard of Paul. The outside will correspond with the inside. The thieves and robbers are the negative thoughts and emotions in which we indulge. Fear, ignorance, and superstition are real thieves. They rob us of health, happiness, and peace of mind.

The *sheep* mentioned in this chapter are the noble, wonderful, dignified states of consciousness that bless us. Our conviction and understanding of the good is the shepherd who watches over our sheep (mental state). The dominant state of mind always rules and governs in the same manner as a general commands in the army. We become the true shepherd when we know the creative power and authority of our own mind. We have confidence and trust in our ability to choose the good and to reject mental food which is unsavory. We *call our sheep by name* when we enter into the feeling of having, being, or doing the things we long to have, be, or do. If we sustain these moods, they jell and crystallize within us, and those subjectified embodiments become objectified manifestations.

In verse four we are really instructed in the law of mental equivalents, meaning that we must mentally accept and feel the truth of what we affirm prior to its manifestation. In other words, feeling precedes all manifestation. As Judge Troward says, "Feeling is the

law and the law is the feeling.” The voice is the mood, tone, or mental attitude. Conditions, circumstances, and events follow the inner mental mood of man. Quimby said, “Man is belief expressed.”

The voice of the stranger is to claim one thing and feel another. For instance, a man may pray for a healing and believe that he is incurable or that the stars are against him. Such an attitude of mind is like mixing an acid with alkali, you get an inert substance. There is an answer, of course, in the lack of what we pray for. If a man claims to be other than he really feels himself to be, he is robbing himself. He may claim to be a great actor and at the same time he knows in his heart he is not; such a man is a thief and a robber. The sheep (the embodied lovely states) will not follow such a negative attitude. *Sheep* are tended animals. Boasting and masquerading without the inner conviction fail to materialize. *All that ever came before me were thieves and robbers* does not mean, as some people claim, that all religions before Christianity were false. Such a statement is untrue and ridiculous.

I am sure the following interpretation makes sense. If you believe that circumstances, conditions, events, age, race, lack of money, etc. can preclude your possibility of realizing your objective, you are a thief and a robber for the simple reason you and you alone are robbing yourself of the joy of becoming what you long to be. There is only One Power, and your conviction regarding the answer to your prayer cannot be rescinded. “One with God is a majority.” “If God be for you, who can be against you?” This is why it is said, “All that ever came before me are thieves and robbers.”

In verse eleven it says, “The good shepherd giveth his life for the sheep.” You must animate and make alive the desires of your heart. You must give them life by pouring life, love, and feeling upon your plans, goals, and objectives in life. The brain and the heart must be united as a wedded pair. Thought must be blended with emotion in order to embody your dreams.

In verse twelve the reference to *the wolf* means any mood of lack, doubt, and fear which neutralizes and destroys our positive ideals. We must retain an unassailable and unshakeable conviction in the good. If we do not do this, we are mere hirelings because we do not

possess our sheep. We do not possess the idea in consciousness. We do not really believe even though we may intellectually accept.

(16) *And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd.*

We have many desires or sheep, as well as one supreme and uppermost desire. A man may desire health and true expression, at the same time he may wish prosperity for his son, and a happy marriage for his daughter. To obtain these desires he will *treat each one specifically, specializing the law*. He does this by communing in the silence. When he has finished treating each one, he realizes that all the requests are now granted. His word (thought and feeling) is the law whereunto it is sent, and he goes off to sleep in the joyous conviction that all his prayers are answered. The *one fold* is the all embracing envelope or mood of love; *the one shepherd* is the absolute conviction it is so.

In verse seventeen *I lay down my life, that I might take it again*, refers to the fact that you must die to the old concept or estimate of yourself before you can resurrect your new ideal. Before something is born, something must die. The materialistic-minded man must die before the spiritually-minded man awakens. Ignorance must die for wisdom to be born. If a man is careless, negligent, and indolent in his work and suddenly begins to study and improve himself along all lines, the new, efficient, and industrious man is born, and the old careless, lazy, and confused man is dead.

In verse eighteen you are told that the spiritually-awakened man knows the only death, as the world looks at it, is the belief in death. *Death* is in us, not in the person in the coffin. *No man taketh it from you*. The absolute truth about it is this: When man is slain, he really slew himself even though another may have pulled the trigger loosing the bullet which killed him. The so-called murderer was simply an instrument fulfilling the slain man's state of consciousness. Consciousness is the only cause, and man himself is cause and effect. *No man cometh unto me, save I the Father draw him*, i.e., no manifestation or expression comes to me except my father (my dominant state of consciousness) attracts it. The inside or inner man is always causal, the outer is always effect. When we stand on the

conviction that God is and that we dwell in the Secret Place of the Most High, no man can take anything away from us, no evil shall befall us, for we believe God is with us. This is faith. It is conviction.

In Japan last year (1955) a teacher told me about a Chinese woman during the Japanese raid who said to others, "Come under my umbrella; I believe in God." Bombs were falling all around her, but nothing touched her. The reason being that the place she stood was holy ground (her consciousness of God's Love and Presence). Living in the world, we should live in it in such a way that we refuse to hear or listen to anything which does not fill our soul with joy.

(28) And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.

This means that whatever consciousness touches or blesses, lasts forever. Once we taste God, or the Spirit of Truth, we are never the same again, and the new understanding or comprehension is with us forever.

(33) The Jews answered him, saying, For a good work we stone thee not; but for blasphemy; and because that thou, being a man, makest thyself God.

The term *Jews* does not refer to a particular race of people, but rather the average man or the man living in the world-thought who thinks it is blasphemous when he is told that man is God in expression walking the earth. He throws stones at those who proclaim the truth in the sense he criticizes and condemns such teachings as blasphemous because it is contrary to his conditioning based on ignorant theories and beliefs about God. The average man has a sort of worm of the dust attitude.

(34) Is it not written in your law, I said, Ye are gods?

(38) Though ye believe not me, believe the works: that ye may know, and believe, that the Father is in me, and I in him.

In reality every man is a son of the Infinite and certainly the son possesses the same attributes, qualities, and potencies of the Father. *Who, being in the form of God, thought it not robbery to be equal with God. Phil. 2:6.* Let us arise, awaken, and claim our divinity now. Let us cease worshipping historical figures; rather let us worship the One True God deep within us. The Spirit within is God and when we align ourselves with It, and call upon It *believing*, we

will begin to do the works of Him who sent us. When we implicitly believe this, All Power at that moment is given to us in the heavens of our own mind. It is the Power and Action of God.

CHAPTER ELEVEN

(1) Now a certain man was sick, named Lazarus, of Bethany, the town of Mary and her sister Martha. (2) (It was that Mary which anointed the Lord with ointment, and wiped his feet with her hair, whose brother Lazarus was sick.) (3) Therefore his sisters sent unto him, saying, Lord, behold, he whom thou lovest is sick. (4) When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby. (5) Now Jesus loved Martha, and her sister, and Lazarus. (6) When he had heard therefore that he was sick, he abode two days still in the same place where he was. (7) Then after that saith he to his disciples, Let us go into Judea again, (8) His disciples say unto him, Master, the Jews of late sought to stone thee; and goest thou thither again? (9) Jesus answered, Are there not twelve hours in the day? If any man walk in the day, he stumbleth not, because he seeth the light of this world. (10) But if a man walk in the night, he stumbleth, because there is no light in him.

Mary and Martha represent two states of consciousness, the outside and the inside, the material and spiritual. *Mary* refers to the inner or subjective side of life. *Martha* refers to the objective phase of life. Mary means also love of the spiritual values of life; Martha is the desire to minister to the physical needs of the sick and needy.

Lazarus is the brother (desire) of Martha and Mary (two aspects of consciousness, the conscious and subconscious mind). Lazarus represents the dead state within us. Our desire or ideal is dead because we have not made it alive or did not know that our consciousness could resurrect and make alive that which we claim and feel as true within. Lazarus is our dead, frozen, withered conception or desire which we have been trying to materialize for a long period of time. Man may have a disease; this is the dead state; health is not dead, but it is asleep in the man who is ill. Spiritual awareness represented by Jesus goes to awaken the dead state. The outer senses tell you that the body is diseased, but the spiritually awakened man proclaims, "I have been asleep to health. I am going to awaken out of this slumber and hypnotic spell of race belief."

The fifth verse means that love is a unity. Love is an emotional attachment. It is becoming absorbed in the reality of what you pray for, or mentally identifying and uniting with the thing desired. The steps of prayer are first, recognition of the Spiritual Power, second, acceptance of our desire, and third, the conviction in the reality of the unseen idea.

(14) Then said Jesus unto them plainly, Lazarus is dead. (16) Then said Thomas, which is called Didymus, unto his fellow-disciples, Let us also go, that we may die with him. (17) Then when Jesus came, he found that he had lain in the grave four days already.

Thomas is the doubter; it is an attitude of mind in all of us. This state of mind looks both ways and wonders if consciousness is the only power. Discouragement sets in and you say, "So be it." Here is a dialogue taking place between the lower self and the higher self in all of us, or between the three-dimensional self and the fourth-dimensional self, or the quarrel of our five senses with our spiritual knowledge or awareness. Notice when you pray how the senses try to dissuade you from believing that the Spiritual Power within you is the only Cause, and that it is Supreme and Sovereign. You must stand firm and know that with this One Power, all things are possible.

(23) Jesus (your illumined reason) saith unto her, Thy brother shall rise again. (24) Martha saith unto him, I know that he shall rise

again in the resurrection at the last day.

Martha (our conscious, reasoning, argumentative mind) questions the possibility of resurrecting our desire, but the great truth is that our own I AM-NESS (consciousness) can resurrect and make visible that which we accept and feel as true within. Your own consciousness has the power to resurrect you from any state of limitation.

Verse twenty-four depicts Martha, the worldly-minded state of consciousness in all of us which looks into the far-distant future and says, "Some day I will reach my goal. Some day I will be happy." This is not the correct attitude, for we must realize that we can take our desire in consciousness now and bring it to birth immediately if only we will believe.

(38) Jesus therefore again groaning in himself cometh to the grave. It was a cave, and a stone lay upon it. (39) Jesus said, Take ye away the stone.

All of us may groan with the problem or difficulty, but we come to a definite decision in the mind that we can overcome and rise above it. The *stone* is the race belief, the fear, and acceptance of man-made laws. The health, joy, and peace we seek is held in the tomb by narrow, confining, restricted thoughts which imprison the life forces. The stone must be rolled away through faith. The man who wants the inner life of harmony, strength, and vitality to come forth must recognize and believe in the sovereignty of the Spiritual Power and his prayer of faith evokes the Presence of the Invisible and Omnipresent God. This is the Glory of God.

(40) If thou wouldest believe, thou shouldest see the glory of God?

The spiritual-minded man affirms the reality and completeness of the invisible idea regardless of external appearances. Elsewhere in the Bible you are told *an angel rolls away the stone. The angel* is a new attitude of mind, the feeling or conviction which precedes the demonstration.

(41) Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me. (42) And I knew that thou hearest me always.

The latter verses give a magnificent formula for prayer. In praying for another you lift your concept of the other, seeing him radiant, happy, and free; then you give thanks for the accomplished fact.

For example, you pay the salesman in the department store for the fur coat, and you thank him for sending it. You have not yet received it, but you trust the concern and the man you are dealing with. There is no doubt in your mind that you will receive the coat you ordered. Likewise, when you turn to God in recognition, you are lifted up as you dwell on Him. You know that "He never faileth." You have an unshakeable confidence and trust in the Father of Lights in Whom there is no variableness or shadow of turning. You know that He heareth you always because the nature of God is to turn to you as you turn to Him. The moment you move in thought and feeling to the Presence within and focus your attention on health and harmony for your friend, the Creative Power of God flows through your focal point of attention; this is God in action and It is Almighty.

The third step could be called recognition, acceptance, and the conviction that it is so. The quotation *Jesus cried with a loud voice*—means the sound of the answered prayer which is the voice or mood of authority. *Lazarus, come forth* represents the absolute faith in the working of the immutable, changeless law which always responds automatically to our inner knowing. It is the command from the inside of the one who knows, "I and my Father are one."

In verse forty-four we are told that *the face of the dead man was bound by a napkin*. If I meet you on the street, and your face is covered, I cannot recognize you. What we want is in our consciousness, and we cannot see consciousness. You cannot see faith and confidence in God. It is our invisible mind or mental atmosphere which, like saturated clouds, precipitate and fall as rain. Man hides and houses God. The Real Man is invisible; you do not see a mood, spirit, thought, feeling, faith, hopes, desires, ideals, and aspirations. Man himself is the napkin which hides the Invisible One.

I was naked and ye clothed me. Matt. 25:36. When man realizes that God is the very Life of him, the Living Spirit within, and when he turns to this Power in prayer, recognizing It, he has removed the napkin. He is then in the position to issue the command, "Loose him and let him go," which means unfettered life, freedom from all travails whereby man walks the earth a free, joyous being with the praise of God forever on his lips. He sees "tongues in trees, sermons in stones, songs in running brooks, and God in everything."

In verse fifty we recognize that it is expedient that one man should die. The *one who dies* is our desire. If it does not die in us, we remain frustrated. After the death of the belief in poverty comes health. Death of the belief in pain brings peace, and peace is the Power at the heart of God. "Peace be still."

CHAPTER TWELVE

(1) *Then Jesus six days before the passover came to Bethany, where Lazarus was which had been dead, whom he raised from the dead. (2) There they made him a supper; and Martha served: but Lazarus was one of them that sat at the table with him. (3) Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair: and the house was filled with the odour of the ointment. (4) Then saith one of his disciples, Judas Iscariot, Simon's son, which should betray him. (5) Why was not this ointment sold for three hundred pence, and given to the poor? (6) This he said, not that he cared for the poor: but because he was a thief, and had the bag, and bare what was put therein. (7) Then said Jesus, Let her alone: against the day of my burying hath she kept this. (8) For the poor always ye have with you: but me ye have not always. (9) Much people of the Jews therefore knew that he was there: and they came not for Jesus' sake only, but that they might see Lazarus also, whom he had raised from the dead. (10) But the chief priests consulted that they might put Lazarus also to death.*

The *passover* means passing over, i.e., overcoming problems or obstructions, being delivered from bondage. It represents freedom from the tyranny and confusion of the five senses. In the

process of the passover, we pass from one state of consciousness to another.

The Jews maintain an annual festival in commemoration of this escape from Egypt. *Egypt* means the race mind which is full of belief in misery, pain, suffering, and unseen terrors. The greatest prison in the world is the prison of the mind. ("Stone walls do not a prison make, nor iron bars a cage."). We leave Egypt and go to the true world of Mind and Spirit. This is the Heaven of Jesus and the *house not made with hands eternal in the heavens* as mentioned by Paul.

In the first verse it says Lazarus was present. This means that the state of what we want is with us now because our consciousness has lifted us up. *Spikenard* infers faith. *Anointing the feet of Jesus* symbolizes our entry into a delightful mood of love and expectancy. *Feet* mean understanding, and *Jesus* means the Truth or Spiritual awareness. *The ointment in Mary's hand* represents the effusion and the pouring out of love from the sacred chalice of the heart, or the eternal verities, and the spiritual values of life. Nothing is too costly for the holy and blessed worship of God and His love.

Jesus in the Bible means our desire also, for the savior is always the fulfilled desire. The ideal state you wish must be anointed; i.e., felt as true before you can know the joy of the answered prayer. When the Bible says, "The house was filled with the odour of the ointment," it refers to the fact that we cannot suppress the joy which arises when our prayer is answered. We touch the Glory of the Lord within.

Wiping the feet of Jesus with her hair—the latter word means the Power of God. When the Omnipotence of God responds to our faith, our prayer is answered. We stand on the rock of faith and trust in the Omnipresence. We wipe, therefore, our feet with our hair, indicating our recognition of the supremacy and allegiance to the One Power, and we know no other. We know God, we dwell with Him, and rest under the Shadow of the Almighty. *None shall stay its hand and say unto it, what doest thou?*

In verse six we read *Judas was a thief and had the bag*. Here is a story of salvation, or the solution to any problem. All stories in the Bible are for the purpose of teaching us how to get out of trouble and realize our freedom. *Judas* means our problem or state of limitation.

Money, or the bag which he carried, symbolizes our need or lack. The *poor which are always with us* are our sense of lack in regard to wisdom, truth, and knowledge of God. Many people are poor in joy, laughter, good will, and though they may have millions of dollars, yet they may be very poor in the understanding of God and His laws. Your poor state now is your problem. This poor state is good in the sense that it is an incentive to you, urging you to rise up and conquer. You have the power to do so; thereby you discover your Divinity and your Inherent Powers.

Through your problem you grow, expand, and unfold. Look for the little chink of light in your present darkness or difficulty and you will find it. One of the ancient meanings of the word *crisis* is opportunity. Now is your opportunity to call forth the Wisdom and Power of God which will solve your problem, heal your body, and dissolve the clouds of despair. Many think when they have lost money, they have lost everything. They forget that when they lose peace of mind or love, they have lost the only real things in the world. Men, in their state of sleep and mass hypnosis by the world-mind or race-consciousness, expect to lose health, harmony, and the abundance of God's riches. Ask some of your fellow-students in the path of life if they caught the flu this year. They will reply, "No, not yet," indicating that they expect it sooner or later.

The *Judas* in us always carries the bag, our sense of need. We must give up the sense of need before we can understand salvation or the solution to our problems. Judas betrays. *To betray* is to reveal. Your problem (Judas) reveals your savior (your desire). Every difficulty, problem, and limitation has its solution in the form of a desire. The realization of the desire is always our savior. Your problem, or Judas, is saying to you now, "Stand aside and let the subjective wisdom anoint your intellect, revealing to you the way you should go or the decision you should make." If you were possessed of a higher wisdom you would not have the problem.

The electrician solves the problem of a short circuit in your home because of his higher knowledge or wisdom regarding the laws of electricity. Let us suppose you are not possessed with this wisdom regarding the principle of electricity; then to you it is a problem. Look at your Judas now and rejoice; it is your marvelous opportunity to

prove the Power of God in you. Judas is reported to have said, "Why was not this ointment sold for three hundred pence, and given to the poor?" Never give attention to the limited, morbid state. Never indulge in a negative emotion. When we give our attention to the squalid, the mean, and the low, that is what we create in our lives. Likewise to fight and resist the problem is to magnify it. Feel a sense of oneness with your ideal state which is your Jesus. Desire without fear is manifestation.

(12) Much people that were come to the feast, when they heard that Jesus was coming to Jerusalem, (13) Took branches of palm trees, and went forth to meet him, and cried, Hosanna: Blessed is the King of Israel that cometh in the name of the Lord. (14) And Jesus, when he had found a young ass, sat thereon; as it is written, (15) Fear not, daughter of Sion: behold, thy King cometh, sitting on an ass's colt.

Here we have the Palm Sunday story. *Palms* are symbolic of triumph, victory, and achievement. Jesus is depicted as riding on a young colt. *The colt* symbolizes our new, unbridled ideal or desire which is not yet disciplined or appropriated. *Jesus riding the animal* means that we must live with the animated state of consciousness or mood and sustain it until we enter Jerusalem, which means the city of peace. In other words, we live in the mental atmosphere of acceptance until it jells within us and we are at peace about it in our own mind. When there is no longer any quarrel in our conscious or subconscious mind, our prayer is answered. The spirit within validates and brings to pass all such mental agreements. We receive only what we have accepted in consciousness.

To ride the colt is to ride the mood. It means perseverance. The trainer of a horse is firm but kind. He lets the horse know who is master. Your dominant mental attitude is the master; it determines where you shall go. Then we cry, "Hosanna!" which is peace or the Divine solution. *Blessed is the King of Israel that cometh in the name of the Lord. He who cometh* is our desire. The *name* (nature) of the Lord (law) is to express that which is impressed. To be blessed is to realize our desire.

(23) And Jesus answered them, saying, The hour is to come, that the Son of man should be glorified. (24) Verily, verily, I say unto you,

Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit.

Death is always a change of form. When we get new ideas, we change our thought. This change is the death of our old way of thinking, and we come out of the rut of lack and limitation. *The corn of wheat that dies in the soil* (our consciousness) is our ideal or desire. As long as we have the desire, we are frustrated and unhappy. There is a war in the mind. When we identify mentally and emotionally with our desire, it dies and passes into the subjective realm of feeling; we are at peace about it. After a little while it appears on the screen of space. Then the new heaven and new earth spoken of in The Book of Revelation come to pass. *The new heaven* is your new state of consciousness which automatically recreates your world to correspond with your new mental world. The old man and his old fashioned ideas and concepts must die before the new man can be resurrected.

Let us now look at the key verses in the rest of the chapter omitting as much as possible all the repetitious verses of the Bible which tend to duplicate what we have already written.

He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal. 12:25.

Many people grossly misinterpret this wonderful passage by renouncing and giving up the comforts and pleasures of life. Self-effacement, abuse of the body, the belief in poverty, and flagellation of the body in order to serve the truth, are superstitious, immature ideas which deny the divine birthright of man. Man is here to express God in all His Glory and Abundance. What we should lose is our false concept of God and our low estimate of ourselves and claim a real oneness with God. If we love (emotional attachment) limitation, we join with it and are one with it; then we multiply negative conditions in our lives; we constantly find ourselves manifesting greater limitation until finally everything is taken away from us. We have lost our lives in the sense that we possess no zest in living. We are dead to joy, love, and beauty.

He that hateth his life in this world shall keep it. One of the meanings of *hate* in the Bible is to reject, to put away, to refuse. We hate our former life when we reject negative imagery and

suggestions of any nature whatsoever. The dope addict hates his life when he transforms himself mentally and becomes a new man. His habitual thinking made him a dope fiend. When he learns of the tremendous dynamo within himself, called sometimes the subconscious mind and begins to use it, he works wonders in his life. He now runs a new motion picture of himself in his imagination, the constructive, directed use of which is called the workshop of God. The subconscious mind faithfully reproduces the exact image and likeness of his mental pattern. We must never forget that our habitual thinking shapes and molds our destiny; it makes us what we are today. Having changed his mental attitude, man is manifesting life eternal. This means the enjoyment of peace, harmony, and prosperity, not only on this plane, but down through the corridors of time, through the pathways of eternity until time, as we know it, shall be no more. No man can look upon the face of God (the truth) and live the old life.

Let us look upon God's handiwork. If we look aright, we will become conscious of the abundant life. We will see God in the laughter of the child, in the kiss of a loved one, and in the smile of a friend.

And I, if I be lifted up from the earth, will draw all men unto me. This he said, signifying what death he should die. 12:32-33.

It is obvious to those who have eyes to see and ears to hear that this is not a reference to a physical death. It is purely psychological, written in figurative, oriental language telling all of us how to rise to higher levels of awareness. In the prayer-process you must lift your concepts up to the point of acceptance, then the manifestation will follow. Your physical senses report their findings which at best are depressing. In prayer you go within to the inner realm of spiritual truths, anchoring your mind there; thereby being fed with faith, courage, strength, and power which transcend the ordinary physical senses. You are then lifted up, the old state dies, and the new state of consciousness is resurrected; this is a psychological death. You correct what you see in the world of appearances by what you know about God and His Omnipresence. We can never manifest our good in a depressed state. We must go up the mountain (high state of consciousness) and thrill to the new state. Unless we behold our

vision and ascend by contemplating its reality, we cannot gain the new perspective by which we may dissipate the fearsome shadows seen when we are in the valley.

Walk while ye have the light. 12:35.

The *light* refers to Divine Intelligence, the God within which leads and guides us as we call upon it. We must go forth knowing that we are Divinely led in all our ways; then only right action and expression will prevail. If we are in confusion, we walk in the darkness and know not whither we go.

In verse forty we are told that people's eyes are blinded in the sense they refuse to see the truth about themselves. They reject anything new and remain blind to their Inner Powers. Their heart is hardened because they still adhere to their old grudges and resentments. They are identified with negative emotions, full of creedal prejudices, etc. If they would open their eyes and ears and hear the truth about themselves, they would be healed and at peace.

He that rejecteth me, and receiveth not my word, hath one that judgeth him: the word that I have spoken, the same shall judge him in the last day. 12:48.

The one that judgeth is our own mind, for all judgment is given to the son. Dr. Nicoll points out *the son* means your mind. It means also your thought. By your thought you are judging all day long. Our mental state judges us and rebuilds us according to our faith or conviction. There is no one to accuse or punish us except ourselves. Man gives himself everything; actually all he is, has, or experiences is pressed out of his own consciousness. We judge ourselves by our conviction of ourselves or others. How do we judge the other? Do we see a sick person or a well one? If you see a person ill, and say to yourself, "I hope he will be better," you are judging wrongly. But if you treat him scientifically, realizing he is healed, made whole and perfect, you are judging righteously.

By our words we are justified and by our words we are condemned. Our word is a movement of consciousness and the automatic execution of the law which never varies. Let us judge all men righteously by seeing them as they ought to be—happy, radiant, and perfect.

CHAPTER THIRTEEN

(1) Now before the feast of the passover, when Jesus knew that his hour was come that he should depart out of this world unto the Father, having loved his own which were in the world, he loved them unto the end. (2) And supper being ended, the devil having put into the heart of Judas Iscariot, Simon's son, to betray him; (3) Jesus knowing that the Father had given all things into his hands, and that he was come from God, and went to God; (4) He riseth from supper, and laid aside his garments; and took a towel, and girded himself. (5) After that he poureth water into a bason, and began to wash the disciples' feet, and to wipe them with the towel wherewith he was girded. (6) Then cometh he to Simon Peter: and Peter saith unto him, Lord, dost thou wash my feet? Jesus answered and said unto him, What I do thou knowest not now; but thou shalt know hereafter. (8) Peter saith unto him, Thou shalt never wash my feet. Jesus answered him, If I wash thee not, thou hast no part with me. (9) Simon Peter saith unto him, Lord, not my feet only, but also my hands and my head. (10) Jesus saith to him, He that is washed needeth not save to wash his feet, but is clean every whit: and ye are clean, but not all.

he feast of the passover is something that is going on all the time in the mind of the praying individual. Passover is, of course, celebrated

Tby the Jews and is a very wonderful and inspiring religious drama and festival. The outer ceremony and celebration is intended to commemorate the deliverance of the children of Israel from the bondage and tyranny of Pharaoh. There is the mystical and psychological passover in which all of us are interested; as a matter of fact, the only purpose of the Biblical stories is to bring about a psychological change, an inner transformation.

As you read the Bible, you realize that the man, Jesus, was known to everyone; moreover there was no occasion to procure lanterns to search for him. All the people knew where he was. You must, therefore, look for the hidden or inner meaning. The drama says that he told his disciples he was going to die and that one of them would betray him. Wouldn't you get rid of a man in your organization who was about to betray all your business plans and secrets? If you were doing some scientific research work for the United States Government and you knew that there was a spy working, stealing all the government's secrets, would you retain him in your employment, or wouldn't you see to it that he was discharged or otherwise displaced at once? I am sure you would. You will receive an answer to these questions as you follow the explanation given in this and succeeding chapters.

In the prayer-process you pass over from the state of lack to the feeling of fulfillment. If fearful, you pass over into the mood of confidence and faith in the same manner as a soldier wrote about in the Korean War. When there seemed to be no way out, his knees were knocking, and he was white with fear, he kept repeating out loud, "God is with me; I have no fear." A great sense of calm and peace came over him; he was not hurt or wounded, and succeeded in escaping from the trap of certain death. He experienced the passover; i.e., the psychological change which comes over man as he humbly, devotedly turns to the Spiritual Presence for his deliverance and release. To experience the passover you must become identified with the ideal you hope to achieve, remaining faithful and loyal to this ideal. You succeed in crucifying it by your faithfulness; you will also resurrect it without the aid of anyone.

In verse two where it says *and supper being ended* symbolizes the end of the psychological feast. *Judas Iscariot* signifies limitation

of any kind. *Iscariot* means of many cities which refers to many states of consciousness. It is said he is Simon's son. *Simon* means to hear. In other words, if you are hearing bad news or indulging in a sense of limitation, it means negative, subjective hearing. *To betray* means to reveal. Your problem always reveals your savior or solution in the form of your desire. A solution is always the opposite of a problem.

In verse three it says that *Jesus was come from God* and means that God responds to us through our desire. When you mentally accept your good or desire, it may be said in Biblical language that you *went to God*. *Jesus laying aside his garments* refers to the revealing of the process of creation in phallic symbology. *To take a towel and gird yourself* is to assume a new attitude of mind, knowing that your own consciousness is the creative power, rejecting completely any other power.

After that he poureth water into a bason, and began to wash the disciples' feet, and to wipe them with the towel wherewith he was girded. 13:5. This is what we really do in the prayer-process or passing over from our limitation to freedom. *The basin* is your mind where you pour all your thoughts, concepts, feelings, and beliefs. *The water* represents the truth which now flows into your mind that God is the only Presence and the only Power. You announce the truth to your assembled faculties (disciples); you rehearse all that you know about the Creative Process and boldly and firmly assert that as you give your attention and devotion to your desire, the God-Power within will honor your claim. You insist that your inner feeling or awareness must and will be made manifest. You remain steadfast and loyal to the inner causal principle. All your thoughts, concepts, and mental pictures are now bathed in the light of faith, trust, and confidence in the Power or Cause. *You are washing your disciples' (mental attitudes) feet* and wiping them clean of all fear, doubt, and anxieties based on belief in other powers and causes. You have come to the place where you have a sense of wholeness or oneness with your good. You are girded by the towel of an inner certitude, a conviction that your prayer is already answered in Divine Mind and all is well.

Feet represent understanding. Your feet are washed when you know that any idea felt as true is objectified. Our faith in God is real and firm when we are incapable of hearing anything other than that which fills our soul with joy and gladness. It is then that *Peter's feet are washed*. *Peter* means faith in God. Peter is a faculty of mind in all of us. You can discipline yourself to the point that no matter what the five senses reveal, or what conditions may suggest, you remain unmoved, unperturbed because your inner hearing is, "He never faileth." This is why the scripture says that, "He that is washed needeth not save to wash his feet."

The *secret parts of man* are revealed when he removes the towel symbolically pointing out that the creative power is our own awareness, our own mind, and consciousness. Man is also the towel as he is covering God. God indwells him and he is the house of God. Man's false beliefs have clothed him in rags and sickness. When you meditate on the singleness of the Creative Power, you will begin to reveal strength, power, wisdom, and radiant health. You are taking off the outer coverings (false beliefs and negative attitudes) and revealing the spiritual sovereignty of the eternal verities and Godlike ideals.

In verse seven reference is made to faith. We must reach forward and mentally grasp the ideal we seek even though we may not know how the answer will come. *Faith is the substance of things hoped for, the evidence of things not seen. Heb. 11:1*. When our concept gives us the thrill of being or having what we want, this is the evidence of things not seen.

There is much repetition in the remaining verses of this chapter. We will, therefore, take the key verses and the inner meaning thereof.

If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. 13:14.

Your Lord, as you read this, is really your spiritual awareness, your dominant feeling about God's Truths. Who is in control of your mind, your emotions, and reactions? Is it Wisdom? If your thoughts are wise, your actions will be wise. *Your feet are washed*; i.e., when you are possessed of a new understanding that thoughts are things, that as you think and act toward others, so they shall act toward you.

You will wash all men by wishing for them all the treasures of Infinity. To understand all is to forgive all. You wash the minds of all by seeing God in all. Keep on washing your disciples' feet. Be humble and sincere. Free your mind of arrogance, spiritual pride, the holier than thou attitude, and other destructive attitudes.

To be humble does not mean to be a doormat; it means giving all power and allegiance to the God within. You can refuse to go along mentally with self-justification, the feeling of hurt, others owe you an apology, that you were treated unfairly, etc. Let the God in you salute the God in all. Every time you pray it requires a washing and scrubbing of your disciples' feet (your faculties and mental attitudes). If you pray for a healing and you have a sense of guilt, envy, jealousy, or ill will, remember that your entire mentality enters into the prayer-process.

If, for example, you have unresolved conflicts or deep-seated grudges, the Life-Process will flow through this contaminated state depriving you in a large measure of the good you seek. When the pipe in the kitchen sink is blocked with debris or rust, the water may not come out at all, or if it does, it comes forth sparingly and contaminated with the foreign materials. The water was waiting to come forth all the time, but the pipeline was at fault. Sever yourself from all negative emotions. Clothe yourself with the garments of love, beauty, and good will to all. Chop the heads off of envy, pretense, jealousy, and recriminations of all kinds, and consume them with the fire of Divine Love for all.

Now I tell you before it come, that, when it is come to pass, ye may believe that I am he. 13:19.

You are always predicting what is to come when you pray. You can have a preview of that which is to come by imagining the end in your mind, rejoicing and thrilling in that mental picture until it is completely absorbed in your mentality. When you experience it on the objective plane, you receive that which you first saw in your mind. You had predicted what was to come to pass through your faith and belief. *Ye may believe that I am he.* You are what you contemplate and feel as true; therefore you have discovered that your I Am is your savior.

He it is, to whom I shall give a sop, when I have dipped it. And when he had dipped the sop, he gave it to Judas Iscariot, the son of Simon. 13:26. And after the sop Satan entered into him. Then said Jesus unto him, That thou doest, do quickly. 13:27.

Judas, in *The Dictionary of the Sacred Language*, is a symbol of limitation, your problem, or difficulty. The limited state is necessary for our unfoldment. This drama of the crucifixion is psychological from beginning to end. Our problem (Judas) is our opportunity to discover the God within; this is why Judas (our sense of lack, fear, sickness, etc.) betrays or reveals the desire, the acceptance of which is the savior which sets us free. In other words, to put it in the simplest language, our Judas reveals our Jesus. Jesus is that which saves. What saves you now if you are sick? Health would save you. Your inner realization of the Infinite Healing Presence saturating your whole being would free you now, this minute, as you read and apply that simple truth.

Sop represents food, i.e., spiritual food, or knowledge of the Inner Power. When we read of Jesus giving food to Judas out of the dish, it means that you are feeding on the knowledge there is only One Power; then the foolish, weird ideas of a suffering savior, an avenging god, plus your fears are no longer tenable. You are feasting on the Invisible Power you have discovered within. Your own thought kindles the response of the Almighty Spirit within. You now know and are fully aware that you are endowed with Power from On High which lies in the depths of your own subconscious, and you can create your own condition.

In discovering your Hidden Powers all your former fears, tensions, and anxieties collapse and are burnt up. You have recharged and revived yourself mentally by instilling into your household the mood of confidence, faith, and trust. You have found your Jesus and you no longer look for personal saviors either in the past, the present, or the future. You discover you are your own savior. It is then that your Jesus, or your spiritual awareness and knowledge, has fed your mind so that the limitation or problem falls away and dies of neglect, and you resurrect your desire.

Judas (you with your problems) was considered poor (lack of knowledge of God), but now you are rich because you have feasted

on God's Eternal Love, Peace, Joy, and Perfection here and now. Whatever your problem is as you read these pages, you can solve it by meditating on the solution or answer to the point of conviction; then the Judas (limited) state is changed to the Jesus or saving state of consciousness which saves you.

In the days when the scripture was written and in parts of the world today *breaking bread with another* is a sacred ceremony. Psychologically this story represents a spiritual feast. *Dipping the sop* means you have become so enthusiastic and absorbed that you have actually impregnated your mind to the point of conviction regarding the truths you affirmed.

That thou doest, do quickly. Don't fool around. Be quick to realize the truth and galvanize yourself into the feeling of being what you long to be. It is said Judas hanged himself. We hang ourselves by our own hand; i.e., we die to the old and we live in the new by realization of the truth. The old man must die before the new man is born.

What happened to the sick man who is now healed? He hanged the former man, and the new man in God (in perfect health) is born. A man changes when he gets a new viewpoint, a new set of values. When you have a spiritual standard by which you judge all thoughts, ideas, and concepts, you are a new man.

If, for example, you mentally dwell in the consciousness or awareness of God's endless, tireless, unfailing supply and that He giveth the increase, you will magnify and expand along all lines. If you do not know the laws of mind, you are Judas thinking in terms of lack, limitation, chaos, etc; thereby bringing more limitation into your life. Develop the Jesus Christ Consciousness now by scientifically directing your thinking and mental imagery to conform with the pattern on the mount and you will expand and unfold in a wonderful way both within and without.

Wilt thou lay down thy life for my sake? Verily, verily, I say unto thee, The cock shall not crow, till thou hast denied me thrice. 13:38.

Peter must deny Jesus three times. You must have no master or lord but God—The One Power. We must categorically and emphatically mentally reject all other powers but the One Primal Cause, the Spirit within. The numeral three means conviction. If we

have a master, we are slaves. This is why He says, "Call no man master." Man is not a serf. He has been given dominion.

The cock crows in the morning to herald the dawn. The cock also crows after the creative act. All this is used in the Bible as a symbol to remind man that he will utter the cry of victory and triumph over all problems when he is acquainted with the Creative Power within him. When we are convinced beyond a shadow of a doubt that our own I AM-NESS is our Lord and Master, we know no other. We know whatever we attach feelingly to I AM we become; then the cock crows in us because this truth is a new day in our life. It is a symbol and the awakening to God.

Reject the world and its false beliefs; become alive to God; then you are Peter denying all earthly masters. You have done it three times because it is now a conviction in your heart and you say, "It is finished!"

CHAPTER FOURTEEN

(1) *Let not your heart be troubled: ye believe in God, believe also in me. (2) In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. (3) And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. (4) And whither I go ye know, and the way ye know. (5) Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way? (6) Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. (7) If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him. (8) Philip saith unto him, Lord shew us the Father, and it sufficeth us. (9) Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Shew us the Father? (10) Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works. (11) Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake. (12) Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. (13) And whatsoever ye shall ask in*

my name, that will I do, that the Father may be glorified in the Son. (14) If ye shall ask any thing in my name, I will do it.

The *many mansions in our Father's house* refer to many states of consciousness. We are always living in states of mind. For example, as you read this chapter, you realize you are living with your dreams, yearnings, urges, aspirations, thoughts, feelings, imaginings, vacuities, and emotions. All these are very real. You meet a man in the morning, he seems happy and joyous. In the afternoon the same man may be petulant, crotchety, cantankerous, and irascible. In the evening he may be pious, benign, and serene. He is living in many mansions during the day. It is quite true that a man may be living in a palace physically and at the same time be living in a mental prison of fear, apprehension, and ill will. The real prison is the prison of the mind. If a man is bedridden, of what good is it to be living in a palace? If a man goes to work in the morning with a song in his heart, he is living in a wonderful mansion of the mind.

God is Infinite; therefore man is infinite. Never in eternity could man exhaust the glory and beauty within him. Man is capable of an infinite number of conceptions of himself. We are actually living in the infinite dimension of mind at this time because we know that the Fathomless Being is within us, and there is no end to our unfoldment or expansion.

I go to prepare a place for you. If we want to leave our present mansion (state of limitation), we must rise in consciousness and become one with our ideal. When we fix this state to the point of conviction, we have succeeded in preparing the place which we will ultimately occupy. We must, in other words, build into our mentality the mental equivalent of what we desire; then we have arrived at the point of acceptance in our mind which is followed by the outer manifestation.

Verse six does not refer to a man. It means man's inner consciousness is the way to health, freedom, and peace of mind.

Your I AM-NESS is the door to all manifestations and expressions. You become what you contemplate. Your consciousness or awareness is the truth because whatever you feel as true will come to pass. The realization of your desire would free you this moment if you were sick or in prison. This would be the truth that would set you free.

You can make a test for yourself. Begin to believe that life is harmonious and friendly and people are wonderful. You will find life will take on a new meaning because of your new attitude. It is done unto you as you believe. You are operating a law of your own mind. You have discovered a truth which sets you free from despondency, gloom, and loneliness. When you believe the world is good, you discover life corresponds to your attitude and your world becomes good. To know that your thoughts and feelings direct your destiny enables you to soar aloft above the problems of the world and dwell on the solution in the realm of spirit and mind. You know that wherever your consciousness is, there will your body be also. Your feet and hands will go where your consciousness is. If you say, "I am poor," and feel the poverty state, your consciousness attracts poverty so the poor get poorer and the rich get richer.

No man cometh unto the Father, but by me. This means that no manifestation comes to us save our own consciousness draws it. The *me* referred to is our own I AM-NESS. Your I AM-NESS is the mother and father of all ideas. When Philip says, "Show us the Father," he is calling forth our dominant mood. One cannot see a mood or a feeling. When you actually become aware of the principle of inner causation, you have discovered your God or your Father in Heaven. Having now discovered the Principle of Life, you must begin to use it wisely. Never permit the suggestion of defeat and impotency to inhibit the free flow of this inner life. Whatever you become aware of determines whether you see lack or confusion or whether you see opulence, order, and harmony in your world.

We cannot see a principle but we can see its effects. *Philip* is a trainer of horses, which indicates a quality of persistence. You are calling forth the quality of mind termed Philip when you positively refuse to let the images presented by your five senses dampen or

becloud your enthusiasm and determination to reach your goal. You know you must go where your vision is.

He that hath seen me hath seen the Father. In other words, your own consciousness is the Father of everything made manifest in your world. All your experiences, circumstances, and conditions are represented as the *son* bearing witness to the Father, the state of consciousness which is the cause behind your present world. Through your new awareness of this Infinite Power within, look away beyond present conditions and facts, focus your attention on your announced goal, claim boldly that God's peace, love, joy, and happiness are yours now. When you find conditions in the external world tend to frighten or dismay you, turn immediately to the Divine Presense within and announce your good here and now. Let nothing put a damper on your uplifted spirit. Even though your good cannot be discerned with the naked eye, your Inner Light becomes a lamp unto your feet and you find yourself walking on the pathway of His Light. When beset with worries, trials, or tribulations of any kind, you place all your trust in God knowing like Job of old that His candle shines upon your head and by His Light you walk through darkness.

He that hath seen me (desire made manifest) *hath seen the Father*, which is the inner mood or conviction. This refers to an inner seeing and an inner knowing. In verse twelve you are told that the *works which Jesus did any man can do and even greater things*. First of all we must realize our oneness with God and know that we are immersed in this Infinite Godhead—one with the Whole. What the Bible is really saying is that the Power which Jesus used, any man who walks the earth can use. The same Healing Presence is available to all. The same Wisdom and Intelligence may be used by all. We must become alert, alive, and awaken to our tremendous potentialities to the degree that we believe we are sons of God and one with Omnipotence, to that degree do we manifest His Power and Glory.

Jesus was a man born in the same way that all other men are born, but he attained unparalleled heights through discipline, meditation, prayer, and communion with God. There is really no reason why any man could not excel Jesus in wisdom and power for, after all, there is no limit to the Glory and Wisdom which is man. God

is Infinite, hence man is infinite also. It would be silly to say that Jesus had reached the ultimate—there is no end. He, together with Moses, Elias, Buddha, and many others are undoubtedly living in some fabulous dimension of mind revealing more and more of the glories of HE WHO IS.

If ye shall ask any thing in my name, I will do it—we ask in the *name* when we appropriate the nature of our desire. We must assume the naturalness of the thing we ask. We must wear the garment (psychological attitude) until it becomes an embodiment. To continue in the mood or feeling of mental possession is to make manifest your desire. Potentialities of all states are within man.

We will now take the key verses of the balance of this most interesting chapter giving the meat or pure essence of its contents.

And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever. 14:16

The Mystical Power is always our Comforter and Redeemer. While writing this chapter, I was interrupted by a long distance telephone call from an old friend. His voice was strident and angry saying, “My enemies are out to ruin and undermine me and my business.” Obviously he did not know that the Comforter was within and abides with him forever. He discovered his savior within by following a simple, spiritual technique. He began praying in this fashion, “These two men (his so-called enemies) are reflecting more and more of God and His goodness every day. They have the same hopes, desires, and aspirations as I have. They want peace, harmony, love, joy, and abundance, and so do I. I wish for them all of God’s blessings. Our relationship is harmonious, peaceful, and full of Divine understanding. They wish to do the right thing according to the Golden Rule as I do. I salute the God in them now. I see them as God sees them—whole, pure, and perfect. It is wonderful.”

This was the essence of the prayer I gave him over the telephone. I told him to let the impression and feeling of these thoughts sink into his deeper mind until he was possessed by their truth. Furthermore, I related to him as he continued to bless in the above way, there would be a great sense of inner release, like a cleansing of the soul. I let him know he would feel at peace, and the Comforter would come like a river of peace flooding his mind and

heart. He practiced the above technique in a whole-souled, devotional manner and discovered that he actually secreted this mystical, healing Power from the depths of himself which brought about a perfect, harmonious solution in the realm of his relationship to the men in question. A magnificent change had taken place between them. He discovered his Comforter and Counselor to be the God within us all.

Another simple method of explaining the meaning of the Comforter is to look upon your Jesus as your ideal or desire. It is obvious your desire must pass away before the Comforter comes. When you possess your desire in consciousness, you no longer desire it. You do not seek that which you have, but you must first have it in consciousness. If your desire is always ahead of you, if it is always in the future, you never get it. The reason for this is that if our consciousness is in a state of futurity, we are not in the present, and all prayers function in the present tense. We accept the is-ness of our desire now by seeing the accomplished fact in perfect confidence, peace, and poise. We must never be worried, hurried, anxious, or looking for results. We must simply know that it is so.

Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. 14:17.

The *Comforter* is also called the Holy Spirit or the feeling of wholeness or oneness with our ideal. Our external world will always reject this Spirit of Truth as long as we live in moods of fear, doubt, and anxiety. The Comforter is a synonym for God. The Universal is in the individual, and the individual is in the Universal. To know the Truth is to know the Comforter; this is your freedom. God is all there is. God is no respecter of persons. The law in and of itself has no morals. The rain falls on the good and the evil.

Recently I was engaged by a firm of attorneys to pray for a solution. They had a long, drawn-out case and their client was, as they said, completely disgusted. One of the attorneys spent an hour with me twice weekly. This lawyer understood that what he wanted was a divine, harmonious solution. Furthermore, he knew he would experience the reaction of his dominant, mental attitude. His thoughts did not dwell on taking away anything from the opposing

side or depriving them of their rights. He knew he would experience the result of the negative use of such a law. He claimed Divine right action and right decision which would bless all. The law of his mind accepted his aim and desire embodying and bringing it to pass. His aim and his motive were good. The law is amoral. Our morality is concerned with the way we use it.

Let us take a lawsuit. If one party is lying and has the motive or intention to cheat another or defraud him in some way, he is misusing the law because it will respond to him according to his thoughts and motives. His motive is his inner feeling of guilt and sense of wrong doing; therefore, he must experience the automatic response of the law which is the reaction to his thoughts and feelings. My attitude in legal matters is not to take sides, but to know that God cannot really sue God, therefore the law of harmony and Divine justice prevails, and adhering to that regardless of appearances or judgment to the contrary, God is never late. Hold fast to that which is good and right, never desiring in any way whatsoever to harm or deprive another of his good.

He that loveth me not keepeth not my sayings: and the word which ye hear is not mine, but the Father's which sent me. 14:24.

The words that I speak unto you, they are spirit, and they are life. 6:63.

Words represent your thoughts and feelings. A *word* in the Bible means your conviction, your inner feeling, or awareness. You send your word to heal another when you are absolutely convinced of the presence of wholeness and perfection in the other. Your word is your unshakeable conviction that what you have claimed as true is true in your heart. Your word is then God's word, meaning it is a state of consciousness which manifests itself. In the language of the Bible your words are spirit and they are life.

But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. 14:26.

The Holy Ghost means the feeling of wholeness or oneness. *Whole* means one piece or the mental state of at-one-ment with your good. Your mind is no longer divided, you have realized your desire, and you are therefore at peace. The Holy Ghost refers to your inner

feeling of wholeness or answered prayer. The word *Ghost*, means breath, life, or feeling. The deduction is simple when the feeling of inner certainty comes, that is the visit of the Holy Ghost.

Love is the fulfilling of the law. When you are filled full of the feeling of being what you long to be, you have fulfilled the law. You have wished for everyone all the good things of life. You are full of love and good will to all. You have used the law righteously to bless yourself, granting the same blessing to all. You are at peace with yourself and the whole world. You have found the Comforter, the spirit of peace and good will, which come when we pour out love on all people everywhere, clothing them with the garment of salvation and the robe of righteousness.

In verse twenty-eight where it says, *"I go away, and come again unto you,"* our ideal, our Jesus (desire) goes into consciousness. Whatever we feel as true within, we will experience on the without. Our ideal must go away in order to manifest or be objectified. First must come the impression in the mind; then the expression, referred to as going away and coming back. It is so very simple, you wonder why people make such a mystery of it all.

My father is greater than I. 14:28. This means that the creator is always greater than his creation. The thinker is greater than his thoughts. The artist is greater than his art. Our consciousness is greater than its conception. Knowing this, we realize we have the power to transcend our present concept of ourselves for there is no end to our unfoldment.

And now I have told you before it came to pass, that, when it is come to pass, ye might believe. 14:29.

The writer has seen many events before they happened in this three dimensional plane. I am sure you have witnessed events which transpired later. Perhaps you saw events in a dream, like J. W. Dunne, the great mathematician, before they happened here on this plane. You can consciously construct the realization of your wish in your mind now, today. Sit still, experience in your imagination the desirable result, see the end, and rejoice in the finished or accomplished fact, such as the sale of your home and the success of a loved one. You have seen it before it came to pass. You can definitely predict the outcome. You have had a preview of things to

come. What you have seen, heard, and felt in your imagination, the theatre of your mind, must be experienced on the screen of space.

Hereafter I will not talk much with you: for the prince of this world cometh, and hath nothing in me. 14:30.

This verse signifies that when fear-thoughts come to your mind, there is no response from you, for you are at peace, and your mind is disciplined to hear the good only. You are no longer a victim of the collective race suggestions. We must become like Daniel in the lions' den who looked to the Only Light for his solution and salvation. All the expressions in our world have no life apart from the ideas behind them. The idea is substantial and permanent. The form is the expression or the idea clothed. The perceiver and the thing perceived are one. We look at a mountain and all of us see a mountain, indicating one mind common to all men. We could not see a mountain except the idea was conceived in our consciousness. If we see something in the external world that displeases us, we have permitted it to disturb us. We must change our relationship to it; then it will not affect us. If a man reads the morning news and permits it to disturb him, that is a bad mood. He has let the prince of this world come in and agitate him.

Arise, let us go hence. 14:31. This verse means to rise up in consciousness and go within to the Secret Place. It is what the disciples meant when they said to the beggar at the gate, *Silver and gold have I none; but such as I have give I thee, Rise up and walk. Acts 3:6.* Giving a man money does not heal him of the consciousness of lack. Give him wisdom, the pearl of great price; teach him the know how; then he will never beg again. When he gets the idea that God is the Source of his supply, and when he claims that that supply is his now, a ceaseless, tireless flow of riches becomes his here and now. Teach him his capacity to go within and weave the idea of wealth into the fabric of his mind by calling forth the spirit of opulence. You have given him wisdom. He will not want an old suit of clothes, a bowl of soup, or a dime for a cup of coffee any more. You take your bed (the truth) and walk the earth a free man when you claim what is true of God is true of you today, yesterday, and forever.

Do not see a beggar. See him as he ought to be. See him as God sees him. The disciples saw perfection, and perfection was made manifest. Do not see a cripple—see him walking and running. Let us arise to the truth of our own beingness, for becoming is really an illusion. We are perfect now. *Be ye therefore perfect (ye are perfect) even as your Father which is in Heaven is perfect. Matt. 5:48.* Let us let the scales fall from our eyes and let us claim that which was true from the foundation of the world: *Beloved, now are we the sons of God. John 3:2.*

CHAPTER FIFTEEN

(1) I am the true vine, and my Father is the husbandman. (2) Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit. (3) Now ye are clean through the word which I have spoken unto you. (4) Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. (5) I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. (6) If a man abideth not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned. (7) If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. (8) Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples. (9) As the Father hath loved me, so have I loved you: continue ye in my love. (10) If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

God is the true vine, for I AM means God, and all men are rooted in God or Life. For example, every man is rooted in you, since life gives birth to all of us. The Life-Principle is One and Indivisible. It was never born and it will never die. We receive our life, our strength, and substance from God. His Life is our life; His Power is

our power. It is the one Being appearing as the many. Look to the God-Presence within for your thoughts, guidance, and health. Feel and know you are rooted in the Divine from whom all blessings flow.

Branches of a tree derive their vital nourishment from a tree. If you cut the branch off, it withers and dies. It is severed from the root. The branches live as they receive sap which comes up from the vine. In the psychological sense the branches are our thoughts, desires, yearnings, and aspirations. Our ideals and desires must be rooted in consciousness; i.e., they must be sustained by the feeling of at-one-ment, or love; then they will bring forth fruit. They will become objectified as desirable conditions, events, and circumstances in our lives. If you fail to see that the solution to your problem is in your own mind, you have actually severed yourself psychologically from the Divine Center and no answer comes.

Do not wander away by becoming obsessed with forms, shapes, and the laws appertaining to matter. Learn the way of the inner man and your inner powers. You can drink of the wine of heaven by mentally claiming strength, confidence, and peace of mind. You can exchange these moods anywhere in God's universe for health, wealth, and true expression. Your faculties, talents, and desires are also branches stemming forth from the depths of yourself. Use or lose is the law of life. If we fail to use our talents for music, singing, or any other quality, these desires die within us and we become frustrated and unhappy. If you do not use your muscles, they atrophy.

Use the constructive ideas which come to you in your business, scientific, and spiritual activities. Many people working behind the bench or at the desk have wonderful ideas, plans, and dreams. These dreams and aspirations never see the light of day because they are full of fear. They look at the obstacles and delays in their mind, or sometimes they are afraid of ridicule or criticism, and their wonderful ideas which would bless the organization they are working for die within.

There are tremendous opportunities waiting for you now. Go within and draw out the precious jewels of life and with zeal and enthusiasm move forward to triumph and achievement. Stop demoting and criticizing yourself, When you do, you criticize God.

Become aware of and enter into the acceptance of your good and you will expand along all lines.

Every branch that beareth fruit, he purgeth, means that every time your prayer is answered, you have gained a victory. The effects of true prayer last forever, and you are permanently cleansed of a false belief. Now you are capable of bringing forth more fruit. You can conquer through the dynamics of prayer.

Look upon prayer as a gathering together of your thoughts, attitudes, and qualities in the Presence of the King of Kings, the Lord of Lords, and singing the song of thanks and triumph. In this manner you gather yourself in the garment or mood of love which is a oneness with your desires. When your prayer is answered, you are satisfied with yourself for awhile; then another desire comes, telling you to rise higher. You meet another challenge in your mind and you have another goal to attain. You are here to go from glory to glory. The push of life is constant; there is no end to your onward march. You must experience a constant cleansing of the mind so that you may experience higher levels of awareness.

Every man who lives might be considered as a branch of the Tree of Life. I AM is the tree. All men live, move, and have their being in it. The two and one-half billion people that walk the earth are branches of God. They do not, however, bring forth fruit (harmony, peace, and joy) unless they are rooted in the Vine. The sap (inspiration, guidance, and power) is then able to come to them from God within. Without this knowledge, man accomplishes nothing. His sense of isolation, separating him from the One Power, continues. The Inner Voice is constantly urging man to go forward to do, to be, and to have. Man listens to the verdict and announcement of his senses which condemn him to the prison of fear, worry, or impotency. The outer world says, "You can't." The inner world says, "You can." Who is going to win? You determine that. If you listen to the voice of failure, it will criticize, condemn, and accuse you. You will sink into despondency and remorse.

Begin now to hear the soft tread of the unseen guest of your heart, your desire. Open your mind and heart and let in your heart's desire. Welcome it! Say, "This is from God, a message of inspiration, and new life." This is God letting you accept your good

enthusiastically and lovingly. The embodiment of your inner urges will take place in response to such faith and devotion on your part.

Give up your limited concept of yourself and realize you are, by design, one with the Universal. You are rooted in the Tree of Life which grows in the midst of the garden. You are the garden of God in which you plant your seeds, such as thoughts, feelings, and beliefs. Use the power and faculties you have. Inertia and non-use bring stagnation, frustration, disintegration, and deterioration.

Ye are clean through the word which I have spoken unto you.
15:3.

We cleanse our mind through daily meditation, prayer, and affirming the fact that God is the Only Presence and the Only Power. As we consciously affirm whole-heartedly the Truths of God, these sink down into our subliminal depths where we experience a cleansing. The Light of God, i.e., the spiritual vibrations, destroy all the negative patterns of the subconscious mind. The Truths of God are called the soldiers of God which destroy thousands of negative thought-patterns lodged in our subjective depths.

I AM is the Christmas tree with all its fruitage. The most wonderful fruit in the world is hanging thereon as the free gifts of God offered to all men. Man must rise and take these gifts. Are you eating *of the fruit of the spirit*?

The fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. Gal. 5:22-3.

Say ye to the righteous, that it shall be well with him: for they shall eat the fruit of their doings. Woe unto the wicked! it shall be ill with him: for the reward of his hands shall be given him. Isa. 3:10-11.

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. John 15:7.

These words mean that we always demonstrate whatever we have in consciousness. The way to build our desire in consciousness is to take a lively interest in it, think about it clearly, and with warm feeling. This is not excitement but a perfect confidence that what you prayed for *now* is. The great secret is to assume now that which you want to be. As the outside always reflects the inside, your

assumption will take form and conform to the inner mold. We glorify the Father when we radiate peace, health, and happiness.

The main highlights of the rest of the chapter will now be elaborated on, omitting as much as possible the materials previously covered.

Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you. 15:13-14.

You are commanded to let your light shine expressing health, harmony, peace, and joy. These are your greatest friends. Are you friendly and on good terms with God? Ask yourself, "What would befriend me now?" If you are sick, your greatest friend is health. Therefore you must *lay down your life for your friend*. It means you must die to the belief in sickness and disease and rise in confidence, knowledge, and trust in perfect health as the gift of God. Begin to think positively of a perfect body, building a vivid picture of yourself doing and accomplishing what you always were wont to do; then you are laying down your life for your friend. In other words, you are giving life to the idea of perfect health.

Your attention is the key to life. Give your attention to the idea of health and happiness which will pay enormous dividends. Become absorbed in the consciousness of health. You cannot afford to think of health for a few minutes; then think of discord for a few minutes; this only results in neutralization. For this reason many people do not express health and happiness. They are not one-pointed in their vision. If poverty-stricken and unable to buy the necessities of life, your friend would be the consciousness of God's abundance and wealth which would gravitate to you.

Ye have not chosen me, but I have chosen you. 15:16.

Supposing you are elected head of an organization or made the president of your club—it was your state of consciousness which determined the appointment. In other words, it is a manifestation of your inner consciousness. No experience or honor comes to you except your own mental attitude or conviction attracts it. The selection of you and the voting for you as president of your club were simply the external motions confirming and bearing witness of your exalted mood and inner belief. When you accept something as true,

Infinite Intelligence acts on the minds and hearts of others causing them to aid you in the realization of your dream. The actions of others toward you bear witness to your state of consciousness. If the fruit of the tree is rotten, there is something wrong with the tree; likewise if you are experiencing lack and limitation, you must change the vine. I AM is the vine. You must go within and change your consciousness, and as you change your mental attitude and estimate of yourself, you change your experiences, conditions, and events. There is no one to change but yourself!

Whatsoever ye shall ask of the Father in my name, he may give it you. 15:16.

Whatsoever you ask means whatever you claim or believe as true will come to pass. The name means the naturalness of the state sought or the mental atmosphere of acceptance. If all we had to say was, "In the name of Jesus rise and walk," we would perform miracles. Obviously there is another meaning. *Asking in the name of Jesus* means feeling the reality of the fulfilled desire in your own consciousness. Have the consciousness of your own ability and capacity to achieve and you will not be easily thwarted from your goal.

If I had not come and spoken unto them, they had not had sin: but now they have no cloke for their sin. 15:22.

This means if you have no target to shoot at, you have no mark to miss, and you do not sin. Jesus is your Good or God in the form of your desire. Food comes to you as God when you are hungry. Water comes to you as God when you are thirsty. Likewise desires, ideas, and urges come to you from God; all you have to do is to accept them. If you have no desire to grow and demonstrate, you have nothing to shoot at. Your *sin* is missing your objective, the desirable state. You have no cloak for your sin because you can have no pretense, alibi, or excuse for missing the mark when you understand the law of life. The failure to realize your desire is your sin. If you are satisfied and have no desire to transcend your present concept, you remain as you are in perhaps a sick, frustrated state.

But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me. 15:26.

The positive feeling of being what you want to be is the Spirit of Truth. This is the inner testament which tells you that you are right. You are always testifying to your state of consciousness. A man who is quarrelsome by nature says, "I will move elsewhere; the people are nice there." He goes to this other place and in a short time is quarreling with everyone again. He must get rid of the negative, mental attitude and substitute for it friendly, loving thoughts.

The Law of Life is within you, and through your thought-life you can establish contact with the inner world of the spirit and mind. Do not permit negative, defeatist thoughts to cover God's treasures within. The way of prayer is through substitution. In order for you to change, you must change ideas. You do this when you get a new perspective, a new set of spiritual values, a new spiritual standard by which you judge all thoughts, concepts, opinions, and suggestions. After reading and studying this chapter you should have a new yardstick by which to measure all thoughts and ideas which come to your mind.

Begin now to feel the Presence of God in all your transactions and in all your problems. Your new idea of life teaches you that the only way you can drive a negative thought from your mind is to supplant it with a positive, constructive thought. This is the key to health, wealth, and prosperity. The practice of these simple truths will give you faith, hope, and confidence. Go out on the limb with God—go out all the way. Have implicit trust. Have faith in God's eternal, unfailing supply of health, wealth, and all things. This faith will magnify, grow, and expand in a wonderful way. Negative states dwelt upon are also magnified and multiplied. Your state of mind is your wealth; it is the coin of the spiritual realm.

Your mood of faith and confidence in God Almighty will purchase for you anywhere, even to the ends of the earth, health, peace, joy, happiness, security, and abundance of God's riches. Having the dominant feeling of oneness with God you can buy your way any place. It opens for you all doors and wherever you go, you find yourself welcome. You find all your needs met; you paid for them with a grateful heart. Men, women, and children aid you in the journey of life because they see you coming and they say, "Behold, here comes a son of the Living God." Let us bear witness and testify

that we are the sons of God. *The sons of God shouted for joy. Job, 38:7.*

CHAPTER SIXTEEN

(1) These things have I spoken unto you, that ye should not be offended. (2) They shall put you out of the synagogues: yea, the time cometh, that whosoever killeth you will think that he doeth God service. (3) And these things will they do unto you, because they have not known the Father, nor me. (4) But these things have I told you, that when the time shall come, ye may remember that I have told you of them. And these things I said not unto you at the beginning, because I was with you. (5) But now I go my way to him that sent me; and nine of you asketh me, Whither goes thou? (6) But because I have said these things unto you, sorrow hath filled your heart. (7) Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you. (8) And when he is come, he will reprove the world of sin, and of righteousness, and of judgment: (9) Of sin, because they believe not on me; (10) Of righteousness, because I go to my Father, and ye see me no more; (11) Of judgment, because the prince of this world is judged. (12) I have yet many things to say unto you, but ye cannot bear them now.

Whatsoever killeth you will think that he doeth god service. 16:2.

any people are offended by the truth. When you tell them that when they say, “I AM—that is God”—they are shocked. They have God away up in the skies, an anthropomorphic being who will judge them on the last day. People are constantly slaying or killing the truth of being. When you hate, resent, quarrel, or become fearful, you are killing love, peace, health, and happiness. You should slay ignorance, fear, and superstition. These false concepts should die and be slain by the sword of truth and illumined reason. If you fear danger, failure, disease, old age, and misfortune, you are murdering—i.e., psychologically you are separating yourself from God’s Love, Light, Truth, and Beauty. We must light the lamp in our synagogue (our mind) and keep it burning with zeal and enthusiasm. The various religious wars down through the centuries set forth the fact that many people thought they were doing God a favor by burning heretics and by torturing unbelievers. They were under the impression that they were actually doing God a service.

In verse seven where it says, “It is expedient for you that I go away,” infers the desire must die or go away before the Comforter will come. As long as you have the desire, there is no peace. When the desire goes away or is buried as a reality in your subconscious, you are then relaxed and at peace. It is then that the Comforter comes, meaning the answered prayer which is the Peace of God. *The Comforter* is the God-Presence which is always with you. It is forever virgin, pure, unsullied. It is never tarnished or dimmed by your false beliefs and erroneous impressions. It is always waiting for you to call it. God’s peace is within. God’s Healing Presence is within you.

Jesus departed means that your desire disintegrates. The desire must die before you can experience it. When you have the consciousness of possession or the feeling of being what you long to be, your prayer is answered. You cannot seek what you have; you must first have it in consciousness. As long as you desire something, it means you have not accepted it in your mind as yet. When you achieve your goal through prayer, you have reprieved or rejected the former limited state (sin).

Many people have a false sense of righteousness. They think by adhering to certain rules, codes, rituals, and ceremonies of a church, they are being righteous. Their judgment is also false as it is not based on laws of mind and the way of the Spirit. All prayer is an inner movement of mind and heart. If you want health, feed the mind with premises which are true. Take your attention away from the condition

you do not want and place it upon health and harmony. Have a perfect picture of health; fill in the picture with confidence and faith in the Healing Presence. Instruct your mind with all the reasons why you can have health. As you continue to do this regularly, you will succeed in impressing your consciousness with the deep conviction of health. This is true righteousness or right use of the laws of mind and not the righteousness of the Scribes and Pharisees who believe God is punishing them or disease is sent to make them suffer.

Your judgement is true because it is based on spiritual standards and the will of God which must be something beyond your wildest dreams. You can rise above the fear of anything now. Perhaps you are worried about a loved one or a sick friend. You can change your mind; then the condition is changed. You now have fear at your mercy. Your mind is saturated with confidence; you continue in this mental state, and your faith grows in strength until finally your mind unites with its good. You have now pronounced judgment on the prince of this world as mentioned in verse eleven. *The prince of this world* refers to race belief, negative suggestions, plus the avalanche of sights and sounds which come to us from the outside world. The judgment you come to about the prince of the world is a complete mental rejection of all negative thoughts which are only shadows of the mind. When your mind is consciously controlled, directed, and disciplined to perceive only the good, you have pronounced judgment on the false beliefs and fears of the mind; you have executed or killed the false concepts and rendered a verdict in favor of your good. (This was the way Quimby prayed for people.)

In verse twelve you have a profound mystical statement of truth. You can only hear what you are ready to receive. The average five-sense-man taking the Bible literally is not always ready or equal to grasping the psychological or inner meaning of life. The mind of man must be open, receptive, ready, and eager to hear and know. You cannot teach a ten year old boy all about chemistry in one lesson. It takes years of preparation, study, and research. The usual procedure is to absorb this inner teaching of the Bible by degrees. The teacher of the laws of mind realizes that the student is not ready to receive many things which he wishes to impart to him. Some of the race beliefs and the literal understanding of the Bible are so imbedded in our minds that our attitude often implies, "It is too good to be true," because the inner,

concealed, esoteric meaning of the Bible contradicts almost everything the average man has ever heard.

The following verses which we will explain represent the meat or essence of the rest of chapter sixteen.

Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. 16:13.

The Spirit of truth is intuition and inspiration which well up within us. Infinite Intelligence responds to the demand made upon Itself. It is both the question and the answer. If you become still and think of God and His Wisdom, your mind moves from worry and fear to a deep, quiet subconscious faith. The Inner Light is beginning to shine on you now. Listen for the voice of God, the divine ideas will well up when the surface mind is calm. The answer may come as a flash of illumination, as the Still Small Voice, or a silent inner knowing.

A woman when she is in travail hath sorrow, because her hour is come: but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world. 16:21.

Haven't you noticed that when you pray, sometimes conditions seem to get worse. The house topples down around us, so to speak. It is like sweeping a house, you create a lot of dust. You are suffering or undergoing travail for the joy that is set before you. This is a sure sign that the law is working and that you are giving birth to your child (ideal, desire, plan). Prayer changes the subconscious mind, and you must remember the derelicts of fear, confusion, and error fight to retain their stronghold on your deeper mind. You create a little turmoil in dislodging them. Before something is born, something is destroyed. Many people, though they are about ninety per cent through the tunnel, often turn back; if they had persisted a few more days, they would have seen the light of the new day. Ofttimes prayer is like going through a tunnel, we find it is pitch black. If we continue on, we will come out the other end.

In prayer we get rid of a lot of dirty linen in the subconscious mind. The process seems to be creating a lot of chaos. The woman (subconscious) seems to be in travail. As soon as she is delivered of child (as soon as our prayer is objectified), she remembers not the anguish. All is forgotten in the joy of the answered prayer. This is the meaning of the phrase in verse twenty-two, *And your joy no man taketh from you.*

Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full. 16:24.

Many seem to think that if they ask in the name of Jesus Christ that their prayer will be answered. You are Jesus Christ or the spiritual man in action when you know that you cannot experience anything but that which you have accepted in your mind or consciousness. You are Jesus Christ when your conscious and subconscious mind agree on the reality of your wish or prayer. When there is no further argument, and you have reached an agreement, you are Jesus Christ in action—Jesus representing your illumined reason, and Christ the Power of the subjective self.

Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? II Cor. 13:5.

Your idea and feeling must agree or your mind must blend with your heart; then you are in agreement, and your prayer will be answered. The name of anything means the nature, character, properties, or attributes of a thing. If I call you by name, you respond. If I call in faith, good responds.

I told a young lady recently who wanted to be a teacher of the laws of mind to assume the role of a teacher in her consciousness. In her imagination she began to teach and dramatize the truth to a large body of students. She felt the thrill of all this until it became a part of her. She studied, attended classes, took courses for a practitioner in some of the schools, also studied for the ministerial course. She told me all her teachers said to her that she had transcended them. All the attributes and qualities necessary to become an outstanding teacher were resurrected within her. This is asking in the name or nature of the desire by appropriating the idea, and feasting upon it, so that it became a part of her, as food becomes a part of our natural body.

In the world ye shall have tribulation: but be ye of good cheer; I have overcome the world. 16:33.

Our mind is a receptive medium for all the propaganda, opinions, and erroneous impressions coming from the world outside. There are good and bad impressions. Except, however, man's mind is deliberately and wisely trained to sift the chaff from the wheat, the bad and erroneous impressions take root and cause trouble, such as sickness, confusion, fear, and limitation of all kinds. The world believes in good and evil, sickness and lack. If we remain in these worldly beliefs and neglect scientific prayer, we shall have tribulations, trials, and difficulties.

Be of good cheer; let your knowledge of the Infinite One overcome all your problems. Begin now to fill your mind with the Eternal Verities. Become aware of your inherent, God-given powers which enable you to give attention, devotion, and love to ideas which heal, bless, inspire, elevate, dignify, and fill your soul with joy. You move in the direction of your dominant state of consciousness. Your awareness of God's Powers and His Presence filling your soul enables you to soar aloft over all obstacles to the haven of the spiritual realm where you rest in the conviction that *with God all things are possible*. Maintaining this attitude of mind in the presence of difficulties will enable you to overcome the world (objective conditions and worldly fears). You shall be like the one spoken of by the prophet: *And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. Ps. 1:3.*

CHAPTER SEVENTEEN

(1) These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come, glorify thy Son, that thy Son also may glorify thee: (2) As thou hast given him power over all flesh, that he should give eternal life to as many as thou hast given him. (3) And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent. (4) I have glorified thee on the earth: I have finished the work which thou gavest me to do. (5) And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was. (6) I have manifested thy name unto the men which thou gavest me out of the world: thine they were, and thou gavest them me; and they have kept thy word. (7) Now they have known that all things whatsoever thou hast given me are of thee. (8) For I have given unto them the words which thou gavest me; and they have received them, and have known surely that I came out from thee, and they have believed that thou didst send me. (9) I pray for them: I pray not for the world, but for them which thou hast given me; for they are thine. (10) And all mine are thine, and thine are mine; and I am glorified in them. (11) And now I am no more in the world, but these are in the world, and I come to thee. Holy Father, keep through thine own name those whom thou hast given me, that they may be one, as we are. (12) While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost,

but the son of perdition; that the scripture might be fulfilled.

This prayer is known as the great awakening—man awakening to his splendor and glory as a son of God. Herein is portrayed the union of man with God, or the perfect blending of the intellect with the Wisdom of God. *The hour is come* means the death of all limitation and an awakening to your oneness in God and all things good. When man has completely purified his subconscious mind and when his conscious mind is free from all fear and sense of limitation, the two become one. The hour comes when you enter the state of consciousness revealing your unity with the whole. Through a sort of Interior awareness, man perceives instantaneously the great Truths of God. He then desires to glorify, make magnificent, each mental conception he conceives. His son (or conception) must reflect this glorification back to his Father-Creator. The *son* is every man; you really glorify the Father when you manifest health, peace, harmony, understanding, and good will. When your intellect is illumined by the Wisdom of God, you are also glorifying your Father. *To glorify* means to exalt, magnify, praise, and to enhance spiritually. *You have power over all flesh* means you have dominion over your world.

The word *flesh* infers your body, environment, five-sense-evidence, race belief, and world-thought. You must realize that the Spiritual Power within you is your Lord, It is your master and responds to your thought. You don't make an effect a cause. You are cognizant of your spiritual dominion and your authority over your body and environment. Your body is completely subject to your command. It has no volition or initiative of itself; it is governed by inertia. The Self-Mover is within you. Your body moves as it is moved upon. It acts as it is acted upon. You have power over all flesh or man-made opinions. You can keep alive wrong, negative images, or turn your attention to the more harmonious mental concepts, and by power of the mind keep them alive. True glorification is Cosmic Consciousness and expansion into the Divine.

In verse four *I have finished the work* means that I now reclaim all the former power and glory as the son of God. When you pray, you finish the work by going within and visioning yourself as possessing what you long to possess or expressing what you long to express.

I told an alcoholic a few weeks ago to imagine his wife congratulating him and to keep on believing that picture in his mind. I explained to him that he would draw power from the subconscious mind which would take away all craving and compel him to express his freedom from the habit. This mental picture was objectified in his experience, and a new habit-pattern had been established. He had finished his work; i.e., he gradually built up his consciousness through thinking and feeling of his freedom until finally his consciousness became full, the quality of his moods, and what he declared and felt inside became a function and a real experience.

You finish your work when you go within and subjectify your prayer through your confidence in the Powers of the Law. God willed the world to man, but man is asleep to his Inner Powers. Man is heir to all that is. *I am the light of the world. John 9:15.*

Some men are conscious of being one hundred watt, others two hundred, five hundred, etc., but when man awakens to the fact that he is one with Limitless Light, he is no longer limited. Electricity is not conscious of being light—it is. We come here to remember, and when we fully remember who we are and from whence we came, the works are really finished. Troward says, “All things are made by the self-contemplation of spirit.” God contemplated Himself as man, so He became man.

In verse seven where it says, “All things whatsoever thou hast given me are of thee,” means that all things man ever experienced came to him through his own consciousness. The instant man believes his prayer is answered, he must see it appear in the world of form. We are here on a voyage of self discovery. We are here to discover who we are. “Pilgrim, pilgrimage, and road was but a journey from myself to myself.” The seeming many merely tell me who I am.

Verse ten, *All mine are thine, and thine are mine; and I am glorified in them*, means that God is all there is, and what is true of God is true of man because man is God made manifest. All of God’s Wisdom, Intelligence, and Power is within each man awaiting his discovery and use. Our consciousness is one and indestructible; all things and experiences come from consciousness, and all things return to consciousness. You become glorified when you really become a channel through which God’s Light and Love flow freely. This Vast Motionless Being which men call God is limited by belief in being

someone. Every child born is the Universal Life appearing as that child. It is God being born, and every child is born in the race belief and to all that his environment represents.

While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled. 17:12.

Verse twelve means that I keep all things in thy name by claiming, "I am that thing." You keep all your mental images *fixed in thy name*, meaning that you feel the naturalness and reality of what you pray for. The word *name* means the nature or naturalness of the thing prayed for. *The son of perdition* means the belief in loss, the sense of limitation. The only loss is belief in loss, and once this belief in loss dies, there is no loss. The son of perdition also means the belief in loss of the soul. No man or thing can be lost. We see in this verse that the belief in loss must go so that the scripture might be fulfilled with the knowledge that man's consciousness is God and that his own consciousness is his savior. There is no lost soul for the simple reason God can't lose Himself.

We will now dwell on the high lights of the remaining verses in this chapter.

I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. 17:14.

The world for centuries with its belief in its material gods has discredited the idea that man's consciousness first creates all things mentally; then he sees them materialize. *I am not of the world*, means I AM is man's indwelling consciousness, and it has the complete Power to make its own creation without the help of any man. This basic principle will be the foundation of the new mental world which is about to blossom forth.

I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from evil. 17:15.

We do not have to retire into a monastery or isolate ourselves from people in order to live spiritually. To run away is escapism. We do not run away from life, but we stand our ground, and say, "Fear not, I have overcome the world." We can prove our divinity on Times Square or Hollywood Boulevard. We can grow spiritually in a large city just as well as in a mountain retreat.

And for their sake I sanctify myself, that they also might be sanctified through truth.

We must realize that there is no one to change but ourselves. As man changes his estimate or concept of himself, he changes his relationship to the world. We must sanctify ourselves—that is, we make ourselves whole and pure. If I first sanctify myself, I see only the pure, only the good in my mind.

For example, suppose I want peace in the world, I must start with myself. As I establish peace in my own mind, I will contribute to the peace of the whole world. If I am friendly with the God-Self within, I will be friendly with all men who walk the earth. “As within, so without.” When I look through the eyes of love, I cannot hate the meanest man in the world. I cannot see other than the contents of my consciousness. If I am identified with the lovely and the good, I cannot see the unlovely. To the pure all things are pure. I cannot experience harmony in the external plane, until I first have established a harmonious, mental atmosphere within myself. The judgment or conviction of others is to oneself. Whatever you are thinking about the other, you are thinking about yourself. Cease trying to change the world; change yourself. The world is ourselves in aggregation. The dictators, despots, and tyrants of the world are extensions in space of the dictator-complexes in the minds and hearts of all of us.

That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me. And the glory which thou gavest me I have given them; that they may be one, even as we are one. 17:21-2.

These verses set forth the great truth that there is only one thing to worship, one thing to seek, and that is the consciousness of God's Presence. All things are made inside and out of this Power and Presence. It is One and Indivisible. In reality we are one.

By illustration, if we look at the continents, they seem to be divided; yet underneath the ocean is one uniting all of them. We see projections of dry land on top of the one ocean. Objectively we seem to be different and separate individuals; however Mind and Life is One and Indivisible. Subjectively we are all one. Everything you look at is the One Being appearing as rock, sand, sun, moon, trees, animals, etc. All men are extensions of yourself.

Consider all the hairs of your head and all the cells of your body; millions of cells seem to make your body; likewise the two and a half billion people in the world are like the cells of your body; they are extension of yourself. If I hurt another, I hurt myself. If I help another, I am helping myself. We are all one. This is why we say, "Our Father," proving we are all brothers and sisters. It is One Being dramatizing Himself as the many. Claim the highest and greatest concept of self.

I in them, and thou in me, but that they may be made perfect in one.
17:23.

This verse reminds us of a great truth pointing out that no matter what the eyes tell us conditions may be, we must be blind to all except the perfect state we want to see. We must ask in the consciousness that no matter what we pray for, it is so.

And I have declared unto them thy name, and will declare it: that the love wherewith thou hast loved me may be in them, and I in them.
17:26.

This means that all through the ages teachers have declared the Truth: I AM the Lord, I AM the door, and I AM is the only law of consciousness. Millions of years from now this Truth will still be declared, until mankind becomes aware of the being he really is. As this love of Truth is made known to the individual, he loves this Eternal Principle and enjoys sharing this Divine secret with his brother man. Sooner than we think will the Fatherhood of God and the brotherhood of man be made manifest in this entire earth-conscious planet.

CHAPTER EIGHTEEN

(1) When Jesus had spoken these words, he went forth with his disciples over the brook Cedron, where was a garden, into the which he entered, and his disciples. (2) And Judas also, which betrayed him, knew the place: for Jesus oftentimes resorted thither with his disciples. (3) Judas then, having received a band of men and officers from the chief priests and Pharisees, cometh thither with lanterns and torches and weapons. (4) Jesus therefore, knowing all things that should come upon him, went forth, and said unto them, Whom seek ye? (5) They answered him, Jesus of Nazareth. Jesus saith unto them, I am he. And Judas also, which betrayed him, stood with them. (6) As soon then as he had said unto them, I am he, they went backward, and fell to the ground. (7) Then asked he them again, Whom seek ye? And they said, Jesus of Nazareth. (8) Jesus answered, I have told you that I am he: if therefore ye seek me, let these go their way: (9) That the saying might be fulfilled, which he spake, Of them which thou gavest me have I lost none. (10) Then Simon Peter having a sword drew it, and smote the high priest's servant, and cut off his right ear. The servant's name was Malchus.

You are in the garden of your mind when you meditate on
*Whatsoever things are true, whatsoever things are honest,
whatsoever things are lovely, whatsoever things are of good report; if*

there be any virtue, and if there be any praise, think of these things. Phil. 4:8: When you are dwelling and concentrating on the above mentioned great truths, you are in the garden of Gethsemane where you are truly pressing out the oil of gladness and joy.

In verse four and five the question, *Whom seek ye?* means that we are always seeking Jesus, or the thing that would save us. The only way we can receive our good is on the basis of our understanding of the laws of mind and our consciousness of complete acceptance. The voice answered, "I am he."

In verse six it says, *As soon then as he had said unto them, I am he, they went backward, and fell to the ground.* We do not, of course, take this literally. From a literal standpoint it makes little or no sense. It is not referring to a group of men with torches and weapons falling on the ground at the sight of a gentle man in prayer. We must not get lost in the peculiarities and idiosyncrasies of literalisms. The only way these stories of the Bible will help you is by seeing the real spiritual values behind the words; then all your erroneous concepts, false theories, negative and fearful thoughts fall to the ground; i.e., they are cast out of your mind and lose all their power.

They went backward, means you have forsaken the false concepts and you have enthroned the recognition and allegiance to the One Supreme, Spiritual Presence called I AM in the Bible. The word *he* (I am he) is a later interpolation. You can enter into the garden of Gethsemane as you read these pages. Quiet your mind, sit still, focus all your attention on your desire or goal, and be faithful to your objective. If you find your attention wandering, bring it back to the contemplation of your ideal and its reality.

If therefore ye seek me, let these go their way. 18:8. When seeking a solution to your problem you acknowledge no other Power than God and you disavow and reject all beliefs in other powers. Your mind is disciplined and you are completely absorbed in the contemplation of the reality of your desire.

In verse ten the *cutting off of the right ear* symbolizes that we refuse to listen to objective evidences, outward appearances, or to outer descriptions and viewpoints of other people.

Then said Jesus unto Peter, Put up thy sword into the sheath: the cup which my Father hath given me, shall I not drink it? 18:11.

The cup is your mind which is receptive to the idea. You pour coffee into a cup; similarly pour life, love, feeling, and enthusiasm into your idea. Every seed is a promise of fruit or food depending on its nature. Your desire is a prophecy of its own fulfillment. All that is necessary is mental receptivity.

Then the band and the captain and officers of the Jews took Jesus, and bound him, And led him away to Annas first; for he was father in law to Caiaphas, which was the high priest that same year. 18:12-13.

Annas (intellect, conscious mind) is father-in-law to *Caiaphas* (which means father in the law). The law is: *I am that which I feel myself to be*. *Caiaphas* means pit, a hollowed out part, or the subconscious mind. The conscious mind is father to the subconscious because it controls the subconscious and impregnates it with all kinds of impressions.

It was expedient that one man should die for the people . . . (18:14) means that Jesus or our desire must die first before it can be resurrected.

Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. 12:24. Troward says the seed (your desire) has its own mathematics and mechanics with it, i.e., the desire you have contains within itself its own manner of realization and fulfillment. When you feel and believe you are now what you long to be, you have died to your former concept or estimate of yourself and you have resurrected the new concept.

In the prayer-process you detach your consciousness from the problem or difficulty and you vividly dwell on the reality of your desire knowing that it will reproduce itself in your world. You mentally let go of all the things which held you in bondage and you begin to live mentally with that which you wish to embody in your world. Whatever you are aware of now represents your faith. You are aware of the reality of what you are praying for as you read this chapter and you positively, definitely, incisively, and decisively no longer give power to externals; neither do you postulate other powers, barriers, and opposition to your ideals.

I had the interesting experience with a man suffering from functional paralysis. I told him to make a vivid picture of himself

walking around his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. He lived the role and actually felt himself back in his office. One day, after several weeks of prayer along the above lines, the telephone rang and kept ringing (it was all arranged by the writer); his wife and nurse were out. The telephone was about twelve feet away, and he answered the telephone. His wife knew he was healed at that hour. The Almighty Power flowed to the focal point of his attention, and a healing followed. Psychologically speaking, the mental picture was developed in the dark house of his mind and a complete healing followed. This man had a mental block which prevented impulses from the brain reaching his legs; therefore he said he could not walk.

When man shifts his attention to the Healing Power of the Omnipotent One, the Power flows and dissolves everything unlike Itself. He completely died to his former belief of a crippled state and began to live to that which he claimed as true. In Biblical language he, like Judas (problem, sickness, lack) committed suicide or died to the old state, and the Jesus, or saving state of consciousness, was resurrected. He took life from the old state by refocusing his attention on the new state and living in the mental atmosphere as though it was true; this state of consciousness finally jelled within him. You could say in the language of the Bible that he went out and committed suicide (death of old state).

No man taketh it (my life) from me . . . I have power to lay it down, and I have power to take it again. 10:18. In the same manner you must die to what you are before you can live to what you wish to be.

We are taking highlights of the balance of this chapter which represents the essence of it. We are told in verse twenty-seven that Peter denied Jesus. A similar story appears in Matthew 26:34. *Before the cock crow, thou shalt deny me thrice.* This means that every man should deny having any master other than God or the Spiritual Power within. The numeral three represents a deep, abiding, faith or conviction. As long as we have masters, other powers, or beliefs which dominate or control us, we are slaves. Many are slaves to the weather and the unseen virus, blaming the latter for their influenza or gripe.

Peter denies three times means that state of consciousness in you, or the disciplined attitude, which will permit only faith in the One Power and the One Presence and is not subject to any other powers. *To deny three times* is a subjective state of belief which does not allow any argument. After the creative act and always at dawn the cock crows heralding the birth of the sun (the illumined conscious mind). The dawn appears and the shadows of fear and doubt flee away. Peter denied Jesus (after the flesh) three times, symbolizes the song of triumph, whereby man gives supreme attention to the Lord and Master within—his own I AM-NESS as Creator and Deliverer from all problems.

(31) *Then said Pilate unto them, Take ye him, and judge him according to your law. The Jews therefore said unto him, It is not lawful for us to put any man to death: (32) That the saying of Jesus might be fulfilled, which he spake, signifying what death he should die. (33) Then Pilate entered into the judgment hall again, and called Jesus, and said unto him, Art thou the King of the Jews? (34) Jesus answered him, Sayest thou this thing of thyself, or did others tell it thee of me? (35) Pilate answered, Am I a Jew? Thine own nation and the chief priests have delivered thee unto me: what has thou done? (36) Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence. (37) Pilate therefore said unto him, Art thou a king then? Jesus answered, Thou sayest I am a king. To this end I was born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth heareth my voice. (38) Pilate saith unto him, What is truth? And when he had said this, he went out again unto the Jews, and saith unto them, I find in him no fault at all. (39) But ye have a custom, that I should release unto you one at the passover: will ye therefore that I release unto you the King of the Jews? (40) Then cried they all again, saying, Not this man, but Barabbas. Now Barabbas was a robber.*

Pilate is the conscious mind which is always passing judgment. You are passing judgment all day long based upon the thoughts you think, the decision, or conclusion arrived at in your mind. *The*

judgment hall spoken of is the realm of mind which is often vague and confused.

In verse thirty-three the conscious mind does not know what salvation is because only feeling can know that. *Our servants* in verse thirty-six are our thoughts, ideas, feelings, and understanding of mental and spiritual laws. Possessing confidence and faith in the higher workings of the mind, the result is inevitable; all obstacles will dissolve and vanish away. We do not strive externally to reach a peace which comes from within. That which we get by force we have to maintain by force. Love frees; it forever gives of Itself; it is Universal; it is the Spirit of God.

In verse thirty-seven every man is a king, for the simple reason he is absolute monarch over his thoughts, emotions, and reactions to life. He can order his thoughts around. He can refuse a passport to all negative concepts and false ideas. He is king of his own conceptive realm. *Your kingdom* is your consciousness. Your edict (belief) will always be obeyed, and there is none to question it, since you have dominion over your thoughts and feelings. This verse tells us that we are here to dramatize; bear witness to God's presence, and prove we have dominion.

I told a man in our special Bible class on this Gospel he was king over alcohol and that he was master. He started imagining himself back at his desk. He kept up the constant visioning of himself as free, happy, and successfully accomplishing his former work. He knew that this constant visioning of mental pictures in his mind would draw power from his unconscious depths and compel him to be free from the habit. He fulfilled his vision by adhering to this simple truth. His vision became a concrete reality in his experience. His mental picture was transmuted into peace of mind and perfect sobriety. *In my flesh shall I see God.*

Verse thirty-eight means that the conscious, worldly-minded individual is always asking, "What is Truth?" Truth is always silent. It is beyond argument, dialectics, theories, dogmas, and creeds. *Truth* is an inner experiences, an inner awareness, or feeling whereby you taste and touch reality for yourself. Your consciousness determines all your experiences and your relationship with the external world and all people. The Bible says, "I am the Truth."

The Presence of God in you is the real Truth, the Changeless Reality within all of us. Truth is the subjective factor which is the real cause of all our experiences. It is no use to argue that two and two are not four. Truth permits no argument. Truth is.

I talked to a brother and sister recently. The sister broke out in a rash when she ate strawberries; however the brother liked strawberries very much and had no ill effects. The truth about the matter was, of course, a subjective fear on the part of the girl. When she ate strawberries rejoicing and affirming, "This is spiritual substance and is transmuted into beauty by my digestive system," she had no more trouble.

Every truth in this relative world is called a half-truth because it is done unto us as we believe. If you believe poison ivy will give you a severe rash, the experience becomes real to you. I have seen soldiers sleep on poison ivy without any bad reactions. What is *Truth*? It is a subjective belief. You will find confusion, argument, discord, and strife in this relative world, but deep within you the Infinite lies stretched in smiling repose. In the Absolute all is Bliss, Peace, Harmony, and Perfection. This is the Wise Silence of Emerson. God abides in the silence; Truth is lived in silence; Truth is heard in the silence; Truth is felt in the silence; Truth is transmitted in the silence, for God abides in the silence. It is wonderful!

You can enter this Secret Place of the Most High where, fashioning your own wish as already fulfilled, it is done unto you as you believe. Inspiration, guidance, and illumination come to man in the silence when he is still and alone with God. All the characters of the Bible are within yourself and should not be looked upon as historical events of two thousand years ago.

The custom of releasing one at the passover as mentioned in verse thirty-nine is the art and process of prayer. The *passover* represents the change of consciousness as you pass over from the old to the new state of awareness, in the same way as the alcoholic mentioned previously in this chapter passed from the vision of his health and happiness to the actual, concrete experience in his mind and body, whereby he expressed sobriety and peace of mind as a living fact.

The multitude (your thoughts and desires) cry, “Not this man, but Barabbas. Now Barabbas was a robber.” All of us want to get rid of *Barabbas* or the state of consciousness that robs us of peace, harmony, and prosperity. If we are sick, we cry for health (Jesus—that which saves); we want to release Barabbas (sickness).

A man with colitis for one year hesitated to give up his resentment to a partner. I told him he would have a healing if he would let go the resentment (Barabbas) and fill his heart with love and good will (Jesus). His resentment was the anchor which bound him to the wheel of pain. He began to wish for his associate all of God’s riches, such as peace, health, joy, life, liberty, and all good things. He had a healing. The crowd of thoughts in his mind were shouting for the release of Barabbas so that he could experience normal functioning of his organism.

If you have an unfulfilled desire, dream, or goal, you must be harboring in your mind some thoughts of fear or worry, or you are seeing barriers to its fulfillment. Identify yourself now with your goal by mentally and emotionally uniting with it. Build it up in your mind by frequently visioning its fulfillment. As you add one brick to another in the building of your house, your sustained mood or feeling will gradually grow and magnify until your consciousness is full of the quality of your thought and feeling. Having persevered and having remained faithful to your vision, you will crucify or cause your ideal to cross over from the conscious sphere of life to the subjective state of inner awareness or subconscious embodiment.

You are Pilate, Jesus, Barabbas, and the multitude, and when you have a problem, you must mentally release Barabbas and be sure to crucify your Jesus (desire). In order to realize your desire, it must be crucified; i.e., it must be fixed in consciousness. Your desire must die or be felt as true, otherwise you will continue desiring it.

Prayer is a death and birth process as we are always dying to the old and living to the new. The drama of the crucifixion is a mystical one. It is not a story of a group of people called Jews sentencing a man to death. No one can kill your savior. You are your own savior. Your faith in God is your personal savior. We have distorted and twisted this story of prayer and made of it a sadistic and blood-curdling drama. We must cease stigmatizing a race of people called

Jews, and realize the whole story is a beautiful drama of man's awakening to his Godhood.

CHAPTER NINETEEN

(1) *Then Pilate therefore took Jesus, and scourged him. (2) And the soldiers platted a crown of thorns, and put it on his head, and they put on him a purple robe. (3) And said, Hail, King of the Jews! and they smote him with their hands. (4) Pilate therefore went forth again, and saith unto them, Behold, I bring forth to you, that ye may know that I find no fault with him. (5) Then came Jesus forth, wearing the crown of thorns, and the purple robe. And Pilate saith unto them, Behold the man! (6) When the chief priests therefore and officers saw him, they cried out, saying, Crucify him, crucify him. Pilate saith unto them, Take ye him, and crucify him: for I find no fault in him. (7) The Jews answered him, We have a law, and by our law he ought to die, because he made himself the Son of God. (8) When Pilate therefore heard that saying, he was the more afraid; (9) And went forth again into the judgment hall, and saith unto Jesus, Whence art thou? But Jesus gave him no answer. (10) Then saith Pilate unto him, Speakest thou not unto me? knowest thou not that I have power to crucify thee, and have power to release thee? (11) Jesus answered, Thou couldest have no power at all against me, except it were given thee from above; therefore he that delivered me unto thee hath the greater sin. (12) And from thenceforth Pilate sought to release him: but the Jews cried out, saying, If thou let this man go, thou art not Caesar's friend: whosoever maketh himself a king speaketh against Caesar.*

The *crown of thorns* symbolizes the crown of victory or triumph which comes to all men as they move from darkness to light, from pain to peace, a sovereignty as you overcome the trials and tribulations of life. It is the victory of the spiritual man, a power molded in gentleness, love, and spiritual awareness. As you wear the garment of confidence—the Power of God over all things in your life—your perception and understanding will grow. The man of faith is always full of power. This is the ruling authority in your mind based on an abiding faith in the One Spiritual Power. Trusting and believing in One Power, you wear the diadem of the universe (the crown of thorns). Lift up your cross (your ideal or concept of God), and you will become a ruler and commander of the peoples of your mind. You are now ready to wear the purple robe, the garment of royalty or your kingship.

In verse seven the *Jews* symbolize the average man governed by old beliefs, or one who believes that because a man says he is a son of God he is a blasphemer and should be punished.

In verse ten the conscious mind has the power to crucify or impress the subconscious mind with any idea or belief through feeling. It also has the power to release or cleanse the subconscious of all negative states through prayer, meditation, and positive affirmations of God's Eternal Verities.

Verse eleven means that the conscious mind has no real power as the subjective alone is creative. All power is in the subjective mind. The conscious mind simply chooses the concept which through subjective feeling is entombed in the subjective mind, and is then given back to the conscious mind. The subjective mind will accept your convictions, beliefs, and feeling whether exalted or ignoble.

In verse twelve Caesar's power (conscious mind or worldly beliefs) is conditioned upon the feeling of the subjective. When we raise our ideal to the point of kingship, we speak against Caesar—the world. When new perceptions of truth and illumination light up our mind, we deny or reject all the false beliefs of the world thereby speaking or rejecting Caesar (world or race belief).

The world, meaning the average man's mind full of false information, viewpoints, and opinions, always challenges the real truth of things. When a man awakens to the fact that his own mind is causative and actually enters into all experiences in which he believes, that man knows the inner principle of causation; he is full of light or new

understanding, and wins over the world-beliefs. He becomes the conqueror and goes forth conquering and to conquer.

The chief priests answered, We have no king but Caesar. 19:15.

The chief priests are our dominant beliefs or ideas looking to external powers, believing in ritual, form, and ceremonies, governed by the world, conscious of outward rank, and wedded to tradition. Such men are usually unwilling to listen to the Truths of God and Life because it means an abandonment of their power and loss of their hold over the people. *The chief priests* also refer to states of consciousness within ourselves, such as pride, arrogance, self-conceit, and old theological concepts of God which we are unwilling to give up.

(17) And he bearing his cross went forth into a place which is called the place of a skull, which is called in the Hebrew Golgotha: (18) Where they crucified him, and two others with him, on either side one, and Jesus in the midst.

Golgotha means skull, or our own consciousness which is always the place of crucifixion. You die in *Golgotha* when you now vividly imagine and feel that you are what you want to be. As you continue to charge your mental imagery with interest and enthusiasm, you will succeed in etching your picture on the deeper mind, because the law is what you impress, you express; you have now died in *Golgotha*. You have died to the old man, and the new picture or estimate of yourself is resurrected.

The crown we bear is our ideal or new concept of ourselves. We must, of course, wear it mentally to the point of death, or subjective embodiment, or complete appropriation of the idea. You are carrying your cross for the joy that is set before you. Continue to hear the glad tidings; persevere in hearing only what you want to hear. When you rise in consciousness to the point of acceptance, the old idea dies and the new comes forth, causing a change which is referred to as the passover; this is also crucifixion.

In verse eighteen each person is represented by Jesus or your own consciousness which is always between two thieves. As you read this chapter, you are saying to yourself, "This makes sense because it is true of myself." The *two thieves* are that which you now are and that which you want or fondly desire to be; in other words, you and your desire.

If you have arthritis, for example, the pain and inflammation is one thief, and your desire for health which you have had for a long time is also a thief; for my desire, when realized, would prove to be my savior; as I continue desiring it, I am robbing myself of the joy of perfect health. *The two thieves* are with all of us, the “I am not” state and the “that which I wish to be” state. Our own consciousness (Jesus) is between these two states. One thief says, “Lord, remember me when thou comest into thy kingdom?” *Luke 23:42*. And the answer is, “Today shalt thou be with me in paradise.” *Luke 23:43*. These two verses set forth the true method of prayer.

The Lord is your spiritual awareness. *To remember* is to gather yourself together mentally and turn to the One Power recognizing it as your Lord, Master, and the Supreme Creative Power. You become enthusiastic about your desire and you begin to woo it in consciousness in the same manner that an engaged couple are eager to be married. As you turn in confidence to the God-Presence, It turns to you and responds in the nature of your request; then the old pattern dies and the new is born; this is paradise or peace, a oneness with your ideal.

In verse nineteen and twenty of this chapter it says, *And Pilate wrote a title, and put it on the cross. And the writing was JESUS OF NAZARETH THE KING OF THE JEWS. And it was written in Hebrew, and Greek, and Latin.* This means the three steps in prayer. *Hebrew* means your Spiritual Power or God; *Greek* means the divine idea or desire; and *Latin* means the feeling of being what you long to be, resulting in manifestation. Hebrew represents the language of God, Greek the language of the intellect, and Latin the language of commerce. Another way of stating it is this: Hebrew means recognition of God or your consciousness as the creative power; Greek means the desire or idea in your conscious, reasoning mind; Latin means the movement or corresponding emotion generated as you meditate on the idea. This is the creative process in all answered prayers. You must give your ideas wings, animating them; thereby making them alive within you.

(23) *Then the soldiers, when they had crucified Jesus, took his garments, and made four parts, to every soldier a part; and also his coat: now the coat was without seam, woven from the top throughout.*
(4) *They said therefore among themselves, Let us not rend it, but cast*

lots for it, whose it shall be: that the scripture might be fulfilled, which saith, They parted my raiment among them, and for my vesture they did cast lots. These things therefore the soldiers did.

These verses indicate the confused, contentious mind of the worldly, five-sense man who divides the truth into many parts; yet all the time he does not know that there can be but one truth, for there is only one God. In order for man to transform himself, he must positively discard old patterns of thinking and feeling; this is painful to him. He wants to hold on to the old. He is just as willing to die for his superstitions as he is for the truth. Man has divided the seamless robe (the one God, the one Truth) and created countless false gods. He has even polluted the atmosphere with his strange notions and false doctrines. He worships sticks and stones and all manner of external powers. We have countless sects, creeds, dogmas, opinions, and beliefs.

Making four parts of the garment is symbolic of the world as *four* means the created, manifested world of phenomena which we see. The *soldiers* symbolize warfare which is always within the unilluminated and unregenerate mind of man. Man wages war over the letter of the Law and lacks the spirit of love which giveth life to all things good. We should act from the standpoint of love and the good; then there would be no bickering over differences in religion.

The coat was without seam, woven from the top throughout. This refers to the Infinite One which clothes all of us. We are all garments which God wears as He moves through the illusion of time and space. The Infinite is One and Indivisible. There could not be two powers because one would cancel out the other, and we would have a chaos instead of a cosmos. It is a mathematical impossibility to have two Infinities. You cannot multiply or divide Infinity.

In verse twenty-four we are told they cast lots for it. Man believes in a world of chance, coincidence, accident, bad luck, misfortune, etc. There is no chance in a world by law and order.

(28) After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, I thirst. (29) Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth.

I thirst refers to your intense desire to drink deep draughts of inner peace, satisfaction, and strength of the Holy One. I am sure you are now thirsting for your supreme ideal at this moment. Let God's river of

peace move over the arid areas of your mind; this is the dew of heaven. You will begin to secrete the perfume from On High; a wonderful feeling of exaltation will follow; whatever is troubling you will be dissolved by the Radiance of the Light Limitless within you.

The sponge dipped in vinegar and put upon hyssop is, of course, purely symbolic and refers to a cleansing process of the mind. The cleansing properties of the plant, hyssop, are traditional in the East. "And the vinegar which was handed to Him seems to me to have been a symbolic thing . . . the reed signified the royal sceptre and the divine law." (Dionysius, Bp. of Alexandria, An Interpretation of Luke).

Sour wine mixed with myrrh was given in the East to refresh a thirsty person. This represents a transitional process whereby man forsakes all the false beliefs in the world and is resurrected mentally to a new concept of God and His Law.

In verse thirty the phrase, *It is finished*, means Amen, the answered prayer, or the silent, inner knowing of the soul. It is finished whenever there is nothing in our conscious or subconscious mind that challenges our conviction. The ultimate meaning of, *It is finished*, is that man has fully awakened from his dream of limitation here. He is the solid which has reached its melting point and has melted into the Boundless One.

The question is frequently asked, "Why did Jesus say on the cross, Eli, Eli, lama sabachthani?" translated in this chapter as, "My God, my God, why hast thou forsaken me?" In the apocryphal Gospel of Peter, the dying Christ cries, "My power, thou hast forsaken me," which is different. The Encyclopedia Biblica says the original reading was presumably altered by scribes who only understood Syriac. The Aramaic word *sabachthani* means to keep, to preserve.

When a boy I asked a teacher this question, "How could Jesus have questioned God after knowing and proving the axiom, 'I and the Father are one.'"

You probably guess the reply. It was the old one, "Don't ask foolish questions."

The twenty second Psalm was quoted by Jesus, but the interpreter made an error in its translation from Hebrew and Aramaic. The word *sabachthani* in Hebrew means to glorify not to forsake, for which the word *azabthani* should have been used. The real meaning is, "My God, my God, how thou hast glorified me." *Shabach* root of *Sabachthani* means to glorify (Strong's *Concordance*).

Another translation which we gave you from the apocryphal scriptures, “My power, my power, thou hast forsaken me.” *To forsake* is to relinquish, to release, to loosen, to be free from. The spiritual man forsakes the power of the world’s beliefs and of things external and he gives all glory and honor to God—the One Supreme Power. He knows no other. In this sense his human will power is forsaken or given up completely, and man is now obedient to the One Will and is under Holy Orders* to bring forth the order, beauty, wholeness, perfection, and light of God here and now. This drama deals with the birth of the God-man in you.

(34) *But one of the soldiers with a spear pierced his side, and forthwith came there out blood and water.*

(36) *For these things were done, that the scripture should be fulfilled, A bone of him shall not be broken.*

The Encyclopedia Biblica points out the impossibility of explaining the issuing of blood and water from an internal source physiologically. In other words *blood and water* do not flow from a dead man; that is absurd. The terms *the water and the blood* are technical expressions for channels of Divine Grace (Love and Wisdom). A woman at birth releases blood and water. The symbolic significance refers to the spiritual rebirth or Cosmic Consciousness.

The statement about *a bone not being broken* signifies that Life is One and Indivisible, and denotes man’s sense of oneness with the Living Spirit Almighty. *Not a bone (idea) is broken* means that we have no sense of separation, but we have a complete sense of fulness or at-onement with He Who Forever Is. We must have no distorted mental picture, but maintain always a sense of wholeness, completion, and perfection; then not a bone of our body or consciousness will be broken.

The crucifixion in a mystical sense is God or the Absolute becoming man. The Limitless One crosses over from the Absolute State to the relative state. The Unconditional One becomes conditioned. The Formless One limits Himself by taking on shape, size, and dimension. Every new born babe is God becoming that child and in the depths of the subjective mind of the child is the Presence of God in all His glory. We are here to resurrect the God-Power within us and *remove* all obstacles and opposition, proving our divinity.

The crucifixion of Christ, according to the *Dictionary of the Sacred language of all Scriptures*, is a symbol of the Divine sacrifice; that is, the limitation and involution of the Divine energies and qualities within forms of matter. In other words God gives life to all of us and all things. God is involved in you and the whole redemptive process consists in evolving what is involved within you. As you release your Divine powers and qualities through increased knowledge and understanding, you become the conqueror over all fears, doubts, and false concepts. As you ascend spiritually, you will finally sense your oneness with He Who Is. You will become the God-man and do all the things which a son of God can do. You will unstop the ears of the deaf and open the eyes of the blind. You will glorify God every moment of your life.

Paul said, "I am crucified with Christ, nevertheless I live." How could anyone take this literally? He means he has crossed over into the Light. The word *Christ* means the Presence and Power of God functioning in your life. When you are illumined by the Light of God, you are crucified with Christ.

The Lord said unto John, Thou hearest that I suffered, yet I suffered not; that I was pierced, yet was I not smitten! that I was hanged, yet was I not hanged. See thou therefore in me the slaying of a word (Logos). Acts of John, second century.

How could God suffer? How could God be slain? How could God be wounded? Surely, it must be the illusion of pain and suffering. It is the slaying of a word. God seems to be slain and dead in us until we awaken from our slumber and hypnotic trance.

Is God asleep in your boat? You are the ship and when the storms of life appear, do not get excited. God is there. So, wake Him up! "Awake thou that sleepest and rise from the dead, and Christ will give thee light."

In verse thirty-eight of this chapter it says that Joseph of Arimathaea took away the body of Jesus. *Joseph of Aramathaea* means a high disciplined imagination or a high state of consciousness. Our ideal must be *entombed in a sepulchre* which signifies a deep, subjective embodiment, a tomb-like state where we place our concept. A *stone* (conviction) seals the tomb. This is where we place Jesus, our new ideal. The past is dead, forgotten, and remembered no more. Behold! I make all things new!

CHAPTER TWENTY

(1) The first day of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre. (2) Then she runneth, and cometh to Simon Peter, and to the other disciple, whom Jesus loved, and saith unto them, They have taken away the Lord out of the sepulchre, and we know not where they have laid him. (3) Peter therefore went forth, and that other disciple, and came to the sepulchre. (4) So they ran both together: and the other disciple did outrun Peter, and came first to the sepulchre. (5) And he stooping down, and looking in, saw the linen clothes lying; yet went he not in. (6) Then cometh Simon Peter following him, and went into the sepulchre, and seeth the linen clothes lie, (7) And the napkin, that was about his head, not lying with the linen clothes, but wrapped together in a place by itself. (8) Then went in also that other disciple, which came first to the sepulchre, and he saw, and believed. (9) For as yet they knew not the scripture, that he must rise again from the dead. (10) Then the disciples went away again unto their own home.

Mary Magdalene signifies love redeemed. The publican and the harlot are oftentimes the first to see the truth. The harlot has hit the depths of degradation and is free of all false pride, egotism, and is very conscious of her own insufficiency. When she hungers and

thirsts after the truth, she receives it because she has created a vacuum in her mind which receives the soft tread of the Unseen Guest. She then comes under Holy Orders. She trusts the Infinite to lead, guide, and direct her without dictating or outlining the way. She knows the way of God is good and very good. The Infinite Love and Grace of God plus the movement of the Law take her out of her misery and bring light and peace into her heart.

The stone taken away from the sepulchre represents the new attitude of mind, an awareness of the Spiritual Power which rolls away the stone of false beliefs. The real meaning of the *resurrection of Christ* is to raise up health, peace, joy, and happiness from your own depths. Man's belief is the sepulchre in which his health, wisdom, and peace are confined. Man's opinions and false ideas are the psychological garments which he wears. The new interpretation of life—a new mental attitude—is the *angel* which rolls away the stone. Man's awakening to the Power of God bursts the bands of his creed and fears and he rises from his dead beliefs to the truth which sets him free. He walks without his crutches; this is the resurrection of Christ or health. The resurrection from the dead is taking place every hour of the day in many parts of the world.

The *disciples* in this chapter mean our faculties of mind, our mental attitudes. *Jesus seen by the disciples* means Jesus (your desire) is rising—our concept rises from the subjective to the conscious mind.

In verse seven *the napkin that was about his head* means the revealing of the new state. If your face is covered, I don't recognize you. When man unclothes himself psychologically, he finds God. The Reality of You is Mind, Spirit. You are the house of God and whatever you pray for already is in the Kingdom of Reality within you. Remove the napkin, i.e., shut out of the senses anything which denies your good, and rejoice in the reality of your desire in your consciousness, and it shall come to pass. Discard the old and put on the new!

(11) *But Mary stood without at the sepulchre weeping: and as she wept, she stooped down, and looked into the sepulchre,* (12) *And seeth two angels in white sitting, the one at the head, and the other at the feet, where the body of Jesus had lain.*

The two angels sitting at the tomb represent the present state of peace and a new desire. When our prayer is answered, we are satisfied for the time being, but immediately another desire to further transcend takes place.

(19) Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you,

Jesus appearing to his disciples and speaking to them means that we discipline or speak to our faculties of mind (or concept), and we become poised in the truth. Jesus—representing the solution or the answered prayer—is now made manifest, and the faculties of mind are aware of the fact. When the solution comes, it whispers, “Peace be unto you.”

(20) And when he had so said, he shewed unto them his hands, and his side. Then were the disciples glad, when they saw the Lord.

This means that all our faculties rejoice in the answered prayer. We bubble over with joyous enthusiasm. Your yearning and hungering is now satisfied, at least temporarily. The new state of mind always establishes its objective counterpart and unification.

(22) He breathed on them, and saith unto them, Receive ye the Holy Ghost.

Breath symbolizes life. We receive the Holy Ghost (whole spirit) when we are integrated and no longer divided in our mind. Now our spirit (feeling) is one with our desire; we are again whole, united, and at peace. Man with a desire is dual; man, one with his ideal or desire, has received the Holy Ghost or feeling of wholeness or oneness with his aim in life. He achieves the state of wholeness or unity by breathing the breath of the life into his idea, and lives, moves, and has his being in that mental atmosphere.

(24) But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. (25) The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.

Thomas was called the doubter, the faculty in you when disciplined which challenges every rumor that questions the Truths of

God. *He thrusts his hand into the side* means he touches reality and only accepts the divine solution. This is why it is said that he, alone of all the disciples, puts his *finger into the print of the nails and touched Jesus*, or the solution.

CHAPTER TWENTY-ONE

(1) After these things Jesus shewed himself again to the disciples at the sea of Tiberias; and on this wise shewed he himself. (2) There were together Simon Peter, and Thomas called Didymus, and Nathanael of Cana in Galilee, and the sons of Zebedee, and two other of his disciples. (3) Simon Peter saith unto them, I go a fishing. They say unto him, We also go with thee. They went forth, and entered into a ship immediately; and that night they caught nothing. (4) But when the morning was now come, Jesus stood on the shore: but the disciples knew not that it was Jesus, (5) Then Jesus saith unto them, Children, have ye any meat? They answered him, No. (6) And he said unto them, Cast the net on the right side of the ship, and ye shall find. They cast therefore, and now they were not able to draw it for the multitude of fishes. (7) Therefore that disciple whom Jesus loved saith unto Peter, It is the Lord. Now when Simon Peter heard that it was the Lord, he girt his fisher's coat unto him (for he was naked,) and did cast himself into the sea. (8) And the other disciples came in a little ship; (for they were not far from land, but as it were two hundred cubits,) dragging the net with fishes. (9) As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread. (10) Jesus saith unto them, Bring of the fish which ye have now caught. (11) Simon Peter went up, and drew the net to land

full of great fishes, an hundred and fifty and three: and for all there were so many, yet was not the net broken. (12) Jesus saith unto them, Come and dine, And none of the disciples durst ask him, Who art thou? knowing that it was the Lord.

This is a story of fishing. We are all fishermen because we are endeavoring to fish out of the depths of ourselves all the answers to our problems. The *fishermen* are states of mind within ourselves, faculties, and attitudes of mind. *The ship we enter* is, of course, our own mind inasmuch as we are always traveling in our mind. The moment we have a problem, we begin to move psychologically trying to solve it. We begin to look for the solution, the way out; this is called fishing in the Bible.

Here is how Einstein fished many ideas out of the depths of his subliminal mind. He knew the answers to his problems were within. He stilled the conscious mind, thought about the answer from all angles, listening quietly for any bit of guidance that would come, joining all the threads together, and oftentimes the whole answer would come into his mind. At other times after thinking quietly and with interest on the answer to his problem, he would turn it over to his Deeper Mind with faith and confidence, knowing that the Infinite Intelligence within would give him the answer. This he called the incubation process. The subconscious seemed to take his request, dwell on it for awhile, and when it had assembled all the facts presented them to his conscious mind. The surface mind when it is still receives wisdom, guidance, and answers to problems from the Deeper Mind. These answers pop into the mind like toast out of a toaster.

The other night a friend of mine, a local minister, lost a very important document. I stilled my mind by recalling the truths of the 91st Psalm and imagined he was telling me he found it. I heard his voice over and over again; shortly my subjective self whispered in my ear, "His brother-in-law's car." This is called true clairaudience,

i.e., where you actually hear the Subjective Wisdom speak to you. Its thoughts become audible only to the ear which is attuned; others in the room do not hear it. You can hear the answer to anything and fish it out of your subjective depths if you get still and know the answer is there; then listen for it—lowly listening is the answer. This minister, at my suggestion, phoned his brother-in-law; the latter was amazed to find the document under a rug in his car. He does not know how it got there, but the Subjective Wisdom knew how it got there and where the paper was.

Many people fish all night, i.e., in the night of human darkness and ignorance of the laws of mind, not knowing where the Source of all their good is. There is a right and a wrong way to do everything.

For example, there is a right and a wrong way to bake a cake, to write a letter, to make a speech. There is a right and a wrong way to think and to live. If you do not learn how to think (fish) constructively and cooperate with mental and spiritual laws, you will get into a lot of trouble. If you have the wrong attitude toward life, everything will seem to go wrong.

I knew a girl who hated another. She had a grudge attitude. Through explanation she learned to fish out love, good will, and kindness toward the other by praying for the girl she hated. She prayed for the girl's guidance, happiness, and peace by sincerely wishing all these things for her. She did this frequently. They became the best of friends. The sequel was that she married the girl's brother whom she formerly resented. This is fishing on the right side. Your mind is the net receiving all kinds of fish; i.e., thoughts, feelings, psychic patterns, hopes, fears, intrigues, etc. of the race mind.

The universal subjectivity or collective unconscious of the race impinges itself on all of us. We are immersed in the great sea of mind. Ofttimes you wonder at the weird thoughts that wander into your mind. Chop the head off these negative, destructive thoughts that swim up to your surface mind, kill them, cremate them with the fire of Divine Love, true concepts, and constructive imagery. Think right, do right, feel right, act right, be right, and keep up fishing on the right side of the ship. Reject all negative intrusions into your mental household. Look over the net (your mind); see if there are any rotten fish; throw them out; consume them with the fire of true, scientific

thinking! Do this incisively and decisively, and you will be a good fisherman.

In verse four the solution is always at hand. Truth is Omnipresent; so it is said that they *knew not it was Jesus*. They had not yet recognized the Truth.

In verse six the command to *cast the net on the right side of the ship* means the right use of the Law for the solution to our problem. Having cast their nets (their ideas or desire) in the subjective—and since God always giveth the increase—they were answered with a multitude of fishes; this means the Divine measure or good multiplied. The subconscious always multiplies exceedingly and gives compound interest on whatever deposits we make there.

In verse seven *Peter* symbolizes faith. *Peter casting himself into the sea* means that when our consciousness is disciplined so that we believe implicitly in our good, everything will succeed.

In verse nine *land* is manifestation. The *fire of coals* is the fire of illumination, the warmth of the Spirit, and the feeling of security. *The fish* are always there, signifying that out of the moods of peace and harmony come all the things we would feed on in this world.

In verse eleven one hundred and fifty-three fish were caught. One, plus five, plus three adds up to nine. In nine months a woman gives birth to a child, so it means when we fish aright, we will always be impregnated with our desire. Nine is a symbol of possession and mastery. The old adage is that possession is nine points; following our feeling of possession comes the manifestation which is called ten or our good objectified. When your friend tells you that you can't achieve, that your desire is impossible to attain, go within and fish the mood of faith and confidence in God out of your depths, and you will also draw its manifestations or experiences. It is wonderful!

The following are some highlights of key verses: (15) *So when they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs.*

Lambs are tended animals—moods that will bless us. *Feed my lambs* means that we must feed these things we want, think feelingly of them.

(18) Verily, verily, I say unto thee, When thou wast young, thou girdest thyself, and walkedst whither thou wouldst: but when thou shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry thee whither thou wouldst not.

This verse means that when we are young in the Truth, our faith is not always strong. We sometimes act without thinking and do just as we please. When we are old, we stretch forth our hand; we have more power and more understanding. We are more firmly anchored; this faith or mental attitude will carry us further.

(22) Jesus saith unto him, If I will that he tarry till I come, what is that to thee? follow thou me.

This verse refers to mystical creation. It symbolizes John or love. We must love our ideal; then Jesus—or the solution—comes. This verse also teaches us a wonderful lesson in minding our own business. People oftentimes will say, “What about the Jones next door? They rob, cheat, and defraud; yet they seem to prosper?” A man can have a million dollars and be poor in peace, harmony, love, and health. He cannot buy them.

(25) And there are also many other things which Jesus did, the which, if they should be written every one, I suppose that even the world itself could not contain the books that should be written. Amen.

Verse twenty-five tells all of us that here the mystic is not referring to the man Jesus, but to the dramatizations of I AM or God. God thinks, and worlds appear. The whole cosmos is God thinking. There is not room in this small world of ours to contain the works of the Infinite One. What volume or volumes would record the deeds of the Infinite?

All men shall see the Light. When man awakens to his True Self, he will experience the radiance of the Light Limitless. From the field of sin and punishment, he shall pass into the boundless freedom of the divine perfection. Let us realize the truth of the following verse from Arnold:

“Never the spirit shall die,
The spirit shall cease to be never.
Never the spirit was not.
End and beginning are dreams.

Birthless and deathless and changeless—
Remaineth the spirit forever.
Death hath not changed it at all.
Dead though the house of it seems.”

HOW TO USE YOUR
HEALING POWER
*THE MEANING OF THE HEALINGS
OF JESUS*

(1957)



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INTRODUCTION

This book is written in response to thousands of requests from students in many parts of the world. One of the largest classes I have ever given was at the Wilshire Ebell Theatre, Los Angeles, California, on the healing miracles of Jesus and what they mean to men everywhere. This book is an attempt to elaborate on the inner meaning of the recorded healings in the New Testament and to show the reader that he can apply the Healing Principle today in the same way that Jesus did about two thousand years ago.

The stories of mental and physical illnesses recorded in the Bible have reoccurred from time immemorial to the present moment. You may see the conditions and symptoms of diseases described in the Bible in almost any hospital in the country. It is true, of course, that the diseases described today have scientific names derived from medical terminology.

All over the world today men and women of various creeds are awakening to the tremendous therapeutic results following the application of mental and spiritual laws. In the fields of medicine, psychiatry, psychology, and other related fields, evidence is being adduced and articles written on the effect of destructive mental and emotional conflicts as the cause of all kinds of disease. This is prophetic of the termination of the power of the five senses, the reign of so-called *matter*, and the reestablishment of the reign of Divine Intelligence and of the Infinite Healing Presence behind all things.

The Bible is a psychological textbook which teaches us how to overcome all problems. It explains how we get into trouble; then teaches us how to get out of trouble. It teaches a science of life. A knowledge of the meaning of symbols, the science of the Hebrew alphabet, and the meaning of the various names in the Bible forms the key to all the stories in the Bible. You may find the meaning of

the various names given in the bible in *Strong's Concordance* or *Young's Concordance*. There are many other reference books but the above two are generally used by all Bible students interested in the inner meaning of the Bible.

To fully understand what another speaks or writes, it is necessary to tune in with the writer, claiming and knowing that his ideas, thoughts, words, and feelings are reproduced in our mind. We do not really know who wrote the Gospels, and as I write or speak on these wonderful Bible stories, I say to my Deep Self in meditation, "What did I as the writer of these stories mean when I wrote them?" Then I get quiet and still, feeling the Living Intelligence within flowing through my conscious mind revealing to me everything I need to know. There is only one mind. A memory of everything that has ever transpired is within your subjective mind, and it is possible for you to tune in. In a state of intercommunion of mind with mind, it is possible to have transmitted to your mind all the thoughts, ideas, and feelings of another mind with which you are in tune or *en rapport*. This is possible without the ordinary channels of sensuous communication. There is but one mind common to all individual men.

The purpose of this book, so far as possible, is to divest and strip these stories of the Bible of all mystery so that it will be an open book for all mankind. The same Healing Presence which Moses, Elijah, Paul, and Jesus used is available to you now. Use it and go forward in the Light, moving from glory to glory *until the dawn appears, and the shadows flee away*.

HEALING OF MENTAL DISORDERS

The following quotation is taken from the fourth chapter of Luke. It forms the sound basis for all healing, and tells all of us what we are here for.

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised. And he closed the book, and he gave it again to the minister, and sat down. And the eyes of all them that were in the synagogue were fastened on him. And he began to say unto them, This day is this scripture fulfilled in your ears. Luke 4:18-21.

Here is one of the most remarkable and extraordinary statements in the whole Bible. *This day is this scripture fulfilled in your ears.* Not tomorrow or next week or next year, but NOW, this minute. *God is the Eternal Now.* Your good is this moment. Claim your health now, your peace now. The Healing Principle and the Peace of God are within you. Someone asked me in our class on “The Healing Miracles” if the healing stories in the Bible were true. The answer to the question is very simple. If the use of the Healing Principle is going on all the time and is applicable to all people all of the time everywhere, it is certainly truer, more interesting, and more fascinating than if it were an historic event of a certain date, a definite geographical location, and confined to just certain people.

In order to understand your Bible see it as a great psychological drama taking place in the consciousness of all people everywhere when they pray scientifically. Look upon the following dramatic episodes recorded in the Bible as stories about yourself and your friends awakening from darkness to the Light within. You can call Jesus in the Bible, as Robert Taylor of Cambridge, England, in 1829 did, *illuminated reason*. Your concordance gives you many meanings

for Jesus such as “God is savior,” or “God is your solution, or salvation.” In other words the names Joshua and Jesus are identical. The meaning is that your awareness or faith in the God-Wisdom can do all things. Look upon Jesus as yourself possessed of faith and confidence looking at the thoughts, beliefs, and opinions of your mind (your synagogue) rejecting all the false beliefs, theories, and ideas and announcing the presence of your ideal or the state desired. You do this in the present tense.

The Bible writer tells you that no matter what you are seeking, it exists now. Why wait for a healing? Why postpone it? Why say, “Some day I will have peace.” The God of peace is within. The Power of the Almighty is within, and you will receive energy and strength. Love is here this moment, and you can experience the Divine Love welling up in your heart for all people. You can also attract your divine companion now. What you are seeking in the future is present now, right where you are. Your knowledge of the laws of your mind is your savior.

And they were astonished at his doctrine: for his word was with power. And in the synagogue there was a man, which had a spirit of an unclean devil, and cried out with a loud voice, Saying, Let us alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art; the Holy One of God. And Jesus rebuked him, saying, Hold thy peace, and come out of him. And when the devil had thrown him in the midst, he came out of him, and hurt him not. Luke 4:32-35. Related passages, Mark 1:23-27, 3:11, 7:25-30.

There was a belief in ancient times that when a man was insane he was possessed by demons or devils. This had its corollary in the belief that all psychotic or mentally deranged people were demon possessed. In Bible days exorcism in its varied forms became the regularly accepted form of therapy for the mentally disordered patients. Even today in some parts of America and even here in Los Angeles a student will say, “Oh, I think he or she is possessed by a demon.” At one time people tried varying methods in order to drive demons out of the mind or body of the person. Today the psychiatrist, psychologist, and spiritual leader tries to bring about an adjustment of the personality and a cleansing of the mind of all

negative thoughts and false beliefs. You are very familiar with the sudden and miraculous change often seen nowadays when a manic-depressive condition of an individual is cured by shock therapy.

Many years ago when a boy traveling on an ocean liner to India, I saw a raving maniac completely healed by an American woman who prayed aloud for him. He had a remarkable, instantaneous healing. Being curious, I asked her what she did. She replied, "I claimed that God's love and peace filled his mind." Today I understand much better what she meant. Her realization of the presence and power of God in the man was instantaneously resurrected in his mind, and a healing followed. Her faith made him whole. This is the whole story from a spiritual standpoint.

All *demons* or *devils* are negative states of mind that have been developed because the creative power of man has been used in an ignorant and destructive manner. The work of every man is to go into his own *synagogue* (mind) and through spiritual awareness cast out of his own mind the false theories, dogmas, beliefs, opinions, as well as all negative states such as resentment, ill will, hatred, jealousy, etc. These are the devils which bedevil us. Obsessions, dual personalities, and all other mental aberrations are the result of habitual negative thinking, crystallizing into definite states of mind such as complexes and other various poison pockets in the subconscious.

You are empowered to cast out demons by affirming your unity and oneness with the indwelling God; then you silently or audibly with feeling and faith speak the word of health, harmony, and peace. Pray with confidence like the woman on board the ship referred to previously by silently concentrating on the dissolving Power of God's Love upon the person. Thus the hold of evil thoughts will be broken.

The supposed devil cries out, *Let us alone, what have we to do with thee*. And he rebuked him saying, *Hold thy peace, come out of him*.

To rebuke means that you completely reject, once and for all, the power of any so-called negative or evil force. You do not admit for one moment that demons have any power, or that there are such entities.

He suffered not the demons to speak. Mark 1:34.

This means that you, who are illumined by the Light, will not, under any circumstances, permit negative race thoughts to dissuade you to turn away from the belief in One Supreme Power which is One and Indivisible. The method of healing used by Jesus here was the word of authority, . . . *for with authority and power he commandeth the unclean spirits, and they came out.* Luke 4:36.

Your word is your awareness, your feeling, your conviction. Psychologically it is the union of the conscious and subconscious mind; *i.e.*, you have reached the point of agreement or complete mental acceptance of that which you affirm as true. The moment you accept it completely without reservations, the healing takes place in the person for whom you are praying. If you are praying for a mentally deranged person, follow the teachings of the Bible herein set forth.

Go boldly into your synagogue, which means the temple of your own mind; there gather your thoughts together rehearsing in your mind the Truths about God in the presence of your assembled thoughts and opinions; and therein feel the mental atmosphere of freedom and peace of mind for the sick person. Become Jesus (illumined mind) now; *i.e.*, you are full of faith and confidence as you enter the realm of your mind, giving no power to symptoms, or the nature of the mental blocks. Reject completely the verdict and opinions of those around you. Do this emphatically and with a sense of inner knowing. Know that you have the authority to speak the word; *i.e.*, to feel and know that your thought is authoritative inasmuch as it is the Infinite thinking through you.

Quimby, the great American healer, knew that when he thought of his patient he was in command of the other person's mind and body; then he contemplated his divine perfection. He duplicated many of the miracles recorded in the Bible. Quimby's inner conviction that what was true of God was true of his patient was the *word* that he sent. *He sent his word and healed them.*

There are many evil spirits (negative emotions) such as hatred, resentment, revenge, jealousy, etc. It could be said that a man with intense hatred is obsessed by an evil spirit. Your mood or emotion is the spirit operating at the human level. The law governing your subjective mind is that it is amenable to suggestion. In ancient times,

the idea was current that any one was liable at any time to be taken possession of by a devil. Many persons who easily entered the subjective condition through fear found themselves possessed by devils, *i.e.*, the power of their own fearful thoughts.

In ancient times and even today in some parts of the world the profession of exorcism was and is a very profitable one. The general belief was that the demons were afraid of holy water, the Bible, and of hearing the name of God pronounced. Accordingly it came to pass that, upon the verbal command of the exorcist the so-called devil would often incontinently fly, leaving the patient free. Sometimes the patient would go into convulsions on hearing the magic name pronounced, and more exorcists were then employed. You can see that the whole procedure is one of belief, and according to the belief of the exorcist is it done unto him.

Doctors and scientists are conducting experiments in hypnosis; they know, for example, that they can cause a subject under hypnosis to act like an insane person by suggestion. For instance, in a trance state a man can be told he will jump with one foot in the air when he sees a dog, and he will jump. If given a posthypnotic suggestion, he will repeat the performance after being awakened. This is a compulsion. He can be told he is possessed by a bad spirit or devil, and his subconscious mind which acts upon suggestion, faithfully reproduces the role of a devil with the same extraordinary acumen that it would personate any other character suggested. The subconscious mind which is all things to all men will exhibit as many different kinds and degrees of devilry as there are devils embraced in the suggestion. Experimentally any type of insanity can be brought about by appropriate suggestions given to subjects in the trance state. In experiments when the suggestion is relieved, the subject being instructed that it was only a suggestion, the mental aberrations disappear. The schizophrenic, psychotic, depressive type, manic type of insanities can be demonstrated by suggestion. It is easy to see where the so-called devils come from.

The ceremony of exorcism which is even today in use by certain organizations constitutes a most powerful suggestive command to the subjective mind; according to the faith of the operator the desired result is achieved. The fact that the trouble is susceptible of cure by

a ritual or ceremony points clearly to its mental origin, precluding the possibility of its being attributable to extramundane causes or external entities.

Many people come to see me and write me saying that they hear voices all the time, and what terrible things these voices are saying. They believe they are possessed by evil spirits. I tell them that I hear voices also. Clairaudience is a faculty of the human mind. It is that faculty of intelligence within you which enables your objective mind to receive communications from your own subjective mind, or from another by means of spoken words.

A few weeks ago I clearly heard an answer to a question which had perplexed me for some time. I heard the words clearly. These words did not come from some discarnate entity but they came from my own subjective self which is one with Boundless Wisdom and Infinite Intelligence. When you receive ideas from the subjective, or when the answer comes, it is necessarily by such means as can be understood by you, *i.e.*, by means which appeal to your senses. There are many people who hear clairaudiently; some attribute it to imagination, others regard it as a subjective hallucination. Some attribute this phenomenon of hearing words from the subjective mind to spirits of the departed; needless to say, the same law of suggestion applies and governs the character of their clairaudient manifestation.

The subconscious mind will assume the characters suggested by the conscious mind. If, for example, you believe it is a guardian angel speaking to you, or the voice of a disembodied spirit, the subconscious will follow the suggestion given, and all further communication will be conducted on the basis assumed by you. Your subconscious will assume the character of an angel or devil according to the suggestion given.

Some months ago a young man from a local university came to see me with the complaint that he was constantly hearing spirit-voices, that they made him do nasty things, and that they would not let him alone, neither would they permit him to read the Bible or other spiritual books. He was convinced that he was talking to supernatural beings. This young man was clairaudient, and not knowing that all people possess this faculty, he began to think it was

due to evil spirits. His superstitious beliefs caused him to ascribe it to departed spirits. Through constant worry he became a monomaniac on the subject. His subconscious mind dominated and controlled by an all-potent but false suggestion, gradually took over control and mastery of his objective faculties, and his reason abdicated its throne. He was what you would call mentally unbalanced, as all men are who allow their false beliefs to obtain the ascendancy.

We must not place gangsters, assassins, and murderers in charge of our mind. Place Wisdom and Divine Love in charge of your mind. Let faith in God, and all things good take charge of your mind. The subjective or subconscious mind within each of us is of tremendous importance and significance, but it can be influenced negatively and positively. Be sure that you influence it only positively, constructively, and harmoniously. The subconscious possesses transcendent powers, but it is at the same time amenable to good and bad suggestions. The explanations which I gave him made a profound impression on him.

I gave him the following written prayer which he was to repeat for ten or fifteen minutes three or four times a day: "God's Love, Truth, and Wisdom flood my mind and heart. I love the Truth, I hear the Truth, and I know the Truth. God's River of Peace floods my mind, and I give thanks for my freedom."

He repeated the above prayer slowly, quietly, reverently, and with deep feeling, particularly prior to sleep. By identifying with harmony and peace, he brought about a rearrangement of the thought-patterns and imagery of his mind, and a healing followed. He knew that what was true of God was true of himself. He brought about a conviction by repetition, faith, and expectancy.

My prayer for him night and morning was as follows: "John is thinking rightly. He is reflecting Divine Wisdom and Divine Intelligence in all ways. His mind is the perfect mind of God, unchanging and eternal. He hears the Voice of God which is the Voice of Peace and Love. He understands the Truth, he knows the Truth, and he loves the Truth. God's River of Peace floods his mind. His mind is full of God's Wisdom and Understanding. Whatever is vexing him now is leaving him, and I pronounce him free and at peace."

I meditated on these words of Truth night and morning, getting the “feel” of peace and harmony; at the end of a week this young man was completely free. I fasted from the poisoned feast of sense-evidence and fear-symptoms. I had to cure myself of the belief in a diseased state, and outer results necessarily followed. I think my explanation was a great help to this young man. The ill state is conditioned in us as long as we see that state of illness portrayed. Our failure is due to absence of faith in the disciples (our mental faculties). We must contemplate the Infinite Perfection within us, and keep on doing so, until the day breaks and the shadows flee away.

He suffered not the demons to speak.

HOW YOUR MIND HEALS THE SICK

And he arose out of the synagogue, and entered into Simon's house. And Simon's wife's mother was taken with a great fever; and they besought him for her. And he stood over her, and rebuked the fever; and it left her: and immediately she arose and ministered unto them. Luke 4:38-39. Related passage, Matt. 8:14-15.

Some time ago, a woman told me her child had a very high fever and was not expected to live. The doctor had prescribed small doses of aspirin, and had administered an antibiotic preparation. The mother was involved in a contemplated divorce action and was terribly agitated and emotionally disturbed. This disturbed feeling was communicated subconsciously to the child, and naturally the child got ill.

Children are at the mercy of their parents and are controlled by the dominant mental atmosphere of those around them. They have not yet reached the age of reason where they can take control of their own thoughts, emotions, and reactions to life. This mother, at my suggestion, decided to get quiet and still by reading the *Twenty-third Psalm*, praying for guidance, also praying for the peace and harmony of her husband, and pouring out love upon him instead of resentment and rage. The fever of the child was the suppressed anger and rage of the mother which was felt by the child and expressed as a high fever, or a state of excitation of the mind.

Having quieted her own mind, she began to pray for the child in this manner: "Spirit which is God is the life of my child. Spirit has no temperature; it is never sick or feverish. The peace of God floods my child's mind and body. The Harmony, Health, Love, and Perfection of God are made manifest in my child's mind and body now. She is relaxed and at ease, poised, serene, and calm. I am now stirring up the gift of God within her, and all is well."

She repeated the above prayer slowly, quietly, and lovingly for about ten minutes. She noticed a remarkable change in the child, who awakened, and asked for a doll and for something to eat. The temperature became normal. What happened? The fever left the child because the mother was no longer feverish or agitated in her mind. Her mood of peace, harmony, and love was instantaneously felt by the child, and a corresponding reaction was produced in the child. She took her child by the hand, biblically speaking.

The *hand* means the Power of God. With the hand you fashion, mold, shape, and direct. It is symbolic of the Creative Power or Intelligence in all of us. She lifted her child by the *hand* in the sense that she lifted up the idea of health, harmony, and peace in her mind to the point of acceptance, and the Power of the Almighty responded accordingly. It is the nature of the Deeper Mind to respond to the nature of your thought. When the mother focused her attention on the idea of perfect health for her child, the Power of the Almighty flowed through her focal point of attention, and a healing followed.

When the Bible speaks of *entering into Simon's house*, it refers to what you are hearing. The word *Simon* means to hear, and *Simon's wife's mother* means the emotional state which follows what you have been hearing or giving attention to. If disturbed by some news, or if you become unduly excited, you must rise up in your *synagogue* (mind); *i.e.*, you should contemplate the Inner Presence as saturating every atom of your being. Then a wave of inner peace will follow, and all will be well. You *rebuke the fever* or sick state by contemplating the Omnipresence of God. This is Divine Science in action.

Great peace have they who love thy law and nothing shall offend them.

And it came to pass, when he was in a certain city, behold a man full of leprosy: who seeing Jesus fell on his face, and besought him, saying, Lord, if thou wilt, thou canst make me clean. And he put forth his hand, and touched him, saying, I will: be thou clean. And immediately the leprosy departed from him. And he charged him to tell no man: but go, and shew thyself to the priest, and offer for thy cleansing, according as Moses commanded, for a testimony unto them. Luke 5:12-14. Related passages, Mark 1:40-44. Matt. 8:2-4.

A *leper*, biblically speaking, is a person who through erroneous thoughts has separated himself from the real Source of life. It means a man who is governed by the five senses, and is psychologically and spiritually separated from his Divine Center. A leprous or impure condition is the result of being governed by the five senses with its fears, superstitions, and erroneous thoughts.

He put forth his hand, and touched him, saying, I will: be thou clean. You have seen men lay hands on people, and pray over them, and a healing followed; this has occurred from time immemorial. Sometimes people refer to the man who practices the laying on of hands as a “natural born healer.” Of course, we are all “natural born healers” for the simple reason that the Healing Presence of God is within all men. All of us can contact It with our thoughts. It responds to all. The Healing Principle is in the dog, the cat, the tree, and the bird. It is Omnipresent and is the Life of all things.

There are different degrees of faith. There is the man who, through faith, heals his ulcers, and another who heals a deep-seated, so-called incurable malignancy. It is as easy for the Healing Presence to heal a tubercular lung as a cut in the finger. There is no great or small in the God that made us all; there is no big or little, nor hard or easy. Omnipotence is within all men. The prayers of the man who lays his hand on another appeals to the cooperation of the unconscious; a response takes place, and *according to your faith* (feeling) *is it done unto you*. This is the time-honored procedure of healing.

And he charged him to tell no man. It is a wise procedure to refrain from going around telling everyone you had a spiritual healing. Many of your friends will pass derogatory and skeptical remarks which might undermine your faith, causing you to doubt and hence undo the benefits you received from the prayers of the healer and your own mental acceptance.

Shew thyself to the priest. When you pray, you are the *priest* offering up the *sacrifice*.^{*} Your feeling, mood, or attitude of receptivity is the connecting link between the Invisible and the visible. Your desire is your *offering*; you cleanse yourself by forgiving everyone, by sincerely wishing for all those who may have seemed to hurt you all of God’s blessings such as peace, love, joy, and happiness.

Having cleansed your mind of all impurities (negative imagery and destructive thoughts), you offer your gift (desire) to God by galvanizing yourself into the feeling of being one with your ideal. Become engrossed and absorbed in the joy of having heard the good news, or the joy of the answered prayer; this consumes the old state and gives birth to the new.

If you want a healing of your body, withdraw mentally from symptoms and evidence of senses and begin to think of God's Healing Presence within you. The five outward senses are now turned inward and focused on health and harmony. All your attention is on your health and peace of mind. The Almighty Creative Power flows through the focal point of attention. You feel the response of the Spirit flowing through you. The Healing Presence touches every atom of your being and you are spiritually enriched. Dwelling in conscious communion with the Divine, man oftentimes becomes intoxicated with the Spirit. A state of exhilaration of the whole being takes place. This spiritual awakening builds up the entire man, makes him new, so that each day adds a new joy. As we continue to pray scientifically, we are lifted up so that an outpouring of Spirit takes place, and our whole being is revived and recharged.

Dr. Alexis Carrel, in *Man The Unknown*, points out the marvelous effects produced by prayer. He cites a case of a cancerous sore which shriveled to a scar in front of his eyes. He recounts seeing wound-lesions heal in a few seconds, and pathological symptoms disappear in a few hours. Extreme activation of the processes of organic repair had set in. These healings of tumors, burns, etc., were due to nothing more than the release of the Healing Power within each one. God or Infinite Intelligence is the only Healer, the only Presence, the only Power. When we call on this Presence within, giving It supreme recognition, claiming that the Healing Power saturates our mind and body, we receive a corresponding flood of the Healing Power which permeates every atom of our body, cicatrizing wounds and making us whole. Our body begins to function harmoniously; its atomic and molecular formation once more is transformed into the way it is in the Divine Center within us; then we know the truth of the saying, *yet in my flesh shall I see God*.

When the Bible says, *offer for thy cleansing, according as Moses commanded*, you are to look at the word *Moses*, as Troward points out, as the Law—the way your deeper mind works. As you exalt your thought-patterns claiming and affirming your good, your deeper mind (the Law) automatically responds to the new mental pattern and mental imagery and a healing follows. The Law holds no grudges, no more so than the law of electricity. All you do is conform to the principle of electricity and results follow. You may have misused the principle for making water for fifty years; the moment you follow the correct procedure, you will get water.

And, behold, men brought in a bed a man which was taken with a palsy: and they sought means to bring him in, and to lay him before him. And when they could not find by what way they might bring him in because of the multitude, they went upon the housetop, and let him down through the tiling with his couch into the midst before Jesus. And when he saw their faith, he said unto him, Man, thy sins are forgiven thee. Luke 5:18-20. *Related passage, Mark 2:3-5.*

I say unto thee, Arise, and take up thy couch, and go into thine house. Luke 5:24.

I remember a case of palsy and tremors being treated some years ago. The man's legs would become locked so that inability to move was experienced. Panic would ensue, and the man would be frozen to the spot even in the middle of a busy street. This condition of constant fear, panic, and foreboding was wearing him down. The following procedure was adopted. The first step was to get him out of nature's way. After *agreeing quickly with thy adversary* he was told he must not continue in a state of quarrel, fear, and panic as to why he was beset with such a physical condition, causes which brought it about, etc. He admitted to himself that the condition was present and quite a problem, but that he didn't have to have it. He said to himself, "I am going to deny the worst and return to the Rock from whence I came."

He turned to the God-Presence within which created him and knew what to do. This Healing Presence is Omnipresent, Omniscient, and Omnipotent. He aligned himself with the Infinite, realizing that the Healing Presence was saturating every atom of his being and flowing through him as harmony, health, peace,

wholeness, and perfection. As he gradually filled his mind with these Eternal Verities, he became reconditioned to health and harmony. As he changed his mind, he changed his body, for the body is a shadow of the mind.

The Bible story says *men brought in a bed a man which was taken with a palsy*. The *bed* in which a man lies is his own mind. He lies down there with fear, doubt, condemnation, guilt, and superstition. These thoughts paralyze the mind and body.

In *Mark 2:1-12* where we have a slightly different version of the same story, it says the man was *borne of four*. The numeral *four* represents the manifested world, the objective manifestation of subjective states of consciousness. *Four* means termination, the end result, the completion of a cycle of consciousness, negative or positive.

We are told that Jesus (awareness of the Power of God) healed him by *forgiving his sins*. *To sin* is to miss the mark, the goal of health, of happiness, of peace. We forgive ourselves by identifying mentally and emotionally with our ideal and continuing to do so until it jells within us as a conviction or subjective embodiment. We are, of course, sinning also when we think negatively or when we resent, hate, condemn, or fear another person. If we think there is some power to challenge the One Power (God), we are also sinning because we are cohabiting mentally with evil, thereby attracting all manner of calamity, trouble, and loss. We sin when we deviate or turn away from our announced goal or aim in life which should always be peace, harmony, wisdom, and perfect health. To indulge in morbid imagery and destructive thoughts, we mar our happiness and miss the target of a full and happy life.

Jesus forgave the paralytic by saying, *Arise, and take up thy couch*, which means that Truth or God never judges or condemns. The Absolute does not judge—all judgment is given to the son. All men are sons of the Infinite. Your mind is the son or offspring of the Spirit; with that mind you claim, choose, select, and arrive at decisions and conclusions. If you err in your judgment or decision, you experience the automatic or compulsory reaction from your unconscious mind. Your mind is always forgiving you, because the moment you present it with new mental imagery and lovely patterns

of thought, it responds accordingly. It is perpetually forgiving you; this is called the love of God or the mercy of God.

The paralytic could not be cured until his sins had been cancelled; but once the inner state of mind is changed through contact with the Healing Power and his sense of oneness with It, he now rises through the Power of the Almighty (the One Power) and he no longer is carried around by four men, symbolic of worldly beliefs and erroneous impressions of all kinds. The outer change conforms to the inner, spiritual awakening.

And when they could not find by what way they might bring him in because of the multitude, they went upon the housetop. The multitude refers to man's mental accusers such as fear, self-accusation, remorse, and condemnation. When he realizes that Truth or God or the law of life never condemns, he ceases to condemn and forgives himself. Then instead of lying down prone in a bed of false beliefs and fears of all kinds, through his contact with the Almighty Power he stands upright in the law, visioning and imagining his perfect health and wholeness.

You must go on the *housetop* if you want an answer to your prayer. You must climb. You do this by reminding yourself of the One Omnipotent Power and your faith in It. We climb by faith; we soar aloft above our problem with wings of faith and disciplined imagination. Faith means to look up to the One, giving all your allegiance, devotion, and loyalty to God. Truth means to go in one direction only, knowing that the Great Physician is within, that He is healing you now, and that there is none to oppose, challenge, or thwart Him in any way. Fear is a denial of God and is nothing but a conglomeration of sinister shadows, without reality and with nothing to sustain it.

It is said they climbed up and opened the roof and let the paralytic down through the roof before Jesus. All this means is that in contemplating God and His Holy Presence, you are lifted up, your mind is open and receptive, and you let your deep, abiding conviction in the idea of perfect health sink down to subliminal levels within you. Jesus means God is your deliverer, the I AM within you, which receives the impress of your conviction and responds accordingly. If you break the roof of a house, you can see the

heavens above, the sun, moon, and stars. Don't let the press of worldly thoughts prevent you from receiving a healing. If your loved one is sick, open up the roof of your mind and let in the Healing Light, surrender your loved one to God and realize that he is now immersed in the Holy Omnipresence; see him as he ought to be, radiant, happy, and free. Claim what's true of God is true of your loved one. As you continue to do this, your loved one will rise up from his bed of pain, misery, and suffering, and walk the earth glorifying God.

And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered. And the scribes and Pharisees watched him, whether he would heal on the sabbath day: that they might find an accusation against him. But he knew their thoughts, and said to the man, which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth. Luke 6:6-8.

And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other. Luke 6:10. *Related passage, Mark 3:3-5.*

Elsie H. Salmon, a Missionary's wife in South Africa, tells in her book *He Heals Today* about a child with a deformed left hand. Three fingers were missing and in their place were tiny stumps. After prayer there was a growth of the whole hand at the end of the arm, and they began to unfold like a flower in front of their eyes. She also states that there is absolutely no doubt in the minds of people who have followed developments that a perfect hand is forming.

We must not look upon this as miraculous or something supernatural. We must begin to realize that the Creative Power which forms, molds, and shapes the body can certainly grow a hand, a leg, or an eye. After all where do the organs of our body come from? If you made an ice-box, couldn't you fix it if it were out of order, or if broken, couldn't you mend it and supply the missing parts?

When Jesus said, *Stretch forth thy hand*, you must look upon it as a drama taking place in your own consciousness. You are Jesus in action when you know that the realization of your desire would save you from any predicament, be it what it may. You are Jesus or the spiritual man in action when your conscious and subconscious mind

agree on the realization of your wish or prayer. When there is no further argument, and you have reached an agreement, you are Jesus Christ in action. Jesus represents your illumined reason, and Christ means the power and wisdom resident in your subjective self.

Elsie H. Salmon's faith in the Creative Power of God to form a new hand for a child caused the stunted arm to grow. Her faith is her savior or her Jesus. She is aware of the reality of what she prays for and knows that the nature of the Infinite Intelligence is responsiveness.

In the correct esoteric interpretation of the Bible, it must be understood that principles are personified as persons in order to make portrayal and interaction vivid and forceful. *Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?* 2 Cor. 13:5.

We must not however confine the story of the man with the withered hand to its literal meaning. *The hand* is a symbol of power, of direction, of effectiveness. With your hand you fashion, mold, create, and design. *The hand* of the Almighty means the Creative Power of God focused or directed on some objective. Symbolically a man has a *withered hand* when he has an inferiority complex, feels guilty, inadequate, or is a defeatist. Such a man does not function efficiently and is not expressing his God-given powers.

We stretch forth our hand when we release our Hidden Power and become channels for Divine Love, Light, Truth, and Beauty.

His hand was restored whole as the other means a healthy, happy, well balanced, and wholesome personality. Numbers of people are sick, unhappy, dissatisfied, inept, and inefficient. Their attitude toward life is all wrong; moreover their work is shoddy and desultory. They do not sing in their hearts at their work. Whenever you turn with confidence and trust to the Almighty Power within knowing that you are guided, directed by this Inner Light, and that you are expressing yourself fully, you will actually become a channel for the Divine and you will move from glory to glory.

The dreams, ambitions, ideals, plans, and purposes of many are withered and frozen in the mind because they do not know how to bring them to pass. The external world denies their desire. Not knowing the laws of mind and how to pray scientifically, they find

their wonderful ideas die aborning in their minds, resulting in frustration and neurosis. If you look around you in your office or factory, you will see many people with a *withered hand*. They are stagnating, literally dying on the vine. Life is progressive, life is growth. There is no end to our unfoldment or creativeness. We wither our hand (our ability to achieve and accomplish) by saying, "If I had Joe's brains or his wealth . . . his connections . . . I could advance and be somebody. But look at me, just a nobody. I was born on the wrong side of the tracks. I must be satisfied with my lot. I have a withered hand."

This is the way many people talk. They are constantly demoting and depreciating themselves. Liquidate, banish, and eradicate from your mind fear, doubt, and ill-will. Trust God completely, go all the way out on a limb and say with feeling and humility, "I can do all things through the God-Power and Awareness which strengthens, guides, comforts, and directs me." Watch the wonders you will perform. *Stretch forth your hand* by enlarging your concept or estimate of yourself. Aim high, raise your sights, realize you will always go where your vision is. You will be *stretching forth your hand* as you get a picture in your mind of what you wish to achieve. Touch this with faith in the God-Wisdom to bring it forth and you will see it made manifest on the screen of space. You will be satisfied for awhile; then a divine discontent will stir you again, causing you to aim higher and higher and so on to infinity.

To *stretch forth your hand*, when psychologically understood, is the soundest, simplest, and most wonderful philosophy any man can have.

I say unto you now, *Stretch forth thy hand*.

ABSENT TREATMENT AND THE HEALING OF INSANITY

And when he was now not far from the house, the centurion sent friends to him, saying unto him, Lord, trouble not thyself: for I am not worthy that thou shouldest enter under my roof: Wherefore neither thought I myself worthy to come unto thee: but say in a word, and my servant shall be healed. For I also am a man set under authority, having under me soldiers, and I say unto one, Go, and he goeth: and to another, Come, and he cometh: and to my servant, Do this, and he doeth it. When Jesus heard these things, he marvelled at him, and turned him about, and said unto the people that followed him, I say unto you, I have not found so great faith, no, not in Israel. And they that were sent, returning to the house, found the servant whole that had been sick. Luke 7:6-10. Related passages, Matt. 8:5-13. John 4:46-53.

Here is the technique of absent treatment portrayed in a beautiful and simple way. You are told how to pray for another or send your *word* and heal him. When you pray for another, or give what is termed a mental and spiritual treatment, you simply correct what you hear and see in your mind by knowing and feeling the other's freedom. Faith comes to you as you leave the literal interpretation of life and enter into the psychological, spiritual interpretation of life.

Many of you, like the author, were no doubt in the United States Army and you know how to take orders. A soldier is conditioned to obey implicitly his superior officers. After considerable training the soldier becomes disciplined; *i.e.*, his mind and body are definitely bent to certain actions. The officer is a man of authority. He has learned to command, but first he had to learn to take orders himself; and he, too, is subject to authority from his superiors.

When you pray for another, you must be a good soldier; you must learn how to stand at attention and follow the order, "Eyes right." You

must give attention to the spiritual values or Truths of life and keep your “eyes right” by seeing (spiritual perception) the other as he ought to be, happy, peaceful, and free. You must begin to discipline your thoughts, feelings, emotions, and faculties. You know very well that you can begin now as you read these lines. If your thoughts wander, bring them back and say to them, “I told you to give attention to health, peace,” or whatever it is you are concentrating on.

The servants are your thoughts, ideas, moods, feelings, and attitudes of mind. They serve you nobly or ignobly, depending on the orders you issue. If you are an employer, you may order the employees to do certain things in the store. You expect them to obey; you are paying them to conform to your business methods and processes. In the same manner, you order your thoughts around. You are the master, not the serf or slave. Surely you do not and will not permit the gangster-thoughts of hate, fear, prejudice, jealousy, rage, etc., to order you around and make a football of you.

When you begin to discipline your mind, you do not permit doubt, anxiety, and false impressions of the world to browbeat, intimidate, and push you around. You are conditioning your mind so that you definitely issue orders to your thoughts to give attention to your aims in life, to your ideals; likewise, you direct and channel all your emotions constructively. You have complete dominion. You can’t visualize an emotion. You must remember that emotion follows thought; and when you control your thoughts and mental imagery, you are in charge of your emotions.

No person, place, or thing can annoy you, disturb you, or hurt you—they do not have that authority. For example, another could call you a skunk. Are you a skunk? No. The suggestions or statements of the other could not affect you except through your thought. This is the only emotional power you have. Your thought in such an instance could be, “God’s peace fills that man’s mind.” You are in charge of the movement of your mind. You can move in anger, hate, or revenge; also, you can move in peace, harmony, and good will.

The disciplined mind is accustomed to take a spiritual medicine called “In tune with the Infinite.” The moment you are tempted to react negatively, identify immediately with your aim. Switch to your

ideal immediately and you have overcome and are victorious. You are a man of authority, and you say to your thoughts (servants) *go and they go, come and they come*.

You can give your faculty of imagination to anything you wish, such as lack, loss, or misfortune. You can discipline, direct, and focus your imagination on success, health, and prosperity also. What you imagine and feel as true comes to pass. Let your imagination become the workshop of God, which is what it should be.

Let me cite the misuse of imagination. A mother whose son is rather late arriving home begins to imagine that he has met with some disaster. She sees in her vivid, distorted, twisted mind mental pictures of him on a hospital cot or she dramatizes an accident in her imagination. She can *send her word and heal him* and herself also. She must learn how to pray scientifically and become a good soldier who follows orders.

You are under *Holy Orders*^{*} when you pray. You have surrendered your ego and intellectual pride in your own thoughts, viewpoints, and perspective, yielding to the God-Wisdom within. You are under orders now to bring forth harmony, health, peace, joy, wholeness, and beauty in the world. You are here to let your light shine. You must have faith and complete trust in the Omnipotence, Omniscience, and Boundless Love of the Infinite which seeks only to express Itself. Identify yourself mentally and emotionally with God. You feel and know that you are a channel for the manifestation of all of God's attributes, qualities, and potencies, and that God flows through you as harmony, health, peace, joy, and abundance. As you make a habit of this kind of prayer by frequently repeating or affirming these Truths, your mind will become imbued with Eternal Verities, and you will find yourself under a Divine compulsion to bring forth only the good, the beautiful, and the true. You have placed yourself under *Holy Orders*, or Orders of the Only One—God. You become a God-directed man, a divinely ordained person whose sole mission in the world is to follow the orders of the *Holy One who inhabiteth Eternity whose name is perfect*.

Whose orders are you carrying out? *Ye are servants to whom ye yield yourself, servants to obey*. Whatever idea I yield to, or give

myself to, will dominate, control, and compel me to act it out as frustration and expression.

In the above instance, whose order do you think the woman was obeying when she had all kinds of misgivings about her boy—bombarding him with a barrage of negation and with dire forebodings which if continued would have had catastrophic implications? This woman was taking her orders from the thoughts of fear, worry, and anxiety. In other words the marauders and intruders in her mind were browbeating her and making her a nervous wreck.

Begin now to *stretch forth your hand* by realizing there is no limit to your possibilities. Feel and believe God is your Silent Partner, counseling, directing, and governing you. As you do this, your life will be wonderful and satisfying. It will be more useful and constructive than it is. Begin to know yourself. Try the amazing power of true prayer as outlined in each chapter of this book. As you yield yourself to the God-Wisdom, you will live a better life than you ever dreamed of.

Arise, take up thy bed (new mental attitude) *and walk* the earth radiant, happy, and free.

Now when he came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow: and much people of the city was with her. And when the Lord saw her, he had compassion on her, and said unto her, Weep not. And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise. And he that was dead sat up and began to speak. Luke 7:12-15.

Here is a wonderful, psychological drama. The *dead man* is your desire which you have failed to manifest. As you claim you now are what you long to be, you are resurrecting the *dead man* within you.

According to your belief is it done unto you. To believe something is to accept it as true. We are told the dead man was the son of a widow. A *widow* is a woman whose husband is dead. When we are not married, mentally and emotionally, to God and His truths, we are truly dead to peace, joy, health, happiness, and inspiration. A true widow is one whose husband is God, or the Good, and who is not governed by sense-evidence and worldly belief. The *son*, the desire, of such a woman will not remain dead because she turns to her

Lord, which is the Creative Power within her and, with the door of her five senses closed, she completely rejects all that her senses deny. Silently and lovingly she claims and feels herself to be what she longs to be, knowing in her heart that her Lord (the Spirit within) will honor and validate her claim. She lives, moves, and has her being in the mental atmosphere of complete acceptance; as she continues to qualify her consciousness in this way, she reaches an inner conviction, thereby resurrecting the *dead man* within her. Her inner mood of triumph is her *Lord* commanding the *dead man*. *Young man, I say unto thee, Arise.*

This is the external manifestation of her subjective embodiment or the joy of the answered prayer. Whatever we appropriate and assimilate in consciousness, we resurrect. When it says the *dead man sat up and began to speak*, it means that when your prayer is answered you speak in a new tongue. The sick man who is healed speaks in the tongue of joyous health and exudes an inner radiance. Our dead hopes and desires speak when we bear witness to our inner beliefs and assumptions.

As a corollary to this, I would like to relate about a young man I saw in Ireland a few years ago. He was a distant relative. He was in a comatose condition; his kidneys had not functioned for two days. I went to see him accompanied by one of his brothers. I knew he was a devout Roman Catholic and I said to him, "Jesus is right here now and you see him. He is putting his hand out and is this moment laying His hands on you."

I repeated this several times, slowly, gently, and positively. He was unconscious when I spoke and was not consciously aware of the presence of any of us. He sat up in bed, opened his eyes, and said, "Jesus was here; I know I am healed; I shall live."

What happened? This man's unconscious mind accepted my statement that Jesus was there and his subconscious projected that thought form; *i.e.*, this man's concept of Jesus was portrayed based on what he saw in church statues, paintings, etc. He believed Jesus was there in the flesh and that he had placed his hands upon him.

The readers of this book are well aware of the fact that you can tell a man in a trance that his grandfather is here now and that he will see him clearly. He will see what he believes to be his grandfather.

His subconscious projects the image of his grandfather based on his subconscious, memory picture. You can give the same man a posthypnotic suggestion saying to him, "When you come out of the trance, you will greet your grandfather and talk to him."

He does exactly that. This is called a subjective hallucination. The faith kindled in the unconscious of my Catholic relative, based on his firm belief that Jesus came to heal him, was the healing factor. It is always done unto us according to our faith or mental conviction. The subconscious is amenable to suggestion even though the subject is unconscious; the deeper mind can receive and act upon the suggestion of the operator. In a sense you could call such an incident the *resurrection of the dead*. It is the resurrection of health, faith, confidence, and vitality. We must never let hope, joy, peace, love, and faith in God die in us; that state of mind is the real death. We should die to fear, ignorance, jealousy, envy, hate, etc. We should starve these states to death by neglect. When fear dies, there is only room for faith. When hate dies, there is only room for love. When ignorance dies, there is only room for wisdom.

Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, Let us go over unto the other side of the lake. And they launched forth. But as they sailed he fell asleep: and there came down a storm of wind on the lake: and they were filled with water, and were in jeopardy. And they came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm. Luke 8:22-24.

Here we are told how to control our emotions and heal the turbulent soul. This is a story of everyone, not just about men in a ship, because we are always traveling somewhere psychologically speaking. When beset with a difficulty, we seek an answer, a solution. When fearful, we must move to faith. The journey is always first in the mind the body follows where the mind goes. The body cannot do anything or go any place unless the mind agrees and directs. Consciousness is the only power and the only mover. The consciousness of man is perpetual motion. Our mind is always active, even when asleep.

Our *disciples* are our mental attitudes, moods, and faculties which go with us wherever we go. We must not let *Jesus go to sleep in the boat*. In order to understand the science of life in the Bible, you must regard—*Jesus*, the *boat*, the *wind*, the *waves*, and the *disciples*, as personifications of truths, faculties, moods, and thoughts of mankind. Your *Jesus* is your awareness of the Divine Power within you, enabling you to achieve, accomplish, and realize your objectives. Your knowledge of the laws of mind and your use of mental and spiritual laws is your *savior* or solution at all times, everywhere.

You must not permit *Jesus to sleep in the boat*, which means you must not go blithely along with the winds (opinions of man) and waves (fears, doubts, envy, hatred, etc.) of the race mind. The *lake* is your mind; when your mind is at peace, God's wisdom and God's ideas rise to the surface of your mind. The mind that stays on God feels God's River of Peace flowing through it and is full of poise, balance, and serenity. The *Storm of wind* represent the fear, terror, and anguish which seize man at times, causing him to vacillate, hesitate, and tremble with anxiety. He finds himself pulled two ways; his fear holds him back and prevents him from going forward.

What do you do when fear and limitation seize your mind? Realize that when you are looking at your desire, you see your *savior* or the solution in your mind. Your *savior* is always knocking at the door of your mind. Perhaps you are working for the government and you are saying, "Oh, I can't make any more money; I've reached the maximum." You are now seeing the *waters* of confusion and doubt welling up in you. Don't become submerged in these watery, negative emotions. Wake up your *savior*, stir up the gift of God within you.

Do it in this way. Realize first of all that the wish, desire, ideal, plan, or purpose you want to realize is definitely a reality of the mind, though invisible; then realize that by uniting with your desire mentally, you can definitely and positively move over the turbulent, noisy, and foaming waters of fear and hesitancy. Your faith is your feeling and your awareness that the thing you are praying for is a reality of the mind in the form of an idea or desire. Inasmuch as you thought about it, it is real. Trust the mental picture; it is real. By contemplating its reality you *walk over the waters* and you *quiet the*

waves of fear. Your fear has abated because you know that when you focus your attention on your ideal, the Creative Power of God flows through that focal point of attention. You are now *stilling the waves*. You have disciplined your mind. You have reasoned it out and you know that the idea is always real. The thought is *the substance of things hoped for, the evidence of things not seen*, for the simple reason that you believe in the possibility of the execution of the idea.

Keep your eyes on your goal, your objective, knowing in your heart that there is an Almighty Power which supports you in all your ways. It never deserts you or leaves you. The subjective mind responds to your constructive thinking and feeling; thereby sustenance, strength, and power are given you. To look down at the waves of fear, false belief, and error is to sink. Look up and you will go where your vision is. Your ordered mind, your faith, and confidence enable you to walk over all the water of life to *green pastures and still waters*. You can *command the winds and waves*, and they will obey.

And when he went forth to land, there met him out of the city a certain man, which had devils long time, and ware no clothes, neither abode in any house, but in the tombs. When he saw Jesus, he cried out, and fell down before him, and with a loud voice said, What have I to do with thee, Jesus, thou Son of God most high? I beseech thee, torment me not. (For he had commanded the unclean spirit to come out of the man. For oftentimes it had caught him: and he was kept bound with chains and in fetters; and he brake the bands, and was driven of the devil into the wilderness.) And Jesus asked him, saying, What is thy name? And he said, Legion: because many devils were entered into him. And they besought him that he would not command them to go out into the deep. And there was there an herd of many swine feeding on the mountain: and they besought him that he would suffer them to enter into them. And he suffered them. Then went the devils out of the man, and entered into the swine: and the herd ran violently down a steep place into the lake, and were choked. When they that fed them saw what was done, they fled, and went and told it in the city and in the country. Then they went out to see what was done; and came to Jesus, and

found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid. Luke 8:27-35. *Related passages*, Matt. 8:28-32. Mark 5:1-13.

In reading this account, it certainly reminds you of a manic-depressive type of psychosis. This is, of course, a form of mental derangement and is characterized by combativeness and destructivity. In the book of *Mark* we have a story similar to the above wherein the maniac is depicted as *living among the tombs*.

The *tombstones* are a record of the dead, which means here that the man is living in the dead past, nursing some old grudge or grievance until it becomes an obsession in his mind. The madman is a man who has allowed or permitted the gangsters of remorse, hate, revenge, or self-pity to take charge of his reasoning, discriminating mind. We must never abdicate and let destructive, negative emotions control us. Emotion follows thought; and by redirecting our thought life, we control our emotional life. Man cannot visualize an emotion. He has to construct the scene or event in his mind and relive it, thereby generating the emotion. In psychiatry the doctors endeavor to correct the basic conflicts of the patient and give him a new orientation.

Jesus addressing the insane man asks, *What is thy name? And he said, Legion: because many devils were entered into him.* I knew a man in New York who feared that whenever he went into a bar that some evil entity was lurking in the shadows somewhere to take possession of him. I don't know where he heard or read of such rank superstition. This belief governed his mind and caused all kinds of trouble. His subjective mind, being dominated by this all-potent but false suggestion, gained control of his reasoning faculties and his reason abdicated. He had to experience the effects of such a false belief; this subjective false belief gained the ascendancy. He began to hear what he supposed to be spirit voices, not knowing he was talking to himself. He thought he was conversing with supernatural entities. He began to realize that his subconscious mind was simply acting in obedience to the false suggestions of fear and belief in spirits which he had dwelt upon so long. The subconscious will assume a dozen different characters whose collective name is *Legion*. This man went to a clergyman who used the ritual of the

Church to banish the tormentors. The procedure of the exorcist was, as the reader will readily conclude, a series of incantations or adjurations in the name of Jesus Christ. The ritual, ceremony, and prayers of the exorcist instilled great faith and confidence in the subconscious mind of the man. He was very receptive to the power of the Church and the priest to cast out his so-called devils. The exorcist had confidence in what he was doing also. This coupled with the faith of the so-called possessed man brought about a marvelous healing. The priceless ingredient in the whole process was simply faith, which brought about a basic change in the mental attitude of the patient that generated a healing. It was, of course, blind faith which is certainly better than no faith at all. The bones of saints, certain waters, the incantations of a witch doctor may affect the deeper mind and cause a psychological transformation inducing faith and receptivity.

Divine healing or Spiritual healing refers to the harmonious functioning of our conscious and subconscious minds. Our mind contains within its conscious and subconscious areas all our desires, characteristics, tendencies, and urges with which we were born. Through the process of thinking, education, and experience we have acquired many attitudes and habits of various kinds. Man is a creature of habit. When we begin to think intelligently we deliberately reject all negative thoughts and opinions. When we fail to realize a desire or ideal, we become full of fear and frustration, this leads to unconscious impressions. These repressed urges and tendencies seek expression and an outlet. These destructive emotions manifest as inner conflicts; if those are not resolved, disorganization of the mentality takes place and a completely disordered mind is the result.

The subjective self in us is forever seeking to restore a balance in us; when our fears, tensions, and conflicts become unbearable, nature or the Divine Self in us causes us to lose all consciousness of the problems; this is called insanity. The mind is now deflected and detached from the strain and stress which caused the trouble. Imbalance results when we fail to choose between good and evil. We must not seek to solve our problems without Divine Wisdom and Divine Power. The mental derangement is simply the expression of deep, repressed urges and conflicts which are too great to bear. A

complex is a group of ideas highly charged with emotion seeking expression.

If a man is full of hatred and prejudice, he is living in *the tombs*. When these are exposed and held up to the light of reason, they are dissipated. In Bible language, you are Jesus casting out the devils of hate, prejudice, and jealousy. These obnoxious complexes are always hiding in the *tomb* (subconscious mind). When men refuse to acknowledge and hold up their prejudices, peeves, and grudges to the light of reason, these ideas are forced down beneath the conscious level of personality and they are bound by the chains of fear, ignorance, and various mental obsessions. When we nurse grudges, prejudices, revenge, and remorse they sink into the unconscious area of mind like a smoldering fire ready to explode sooner or later. If we recognize these smoldering flames and handle them intelligently, we can be free and lead a normal life.

Our emotional side of life is the driving power. It would be a good thing for all of us to take a good look at ourselves and see if the qualities we criticize so harshly in others are not in ourselves. When our story says the insane man sat at the *feet* of the Master, it depicts our understanding of the laws of mind and how they work.

When you are asked to pray for an insane man in the hospital, you can't get his cooperation. He has ceased to reason and discriminate. Actually he is governed by the ghosts of the subconscious that walk the gloomy galleries of his mind. When you pray for such a type of person, it is necessary to do all the work yourself. You have to convince yourself of his freedom, peace, harmony, and understanding. You could pray two or three times a day in this way: "I now decree for John Doe that the intelligence, wisdom, and peace of God are made manifest in him and he is free, radiant, and happy. He is now clothed in his right mind. The Mind of God is the only Real and Eternal Mind; this is his mind, and he is poised, serene, calm, relaxed, and at ease. He is full of faith in God, in life, and all good things. I decree this, I feel it, and I see him whole and perfect now. Thank you, Father."

By repeating these Truths to yourself, realizing that there is but one mind, you will gradually, through frequent picturing in your mind, reach a dominant conviction; and the man you are praying for will at

that moment be healed. In a case such as the above, all healing has to be done in the mind of the practitioner. The practitioner must not at any time give power to symptoms, or the prognosis of the case. He must rely exclusively on the operating Principle of Life which forever responds to his faith and trust in it. When you pray for another, you leave the realm of time and space, of appearances and circumstances, the verdict of the world, and you judge righteous judgment. This means that you come to a conclusion that the Inner Man (the Spiritual, Divine Presence) cannot be sick, confused, or insane. Nothing could ever happen to Wisdom, Peace, Harmony, Intelligence, or Divine Love. The inner man has all of these qualities and attributes, and the practitioner by meditating on the Eternal Life, perfect mind, and absolute peace of the mentally sick man, dissipates and dissolves the mist of fixed opinions and error thoughts that separate the man from God's River of Peace. Become aware now of the Almighty Power which is Invisible and Intangible. Don't struggle in your prayer-work; then you will find the outer coat of painting will fade away, and the masterpiece will be revealed in all its pristine glory.

The story says *the devils went out of the man and entered into the swine: and the herd ran violently down a steep place into the lake, and were choked*. Pigs were chosen symbolically as pigs decapitate themselves when swimming; likewise, when we begin to swim psychologically in the waters of life, our negative thoughts and confusions (devils) die from want of belief. The past dies for you when you no longer think of the past. If you feel you can't accomplish or cannot be healed, you are looking back at the past, you are living *among the tombs*. Don't listen to these messages of the past. The ideal or desire which beckons, which says to you, "Arise, go forth, achieve," is the savior walking down the corridors of your mind. Accept that ideal as real now and walk as though you possessed it. You are now *clothed* in your right mind, and a wave of peace moves over you because you realize that which you seek already is. This is why the Bible says, *Lift up your eyes, look on the fields; for they are already white to harvest*.

And, behold, there came a man named Jairus, and he was a ruler of the synagogue: and he fell down at Jesus' feet, and besought him

that he would come into his house: For he had one only daughter, about twelve years of age, and she lay a dying. But as he went the people thronged him. And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, came behind him, and touched the border of his garment: and immediately her issue of blood stanch'd. And Jesus said, Who touched me? When all denied, Peter and they that were with him said, Master, the multitude throng thee and press thee, and sayest thou, Who touched me? And Jesus said, Somebody hath touched me: for I perceive that virtue is gone out of me. And when the woman saw that she was not hid, she came trembling, and falling down before him, she declared unto him before all the people for what cause she had touched him, and how she was healed immediately. And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace. While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master. But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole. And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden. And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth. And they laughed him to scorn, knowing that she was dead. And he put them all out, and took her by the hand, and called, saying, Maid, arise. And her spirit came again, and she arose straightway: and he commanded to give her meat. Luke 8:41-55. Related passages, Matt. 9:20-22, 14:35-36. Mark 5: 28-34.

All these stories are psychological and must be interpreted as such. You are *Jairus* which means the ruling thought in the mind; *you throw yourself at Jesus' feet; i.e.,* you begin to realize that based on your new understanding of the Power of God in you, you can resurrect the *dying child*. The *dying daughter* represents your unfulfilled ambition, the desire of your heart. *Jesus, Jairus, the daughter, the woman with the issue of blood, Peter, James, and John*—all these characters are within each of us. It is a story of everyman. Our *daughter* (desire) *is dying* because we lack the faith to resurrect it. *A woman with the issue of blood* cannot give birth, she

cannot conceive. A bleeding womb cannot possibly give form to a body. *Woman* means emotion, feeling. When our emotions are running wild and undisciplined, we are symbolically *bleeding from the womb*. Energy and vitality are being wasted because of fear, worry, and doubt. The *womb* (mind) must be closed in order to procreate.

As you go within and shut the door of your senses to all objective evidence and assume that you are what you long to be, you are closing your *womb* (mind) and will succeed in giving form to your idea or plan. Your thought is creative; when you begin to think on what you wish to express, the Creative Power of God responds and by remaining faithful to the new mental focus, you will resurrect your *child*. You know in your heart that *the child is not dead* and that you can bring it forth. Your new attitude of mind which is your faith closes the *womb*.

Thy faith hath made thee whole. Faith comes through hearing that there is only One Sovereign and Supreme Power which can do all things for It is Almighty. As we give our attention to the Truth about this One Power, we are said to hear it. Let us hear the Truths about the Power of Love, faith, and good will, and let us trust our subjective wisdom to reveal to us the answer to any problem. Faith is going in one direction only. Many people give their ear or attention to lies, falsehoods, superstition, and erroneous concepts of all kinds. When we do this, confusion reigns supreme.

Somebody hath touched me: for I perceive that virtue is gone out of me. You can mentally and emotionally touch faith, love, joy, and peace. When you mentally appropriate the idea of perfect health, the Healing Presence responds, and you are made whole—this is the virtue that comes out of the depths of yourself.

We are told that *they laughed him to scorn*. Is it not true that your five senses mock and laugh at you? Do they not challenge you and say, “It can’t be done,” or “It is impossible.” This is why you suspend your senses and direct your mind to give attention to the new mental picture, and as you envelop this desire with the mood of love, you become one with it. This is the meaning of taking *Peter, James, and John into the house with Him*. The *house* is your mind or consciousness. Your own I AM-NESS is the father and mother of all

ideas, desires, concepts, and urges. *Peter* means faith in God; *James* means to judge righteously, *i.e.*, to hear the good news only; *John* is love or a sense of atonement, at-one-ment, with your ideal. We actually take these three qualities with us whenever we recognize a state as true that is not evident to the senses. Our reason and senses may question, ridicule, scoff, and laugh, but if we will only go within, knowing that when we feel something as true, Omnipotence moves in our behalf; then, though the whole world would deny it, we would demonstrate our desire because we are sealed in faith, and *according to our faith is it done unto us*.

YOUR HEALING PRESENCE

And, behold, a man of the company cried out, saying, Master, I beseech thee, look upon my son: for he is mine only child. And, lo, a spirit taketh him, and he suddenly crieth out; and it teareth him that he foameth again, and bruising him hardly departeth from him. And I besought thy disciples to cast him out; and they could not. And Jesus answering said, O faithless and perverse generation, how long shall I be with you, and suffer you? Bring thy son hither. And as he was yet a coming, the devil threw him down, and tare him. And Jesus rebuked the unclean spirit, and healed the child, and delivered him again to his father. And they were all amazed at the mighty power of God. Luke 9:38-43. Related passages, Matt. 17:14-21. Mark 9:17-29.

There are similar stories in the *Book of Mark* and *Matthew*, which definitely seem to indicate a disease known as epilepsy today. Of course, looking at the story literally one would think of demon possession which was the popular belief in those days. The boy is thrown down; he foams at the mouth and wallows on the ground suffering from convulsions. The Bible does not mention the word epilepsy. The word is derived from the Greek word *epilepsia*, which means a falling sickness characterized by seizures. The Greeks called epilepsy the sacred disease because it was believed to be caused by the moon. As we all know, the term lunatic comes from the Latin word *lunaticus*. In ancient symbology the moon meant the subconscious mind. The sun was the illumined intellect or the conscious mind full of wisdom.

In other words the Bible is saying the child had a subconscious poison pocket which was the cause of his seizures and epileptic fits. *The sun shall not smite thee by day, nor the moon by night.* Psalms. 121:6. Modern psychology and psychiatry show definitely that mental

and physical disorders have their roots in the depths of the deeper mind, called the subconscious or unconscious.

Negative subconscious patterns are called *pestilences of the darkness*. By turning to the God-Presence within and calling on the Power and Goodness of God, we bring the action of God to play in our life. We prove our allegiance, devotion, and love for God by identifying ourselves with His qualities and by absolutely refusing to recognize evil as having any power over us. Because of our faith in the One Power, we claim His Perfect Harmony and Perfect Peace which is His Will.

Hippocrates, about 400 B.C., recognized this type of mental disorder called epilepsy which in his time was believed to be caused by divine beings. He ridicules the superstitions of his day and points out that the disease could not be of divine origin for the simple reason that the condition was healed by purifications and various incantations which were in vogue at the time. A local psychiatrist told me that his study of Hippocrates showed that this famous physician had a wonderful knowledge of the causes underlying mental disorders of all kinds.

Whether the child in question was an idiot child, deaf and dumb, or an epileptic doesn't matter. We must realize in praying for another that *with God all things are possible*. The *Book of Mark* says this type of case is healed by *prayer and fasting*. *Fasting* means, fasting from the sense evidence, symptoms, and race belief. We must *fast*; *i.e.*, mentally reject the poisoned feast of objective evidences.

Where did this healing take place? Jesus, as the story goes, had to heal himself of the disease, whether insanity or idiocy, and outer results necessarily followed. It is the *prayer of faith* which gets results. The mentally deranged state of consciousness is conditioned in us as long as we see that condition of illness portrayed. The failure to heal an insane child or an idiot is not the child's fault but the absence of faith in the *disciples* (mind's faculties). The one praying must cure himself of the claim supposedly gripping the ailing child; the condition is actually gripping the practitioner who is unawakened yet to the Truth. When we fail in this type of case, we simply have failed to fix our mind's eye on the embodiment of health which the ailing one needs.

We are told the reason the disciples could not heal the sick boy was due to unbelief. There is a deep unconscious belief in the minds of people that certain diseases are difficult to heal; when they see a lunatic and his symptoms, their senses are deeply impressed with the difficulties. The *disciples* spoken of are our own attitudes, mental faculties, and viewpoints. We must completely detach ourselves from the evidence of senses and identify with the Omnipotent Healing Presence, paying no attention to appearances and symptoms. Power, faith, confidence, and elevation of consciousness will come as we consider the Divine Masterpiece within and not the appearance.

Here is a treatment I use in treating mental disorders such as insanity, etc. I go within myself, mention the name of the patient; then I think of God for three or four minutes by mentally dwelling on Infinite Peace, Harmony, Divine Intelligence, Divine Love, and Wisdom. At the same time I claim that that which is true of God is true of the one I am praying for. I try to get the *feel* that all is order, harmony, bliss, peace, and joy in the mind of the person being prayed for. In this way I induce the mood or mental atmosphere of peace, health, and harmony. When I feel that I have done the best I can, I leave it and pronounce the person whole. I may repeat this treatment two or three times a day or as often as I am led to do so, always praying as if I had never prayed before. If I have only a partial realization, the person in question will feel better. The main thing is to keep on keeping on until the *day breaks and the shadows flee away* in your own mind.

The main purpose of all our prayers for others is to get the feeling of inward joy, and God will do the rest. In prayer we must go to *heaven*; that means a state of inner peace and rest. As we enter this *heaven* frequently, we shall see heaven on earth.

And he was teaching in one of the synagogues on the sabbath. And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her: and immediately she was made straight, and glorified God. And the ruler of the synagogue answered with indignation,

because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work. in them therefore come and be healed, and not on the sabbath day. The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass from the stall, and lead him away to watering? And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day? Luke 13:10-16.

Healing by the laying on of hands has gone on for countless generations. I have seen some remarkable healings performed in that manner. Some say they are gifted and that their hands are *healing hands*. Of course if they believe that they have this divine gift of healing, it is done unto them as they believe. The truth of the matter is that all of us have the gift of healing. It is not a divine prerogative bestowed on the few. The Healing Presence is operating within you twenty-four hours a day. Did you ever consider all the cuts, bruises, and scratches you experienced when young? Did you not notice an Infinite Intelligence at work? It formed thrombin, closed up the cut, gave you new cells, and a complete healing took place. This happened in all probability without your being aware of it. The Intelligence within is constantly renewing your body. Faith causes this Healing Power to speed up tremendously, so much so that you can experience an instantaneous healing. As a matter of fact, a great number of churches of all denominations practice the laying on of hands.

We are told that the woman in the Bible story was healed on the *sabbath*. Many practice the *sabbath* from a literal standpoint, thinking it is a sin to drive a nail on the sabbath or do work of any kind. Some go to extremes and won't even handle money on the sabbath. All this is meaningless. *The sabbath* is an inner stillness, an inner certitude, whereby man reminds himself of the availability of the God-Presence in all emergencies, at all times, everywhere. You are *walking in the sabbath* when you accept in your mind that your prayer is answered. When you meditate and pray and succeed in reaching the point of inner peace; then your prayer is answered. You have reached the seventh day, the seventh hour, which psychologically means the moment of conviction. You are in the

sabbath when your heart is aflame with the Glory of God and the certainty of His response, and at that moment you will experience an instantaneous, Divine transfusion of energy, power, vitality, and life.

We must realize that external acts, ritual, ceremony, and conforming to rites, precepts, and ordinances of some organization or church is not real religion or true worship. A man may observe all the rules and regulations of his church and at the same time violate all the laws of God in his heart. He could go to church every day of the week and yet be very unreligious. We must become aware of the fact that the only change that matters is the internal change, the change of the heart, where you have actually fallen in love with spiritual values; then all fear, enemies, and sickness will fall away.

When you walk in the consciousness of peace, health, and happiness, you are *in the sabbath* all day long. You are *in the sabbath* when you feel and know that it is impossible for your prayer to fail. You are unmoved, undisturbed, calm, serene, and tranquil because you are carrying in your subjective mind a divine impression, a subconscious embodiment of your ideal. You know that there is always an interval of time between the subjective embodiment and the objective manifestation. Your inner certitude and imperturbability is the sabbath, and *it was on the sabbath day that she was healed*.

The *ruler of the synagogue* mentioned in the Bible means the ruling thought or prevailing worldly viewpoint or opinion. *The synagogue* is your mind where the aggregation of thoughts, feelings, moods, and opinions gather. Jesus is always available, which means when you are looking at your desire, you are really looking at Jesus, or your solution, or that which saves. *The Woman who has the infirmity* means the feeling of weakness, the depressed state of consciousness, the subjective belief in some crippling disease. The word *woman* means emotional nature, the subjective side of life. Whatever our disease, it represents a negative pattern of thought, charged with emotion in our subliminal depths. The *ruler of the synagogue* represents the fear thoughts, the doubts, and arguments which come to your mind trying to dissuade you to turn away from the belief in the One Power which can do all things. There is an argument in your mind and you must psychologically slay these

hypocritical thoughts, by asking them where they come from. Is there a principle behind them? Are they not shadows of the mind? The fear thoughts have no heavenly credentials. Take your attention away from them altogether and they die of neglect. Feast on God's Almighty Power, accept It, imagine that you are being healed now. Do this as often as necessary and you will experience *the sabbath*, or the fullness of acceptance; then you will rise and walk. *It is the sabbath day for you.*

THE INCURABLE ARE CURED

And it came to pass, as he went into the house of one of the chief Pharisees to eat bread on the sabbath day, that they watched him. And, behold, there was a certain man before him which had the dropsy. And Jesus answering spake unto the lawyers and Pharisees, saying, Is it lawful to heal on the sabbath day? And they held their peace. And he took him, and healed him, and let him go; And answered them, saying, Which of you shall have an ass or an ox fallen into a pit, and will not straightway pull him out on the sabbath day? And they could not answer him again to these things. Luke 14:1-6.

The *Pharisee* is everywhere; he is the type of man who lays stress on external acts and observances. He adheres to the letter of the law and lacks the love and understanding behind the words of the Gospel. The *Pharisee* believes that the fan gives him a stiff neck, that germs are the cause of his cold, and that the hidden virus is the cause of his influenza. The weather, conditions, and circumstances influence the mind in a suggestive way only. Man is the only thinker in his world; therefore it follows that the fan can't give him a cold except he thinks it does. A belief is a thought in the mind generally accepted as true. Many people can sit under a fan all day without getting a cold or a stiff neck. If one accepts the hypnotic suggestion that he will catch cold because of a draft, the fact still remains that the cold was due to his own thought. He had the power to reject or accept the suggestion. If accepted, the result is due to the movement of his own mind. He has no one to blame but himself. His mind accepted a false idea and produced the consequences.

The case of *dropsy* mentioned in the above Gospel story was due to a flood of negativity. When the mind is full of strain, stress, and tension, a corresponding effect is produced in the body, and there is a breakdown in the organs of elimination. If a man is possessed with

hatred or deep-seated resentment, it could well bring on an internal flood which, if not checked, could terminate in disintegration of his vital organs due to the corrosive effect of these mental poisons. The conditions in the body are outpicturings of man's mental attitude or states of consciousness.

I knew a man in London who was very religious and completely free from any ill will or resentment. However, he saw his father die of dropsy, and it made a very deep impression on him; he told me that all his life he feared that the same thing would happen to him. He added that his father used to be tapped with an instrument and that the doctor would draw out large amounts of water from his abdominal area. This lingering fear, which was never neutralized, was undoubtedly the cause of his dropsical condition. He did not know the simple psychological truth which Quimby elucidated about a hundred years ago. Quimby said that *if you believed something, it will manifest whether you are consciously thinking of it or not*. This man's fear became a belief that he would become a victim of the same disorder that troubled his father. This explanation helped the man considerably. He began to realize that he had accepted a lie as the truth. The truth began to dawn on him that his fear was a perversion of the truth, a fear which had no real power because there is no principle behind discord. There is a principle of health, none of disease; a principle of abundance, none of poverty; a principle of honesty, none of deceit; a principle of mathematics, none of error; a principle of beauty, none of ugliness. His belief was the only power which controlled him. One's mind can be moved negatively or positively and can be influenced by good or evil.

This man saw the truth about his situation and cast out the lie. He reasoned that the Healing Power which made him was still with him and that his disease was due to a disordered group of thoughts; thus he rearranged his mind to conform to the Divine pattern. Before going to sleep at night he would affirm with feeling and with a deep meaning behind each word, "The Healing Presence is now going to work transforming, healing, restoring, and controlling all processes of my body according to its Wisdom and Divine Nature. I rest secure in this knowledge. I know it is God in action. There is no other power and this Healing Power is working now." He repeated this prayer

every night for about thirty days. At the end of that time his mind had reached a conviction of health. This was the *sabbath day* for him, which meant the moment of complete fulfillment in his mind.

I attended a church service some years ago during which the minister gave a very fine talk on Divine Healing. After the service a member of the minister's church board said to him, "It's all right to say, 'Jesus healed', but don't say we can do it!" Can you imagine a statement like that in this so-called enlightened age? The man who said that had had hundreds of healings all through his life. Life is forever healing our cuts, bruises, sprains, and scratches. It never condemns us. When we take some contaminated food, the same Life-Principle which seeks to preserve us causes us to regurgitate and tries its utmost to heal us. A healing will take place if, as Emerson says, "we take our bloated nothingness out of the way."

I knew a Christian Scientist who swallowed a poisonous liquid by mistake one time. He was a splendid practitioner and had great faith in the God-Power. He told me that he was a hundred miles away from any kind of help so that he had to rely solely on the subjective power within him. He got very still and these are the words he used, "God is in His Holy Temple and His Presence fills every organ and cell of my being. Where God is there is only order, beauty, and perfect functioning. His Holy Presence neutralizes everything unlike Himself." He kept this up for an hour and, though in a very weakened condition, had a complete recovery.

Could one take a corrosive poison trusting the subjective power to nullify baneful effects? I don't suggest that anyone take on such a trial. I definitely believe that in an emergency or through a mistaken situation, the sincere truth student looking loyally to God for help could actually prove St. Mark's statement, *And if they drink any deadly thing it shall not hurt them*, and come out unscathed by the experience.

There are mental as well as physical poisons. The lawyers and the Pharisees are in all of us. They represent man-made laws and opinions, and the belief that we are being punished for our sins, that our *karma* is catching up to us, that we have sinned in a former life, and that now we are expiating our sins. Pharisaical thoughts come floating into our mind saying, "We must not question God, maybe it is

God's Will that we be sick. This is the cross we must bear." Others have a martyr complex and say, "God is testing me, this is a trial. I must accept my suffering as the Will of God."

God's *Will* is the will of life, and life wants to manifest itself as health, harmony, joy, wholeness, perfection, and abundance. The Will of God is the Nature of God, which is Boundless Love, Infinite Intelligence, Absolute Harmony, Perfect Peace, Infinite Joy, Boundless Wisdom, and Perfect Order, Symmetry, and Proportion. Life cannot wish death. Peace cannot wish pain. Joy cannot wish sorrow. Harmony cannot wish discord. Order cannot wish disorder. Love cannot wish punishment, misery, and suffering. People who say that God is punishing them would never dream of accusing or attributing to their own parents the things of which they accuse God. To such people the words *Infinitely Good* and *Perfect* seem to have no meaning.

Many diseases follow such false beliefs for all our beliefs tend to manifest themselves. To believe that God is testing you or punishing you sets in motion the law of your own mind bringing trouble, opposition, sickness, and difficulties of all kinds. That is why you hear a man say a jinx is following him. If man has a false premise, his conclusion or experience must conform with his false premise. Actually man punishes himself. He gives everything to himself, whether sorrow or joy, pain or peace.

Jesus means you, yourself, operating your conscious and subconscious mind synchronously and harmoniously. When you know the laws of your mind and apply them constructively, you are the Jesus of the Bible, raising the dead desires, healing the blind thoughts, and walking triumphantly toward your goal. You are no longer blind, halt, withered, or lame. This is why the Bible says, *And he took him, and healed him, and let him go.*

I have outlined for you in this chapter how a man healed a similar condition in himself. The same Healing Power is present in all men. It is not something that existed two thousand years ago. It is Omnipresent. You can lay hold of it and perform what we call miracles in your life. We must remember that a miracle cannot prove that which is impossible. It is a confirmation of that which is possible, always was, and always will be. For with God all things are possible.

Love, joy, and peace had no beginning and will have no end. Harmony always has been. The Principle of Life always has existed. It is not something that one man possessed. To say this would be the essence of absurdity. Don't wait for some angel or saint to heal you. Don't wonder whether God wants you to be healed or not. Realize that you are violating God's laws which are written in your heart and nature when you are sick, morose, hateful, or poor. Mental poisons are wrong thoughts which work underground in consciousness like a contaminated stream to emerge even after years of wrong experiences such as illness, loss, unhappiness, etc.

The first step in healing is not to be afraid of the manifest conditions from this very moment. The second step is to realize that the condition is but the product of past thinking which will have no more power to continue its existence. The third step is to *exalt the God who is in the midst of thee* (subjective self). This will stop the production of all toxins in you or your patient. You have now pronounced the condition false; in lifting yourself up, seeing the person as he ought to be, you draw the manifestation or the ideal state to you. Live in the embodiment of your desire and the *word* (your thought and feeling) will soon be made flesh. If you allow yourself to be swayed by the beliefs of man (mental poisons), you will not be able to live emotionally in your embodiment.

Among the most deadly mental poisons are the following: Hatred, which is really ignorance, and self-pity, which is really self-absorption. These drugs creep through the psychic bloodstream poisoning all springs of hope and faith, leading to dementia praecox, melancholia, and other forms of mental derangement. The spiritual antidote is to find your *other* real Self (God) and become God-intoxicated. You can fall madly in love with the new knowledge that thoughts are things and that by filling your mind with spiritual values, you will transform your whole life, bringing you health, happiness, love, and joy. You can fall in love and become wildly enthusiastic in knowing that there is a Principle of Life which flows through your mental patterns and imagery creating after their image and likeness. When you realize that the law of attraction is forever operating in your life, you are seized with a Divine frenzy at the wonder of it all. You are now in love (emotionally attached) with God, or all things

good, pleasing, elevating, and uplifting. You now hunger and thirst for more Wisdom and you move forward in the light of the One Who Forever Is.

Old age is another mental poison. The Bible looks upon age *not as the flight of years, but as the dawn of wisdom*. Seek the Divine Frenzy which cleanses you of all toxins. Like Daniel, even in the lions' den, exalt the God within you—the Divine Anti-Body.

THE HEALING POWER OF THANKSGIVING

And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee. And as he entered into a certain village, there met him ten men that were lepers, which stood afar off: And they lifted up their voices, and said, Jesus, Master, have mercy on us. And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed. And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at his feet, giving him thanks: and he was a Samaritan. And Jesus answering said, Were there not ten cleansed? but where are the nine? There are not found that returned to give glory to God, save this stranger. And he said unto him, Arise, go thy way: thy faith hath made thee whole. Luke 17:11-19.

This wonderful account of ten lepers being healed is a story of all of us. If you remove the stories of healings in the four Gospels, you have certainly emasculated one of the most important parts of the Gospels. The story of the lepers is telling all of us that sickness of the body has its origin in sickness of the soul.

I remember reading some time ago a report of a statement made by Dr. Elmer Hess as he was inaugurated president of the American Medical Association to the effect that a physician who does not believe in God has no business in a sick room. I believe that most physicians agree that faith in God has a profound effect in the maintenance of perfect health. Let us remind ourselves at this point of the famous saying, "The doctor treats the patient; God heals him."

As previously pointed out, the word *leper* in the Bible means a mind troubled with conflicting desires, emotions, and confused ideas. It means a sick mind, a man who is sick in his thoughts, his emotions, and his body. Leprosy is a wasting disease, therefore it typifies the state of a man who has lost his vitality, energy,

enthusiasm, and vigor for life, because he has psychologically separated himself from the Source of all life. We have a leprous condition when we are full of envy, jealousy, anger, hatred, self-condemnation, etc.

When the Bible says *Jesus passed through Samaria and Galilee to reach Jerusalem*, it refers to a process of prayer or steps of prayer. *Jesus* represents the ideal, your desire, plan, or purpose which is always walking down the streets of your mind beckoning you onward and upward. Your ideal, picture, or vision is at this moment saying to you, "Rise up and accept me." When you raise your desire up in consciousness to the point of acceptance, you experience the truth of the statement, *Thy faith hath made thee whole*. Your desire must go through *Samaria*, which means confusion, double-mindedness, and conflict *in Galilee* (your mind).

The numeral *ten* mentioned here symbolizes the completion of a process. To look at it in a very simple way, the numeral *one* means the male or pressing aspect, namely your idea or desire. The naught or circle symbolizes a womb or receptive mind of man. *Woman* means the *womb of man*. In other words, *ten* means the interaction of the male and female elements of your own mind, thought and feeling, idea and emotion, the brain and heart. When these two are functioning harmoniously, constructively, and joyously, it is a happy marriage or union. Such a person is well integrated, healthy, vital, and courageous. The thoughts must be united with true feeling. Our thoughts must conform to the spiritual standard set forth by Paul, *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things*. Phil. 4:8.

True emotion follows true thought. The heart or subjective feeling nature should be the chalice of God's Love as it is the sanctuary of His Holy Presence. It is called the *cup* in the Bible. As we meditate on the spiritual values of life we receive a transfusion of love, faith, confidence, and energy which courses through our veins transforming our whole being. Our faith is kindled when we realize that all things are done by faith, which is a movement of Omnipotence within ourselves. There is only one power and that is

our own consciousness. When we think of something, we have at that moment pin-pointed the flow of the Almighty Creative Power through one focal point of attention. Our faith is really our thought which, as Baudouin the French psychologist said, begins to execute itself immediately, taking form and function in your life.

All of us want to go to *Jerusalem*, the city of peace within ourselves, which means that when our desire is completely subjectified, we have reached the place of accomplishment or fulfillment. We are now at peace (Jerusalem). Our mind is no longer divided. The two (desire and faith) have become one and all is well.

The number *ten* is also a sacred number and bears reference to the line 1, and the circle 0, which produce a cross (X) only when there is a conflict in the mind. This conflict and frustration follows when man is in a double minded state. He has two powers and believes in good and evil. He looks at his environment, circumstances, and conditions and says to himself, "It's hopeless, all is lost, there is no way out of this dilemma, I'm incurable," and many similar statements. He is transferring the power within himself to external conditions, perhaps he is blaming the weather, other people, or a jinx for his trouble.

When desire and fear quarrel, the mind and the body become a battleground resulting in wasteful expenditures of energy, debility of the vital organs, nervous prostration, and exhaustion. Man must learn not to make a created thing or the manifested world a cause. He must not exalt the created thing above the Creator. He must resolve the conflict by going within himself and, like Quimby, placing his case before the Great Tribunal, God, the only Presence and the only Power. In the secret chamber of his own mind, he gives supreme recognition to the Spirit within. He looks at the fearful, negative thoughts and orders them out of his mind, realizing that they are only an illusion of power. There is no principle behind them and there is nothing to sustain them. He reminds himself that there is only one Creative Power and that It is now flowing through his thought-patterns bringing him the good he seeks. He keeps on doing this regularly and systematically until a healing of the situation takes place. He has reached a decision or pronounced judgment in his own mind. He has condemned the guilty cause (the negative

thoughts) and has freed his prisoner (desire) into the arms of the Lord (his subjective self), where, through repetition, faith, and expectancy, his desire has sunk deeply into his subconscious mind. This is called depth therapy or as the Bible calls it, *entering Jerusalem* (*uru*—city, *salem*—peace), *i.e.*, reaching the point of conviction.

The cross we have been carrying is now removed because we have reached the place of death. Our desire has been entombed where it dies first; then comes forth as the answer to our prayer. The *word* (thought) has become *flesh* (made manifest in our body and environment).

The *cry of the ten lepers* is the cry of every man. It is the appeal of every troubled, frustrated, and neurotic person to the *Master* or Spiritual Power within, which alone can give peace and health of mind, body, and emotions. *They lifted up their voices*. You lift yourself up mentally when you turn in reverence, allegiance, and adoration to the Spiritual Presence within *who healeth all thy diseases. Master, have mercy on us*. The hundredth Psalm says, *His mercy is everlasting*. How beautiful are these words. They touch the heart strings causing you to go forth with the praise of God forever on your lips.

Go shew yourselves unto the priests. The word *priest* is a symbol of spiritual perception, an intuitive awareness of the great Truths of God. A priest is one who offers up a sacrifice. Every man is a priest of God when he turns away from the false gods and the poisoned feast of the irrational, mass-mind with its fears, superstitions, and terrors in order to give his supreme attention to the one God and His Laws. He *sacrifices* or gives up his negative thoughts, fears, and false beliefs and contemplates love, peace, beauty, and perfection. He must give to receive. He gives up, *i.e.*, fasts from resentment and feasts on love; fasts from the idea of poverty and feasts on the idea of God's abundance; fasts from fear and feasts on faith in God and all things good; fasts from sadness and secretes the essence of joy, knowing that the joy of the Lord is his strength. The *true priest* fasts from pain and feasts on God's Silent River of Peace. He fasts from self-condemnation, depression, and self-pity, and feasts on amiability, sociability, kindness, good will, and laughter. He fasts

from symptoms and feasts on the mental vision of health and happiness. He fasts from darkness and feasts on the Light of God being reflected on all his problems, knowing the Light (intelligence) of God knows only the answer. He fasts from karma, fate, predestination, and feasts on God, the Eternal Now, knowing the Absolute does not condemn, judge, punish, or send sickness, disease, or death. He knows that though his hands are dripping with the blood of others and though he may have committed dastardly crimes, he can instantaneously turn to the Presence of God within, lifting himself up to the Heart of God, claiming and feeling that he now is the man God intended him to be, the happy man, the joyous man, the poised man, the peaceful man, the loving man. As this man paints a picture or vision in his mind and his heart, he hungers for an inward change; the Law of God automatically responds to his new mental pattern, and the past is forgotten and remembered no more. If man misused the laws of chemistry or electricity for twenty years, the moment he used the principle correctly the underlying laws of chemistry or electricity would automatically respond. The law cannot possibly hold grudges or try to get even. When we are dealing with our mind, we are also using the principle of mind. It makes no difference if you have been a murderer, a thief, or if you have committed all manner of evil, the moment you decide sincerely to change your life by enthroning a new concept and estimate of yourself in your mind and feel the truth of that which you affirm, the law reverses its former action and responds by corresponding to the new blueprint of your mind.

We must realize that the perfunctory prayer will not suffice. Only when sincerity and a new spiritual view of things takes hold of the mind do you expunge from your deeper mind the former negative patterns which caused all your trouble. You must remember that the law plays no favorites; moreover law is always impersonal. The laws of our mind never punish us. We merely experience the reaction of the law which we set in motion by our thoughts and beliefs. When man understands this, he has no occasion to hate or resent the meanest man who walks the earth. Furthermore, there is no basis for ill will, resentment, envy, or jealousy for all men may turn within for what they want. As they positively assert this claim for the good they

seek, the law of mind responds to their mental acceptance. There is no basis for harboring ill feeling toward people who defraud or cheat us. There is nothing lost unless we admit the loss in our mind. All we have to do is to realize that all things exist in Infinite Mind, identify ourselves mentally and emotionally with that which we want, and our exchequer will again be replenished from the Infinite reservoir of God's riches in ways we know not of. There is no loss but the sense of loss. People who rob, defraud, or otherwise deceive us are merely messengers telling us who we have conceived ourselves to be. They testify to our state of consciousness. How could we be angry or hostile to others when they are merely instruments of our own mind, fulfilling the play which we wrote consciously or unconsciously in the book of life, our subconscious mind. It is easy to forgive; all we have to do is to forgive ourselves for having negative, destructive thoughts which hurt us, while those with whom we were angry probably have been fishing, dancing, or having a glorious time.

To heal any situation, *you show yourself to the priest*, for you are the *priest* yourself, forever giving up the lesser for the greater. You may offer your *sacrifice* now, which is your desire for a perfect healing, by directing your attention from the symptoms and the body, and dwelling with the Lord of Life within. Claim that the Infinite Healing Presence is saturating every atom of your body, making you whole, pure, and perfect. Know and feel that the Living Intelligence which made your body is now taking over, causing all the organs of your body to conform to God's eternal pattern of harmony, health, and peace. As you enter into the mental atmosphere of harmony, health, and peace, a rearrangement of your thought-patterns takes place followed automatically by molecular changes in the body structure to conform to the new state of consciousness. You are now transformed because you have had a spiritual transfusion of the Healing Power released by your prayers so that every atom of your being dances to the rhythm of the Eternal God.

Were there not ten cleansed? but where are the nine? The numeral *nine* mentioned refers to the consciousness of possession. Possession is nine points of the law when we enter into the feeling of being what we long to be, or as we continue to claim and feel as true that which we affirm; we add thought to thought, mood to mood, and

finally we reach the point of fulfillment in consciousness. The next step is *ten*, or our good made manifest. The cycle of consciousness has been completed; we are back where we started. We began thinking of God (the One), and we ended experiencing God (the One). Everything resolves itself back to ONE, its starting point. You glorify God each time your prayer is answered. Your thought and feeling become one as they are fused together by enthusiasm and love. The *issue* is the son in expression, the idea objectified.

It is said the one who gave thanks was a *stranger*. The *stranger* in your mind might be sickness, fear, worry, or a business difficulty. These negative attitudes are *strangers*, aliens in the house of God. Our mind is supposed to be a house of prayer, not a den of thieves. Fear, worry, and anger are the *strangers* and intruders who rob us of peace of mind. When we starve these states through neglect, by giving all our attention and devotion to God and His Attributes and Qualities, our mind is cleansed. At that moment we are praising and exalting the God in the midst of us.

And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at his feet, giving him thanks. Here is a perfect formula of prayer. You may be expressing yourself in a wonderful way, be happily married, have a very prosperous business, have wonderful friends, yet, you may have a bad heart or have trouble with your eyes.

There was a man in our recent class on the *Book of Job* who wrote me saying that he was leaving the nine harmonious, stable conditions of his life to fill up the one that was lost or missing. He said that he went to work on a quality in which he was sadly lacking, namely, thankfulness. This young man said he rarely praised anybody and that he was not thankful for all his blessings. He was amazed when he began to consider all the wonderful things that happened to him and the many blessings he enjoyed. The *stranger* in his midst was eye trouble. The mood of gratitude and the thankful heart causes us to tune in with the creative forces of the universe and what we send out comes back to us multiplied by the law of action and reaction.

This young man quieted the wheels of his mind and began to imagine he was talking to the King of Kings, the Lord of Lords within

himself. He had no mental picture of God, of course. In his mind's eye he sensed that the Divine Presence was there, the very Life of him. He began to say, over and over again, "Thank you Father, Thank you Father." He kept repeating this softly, quietly, gently, and lovingly. He was in a sleepy, drowsy, state each night as he meditated in the manner outlined. He would go to sleep in the mental mood of thankfulness. He had a perfect healing of his eyes. In biblical language *he fell down on his face at his feet*. The word *face* means the Truth and Presence of God; *feet* mean understanding. *To fall down* is to humble yourself and set aside the intellect, knowing that Infinite Wisdom and Power are within and can do all things. He understood that vision is spiritual, eternal, and indestructible, and that all he had to do was to enter into the mood of thankfulness for the gift already received. The grateful heart is the mind which believes and rejoices in the joy of the answered prayer. You have oftentimes thanked the man behind the counter for the coat, wrap, or suit which you paid for, but did not receive. You know that he will send it to you and you trust him implicitly. God's promises never fail and you can also give thanks for the gifts which have already been given you. Rise to the point of acceptance and go forth with a grateful heart for the gift already received.

I have been a stranger in a strange land. Ex. 2:22. All of us are really wanderers, pilgrims, and strangers here. We have left Paradise and do not feel at home here. Our pilgrimage is back to the One. We have loves, urges, ideals, and aspirations; and as we look at the world, it seems to deny the inner whisperings and murmurings of our heart strings which remind us of our origin and urge us back to it.

There is only one thing to do; there is only one thing all men are seeking, and that is the God within, the Creative Presence and Power. Leave the good, sound qualities, aspects, conditions, and circumstances of your life and find the *stranger*, the thing that bothers you, that is at present annoying you. Some desire perhaps is not fulfilled. Turn to God within and still the wheels of your mind; immobilize your attention, focus your mental lens on the fact that the Spirit within you, God, is the Cause and the Source of all your good. Then give thanks by silently repeating, "Thank you," over and over

again as a lullaby, until your mind is full of the feeling of thankfulness. Continue to do this until you are filled in consciousness. The moment you qualify or condition your consciousness, the answer will come. The *lepers* are now cleansed. Let your prayer be "O God, give me one more thing, a grateful heart."

EYESIGHT RESTORED

And it came to pass, that as he was come nigh unto Jericho, a certain blind man sat by the way side begging: And hearing the multitude pass by, he asked what it meant. And they told him, that Jesus of Nazareth passeth by. And he cried, saying, Jesus, Thou son of David, have mercy on me. And Jesus stood, and commanded him to be brought unto him: and when he was come near, he asked him, Saying, What wilt thou that I shall do unto thee? And he said, Lord, that I may receive my sight. And Jesus said unto him, Receive thy sight: thy faith hath saved thee. And immediately he received his sight, and followed him, glorifying God: and all the people, when they saw it, gave praise unto God. Luke 18:35-43. Related passages, Mark 10:46-52.

There is the well known, duly authenticated case of Madame Bire. She was blind, the optic nerves were atrophied, useless. She visited Lourdes and had what she termed a miraculous healing. Ruth Cranston, a Protestant young lady who investigated and wrote about healings at Lourdes in *McCall's Magazine*, November, 1955, writes about Madame Bire as follows: "At Lourdes she regained her sight, incredibly, with the optic nerves still lifeless and useless, as several doctors could testify after repeated examinations. A month later, upon re-examination, it was found that the seeing mechanism had been restored to normal. But at first, so far as medical examination could tell, she was seeing with 'dead eyes'."

I visited Lourdes in 1955 where I, too, witnessed some healings,* and of course there is no doubt but that healings take place at various shrines throughout the world, Christian and Non-Christian.

Madame Bire, to whom we just referred, was not healed by the waters or by the Shrine, but by her belief. The healing principle within herself responded to the nature of her thought. Belief is a thought in the mind. It means to accept something as true. The

thought accepted executes itself automatically. Faith means to accept that what you are praying for already is. Undoubtedly Madame Bire went to the Shrine with expectancy and great faith, knowing in her heart she would receive a healing. Her deeper mind responded to her belief and Spiritual forces were released, restoring her vision according to her belief. *According to your belief is it done unto you.* The Healing Presence which created the eyes can certainly bring a dead nerve back to life. What the Creative Principle Created in the first place, It can recreate.

Healings occur sometimes unheralded at various religious services. Some people have told me that they had healings at our healing service on Sunday mornings. They add that they did not expect a healing, that they were skeptical, that they were in no state of exaltation, and were not even thinking of a healing. From what they say one would gather that they lacked faith; therefore the question arises, how could they receive a healing? The answer is rather simple. They are looking for a healing and their minds are open and receptive to receive the prayers of the multitude present. Perhaps they are going to a doctor, osteopath, or chiropractor for treatment, which is highly indicative that they desire to be healed. Desire is prayer; this attitude indicates a very receptive mind for the idea of perfect health to be resurrected, for which the people present are praying. When a group of people, gathered together in prayer, affirm that all those who are present are healed, made whole and perfect, they are establishing a definite psychological and spiritual link among all those present; then even if unbelievers or skeptics are present, it is possible for them to be healed for the simple reason that they desire a healing.

You might ask the question, "What about a person who is full of hatred, ill will, and resentment, would he get a healing at a Shrine or at any church healing service?" If the faucet or a pipeline is full of debris of all sorts, the water will not flow freely; furthermore, the water will be muddy and contaminated. It is necessary to remove the kinks in the hose when watering the garden. Your body is the garden, and when you pray you are watering your garden with the Healing Power of God. The healing waters are love, peace, joy, faith, good will, confidence, and strength. The man full of hate is opposed

to the stream of love and joy. He must decide to let go of his grudges and pet peeves, and to let in the sunshine of God's Love. His mental block sets up a resistance to the Healing Principle and a short circuit takes place. When he lets down the bars, the invasion of love and grace can penetrate. A person who refuses to resolve his mental conflicts definitely delays his healing. The consciousness of love is the most potent healing force in the world. The doctor, priest, rabbi, or New Thought minister possessing the greatest measure of God's Love will get the best results.

Jesus said to the blind man, *What wilt thou that I shall do unto thee? And he said, Lord, that I may receive my sight.* The beggar was specific because he knew what he wanted and said so. Life is always asking you, *what wilt thou of me?* What is your desire? Millions of people are blind; *i.e.*, they are psychologically and spiritually blind because they do not know that they become what they think all day long. Man is spiritually blind when he hates, resents, or is envious of others. He does not know that he is actually secreting mental poisons which tend to destroy him.

Thousands of people are constantly saying that there is no way to solve their problems, that the situation is hopeless. Such an attitude is the result of spiritual blindness. Man begins to see spiritually and mentally when he gets a new perception of the mind, knowing that there is an Infinite Intelligence within him that is responsive to his thought which can solve all problems. The cry of the world is, "I want my sight." Men, women, and children should receive their sight. They should be taught in schools, in colleges, and in homes throughout the land, where the Creative Principle of Life is and how to use it. They should be taught the interrelationship of the conscious and subconscious mind.

Emerson said, "A man is what he thinks all day long." The Bible says, *As a man thinketh in his heart so is he.* Men should be taught that the Principle of Life is responsive to their thought and that when they claim that Infinite Intelligence leads and guides them, revealing to them the perfect answer, they find themselves automatically led to do the right thing as the way opens up. They were once *blind* to these truths; they now begin to see the vision of health, wealth, and happiness, and peace of mind.

And Jesus said unto him, Receive thy sight: thy faith hath saved thee. Jesus symbolizes the Redeemer or the Healing Principle of Life within all of us which forever responds to our expectancy or faith. Your faith is your feeling, your awareness, your inner conviction that what you are praying for already is. Vision is eternal, spiritual, and indestructible. We do not create vision, we manifest or release it.

Recently a woman came to me with incipient glaucoma, which is hardening of the eyeball. I read some time ago an article which stated that ophthalmologists in one of the larger hospitals discovered that there was a pattern of hatred in about twenty to twenty-five per cent of the cases of glaucoma in the hospital. This is not true in all cases, of course. In others who indulge in negative or destructive thinking, the liver, heart, lungs, or other organs may be affected, depending on the susceptibility of the person. The disease may also be due to fear, or race mind impinging on the consciousness of people who fail to pray. This woman began to pray for a daughter-in-law whom she hated intensely. She did it this way: "I release unto God. I wish for her all of God's happiness, peace, and joy." She repeated this prayer frequently until all the roots were withered in her mind. Actually she began to feel kindly toward the daughter-in-law after a few weeks. This is how true love melts everything unlike itself. We prayed together frequently; we were *en rapport* with each other. All of us are sending and receiving stations. She was open and receptive to the truth, and she prayed frequently using the prayer "Perfect Eyesight" in one of my books of meditations* which is as follows:

"My eyes are God's eyes, and I see perfectly. The Living Intelligence which made my eyes is now controlling the processes and functioning of my eyes and my entire body. I know and believe that my vision is spiritual, eternal, and indestructible. "If, therefore thine eye be single, thy whole body shall be full of light." This means I see only the Truth; I love the Truth; I know the Truth. I see God in all men and in all things. I see spiritually, mentally, and physically. My eyes reflect the glory, the beauty, and the perfection of God. It is God looking out through my eyes seeing His own ideas of perfection. My eyes are the windows of my soul; they are pure, and are kept single to Love, Truth, and Beauty at all times. The harmonizing, healing,

vitalizing, energizing Power of the Holy Spirit permeates every atom, cell, nerve, tissue, and muscle of my eyes making them whole, pure, and perfect. The Divine, perfect pattern is now made manifest in my eyes, and every atom and cell conforms to God's perfect pattern on the Mount. Thank you Father."

She let these truths sink down by a process of spiritual osmosis into her deeper mind and gradually a perfect healing took place. She cooperated perfectly with her doctor, praying for him also. At the end of a few months, she had no longer any occasion for the eye drops. The doctor said all tension had disappeared.

I know many people who have had miraculous results with the following simple prayer. "I see spiritually; I see mentally; I see physically; It is wonderful." They fill their soul (subjective nature) with the sense of wonder, and wonders happen when they pray. Jesus, Moses, Elijah, and Paul could not use any other Healing Principle than the one you are using. It is the same yesterday, today, and forever.

When our thought-patterns are disorganized, we are sick. Our dark, dismal thoughts hide the vision of our God. When we pray by identifying ourselves with the eternal, spiritual values, a rearrangement of our thought-patterns takes place followed by a molecular change in the body which conforms with the changed mental attitude. The healing follows. Sight is displayed, not created.

If deaf, we hear again the sound of He Who Is. We realize It is God hearing His own sound through His own ears. It is God seeing His own perfect ideas through His own eyes. The woman who was healed of glaucoma had faith and knowledge; she will, of course, have no return of the disease. The healing will be permanent.

A blind faith will bring a healing, but oftentimes it is impermanent and fallible. Keep your mind fixed on God and His Perfection and your healing powers will be more proficient and successful. As you walk the earth in quiet moments with God, you will be practicing His Presence and releasing His Healing Power all the time without even knowing it.

Remember we see *through* the eye, not with it. The cornea of the eye receives vibrations from objects in space; through the optic nerve these vibrations are carried to the brain. When the inner light

or intelligence meets the outer light, we see. "We see because the Seer is within." We see because Infinite Intelligence is the light of our consciousness. If your eyes are not functioning perfectly, the Creative Principle which made them hasn't been hurt or injured. He that made your eyes can also recreate, refashion, and heal them. *Behold, I make all things new.* Your eyes symbolize Divine Love, a delight in the ways of God, and a hunger and thirst for God's Truth. You will always have good vision if you tune in to the Love of He Who Is. The *right eye* symbolizes right thought and right action. The *left eye* symbolizes God's Love and His Wisdom. Think right, radiate good will, and you will focus perfectly.

You can receive your sight. Yes, you can perceive the answer to any problem, be it what it may, by recognizing the Source of all good. Give supreme allegiance to the God-Presence within and feel the reality of what you are praying for. You don't go to God with a problem. You come to God giving thanks for the answer which is yours now as you open your mind to receive.

Receive thy sight. And immediately he received his sight, and followed him, glorifying God.

HEARING RESTORED

And one of them smote the servant of the high priest, and cut off his right ear. And Jesus answered and said, Suffer ye thus far. And he touched his ear, and healed him. Luke 22:50-51.

Many people ask me whether it is right to pray for someone who is sick, troubled, or in some difficulty. Then they usually say, "He didn't ask me to pray for him." As you read the above verses, you are not told that the servant asked Jesus to restore his ear. Jesus apparently didn't wait for the question, but voluntarily restored the ear. It seems like begging the question to ask, "Should I pray for someone in trouble?" Of course you may pray for anyone you wish, and it would be most excellent to pray once a day for all men throughout the world, wishing them harmony, health, peace, and joy. Pray for the President, the Congress, people in your office, your home, and the whole world will be blessed because you have performed such unselfish devotions.

Sometimes I am asked this question, "Should I pray for my mother who does not believe in Divine Healing and is opposed to this teaching about mental and spiritual laws?" The answer is simple. If the mother, father, or relative has no faith in your religious convictions or in your particular technique or process of prayer, that does not make any difference whatever. When you pray for someone, you must not bother with the question of whether he believes or disbelieves, whether he accepts or rejects. Neither do you concern yourself with his church affiliations or his agnosticism; furthermore you pay no attention to his symptoms, aberrations, mental conflicts, or blocks of any kind. You simply enter into the silence of your soul, immobilize your attention, and mentally reject all sense-evidence. You do this decisively and categorically. Quietly know that the Infinite Healing Power is timeless and spaceless and that It embraces the one you are praying for; then you silently feel or

quietly affirm the Truth, just as you like. You don't have to use any words. You can *feel* the Truth of what you think, that the Harmony, Health, Power, Peace, Order, and Perfection of God are now being manifested in your friend's mind and body. Know that there is but one mind, and in mind there is neither time nor space. You are one with your friend, because you are thinking of him. In the language of Troward, you are *en rapport* with him, and in the language of Quimby, you are one with him, because our minds mingle like atmospheres and each has his identity in that atmosphere. What you feel and know as true about your friend will be resurrected in his experience. You have taken his request, or his desire for health, and made it your own.

As you contemplate the qualities and attributes of God, knowing that these qualities are now being experienced by your friend, there is an immediate response in the mental structure of your friend, and a reordering of his mind takes place bringing about a perfect healing. Your inner sense of peace and confidence that the law of health and harmony is now in operation brings about a sense of faith and trust in you. As you continue to pray, perhaps two or three times a day, the time will come when you will lose all desire to pray because your prayer is answered. You can't desire what you have. A doctor does not treat a patient who is healed; the patient requires no further treatment. Prayer operates on the same principle. You pray until you need no longer pray.

We see and hear with the mind. In biblical language *we cut off an ear* when we cease listening to the troubled voice of the world with its false beliefs, terrors, and superstitions. *Jesus touching the ear and healing it* means that we should hear the voice of Truth which says, *I am God and there is no God beside me*. We should hear only that which fills our soul with joy. Hear the good news about the other. To what are you giving attention? If you are listening to gossip, criticism, and condemnation, you are not hearing the Truth. If someone tells you that you are going to fail in your enterprise and if you give him any attention, you are not hearing the gospel or good news about yourself.

Go within yourself, place all your attention on the idea of success. You will immediately begin to enter into a mood or feeling of success.

You are now hearing the good news because you are under a good spell. You are now absorbed, engrossed, and fascinated by the idea of success, achievement, and accomplishment. You know that fear and success are simply two ideas in the mind. You know that you were born to succeed, and that you have all the equipment necessary. The fear-thought is false, it's an illusion, it's a shadow of the mind. A shadow has no power or substance. The idea of success is real and your subconscious powers will move on your behalf, compelling you to take all the steps necessary, as you give your attention to the idea of success. You are now hearing the Truth.

It is always right to bless the other. Surely there can't be anything wrong with wishing for the other person health, harmony, joy, peace, and all of God's riches. That is the answer to those who say, "Is it wrong to pray for the other if he didn't ask me?" Of course not. You should wish for everyone what you wish for yourself. Love is the fulfilling of the law. Love is sincerely radiating the sunshine of God's Love, Light, and Truth to all men everywhere. This is the Law which brings fulfillment, happiness, peace, and abundance into your own life. What we withhold from another, we withhold from ourselves. Actually there is no other, all of us are in the One Mind and the One Spirit which is Indivisible. There can be no divisions or quarrels in It. One part can't be antagonistic to another part. If that were so there would be no harmony, only chaos. The Infinite cannot be divided.

For example, if you are praying for prosperity and you are resenting the wealth and riches of another, you are condemning what you are praying for, and your good takes wings and flies away. How can you attract wealth when you resent its manifestation in another. You are thinking and feeling lack instead of abundance, and as you think and feel, so are you. Thinking makes consciousness, and your state of consciousness governs your world. When you see this Truth, you are *Jesus* (illuminated reason, awareness of truth) *touching the ear* (hearing the truth which frees you) and *healing it*, i.e., bringing about a state of wholeness or unity in your mind.

You are told that *he cut off his right ear*. The *right* means the objective world, worldly opinion, sense evidence, and judging according to appearances. *Cut off that right ear now*, once and for all, and give no power to external phenomena. Do not worship or

give power to germs, nor bow down in fear before them. Don't get panic-stricken when someone sneezes and say, "Oh, I'll catch a cold." Reject the false belief that a fan will give you a stiff neck, or that the cold night air will give you pneumonia or cause bronchial trouble. The weather has no power over you. We give power to these things because we believe that they affect us; we suffer according to our belief. The fan is harmless, it never said to anyone, "I will give you a cold if you sit near me or under me." The fan is neutral. It is a metallic substance, composed of molecules revolving at a high speed. Bless the fan, bless the weather; God pronounced all things good. When your feet get wet, don't say that the water will give you pneumonia. The water never said that, why do you say it? Man has created countless false gods; and all his trouble arises out of his darkened mind and distorted imagination.

Nicoll of England says that all man's evil is due to misunderstanding. Man sees *through a glass darkly*, due to the twilight in his mind. When the shadows fall in the evening, sometimes man mistakes a stump of a tree with some branches for an enemy with a gun aimed at his heart. He becomes frozen with fear. This is the twilight in his mind. He has not heard, he has not seen. Become Jesus; *i.e.*, become awakened to the Truth and know that there is but one Primal Cause which is your own Consciousness; cease making secondary Causes. To know that your I AM is the only Power, the only Cause, the only Substance, is to free you from all the false gods of the world, enabling you to go forth with the song of God in your heart.

Your *ears* are symbolic of understanding. Many people who complained of their inability to hear the writer at his public lectures on Sunday now sit at the rear of the lecture hall and hear perfectly. Their interest in Truth was aroused; their attention was quickened; and there was a normal, healthy response from the deeper mind. The following is a simple prayer which I give to people suffering from ear troubles of any kind: * "I hear the Truth; I love the Truth; I know the Truth. My ears are God's perfect ideas functioning perfectly at all times. My ears are the perfect instruments which reveal God's harmony to me. The Love, Beauty, and Harmony of God flow through my ears; I am in tune with the Infinite. I hear the Still, Small,

Voice of God within me. The Healing Presence quickens my hearing and my ears are open and free.”

My experiences with people have convinced me that a great number of people become deaf, or partially so, because they don't want to hear the voice of someone. They are trying to shut out certain things. If a man has a nagging wife, he may not want to hear her, and gradually he loses his hearing capacity. These negative auto-suggestions sink into his subconscious mind, and the latter proceeds to follow out the suggestion given. You can place man in a trance state and suggest to him that he can't hear until you tell him he can. The subconscious, being amenable to suggestion, accepts the suggestion of the operator and he can't hear; this shows us how our mind works. We must, therefore, be exceedingly careful of the thoughts we entertain and give attention to in our mind.

There are many people who deliberately shut out the Truth. They say, “I don't want to hear a word of that. Shut that man off, I don't want to hear his voice. I hate that voice. I don't want to hear it. I won't hear it,” etc. These and similar statements are expressed with such emphasis and feeling that they become highly destructive. Our subconscious mind accepts these statements as requests, and proceeds to bring them to pass in our experience. You have heard the old maxim which contains a great Truth, “There are none so deaf as those that will not hear.”

Dr. Flanders Dunbar, famous authority on psychosomatic medicine, cites many cases where deafness was due to mental and emotional disturbances. In her book *Emotions and Bodily Changes*, she cites a case of a man of forty-five who had been married for twenty years and had to use a hearing aid. He ascribed his deafness to swimming. He thought that one advantage of being deaf was that he didn't have to listen to his wife. The doctor asked to examine the hearing aid, but went right on talking. They became engaged in such an animated conversation that it was not until half an hour later that he discovered the doctor was still holding his hearing aid. By now, of course, you have deduced what was wrong with his hearing. His subconscious mind responded to his desire not to listen to his wife. There are people who have a form of deafness due to the fact that

their mind is closed to all ideas but their own. They are unyielding, inflexible, dogmatic, and full of pride.

Hearing is a mental and spiritual process. Trust the Divine Intelligence which made your ears and all their parts. *I will restore health unto thee and heal thee of thy wounds saith the Lord.*

PRAYER WIPE OUT ALL KARMA

We have finished with the miracles of healing reported in the book of *Luke*, which have parallel accounts in *Mark* and *Matthew*. The book of *John* is the most mystical book in the Bible. In the ninth chapter of *John*, a story is told of a man *which was blind from his birth*.

And as Jesus passed by, he saw a man which was blind from his birth. And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him. I must work the works of him that sent me, while it is day: the night cometh, when no man can work. As long as I am in the world I am the light of the world. When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, And said unto him, Go, wash in the pool of Siloam (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing. The neighbours therefore, and they which before had seen him that he was blind, said, Is not this he that sat and begged? Some said, This is he: others said, He is like him: but he said, I am he. John 9:1-9. Related passages, Matt. 9:27-30, 12:22, 20:30-34; Mark 10:46-52.

You can read a more extensive account in my books, *The Meaning Of Reincarnation*, and *Peace Within Yourself* which gives the psychological meaning of the book of *John*.

In ancient times it was believed that if a man were born blind, it was due to past *karma*, and that he was here to expiate for his sins. The people of that day also believed that the sins of the parents were communicated to the children. For example, if the parents were insane, all their children would be insane.

The *sin* spoken of in the Bible refers to the mental attitude, the mood, the feeling of the parents. All sin refers to movements of the mind rather than that of the body. Parents transmit their habitual thinking, fears, tensions, and false beliefs through the mind, not the body. Our feelings and moods create. What tone do you strike during the marital, creative act?*

There are blind and deaf states of consciousness from which blind and deaf children come forth. Whatever tone is struck by the parents, a corresponding expression comes forth by the laws of reciprocal relationship.

There is no instance in the Bible in which anyone was ever refused a healing. The Absolute cannot and does not judge or condemn. All judgment is given to the son, *i.e.*, all judgment is pronounced in our own mind. Each man arrives at his own decision or conclusion, and there is an automatic response of the law. If man thinks negatively, the response is negative. If he thinks positively and constructively, the reaction of the law of his mind is good and very good.

The laws of nature and our mind cannot hold a grudge against us. There is not one law for a child and another for a man of ninety. The moment man goes within himself, claims his good, and presses his claim with faith and confidence, there is the automatic response of the law which honors the mental acceptance of his good. The past is forgotten and remembered no more.

Reason rejects the popular, superstitious belief of the people that man's blindness is due to his *karma*, that he may have blinded people in a former life and is now back on this plane to suffer and atone for his crime. Another very popular, superstitious belief was, and still is, that a child may be born blind because his parents were blind, or because they had sinned or had some physical disease. A man and wife though congenitally blind or blinded by accident may give birth to children with perfectly normal vision.

A mother through prayer, may change the mental and physical nature of her child while he is still in the womb, and bring about a perfect healing. In God's eyes there are no blind, deaf, halt, or lame people. God sees everyone perfect, and His Creation as Infinite Perfection.

I must work the works of him that sent me, while it is day. This means while the Light of Truth is shining, we consciously direct the law.

To make clay of the spittle represents a drooling state, like a boy hungers for candy and drools at the mouth. It represents a joyful, bubbling up state. You have seen geysers bubbling up which make clay look very much alive. The *clay* in the natural state represents the average man who is dead and unaware of the Healing Principle within him. He is, in other words, dead to his inner potentialities. As he awakens and becomes enthusiastic about the discovery of the powers within, he becomes alive to God; this is the meaning of *he spat on the ground and made clay of the spittle*. This latter phrase is an oriental, idiomatic, figurative expression meaning a deep, inner conviction that we now have the consciousness of what we want, and that we reject blindness or the old state of limitation.

We are not here to suffer or expiate for sins or errors. We are here to awaken to the Truth about ourselves and realize that *Beloved, now are we the sons of God, that Now is the day of salvation, and the Kingdom of Heaven is at hand*. Like Paul you can be changed in the twinkling of an eye.

Remember what is true of God is true of man. God can't possibly be blind, deaf, dumb, or sick. The Truth about man is that the Living Spirit Almighty is within him. God is all Bliss, Wholeness, Joy, Perfection, Harmony, and Peace. God is all the wonderful things you have ever heard of. There cannot possibly be any quarrel or division in this Boundless Wisdom. As you anchor your mind on these Eternal Verities about God, identify yourself with them mentally and a rearrangement of the thought-patterns will take place in your mind and the Wholeness and Perfection of God will be made manifest.

The *clay* spoken of is a hard, dry, false belief. It is a muddy, confused mind which must be cleansed; then we *spit* (bring forth) our conviction of Truth.

Go wash in the pool of Siloam means give up and send away. Detach your consciousness from the old state which washes away the false idea and feel and affirm the spirituality of all substance. The blind state also represents our inability to see the state that would

bless us. When man does not know that his savior is the realization of his heart's desire, he is truly blind.

We might also mention in this chapter dealing with the man born blind that all men are born blind. We are born into all that our environment represents. We have to learn how to choose and differentiate so that gradually we awaken to the Presence and Power of God within us.

There is a tendency among people to take everything literally. In your daily newspaper you may see a cartoon depicting some extravagance or waste in Government. You understand it as an allegorical picture of things, that is, visual allegory. We must remember that the Bible is an allegory in words. When people read of the blind, the halt, and the lame in the Bible they usually think of it only from the physical side.

We must see that there is also an internal deafness and an inner blindness though the eyes and ears may not be impaired or diseased in any way. A man can be psychologically lame when he is afraid to take on a new project. In some instances men refuse promotion because they are afraid they might fail. This is lameness even though the physical legs are perfect.

Dr. Nicoll of England stresses the fact that the transformation of meaning from the sensual or sensory level to the emotional and mental level is an act of faith.

For we walk by faith, not by sight: 2 Cor. 5:7. Most people "walk by sight," that is, the literal meaning of everything dominates their consciousness. The blind man is the one who is blind inside.

In *Matthew* we read: *And, behold, two blind men sitting by the way side, when they heard that Jesus passed by, cried out, saying, Have mercy on us, O Lord, thou son of David. And the multitude rebuked them, because they should hold their peace: but they cried the more, saying, Have mercy on us, O Lord, thou son of David. And Jesus stood still, and called them, and said, What will ye that I shall do unto you? They say unto him, Lord, that our eyes may be opened. So Jesus had compassion on them, and touched their eyes: and immediately their eyes received sight, and they followed him.* Matt. 20:30-34.

The two blind men refers to the average man who walks the earth because he is intellectually and emotionally blind. We have a conscious and subconscious mind, *i.e.*, two phases or functions of the One Mind in all. If we do not consciously choose good thoughts and meditate on the lovely and beautiful, our intellect is blind. If we fail to realize and draw forth the wisdom, intelligence, and power of the subjective self, we are blind to the Kingdom of Heaven within.

A *blind man* thinks that hard work will make him wealthy. He fusses, frets, and fumes because he doesn't know that wealth is simply a state of consciousness. The feeling of wealth produces wealth; the feeling of health produces health. Confidence in the One Eternal Source and aligning ourselves mentally with it will take the form of wealth, health, peace, and all the blessed things of life.

I just spoke with a young actress who receives a thousand dollars a week for a few hours work each week. She said there were other actresses far prettier, more attractive, better educated than she, getting a hundred or a hundred and fifty dollars a week in small parts. Her explanation was that they had a low estimate of themselves and lacked confidence. They were blind and did not know that if we make a bargain with life for a penny a day, that is what we will receive. If they would overcome their estimate of themselves and claim their good in consciousness, there would be an automatic response, for *according to your belief is it done unto you*.

A few hours ago I chatted with a man who is leaving this city to take a sales manager job in San Francisco. Last month he was getting meager wages according to some union scale. *His eyes were opened* in our recent class on the inner meaning of the book of *Job*. He began to picture himself receiving congratulations from his wife on his marvelous promotion. He kept running the picture in his mind until it was fully developed in the subconscious, and much to his delight the promotion was confirmed objectively. The two blind states in him began to see because he brought about a harmonious union of his conscious and subconscious mind. These two phases synchronized and agreed on promotion, and what he subjectively felt as true became an objective manifestation.

The cry of the world is *Lord, that our eyes may be opened*. Jesus is your awareness of the Spiritual Power within you and your capacity to use it so that you can rise above any predicament or limitation.

The Bible says, *Jesus touched their eyes*. When you touch something you become aware of it as a sensation, a feeling. You have made contact, so to speak. You touch the Spiritual Power or the Presence of God with your thought, your mental picture.

And immediately their eyes received sight. This means that you will get an immediate response from the Spirit within you whose nature is responsiveness. You now receive your sight because you mentally perceive and lay hold of the Spiritual Power within you. You comprehend its nature and give it your sole allegiance and loyalty. The Maker of your eyes can heal your eyes.

Jesus is always *passing by* for the simple reason that your desire is your Jesus. Every problem has its solution or savior in the form of a desire. The desire is walking down the streets of your mind now. There is a *multitude* of fears, doubts, and anxious thoughts which challenges your desire and divides your allegiance. This is the *multitude* which, according to the parable, tries to restrain the blind men. *But they cried the more*, meaning that you must dynamically and decisively break through that motley crew of negative thoughts in your mind. You must push them all aside and have eyes only for your savior, *i.e.*, your desire.

Set your desire on high; love it; be loyal to it; kiss it affectionately; let it captivate you. You are now being loyal and you will succeed in touching the Healing Presence. At the moment you touch It, the Infinite Healing Power flows through the channel you created and your prayer is answered.

We should not ask for more Light. Rather, our prayer should be, "O God, give me eyes to see the Light." The Light of God always was, now is, and ever shall be. It is wonderful.

WALK WITH THE POWER OF GOD

After this there was a feast of the Jews; and Jesus went up to Jerusalem. Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches. In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water. For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. And a certain man was there, which had an infirmity thirty and eight years. When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed, and walk. John 5:1-8. Related passages, Luke 13:11-12.

Mankind is at the *pool*. The *pool* is consciousness, and all of us are living with our thoughts, feelings, beliefs, opinions, and mental images. Some of these states are *blind*, *halt*, *withered*, and *lame*. Furthermore, man is full of dreams, hopes, and aspirations which have never seen the light of day. Thousands are frustrated, unhappy, and sick because they have failed to realize their dreams, ideals, plans, and purposes. These dead hopes and dreams symbolize the *impotent folk, blind, halt, withered, waiting for the moving of the water*.

Are you waiting for something to happen? Don't sit around waiting for God to do something. You must begin, and when you begin Omnipotence begins to move on your behalf. God has provided you with everything. He has given you Himself; therefore, all His powers, qualities, and attributes are within you, waiting for you to call them forth and use them to grow.

Expand, unfold, and multiply your good a thousandfold. The initiative is with you. The God-Presence within is now governing all your vital organs, regulating your heart beat and general circulation. The earth, the stars, the sun, and moon, and the whole world is here for you to enjoy, but if you want to transcend your present concept of yourself, you must take the necessary steps.

Begin now to think constructively and heal the *blind*, *deaf*, and *withered* states within you. In this drama of healing, prayer is called a *feast*. When you meditate on your good, you are *feasting*, i.e., you are consciously uniting with it; then you make it a living part of you in the same manner that a piece of bread becomes hair on your face or flesh of your body.

The pool has five porches which means we have five senses. Our senses usually deny what we pray for; furthermore, our five senses impregnate us with all kinds of rumors, false beliefs, and limitations.

Now you can put into application the teaching of this drama. You are *Jesus* when you recognize the Spiritual Power within as Omnipotent, and you enter *Jerusalem* (city of peace) when you still the mind and focus on the Living Spirit Almighty within you. You are now back at your Divine Center where you become perfectly quiet in God. You can enter into a deep peace, the Peace of God. You have exchanged the mood of worry and fear for the mood of faith, confidence, and an inner peace. This is why the Bible refers to a *sheep market*. All of us are in the market place every moment of our lives. You are constantly exchanging or giving up one idea for another. You must give up fear and buy faith in God and His Laws. Give up ill will and buy radiant good will. Give up the *blind states* in your belief and buy the idea that there is a way out of any problem. Contemplate the Truth that God has the answer, and therefore you know the answer.

The angel disturbs the pool. The *angel* spoken of is your desire, your wish. A man in our class on the "Miracles of Healing," on which this book is based, told me of a wrong done to him. He was very bitter. He had a desire for a Divine adjustment, but didn't know how to bring it about, and he was very disturbed. He learned how to resolve the conflict. *Whosoever stepped in first was made whole*. No one could get in before him. He was always in the Holy

Omnipresence and he perceived the Truth that actually no one could really rob him or defraud him. When he learned of his Oneness with God and the fact that nothing can be lost, he realized his unity with the Infinite. He prayed that through the action of God his relationship with the other man was now transformed into order, harmony, goodness, and love. He began to see as God sees, and God sees everything in Infinite Perfection.

In other words, this young man ceased to gaze at the outward chaos and confusion, but he went within himself and claimed interior harmony and a Divine adjustment. The blurred, confused, outer picture was transformed into Divine order and peace between them. There was a remarkable solution. Trust the God-Wisdom which knows all and knows the way. "There's a Divinity that shapes our ends, Rough-hew them how we will."

In one of the class-lessons on the book of *Job*, which I have just finished, I told the students that if they had a problem, and could not see any way out, to sit still that night and quietly recognize the Presence of God within themselves, in the situation itself, and within all those concerned. After a few minutes of silent contemplation on that Truth, they were to turn the matter over completely to the subjective self, knowing it will order everything aright. This procedure kindles a fire in the heart which brings about an inner glow and warmth; and while this fire of love is burning in the heart, go off to sleep. Many received remarkable answers the next morning.

No one really can *get in before you*. No one can prevent you from realizing your goal or objective. The only power you are aware of is your own thought. When you think, that process is really Omnipotence in action. One with God is a majority. Your own thought causes the Omnipotent Power of God to move in your behalf. There is nothing to oppose, challenge, or thwart the action of the Infinite One. There can't be two omnipotent powers; if there were, one would cancel and neutralize the action of the other and there would be no order anywhere. There can't be two Infinities, that is unthinkable and mathematically impossible.

The Infinite moves, Troward tells you, as unity, as oneness, as wholeness, and as harmony. Your mind must also move as a unity, a sense of oneness with your ideal. If you are divided in your mind by

acknowledging some other power, you are like a soldier marking time, you get nowhere and reach an impasse. Your mind is divided, two ideas or thoughts are quarreling. You must be the referee and come to a decision by realizing that there is but One Power; and that being so, you are free from fear. Desire without fear is realization.

Recall to mind that the suggestions of others, the race mind and its fears have no power over you. External conditions and suggestions of others are not causative. Your thought is in control. If you say that the other hurt you or made you angry, it means you permitted yourself to move in thought negatively. It was your fault and not the other person's. The other person is certainly not responsible for the way you think about him or the way you think in general. When you think of God, you are one with Omnipotence. The Source is Love; It knows no fear.

While I am coming, another steppeth down before me. Have you ever said that? Perhaps not, but you have heard people say, "It was John's fault," "Except for Mary or Johnny I would have been promoted." If you say anything of that nature, your allegiance is divided and you are disloyal to the One Power which knows no other. *I am God and there is no God beside me.*

I am sure that you are very familiar with the fact that no one can say *I AM* for you. That statement is in the first person, present tense. It means you are announcing the Presence of God within as Cause and Creator. Notice when you speak to your sister or son you say, "You are." When you speak in the third person you say, "They are."

One of our students in the Bible class on the book of *John*^{*} said to herself, "I possess the power to say 'I AM.'" No one can say it for me. I now believe I AM what I wish to be. I live, move, and have my being in that mental atmosphere and no person, place, or thing can get in before me or prevent me from being what I long to be; for, *according to my belief, is it done unto me.*" She had a remarkable demonstration using the above prayer.

The *impotent man* is the man who does not know where the power is and believes it is outside himself. The *thirty and eight years* in the numerical symbology or science of the Bible means the conviction of God's Presence and coming of age spiritually. The number *thirty* refers to the Trinity or the creative working of our own

mind; the *eight* means the octave or man's capacity to rise higher through knowledge of mental and spiritual laws. The Trinity is your thought and feeling and from the fusion of these comes the third step which is the conviction of your good, or God. When your idea is mothered by feeling or emotion and the two become one, you are at peace, and God is Peace. You are constantly putting the Trinity into operation. Ouspensky used to call the third element which entered in the neutral element. We call it God.

The idea of perfect health can be resurrected by you as you now claim, feel, and believe that the Healing Principle is instantly transforming your whole being into God's Perfect Pattern of harmony, health, and peace.

I read a remarkable article which appeared in the magazine *Nautilus* some years ago. It was written by Frederick Elias Andrews of Indianapolis. He said that as a boy he was pronounced incurable. He began to pray and from a crooked, twisted, cripple going about on hands and knees, he became a strong, straight, well-formed man. This young man decided what he wanted and that was a perfect healing. He created his own affirmation, mentally absorbing the qualities he needed. He affirmed over and over again: "I am whole, perfect, strong, powerful, loving, harmonious, and happy." He persevered and said that this prayer was the last thing on his lips at night and the first thing in the morning. He prayed for others also by sending out thoughts of love and health. This attitude of mind and way of prayer returned to him multiplied. Like Job of old who prayed for his friends, God gave him twice as much as he had before. His faith and perseverance paid off big dividends. Negative thoughts came to him but he did not entertain them. When thoughts of anger, jealousy, fear, or worry came into his mind, he would start his affirmation going in his mind. The answer to all fearful thoughts is to turn on the lamp of love forever burning in your heart.

The man in the Bible had the infirmity *thirty and eight years*. We have already discussed the Trinity. The number *eight* is added when healing takes place. *Eight* is composed of two circles representing the synchronous or harmonious interaction of your conscious and subconscious mind, or idea and feeling. When your desire and your

emotional nature agree, there is no longer any quarrel between the two, and a healing follows.

The command by Jesus, or your own illumined reason, *Rise, take up thy bed and walk*, is your voice of authority, based on your inner conviction telling you that you are healed. We can actually hear the inner sound of our belief. It is veritably a command on the inside. You have *taken up your bed* (truth) and walk the earth a free man. All this happens on the *sabbath*.

The *sabbath* is an inner certitude or inner stillness which follows true prayer. It is really a state of mind in which you are unconcerned, unmoved, and undisturbed, because you know that just as surely as the sun rises in the morning there will be a resurrection of your desire. When you have reached the point of complete mental acceptance, you are *resting in the sabbath* or in the conviction "It is done." *And it was on the sabbath day he was healed.*

THE IMPOSSIBLE MADE POSSIBLE

I shall give the highlights of the wonderful healing technique in the raising of Lazarus mentioned in Chapter Eleven of *John*. For a complete, detailed interpretation of this wonderful chapter, I recommend my book *Peace Within Yourself*, which is an interpretation, chapter by chapter, of the book of *John*.

Lazarus represents any dead state, the desire, plan, enterprise, or goal which is frozen within and has not been made alive and resurrected in your world of experience. It may also represent your desire for health which has failed to materialize.

Jesus at the grave of Lazarus represents you and your awareness of the Power which can resurrect your ideal which has been covered with the *grave clothes* of fear, doubt, and anxiety for a long time, and has been *suppressed in the tomb* of the subconscious.

Jesus said, Take ye away the stone. The stone of superstition, fear, and ignorance must be removed. *Martha*, representing the worldly viewpoint says to you, “*By this time he stinketh: for he hath been dead four days.*” *Four* represents the completed state, the termination, the manifestation. According to sense-evidence the situation seems absolutely hopeless, or the condition may seem to be incurable. Regardless of the external circumstances, even though the whole world would deny what you pray for, *if thou wouldest believe, thou shouldest see the glory of God.*

In other words, if you will turn away from sense-evidence and go within and contemplate the reality of what you pray for, and sing the song of triumph, you will see the Glory of God—you will see the answer to your prayer. *To believe* is to live in the state of being or having what you pray for. Your thought is your belief, and whatever you think, you become. Live with the thought and reality of the

answered prayer, and there will be an atomic and molecular change in the diseased body to conform to the new mental pattern.

The stone is lifted as you positively refuse to give power to sickness, disease, or fear. As you give all power to God, *the stone is removed* and you are no longer weighted down with the burdens of the world. Your new mental attitude is *the angel who rolls away the stone* of fear and false belief.

You are now *Jesus, lifting up your eyes saying, Father, I thank thee that thou hast heard me. And I knew that thou hearest me always. He cried with a loud voice, Lazarus, come forth.* John 11:41-43. These latter verses give a magnificent formula for prayer. The thankful attitude works miracles.

Many years ago, a friend of mine who had tuberculosis took these wonderful words of the Bible, *I thank thee Father that thou hast heard me, and I knew that thou hearest me always.* He reasoned it out this way. His human father always gave him whatever he promised him. At one time his father promised him a trip to France (he lived in Ireland). The trip was to take place in August, but the promise was made in May. He remembered how joyous and enthusiastic he was. He recalled bubbling over with expectancy and being thrilled beyond words. This happened even though the trip had not taken place. All he had was the promise; he knew it was certain because his father never failed him.

He said to himself, "Why shouldn't I be thankful and grateful to my Heavenly Father for the promise of perfect health, for 'I know that he heareth me always,' 'I will restore health unto thee and I will heal thee of thy wounds saith the Lord.'" Two or three times a day he would still his mind, relax, and let go. Then he would imagine he was talking to the Invisible Healing Presence within, and he began to whisper, "Thank you," over and over again. He did this until his mind was saturated with the feeling of thankfulness. At the end of three weeks the sputum test and all the others were completely negative. He cast God's Spell over himself. He became magnetized as he contemplated the harmony and perfection of God which he knew would be experienced by him, as it was already given to him by God. When he contemplated the Peace, Order, and Healing Power of God within him, there was a complete rearrangement of the atoms of his

body. He became like a magnetized piece of steel which draws to itself other steel, and not nickel and other metals. In the diseased state he was demagnetized, the atoms were still present, but he ceased to vibrate harmony, health, and peace. His feeling of thankfulness and sense of confidence in the One Healing Power drew like a magnet the conviction that made him healthy, vital, harmonious, and whole.

Like the man mentioned above, give up the false belief that other powers can make you ill without your consent. Contemplate yourself the way you want to be, happy, healthy, radiant, and strong. Identify yourself with these qualities, and accept nothing else. Give up completely all fear in any other so-called causes or powers. Reject categorically and dynamically all false beliefs. Turn in confidence to the Supreme Power within which moves as your feeling, your faith, and trust. When you do this, you are becoming a marvelous mental and spiritual magnet and you will inevitably attract harmony, health, peace, and joy.

The three steps in *raising Lazarus from the dead* are:

1. Recognition of your consciousness as supreme cause.
2. Accept the idea of perfect health and live with it in your mind. To believe is to live with the idea, *i.e.*, make it alive.
3. The inevitable conviction which follows the previous two steps. You are now filled with the feeling of being what you want to be.

Your mood is now one of authority and you say inwardly, *Lazarus, come forth.*

This is the command from the inside of the one who knows that *I and my Father are one.*

A PRAYER FOR HEALING

A personal healing will ever be the most convincing evidence of the power of prayer. About thirty-five years ago I resolved a malignancy by using a prayer based on the 139th Psalm. I had just heard an interpretation of the Psalm and was meditating intensely on its profundity.

For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being imperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.

This magnificent, inspired Psalm teaches that the body and its organs are formed in idea before it is made manifest, just as surely as we can observe that a watchmaker has the idea first in mind before the watch becomes an objective reality. Creative Intelligence fashions and molds the entire body. The Intelligence that creates the body must know how to heal it; furthermore, the Psalm states that *in thy book all my members were written*. The *book* is the Life Principle where the archetype of all organs are inscribed.

Using this Psalm as a basis for my prayer, I prayed in a very simple way as follows:

"My body was made in secret by God. His Wisdom fashioned all my organs, tissues, muscles, and bones. His Healing Power saturates my mind and body, making me whole and perfect. I will give thanks unto thee. Wonderful are thy works."

I prayed aloud for about five minutes two or three times a day, repeating this simple prayer. In about three months my skin was whole and perfect.

Wonderful are thy works; and that my soul knoweth right well.

PRAY YOUR WAY THROUGH
IT

*THE INNER MEANING OF THE
REVELATION OF ST. JOHN THE
DIVINE*

(1958)



INTRODUCTION

This book is based on a series of special lectures and classes given on the inner meaning of *The Revelation of St. John the Divine* in New York, Los Angeles, and other parts of the world. In the second and third centuries there originated a controversy as to the origin of the Book of Revelation. It was claimed that the *Apocalypse* and the Fourth *Gospel* attributed to John were written by Cerinthus, a Gnostic. The critic, Dionysius of Alexandria, declared that the book must have been the work of some John other than the son of Zebedee, arguing from a comparison of the *Apocalypse* on the one hand, and *The Gospel according to John* on the other, regarding style, language, and context.

The Encyclopaedia Biblica points out that *The Gospel according to John*, *the Epistles*, and *The Apocalypse* all come from the same school, showing linguistic affinities at various points. The consensus of Bible research scholars is that the authorship of *The Revelation* is really unknown, and the claims that it was the work of John are to be discounted. Research into ancient Egyptian manuscripts indicate the possible source of these ancient writings.

There is but one Truth, and all sacred writings are parts or fragments of the ancient wisdom which has come down to us from time immemorial. In the study of comparative religion and sacred writings we must come to the conclusion that a secret, traditional wisdom, an arcane science, underlies all these ancient writings.

In early times this Gnosis, or secret wisdom, was guarded zealously, being imparted only to those deemed worthy of initiation. The Bible is a psychological and spiritual textbook containing the laws of man's mind and the way God works.

The Book of *Revelation* is allegorical and mystical—not historical. We must not construe allegory as history. People have tried in vain

to give the *Apocalypse* an historical interpretation; others have looked upon it as prophecy predicting world events. The Bible does not deal with predictions of future events such as wars, calamities, destruction of the world, *etc.* The *Old* and *New Testaments* do not talk about future events and the destiny of nations.

If the Bible taught these things, it would mean that all things are foreordained, predetermined, and that man has no choice, no free will to mold, fashion, and shape his destiny. If the play is all written and you are here to fulfill your role like an actor following the lines of the play, what would be the use of praying, studying the Bible, learning how the subconscious works? *As a man thinketh in his heart, so is he* proves you can change the future by changing your thought and feeling now. It is your belief about yourself and your habitual thinking that make you well or sick, happy or depressed, prosperous or poor.

The subject matter of the Book of *Revelation*, or *Apocalypse* as it often is called, is veiled in symbolic, figurative, and allegorical language. This method was used by all ancient writers of the Bible, who were masters of allegory, in order to preserve and guard the sacred sciences in their true inner meaning from those who would purposely destroy them. Furthermore, they held that those who are morally unworthy should not receive the inner teaching until they had proved themselves worthy to receive it. If the book had been written in clear language and its inner meaning revealed as a great psychological drama taking place in the consciousness of man, it would undoubtedly have been destroyed by the hands of the first great dictator who came along, whether a Nero, a Ghengis Khan, or a Hitler.

Those illumined seers who wrote the Bibles of the world saw through time and space, and knew the importance of preserving the age-old wisdom, concealing it under symbols, numbers, and cryptograms. The Bible is written in code and the key to it has always been known. Any person can study the general principles of symbolism; he can look up the meaning of the various names and words in a good concordance and see for himself the great psychological and spiritual truths which portray the general scheme of Bible allegory. The language of symbols is universal, and this was

the way spiritual knowledge was given to people in ancient times. A symbol appeals to the hearts of all men.

We shall now present a great psychological feast of peace, joy, and happiness as we dwell on the spiritual food of the beautiful Book of *Revelation*, which repudiates the conception of an anthropomorphic God, and with beautiful and sublime imagery points the true way to the heart of God. All the Bibles of the world reveal the eternal verities appertaining to the One God, the Father of all. They all bear witness to the Wisdom of God which is imperishable and which has come down through the ages as a priceless heritage of sacred knowledge.

Historically the Bible is of little or no value. Its beauty and strength lies in its presentation of the laws of life and the way of the Spirit. Approach the Bible with understanding and love, wholeheartedly seeking guidance and inspiration, and the Spirit of Truth will lead you into all Truth.

CHAPTER ONE

(1) The Revelation of Jesus Christ, which God gave unto him, to shew unto his servants things which must shortly come to pass; and he sent and signified it by his angel unto his servant John: (2) Who bare record of the word of God, and of the testimony of Jesus Christ, and of all things that he saw. (3) Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand.

The Revelation of St. John the Divine is a manual of spiritual development teaching the great art of scientific prayer and not, as so many believe, a cryptic prophecy of future world events. The word *Apocalypse*, or *Apocalypsis*, means to unveil, disrobe, reveal, or uncover. *The Revelation of St. John the Divine* means “God revealing Himself as man.” If you sit still, relax, let go, and then mentally divest yourself of your body, name, nationality, race, environment, family, *etc.*, what are you? You will say, “I am invisible—mind and spirit.” This is what the Book of *Revelation* is talking about. You are really invisible. You cannot see your mind, thoughts, feelings, beliefs, and convictions; neither can you see the feeling of love, faith, joy, or enthusiasm. You are living with your thoughts, dreams, aspirations, longings, and imaginings. You are not living in your body. Your body lives in you as an idea.

The purpose of the *Apocalypse* is to unveil man and reveal to him the Presence of the Indwelling God. This is the magnificent and glorious purpose of this Book of the Bible. In the following pages you will receive all the significant highlights of the principal or key verses as given in my classes and public lectures.

The first verse says, *The Revelation of Jesus Christ which God gave unto him, to shew unto his servants . . .* The word *Jesus* is an ancient name for the sun, which was a symbol of the Light or the Presence of God within man. In other words *Jesus* means "I Am," or "Pure Being," the ancient name for God. The word *Christ* is a title and means consecrated or anointed. It corresponds to the Hebrew word *Messiah* or *Savior*. The term *Christ* is the Spiritual Truth about any person or thing. Your *I Am* is the *Christ* or the solution to any problem, and when you say, "I Am," you are announcing the Presence of God within you which is your Christ or Savior because your realization of God is your salvation or the solution to your problem. The words *salvation* and *solution* are used synonymously. In the language of the Bible you are Jesus Christ in action when you become aware of the fact that your I AMness is God, and whatever you affix to I AM you become.

Paul says, *Know ye not that Jesus Christ is within you except ye be reprobates?* In psychological language *Jesus Christ* means the harmonious and synchronous interaction of your conscious and subconscious minds. When you unite true ideas with true feeling you are Jesus Christ in action. Your knowledge of the functioning of your own mind is your savior. In other words man himself is his own savior.

To illustrate how you become Jesus Christ in action, I said to a woman who complained about being lonesome to affirm frequently like a lullaby the following: "I am loved, appreciated, and wanted." She repeated this affirmation until her mind was saturated with the truth of that which she affirmed; then the answer came in the form of the ideal companion who harmonized with her in every way, consummating in marriage.

Every faculty of your mind is a servant. Your thoughts, mental pictures, and emotions are your servants. You are in charge, and you can command your thoughts to do your bidding and bring forth your desire. You are John being initiated into the wonders of your Higher Self. The moment you mother any idea or desire it will come forth into manifestation.

For the time is at hand. The time is always at hand; it is now. In God there is no time or space. When you pray you leave time and

space and enter Eternity. Your good is this present moment. Spiritual growth has nothing to do with time or space. You can claim love now, peace now, and strength now. God is the Eternal Now. You don't have to wait for peace, wisdom, joy, or a healing. All these qualities of God are within you, and when you claim your good, Spirit will validate it and give to you according to your mental acceptance. Cease postponing your good.

(7) Behold, he cometh with clouds; and every eye shall see him, and they also which pierced him: and all kindreds of the earth shall wail because of him. Even so, Amen.

The meaning of this verse is clear. We cannot see the workings of our subconscious mind; it is like a cloud; but when the cloud has become saturated with vapor, precipitation takes place, and we have rain. When your consciousness becomes saturated with the feeling of being what you long to be or when you have reached the point of conviction, your deeper mind will project the answer as a condition, experience, or event. The law is, whatever is impressed on the subconscious mind is expressed on the screen of space.

(8) I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.

I AM or God is the beginning and the end. In simple, everyday language, the beginning of anything is your desire, idea, thought, or purpose; in other words, when you become aware of being or having some desire in your mind, it is called Alpha or the beginning. Your desire is covered with a cloud which means you don't know how to bring it forth. If you will feel within yourself that the God-Wisdom locked in your subconscious mind is at work, it will bring to pass the fulfilment in ways you do not know. Continue to mother this idea with feeling, and you will succeed in impregnating your deeper mind and the answer to your prayer will be precipitated in the same manner that rain falls from the saturated cloud. The beginning is the acorn and the end is the oak, but the plant is already in the seed, and the apple is already in the apple-seed. The beginning is your idea, and the end (Omega) is its manifestation. Your desire, like a seed, has within it its own mathematics and mechanics, and when planted in the receptive area of your mind, it will gestate and grow in the

darkness, eventually coming forth into your objective experience. The solution to all your problems comes out of the clouds of your own consciousness.

(9) *I John, who also am your brother, and companion in tribulation; and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ.*

John is the type of mind that is always transcending itself, the man who is constantly giving birth to spiritual values. *Tribulation* means suffering; actually your desire is your tribulation, because if you realized your desire, you would not be suffering. There is no occasion to suffer when we release our vain opinions and false beliefs and enthrone in our mind the spiritual truths about our mind and the way it works. *To suffer* also means to allow, as to suffer it to be done now. *Tribulation* means to undergo a change whereby we separate ourselves from that which binds, restricts, or inhibits us.

There are birth pangs in the change because before something is born something must die, before something is created something must be destroyed. When you pray about a situation or condition you will oftentimes find that things get worse before the answer comes; this is a cleansing process whereby the old state disintegrates, creating some pain and tribulation such as confusion; but this is a good sign as it indicates the new state is being born. It is somewhat similar to spring cleaning when the mistress of the house creates a lot of dust during the cleaning process.

The *isle of Patmos* means to still your mind and dwell mentally on God. You are then in an island surrounded by water, *i.e.*, you have a firm conviction and faith in God which remains unmoved and unyielding. You are fixed in the belief that what you now contemplate in the secret place of your mind will come to pass, knowing in your heart that it is done unto you as you believe. Your emotions are stilled because you are resting in abiding faith and trust in mental and spiritual laws which transcend all conditions, circumstances, and external appearances.

You are in the *isle of Patmos* when you shut the door of your five senses, turn within to God, and claim that the God who gave you your desire or idea is the same God who fulfills it. Sense and feel the

reality of your desire and rejoice in its fulfillment. You can believe in the reality of your idea just as surely as you can believe you have a hand or a heart. Thoughts are things, ideas execute themselves, what we feel we attract, and what we contemplate we become. When we know these simple truths and their corollaries, we can go to the *isle of Patmos* in faith and confidence and become firm in our conviction that what we pray for already subsists in Infinite Mind and may be said to exist when we feel its reality in our hearts.

(10) *I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, (11) Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea.*

The day of the Lord is when the Light and Intelligence of God shines in your mind, when you know that your own consciousness is God, and that It is the only Creative Power in your world. *Spirit* means feeling, an animation on the inside, and enthusiasm. You are *in the Spirit* when you think of God as the faceless, formless, boundless Awareness within you, knowing that He is the Only Presence and the Only Power. Do not strain for a realization, but simply feel this great Truth. If you are praying about a particular problem, enter into the *Spirit* or feeling of the joy of the answered prayer. The *voice* that you hear which seems like a *trumpet* is the sound of your answered prayer. It also represents the voice of intuition, and means taught from within. Sometimes the idea or perfect answer wells up spontaneously in your mind like toast out of a toaster.

In verse eleven the *book* spoken of is your subconscious mind in which you are always inscribing your habitual thoughts, feelings, beliefs, and reactions to life. Whatever you feel as true on the inside, you experience on the outside. The subjective mind receives impressions from our conscious mind which is the scribe, and the ideas impressed thereon become form, function, and experience. *Asia* means the East, the dawn, the within, the hidden, the spiritual realm. It means the Spirit within, your awareness of the Indwelling Divine Presence which is represented by the rising sun in Eastern

symbology. All religions have their first impetus in Asia and represent the Infinite Intelligence and Wisdom of God resident in the unconscious of all men.

Before we elaborate on the meaning of the *seven churches*, we must understand the meaning of the word *church*. The true *church* is the consciousness of man from which he draws out all the wisdom, strength, and power he needs to maintain himself fully and be expressed at his highest level. A church in Bible language is not a sect or denomination. It is an aggregation of spiritual ideas in individual consciousness.

To send a message to the seven churches a new state of consciousness or mental attitude must be formed. Man must gain an understanding of God as Spirit and establish friendly and harmonious relations to Spirit. The *church* of God is a mental and spiritual awareness of the Truths of God which are gradually absorbed into the mentality. You are building the church of God on earth when you begin a silent, interior planting of spiritual concepts, which work like leaven and in due season transform your whole life.

Countless millions read the Bible according to the letter instead of the spirit or underlying meaning. The various forms, creeds, ceremonies, liturgies, and rituals are all symbolic of inner processes of spiritual growth and awareness. Your *church* is your Deeper Self from which you extract the Wisdom, Power, and Glory of God embedded therein. Remember that a *church* is not made of creeds or forms; neither is it contained in walls of marble and brick. The highest altar in the land is the purified heart of man. Each man is the temple of the Living God, and the Spirit of Truth will lead and guide all men to the Everlasting Truth which is One and Indivisible. One God, One Law, One Life, One Truth, One Eternal, One Father of all—God. All men who walk the earth have the marvelous opportunity to turn to the God-Presence within for light and inspiration, and each shall receive. When all men make a habit of doing this, the real *Church* of God will be found where it always was—in the heart of man.

The seven churches are the seven steps or degrees of awareness through which all of us go before reaching the point of mental conviction or internal, vivid realization concerning the subject

or condition about which we are praying. When we have reached the point of fulfillment mentally and emotionally where there is no longer any quarrel with the conscious or subconscious mind, we no longer feel any need or inclination to pray further. We are satisfied and have that inner, silent knowing of the soul that all is well. It is a deep, inner feeling of certitude whereby you know that you know. You bless the situation at this point and leave it. You have affirmed the Truth and spoken the word which will not return unto you void. You are now resting in the unalterable conviction that your prayer is already answered in Divine Mind, and the moment you think not, it shall appear on the screen of space.

The seven churches represent the seven days of creation, which again represent the length of time it takes you to get an answer to your prayer. If you have an instantaneous healing or demonstration the seven days or seven stages of mental and spiritual development have been traversed. *And God blessed the seventh day and sanctified it. (Gen. 2:3)*

According to some geologists the earth beneath our feet bears record of six great creative periods, with a seventh process still functioning and in the process of completion. There are seven colors of the spectrum, seven principal tones of music, seven senses of man; the numeral seven represents fulness or a completed state. *The seven churches* also refer to the Sabbath Day. The *Sabbath* means the seventh day, seventh month, restoration, at-one-ment, completion, perfection, wholeness, repose, and rest. *The seven churches* or *the Sabbath Day* represent a state of mind that man enters or acquires when he goes into the silence of the soul, into communion with God where he finds true rest and peace. *The seven churches* represent also the seventh or perfect stage of one's spiritual unfoldment. You can send your message to the seven churches within you at any hour. Drop your ideal with feeling into your subconscious mind, and you will come to the seventh stage.

The following are the stages or steps you go through before any prayer is answered:

1. *Ephesus* means desire, plan, or purpose.
2. *Smyrna* means fragrance.

3. *Pergamos* means strongly united, closely knit.
4. *Thyatira* means incense, inspired zeal.
5. *Sardis* means precious stone, joy.
6. *Philadelphia* means fraternal love.
7. *Laodicea* means judgment, detachment.

The *seven churches* are seven states of consciousness. You send your message to the seven churches this way: You go to the isle of Patmos within yourself, which is your own mind, where you contemplate God and pass through seven degrees of awareness to the conditioned state. First you have a desire. Then you dwell in the fragrant state which is the thrill of being or having what you want through the Power of God. In the third step, you mentally and emotionally unite with your ideal or desire by exalting it, lifting it up in mind, wooing it, and embracing it.

The fourth step, represented by incense, is sustained thanksgiving, thanking God for the gift already received. You are thankful in the same way as though you were thanking a man in a store for the fur coat he is going to send you to your home. You trust him implicitly. You have not yet received the coat, but you know you will. Your father promised you a car for graduation; you have not yet received it, but you remember the joy, the thrill, the incense burning within your heart when he promised it to you. All you had was a promise, but you were just as happy as though you had received it because you knew from previous experience that your father always kept his word. Can't you offer the incense of thankfulness to God who never fails? His promises are based on Law, and He has already given you everything. He is within you. Your uplifted and grateful heart will work miracles. Never cease offering incense on the altar of your heart to God Who gave you all things.

The fifth step follows which is a joyous reaction where you are bubbling over with a joyous expectancy, knowing what you claimed in the silence on the isle of Patmos will come to pass, as Spirit always validates and makes good your claim or belief. The sixth step is Love or at-one-ment with your ideal which represents identification. You are now one with your desire. Your subconscious has absorbed it, and you are filled full—there has been a marriage of

the idea and feeling. You have mentally absorbed your desire in the same manner as a piece of bread becomes tissue, muscle, bone, and blood stream.

The last or final step is *Laodicea* which is a rest in God—the creative act is finished. Having done all, you stand on the word of Truth. There is always an interval of time between the impregnation of the subconscious and the manifestation. This period is called the stillness, the Sabbath, the seventh day, the seventh hour—all of which mean subconscious pregnancy. Your subconscious is having a child, which child shall be born at the right time in the right way according to the wisdom of the subconscious. One problem may be solved in an hour, another in a week or a month, another in minutes. Some magnificent demonstrations or answers to prayer have taken years as we count them on the three dimensional plane of life; but in all cases the message to the seven churches or the seven degrees of unfoldment were gone through.

(12) *And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks;* (13) *And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle.* The seven candlesticks are the seven churches. The *garment* which you wear is your mood, your feeling, your joyous conviction. You have been to the banquet table of God where you come mentally clothed in the garment of love, forgiveness, peace, joy, and good will. When you enter into a great psychological feast of joy and happiness, you are wearing the garment of love and you are wearing, symbolically speaking, the *golden girdle* which is a symbol of joy.

When you pray, you must always go to the God-Presence wearing a *golden robe* or a clean heart and mind free from resentment, ill will, hostility, prejudice, or condemnation. These attitudes of mind preclude and obstruct the flow of the Divine Healing Presence. The debris must be removed from the pipe before the water will flow through freely. Likewise a contaminated consciousness must be cleansed of all perverted and noxious feelings in order for harmony, health, and peace to enter in.

(14) *His head and his hairs were white like wool, as white as snow; and his eyes were as a flame of fire; (15) And his feet like unto fine brass, as if they burned in a furnace; and his voice as the sound of many waters.*

The *head* and *hairs* mentioned here represent the intellect anointed by the Wisdom of God. *Hairs* represent the Power and Wisdom of God. *Head* symbolizes the intellect or conscious mind. When your thoughts are God's thoughts, God's Power is with your thought of good. When you have a clean mind and a clean heart, or a true God-like idea and the true feeling which follows, your mind is referred to as *white as wool or snow*.

In verse fifteen the word *feet* means understanding. *Brass* is an alloy formed by the union of zinc and copper, which means a union of your desire and feeling, your mind and your heart. Your understanding consists of your knowledge of the working of your mind enabling you to unite with what you want and to feel yourself to be what you want to be.

(16) *And he had in his right hand seven stars: and out of his mouth went a sharp twoedged sword: and his countenance was as the sun shineth in his strength.*

The *twoedged sword coming out of his mouth* means out of your mouth or mind comes speech, or *comes a voice*, which is vibration. Truth is a *sword* because it severs us from our old, false beliefs and negative patterns, creating a quarrel in our mind in order to resolve a problem. Remember also that whatever you think and feel about another you are creating in your own experience for the simple reason that what you think and feel you create. Truth is a *twoedged sword* in the sense that it is the subjective factor which is always the determining factor. What you believe you create. Man is belief expressed.

When you perceive the Truth of Being, you will believe only in the Goodness and Love of God and expect only the best. You can then roam the whole world wearing the garment of God, and the whole world will be blessed because you walked this way. When you enthrone a God of Love in your mind and believe in your heart that God is the Great, Beneficent Father, you will get a response from the Father of Light as love, peace, guidance, abundance, and security.

He will turn to you as you turn to Him. God is to you what you believe Him to be.

(17) And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last: (18) I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.

Verse seventeen means that when you perceive the Creative Power within you, you become as *dead*; i.e., asleep to the world and alive to God. You realize once and for all the beginning and the end are the same—the thought and the thing, the idea and its manifestation, the oak and the acorn are one. The flower and the seed are one. Your desire and its manifestation are one in your mind. All things subsist in Divine Mind. *Alpha* is the desire and *Omega* is the manifestation of the desire. God gave you the desire, God will fulfill the desire, and God will reveal to you every step necessary for its unfoldment. The place of fulfillment is in your mind, and the place of origin is your mind.

Consciousness is always dying and giving birth to something new. You can die to poverty by claiming God's Opulence is flowing through you. As you continue to do this, the poverty state will be starved to death and you give birth to the prosperity consciousness. The old man is dead, and we now see another man rolling in wealth. You can die to fear and live in faith in God. You can die to ill will and feast on good will. You can die to sickness by taking your attention away from what you do not want and placing all your attention on God and His Infinite Healing Presence, claiming that what is true of God is true of you. The *keys of hell and death* mean your capacity to die to the old state and live in the new. I must die to what I am before I can live to that which I long to be.

(19) Write the things which thou hast seen, and the things which are, and the things which shall be hereafter; (20) The mystery of the seven stars which thou sawest in my right hand, and the seven golden candlesticks. The seven stars are the angels of the seven churches: and the seven candlesticks which thou sawest are the seven churches.

The *seven stars* and the *angels of the seven churches* are the same thing. An *angel* is a messenger of God, a new idea, a new

attitude, a new interpretation of life. The *angel* must come before you can change. You can't change your old ways of thinking until you get a new idea. You come to new judgments, decisions, and conclusions when you learn the Creative Power of your own mind. To realize that what you imagine and feel you create is to experience a visitation of an angel. This angel or new idea heralds the birth of your savior or solution to your problem.

As you walk in the mood or feeling that your prayer is being answered, in the same way the sun will be resurrected in the morning; you will have found your savior; then the dawn will appear and all the shadows will flee.

CHAPTER TWO

We have already elaborated on the meaning of *angel*, the *seven churches*, and the *seven candlesticks*. Since we plan to avoid as much repetition as possible in this book, we will start therefore with the third and fourth verses, avoiding material already covered. The *seven stars* as outlined previously are the seven degrees of awareness through which we go before becoming subjectively one with our desire.

(3) *And hast borne, and has patience, and for my name's sake hast laboured, and hast not fainted.* (4) *Nevertheless I have somewhat against thee, because thou hast left thy first love.*

Your *first love* is God or the Spirit within. When you are loyal and devoted to the One Power recognizing no other, you are loving God. The moment you give power to fear, doubt, or external phenomena, you have left your *first love* and will find yourself in trouble. It means you have wandered away on the periphery of life worshipping all sorts of strange gods. Now you must return to the Center where God dwells in Peace and Harmony, and here be refreshed and replenished from the standpoint of Truth. Here in the silence in communion with God, you can receive Guidance, Strength, and Power to solve all your problems and rise triumphant over all difficulties.

Many scientists have discovered the secret of drawing wisdom from the Deeper Self. Poincare, the French mathematician, would relax, let go, and get passive and still; then he would turn over his mathematical problem to his Deeper Mind which knew the answer. He turned his request over with faith and confidence—this activated the wisdom in his subjective mind, and when his conscious mind was preoccupied with other things, the answer invariably came to his surface mind in a manner similar to toast popping out of the toaster.

(5) *Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent.*

In verse five the word *repent* means to think in a new way and to get a new idea. When you get a new idea about the creative power of your mind, you begin to think in a new way, and as you think and feel so do you become. Thought and feeling create your destiny, and when you begin to think right, feel right, act right, and do right, you are really repenting. To *do the first works* means that when a desire comes to us, we must not stay with our limitations. We must plant our seed in the subjective mind and must give it our full attention. Clarify your desire, define your goal, and be definite and purposeful—this is the job of *Ephesus*. When you know what you want and have defined it clearly in your conscious mind, you will always receive a response from your subconscious mind, which is full of wisdom and intelligence and knows how to bring it to pass.

(6) *But this thou hast, that thou hatest the deeds of the Nicolaitanes, which I also hate.* (7) *He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.*

The *deeds of the Nicolaitanes* refer to phallic worship, which is an abomination of the Law. The deeds of the Nicolaitanes are likened to the actions of Balaam, meaning fornication or cohabiting with evil and destructive thoughts in our mind. To *hate* in the Bible is to completely reject anything negative or destructive in our mind. If we enthrone error in our mind, we will be compelled to express evil. We leave our *first* love which is God whenever we indulge in bitterness, prejudice, hatred, or negation of any kind.

We *eat of the tree of life* spoken of in verse seven when we meditate or mentally feast on something elevating, dignifying, and praiseworthy. The *tree of life* is the Presence of God within you. It is the Christmas tree, and all fruits are hanging on it. Everything you are seeking is within you. No matter what the problem may be, the answer is within you.

A woman who attended the class on *Revelation* had ears which heard the Truth of God—her mind was open and receptive to new

ideas. Her child was very ill, and hope of saving the child's life was given up by all except the mother. She sat by the bed in the hospital and prayed as follows: "God is the Life of my child, and His Healing Power is flowing through every atom of his being. The Peace of God floods his mind and body, and through His Power my child is made whole." She silently repeated this simple prayer over and over again trying to lift up the idea of health in her mind. She knew intuitively and instinctively as she continued praying that she would reach the point of inner peace about her boy. After a few hours the child began to cry for food. The doctor examined the child and said he had passed the crisis. She had practiced sending a message to the seven churches, which meant that she had raised her idea in consciousness through seven degrees of awareness or feeling until an inner conviction took over.

We will go over these seven steps briefly again. *Ephesus* means your desire, which we realize comes from God reminding us of a void in our life. *Smyrna* means hearing; we discipline ourselves so that we hear or give attention only to that which will bless and heal us. We listen to the good news within ourselves—this is the fragrant state *Pergamos*, where we come to the point of clear-cut decision in our mind whereby we know the Deeper Mind responds to our definite decision and trust in It. There is no doubt in our minds. *Thyatira* is the state where we feel the joy of what we are contemplating, when we see and feel the happy ending. *Sardis* is where we mentally come to the place of rest or conviction. *Philadelphia* is where we love our conviction and adhere to it faithfully. *Laodicea* is detachment where we rest in God. Impregnation of the subconscious has taken place, and in a little while the answer to our prayer will be made manifest. These are stages we go through mentally whether our prayer is answered in a minute, an hour, a month, or a year.

(8) And unto the angel of the church in Smyrna write; These things saith the first and the last, which was dead, and is alive; (9) I know thy works, and tribulation, and poverty (but thou art rich) and I know the blasphemy of them which say they are Jews, and are not, but are the synagogue of Satan.

A Jew is a person whose intellect is illumined by the Wisdom of God; he knows the Law of Life and follows It. Many people say they

believe in God, and at the same time they postulate another power called “Satan” or the “Devil”—this is *blasphemy*, and their *synagogue* or mind becomes double-minded and confused. To say, “I believe God is Love,” and then to hate someone is a contradiction in the mind. To say, “I believe God is the Source of all blessings and the Supreme Cause,” and at the same time to be angry and resentful toward others, blaming them for your loss or trouble, is to cohabit with evil and false beliefs in your mind.

Satan means a liar in wait, an adversary, a false belief, hater, accuser, opposer, or contradictor. Any idea you entertain in your mind which opposes the Truth about God is *Satan*. Self-depreciation and self-condemnation admit the accuser, which is a destructive thought in your own mind admitted there by you and entertained in your mental realm. There is no law which says that you have to entertain a gangster, assassin, marauder, or intruder in your mind. Such negative thoughts will rob you of peace, harmony, health, vitality, and enthusiasm, and leave you a mental and physical wreck. The *Satanic* thought is any suggestion or idea that tends to persuade you to turn away from the belief in One Power and One Cause. *I beheld Satan as lightning fall from heaven.* (Luke 10:18.)

Heaven is your mind at peace relatively speaking. When you permit the thoughts of fear, hate, jealousy, *etc.*, into your mind, there are Satan and war in heaven. When you affirm the Truth of Being, erroneous thought falls away; that is, Satan falls from heaven as lightning. Ultimately all evil destroys itself. *Salvation is of the Jews*—that is to say the solution or the answer to prayer comes to the man who is consciously aware of the Indwelling God and His responsiveness; he is the type of man who knows that what he consciously desires to be, to do, or to have, will get a response from the Deeper Mind full of Wisdom, Power, and Intelligence.

The *synagogue of Satan* represents the accumulation or aggregation of negative thoughts in the mind. The *congregation* represents thoughts, feelings, opinions, and beliefs. If a man says he is a Jew, and is bringing forth misery, pain, sickness, and lack, in Bible language he is not a Jew but belongs to the *synagogue of Satan*, which is a false belief about God, life, the universe, and all things good. He believes in misfortune instead of good fortune. We

are not *Jews* if we are not demonstrating harmony, health, peace, joy, and abundance. Some people say, “I believe that God can do all things;” then they say, “My child has no chance, it is going to die.” They are actually saying that the Creative Intelligence which made the body cannot heal, thereby denying the Presence and Power of God.

(10) *Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried: and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life.* (11) *He that hath an ear, let him hear what the Spirit saith unto the churches; He that overcometh shall not be hurt of the second death.*

In prayer we must be *faithful unto death*; the death of the old state takes place as we remain faithful to our ideal or desire every step of the way. In prayer we must give allegiance to the One Power, and as we give devotion, faith, and allegiance to our desire, the old condition will disappear and the new state will be resurrected. The *crown* we receive is victory, triumph, and accomplishment. We become victorious over problems as we remain faithful to our vision or goal, knowing in our heart that no matter how black the tunnel is, we shall come out into the light.

The meaning of verse eleven can be explained this way: The first death is the Universal Life or God assuming the form of the child born into the world—this is the Formless assuming form or Life becoming manifest. The first resurrection takes place when we awaken to the realization that our Consciousness or Awareness is God; we learn to resurrect the Wisdom, Intelligence, and Power of God within ourselves. We transform our lives and environment as we learn that whatever concept we engage in and give attention to in our mind, we create. In other words we learn the Law of Creative Mind; then comes the manifestation of our hopes, wishes, and aspirations. The *second death* takes place when we begin to lose our limitations and start dying to fear, ignorance, superstition, and error of all kinds, thereby resurrecting faith, love, joy, happiness, and confidence in an Everlasting Principle which never changes.

The *ten days* spoken of in verse ten means the length of time it takes us to bring about an agreement between our conscious and

subconscious mind. In the numeral ten, the one means the male element or our idea or desire, and the zero means the womb or female capacity in all of us, the feeling or emotional nature. When we emotionalize the idea, creation has taken place, the male and female are fused into one, and God has entered in; *i.e.*, the Creative Power of God is made manifest in such a union, and the result comes forth which is the answer to our prayer. *If two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.* (Matt. 18:19.)

(12) And to the angel of the church in Pergamos write; These things saith he which hath the sharp sword with two edges; (13) I know thy works, and where thou dwellest, even where Satan's seat is: and thou holdest fast my name, and hast not denied my faith, even in those days wherein Antipas was my faithful martyr, who was slain among you, where Satan dwelleth.

The *sharp word* means that a sword cuts, which means we sever ourselves from our old concepts of limitation and come to the place of decision in our mind where Truth prevails in all its pristine glory. We martyr *Antipas*, which means second sight or intuition, when we become negative and resist evil. *Resist not him that is evil.* (Matt. 5:39.) We do not need to resist evil or Satan since it has no power of itself. By remaining positive to the Truths of God all error will fall away from our life. The resistant attitude of mind leads to martyrdom of the Inner Wisdom, symbolically speaking, for the Wisdom of the Subjective Self does not rise to the surface mind when it is disturbed and confused.

(17) He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

The word *manna* is a symbol of Goodness and Truth which feeds the soul. There is a Spiritual Wisdom which wells up from the subjective depths within those who sincerely seek It and which waters and refreshes the mind and puts sweetness into the mouth. *Manna* is an outpouring of Divine Wisdom which fills the soul with joy. *Manna* is the bread of peace, joy, love, faith, and confidence in

God. It is the blessed bread of God which we partake of when we meditate on the Truth of God.

The *white stone* is the purified or cleansed mind which follows our feasting on God and His blessed qualities. We write *a new name* or nature because we are absolutely convinced of God's Goodness and Love. As we go on a great, psychological feast of peace and happiness we make a deep impression which is indelibly engraved in consciousness, and our whole nature is transformed. Man becomes what he contemplates; knowing this anyone can write what they wish in their subconscious mind, for whatever we feel as true will come to pass. No one can ever take away this inner experience from you because you have tasted God and found Him Good. No one can give this experience to you—you must receive it yourself.

(20) *Notwithstanding I have a few things against thee, because thou sufferest that woman Jezebel, which calleth herself a prophetess, to teach and to seduce my servants to commit fornication, and to eat things sacrificed unto idols.*

Our moods, feelings, and beliefs *prophecy* or determine that which is to come. Man with the conviction of God's Love in his heart prophesies the Good only because he knows that his faith in God and all things is his fortune. Man's present mood or mental attitude is a *prophecy* of that which is to come. When man permits his five senses to run wild, and mentally and emotionally unites or cohabits with evil in his mind, he is *fornicating*, in Bible language. This is referred to as being *seduced by the prophetess Jezebel*. Every man must be a prophet of God and reproduce the qualities, attributes, and potencies of God here and now.

(22) *Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation, except they repent of their deeds.*

We commit *adultery* when we hate, resent, or indulge in self-criticism and self-pity. If we give power to stars, to the weather, to people, and to entities, we are *committing adultery* because we are uniting mentally and emotionally with false beliefs. Actually we are creating idols in our mind. *Adultery* and *idolatry* are used synonymously.

(23) And I will kill her children with death; and all the churches shall know that I am he which searched the reins and hearts; and I will give unto every one of you according to your works.

The *children* of negative thoughts and emotions are sickness, lack, frustration, and limitation of all kinds. To permit fear, hate, or ill will to browbeat, intimidate, bully, and frighten us is to cohabit with evil in the bed of our mind. Our subconscious mind will always express what we have impressed upon it—good if good, evil if evil. No matter what we claim or affirm with the lips, our real feelings and beliefs are always made manifest. The Bible says adultery is of the heart—the *heart* means your emotional and feeling nature, your subconscious mind. The body does nothing of itself—the body moves as it is moved upon, the body acts as it is acted upon.

(26) And he that overcometh, and keepeth my works unto the end, to him will I give power over the nations: (23) And I will give him the morning star.

The *morning star* is your recognition of the Presence and Power of God within you. On the heels of this discovery will come your birthday in God. The *morning star* heralds the dawning of the new day, proclaiming the resurrection of the sun, which bathes the world in beauty and redeems it from darkness and death. Your conviction that the Almighty Power of God is now going before you in majesty and might, and always is moving on your behalf; it will make all your dreams come true. You will find that all your ways are pleasantness and all your paths are peace.

CHAPTER THREE

We are taking the key verses of this chapter and again avoiding interpretations previously given.

(5) He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels.

The term *white raiment* means a purified state of consciousness, a clean mind free from guilt, fear, ill will, etc. The *book of life* is your subconscious mind, in which all your reactions, feelings, and beliefs are deposited morning, noon, and night. Your subconscious mind is like a recording machine. It records all your moods, sensations, and reactions of the day. The wise man sees to it that he records in the *book of life* strong, powerful, loving, and harmonious convictions about the constructive values of life.

(7) And to the angel of the church in Philadelphia write; These things saith he that is holy, he that is true, he that hath the key of David, he that openeth, and no man shutteth; and shutteth, and no man openeth; (8) I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and has not denied my name. (9) Behold, I will make them of the synagogue of Satan, which say they are Jews, and are not, but do lie; behold, I will make them to come and worship before thy feet, and to know that I have loved thee.

David represents Divine Love individualized in man's consciousness. The *key of David* is the consciousness of God's Love abiding in your heart which melts everything unlike itself. A man in our class on the book of *Revelation* told me that he had lost \$20,000 in a business venture; it was a complete loss. He listened to the meaning of verse eight and said to himself, "How can I capitalize on my loss?" He assumed a positive attitude and affirmed boldly, "Infinite Intelligence is opening up a new door of expression for me,

and I follow the guidance and direction which comes to me.” A new idea came to him after a few days. His father-in-law backed him in the same business, and applying the new idea to his business he has gone ahead in a wonderful way. He profited from his mistake and capitalized on his business misfortune.

The term *Jew* in verse nine has been previously explained. You are a *Jew* when you are releasing your hidden powers and filling each day with finer experiences in love and life.

(12) Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out; and I will write upon him the name of my God, and the name of the city of my God, which is new Jerusalem, which cometh down out of heaven from my God: and I will write upon him my new name.

The real test of true faith and confidence is what man does under pressure, or when he comes face to face with a seemingly impossible situation. The tendency of many is to run away, give up, and surrender. There is only one way to face any problem, and that is as a champion. You can overcome all difficulties through the Power and Wisdom of God. To know this is to instill courage and faith into your life. Never permit an obstacle, setback, or disappointment to stop you. As you keep on picturing the harmonious solution, the happy ending, knowing an Almighty Power is backing you up, you will reach a point of inner conviction which is the *pillar in the temple of God*. A *pillar* means a fixed, immovable state of mind, meaning your absolute faith in God's Law and in His answer to your prayer. You *go no more out* in the sense that you no longer seek for that which you have. When you reach the point of inner certitude, there is nothing more to be done. You have written a *new name*, a new estimate, or blueprint of yourself in your Deeper Mind. You change your *name* when you begin to act upon your knowledge of the Spirit within you, bringing forth Love, Peace, Joy, and Happiness.

(15) I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot.

This verse is very important because it points out that we must cease to vacillate, waiver, quiver, and hesitate, but rather come to a clear-cut and definite decision that there is but One Supreme Power

which is a God of Love, forever seeking to express through us. Many people become enthusiastic for a while about the creative power of thought; then they disappear until the next problem. Others say, "It is nice to hear," and they never do anything with the Truths they hear. Others say, "O, this thing doesn't work; I've tried it."

When we try to mix the old ideas with the new concept of God and His Laws, we get nowhere and become lukewarm. We must become enthusiastic about new interpretation of Life. We must give our allegiance completely to the Supreme Power within, and rejoice that we have discovered the power of our thought to bring us health or sickness, peace or sorrow, wealth or poverty. We must be glad to work *with* our subconscious, not *against* it. We certainly should be thrilled to know the way the mind works and begin now to convey to our subconscious mind dynamic, loving, positive, and highly productive thoughts and mental imagery. There should not be one moment's hesitation about making up our mind.

(18) I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thin eyes with eyesalve, that thou mayest see.

The *gold* mentioned is the Power of God in action in your life. To *anoint your eyes with eyesalve* means to develop your intuitive faculties, sometimes called the *third eye*. There are extra-sensory powers in all of us, and you can get guidance and illumination on any subject. In developing intuition you must never use force or mental coercion. Banish all anxiety and tension. The latter means you are full of fear, and such an attitude prevents the Wisdom of God from rising to the surface mind as a feeling, hunch, intimation, urge, or premonition. Your intuitive voice, if you welcome it with faith and confidence, gives you a strong feeling to do this or that, or to make a certain contract. When you pray for guidance, a lead will come. You must recognize that lead and follow it. Train yourself immediately to listen to your intuition and respond to its inner push, and you will greatly enhance your success along all lines of endeavor. You will grow to recognize the inner Voice by experience, trusting in God at all times to lead and guide you.

Let me illustrate how intuition works. A minister friend of mine asked me whether I thought the church he directed should purchase another church property which was being vacated. I said to him, "Let's pray about it and follow the lead that comes." Nothing happened for a few days; then he phoned me saying they were having a board meeting to decide whether to purchase or not. While he was talking I could "feel" that the answer was "No," and he said, "You know, I feel the answer is "No." Subsequent events proved that he was right.

Your intuition works—if you give it the opportunity to respond by maintaining a positive, receptive attitude of mind. You must never try to force your own opinions or influence the intuitive urge in any way. In developing intuition you use reason and logic as far as they go; then you turn the request over to the deeper mind with faith and confidence, knowing in your heart that the answer always comes. You will recognize the answer by an overpowering hunch or feeling, a silent inner knowing of the soul, and by a sense of inner certitude.

(20) *Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.*

God is always *knocking* at the *door* of your heart as a desire. If you *open the door*, which means if you welcome the desire in your mind and treat it cordially and lovingly, you will succeed in becoming one with it mentally and emotionally. You are *supping* with your desire when you feast with joy on the reality of your desire. The Healing Presence is always knocking at your door, and if you will open your mind and heart, and listen to the Voice of Truth, you will have a perfect healing.

A man in one of our classes on the Bible told me that his little boy's finger was twisted in an accident. Every night he would picture a perfect finger on his boy's hand, claiming that there was a perfect idea of a finger in the Mind of God. Prior to falling asleep he would hear his son say to him joyously, "Daddy, look at my finger, it is perfect!" In a month's time the boy's finger was perfectly straight.

Remember the Spirit is always knocking at the door, and the latch opens from the inside. We turn the Holy Visitor away every time that we cease to have faith and confidence in the Spiritual Power as

Supreme and Sovereign. If we give power to other things, to people, to conditions, and to circumstances, we are turning the Visitor away. If we say, "I can't," or "I'm incurable," we are actually rejecting the God-Presence which comes to us as a desire for perfect health and harmony. We always know whether or not we have let the Holy Visitor into our heart, by our attitude, demeanor, poise, and balance.

A radio listener wrote saying that one of her tenants was boisterous, rude, noisy, and had drunken brawls in the apartment, annoying all the other tenants. He refused to leave. She stilled her mind, listened to the soft tread of the Unseen Guest, and bid Him welcome. She said that the thoughts in her mind that were intimidating and browbeating her left her completely as she turned to the Spirit within. She decreed that the Presence of God was where this tenant was and that he was in his true place, releasing him completely to the ocean of Infinite Love. She prayed in this manner until she got the reaction which satisfied, which means inner peace and tranquillity. The man paid up his rent, left quietly and she attracted a very spiritually-minded tenant.

CHAPTER FOUR

(1) After this I looked, and, behold, a door was opened in heaven: and the first voice which I heard was as it were of a trumpet talking with me; which said, Come up hither, and I will shew thee things which must be hereafter. (2) And immediately I was in the spirit: and, behold, a throne was set in heaven, and one sat on the throne. (3) And he that sat was to look upon like a jasper and a sardine stone: and there was a rainbow round about the throne, in sight like unto an emerald. (4) And round about the throne were four and twenty seats: and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold.

This is a wonderful chapter on meditation. When we close our eyes, still the mind, and think of the Infinite Healing Presence within, we are absent from the body (problems, difficulties, sickness, *etc.*,) and we are present with our Lord as we contemplate the solution to our problems through the Wisdom and Power of God. We have shut the door of the senses upon the outside world, and we have opened another door to the inside, to the subjective realm, into *heaven*. The *trumpet* which you hear represents your inner tone, mood, or feeling which becomes exhilarating, elevating, and inspiring as you contemplate your good. This is the *voice of the trumpet*. Your faith and conviction is a prophecy of that which is to come.

I will shew these things which must be hereafter means that in meditation you can have a preview of things to come, you can see the answer to your prayer before you experience it objectively. In

prayer you call things that be not, as though they were, and the unseen becomes seen.

I explained these verses in our class on *Revelation*, and a young actress, who said she had reached the end of her rope, experimented during the prayer period as follows: She began to picture a contract in her hand; she began to feel it and give thanks, saying to herself, "It's mine now. I have so much to give." She lived with the mental picture of acceptance knowing that having seen and felt its reality in her mind, she would experience it objectively. She received the contract within a month's time. She had a prevision of that which was to take place in the near future on the three dimensional plane of life.

The *throne* mentioned in these verses means your authority and your understanding of spiritual and mental laws. You have the authority to mentally and emotionally unite with your good, knowing the creative law of your mind will bring it to pass. You are always at the *throne of God*, for God is Omnipresent, and your separation from His Presence is purely one of thought and belief. The *rainbow round the throne* represents your covenant or agreement with your good; it is symbolic of the seven colors of the solar spectrum which are produced by different rates of vibration of universal energy, which ultimately results in the visible universe. When we go through the seven steps of prayer previously mentioned, the rainbow is round about us because we are reflecting our faith in the God-Presence within in the same manner as water acts as a prism when transmitting the sunlight. The *jasper and sardine stones* represent power and dominion over our thoughts.

The *four and twenty elders* represent all your faculties, feelings, and attitudes gathered together in the contemplation of the Presence and Power of God. Our twelve faculties of mind which look outward must look inward—this represents the disciplining of our faculties of mind which are crowned with gold. *Gold* symbolizes power, and as we learn to discipline our mental faculties we will be able to wield more of God's Power and Wisdom. There are twenty-four hours in the day. Our twelve mental faculties function the twelve hours of the day, and when we are asleep, the same twelve faculties function the twelve hours of night.

(5) And out of the throne proceeded lightnings and thunderings and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God.

The *lightnings and thunderings* mean the movement of consciousness from the unconditioned to the conditioned state. In the mental and spiritual creative act we move through the seven qualities or degrees of feeling which are called the *seven Spirits of God*.

(6) And before the throne there was a sea of glass like unto crystal: and in the midst of the throne, and round about the throne, were four beasts full of eyes before and behind. (7) And the first beast was like a lion, and the second beast like a calf, and the third beast had a face as a man, and the fourth beast was like a flying eagle. (8) And the four beasts had each of them six wings about him; and they were full of eyes within: and they rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come.

The *sea of glass* means the mind at peace, in tune with the Infinite. The *four beasts* mean the fourfold constitution of man; they also mean the four horses, the spiritual, mental, emotional, and physical nature of man.

There is another property of the number four that shows us the nature of a solid, thereby revealing to us the story of creation. For under the head of *one* falls what is called in geometry a point; under that of *two* falls a line. If *one* extends itself, *two* is formed; if a point extends itself, a line is formed: a line is length without breadth. If breadth be added, there results a surface, which comes under the category of *three*. To bring a plane to a solid, one thing is needed, depth; and this addition to *three* produces *four*.

There are four stages to producing a solid; the same is true of anything else. We have the seed, the soil, the creative essence, and the plant. In making water in the chemical laboratory we have hydrogen, oxygen, the electric spark, and water. The numeral four may be dramatized in many ways such as the four seasons of the year, four phases of the moon, the four suits in a deck of cards, the four virtues such as prudence, self-mastery, faith, and justice, and the four elements such as fire, water, air, and earth.

The *four beasts* may be explained by the four fixed signs of the Zodiac, Leo, Taurus, Aquarius, and Scorpio. *Leo* represents the lion or the Spiritual Power, and *Taurus* means the calf or bull, the beast of burden. We labor with our desire to make it come true. *Aquarius* (man) signifies the water bearer. *Water* means Truth, which means we meditate on the reality of our desire by pouring water or feeling on our ideal. We imagine the happy ending, remaining loyal and devoted to our ideal. *Scorpio* (eagle) means the impregnation of our subconscious or the finished state. We could explain these four beasts as four phases of consciousness as follows: Consciousness or Spirit, desire, feeling, and realization.

In verse eight the *six wings* refer to the six days of creation, or the length of time it takes you to impregnate the subconscious mind or reach the point of complete mental acceptance. We have to work diligently in all phases of our life to banish negativity and destructive thinking of all kinds. We must watch over our thoughts, ideas, opinions, and reactions, and see to it that nothing crosses the threshold of the mind but that which fills our soul with joy. We must labor mentally in prayer until we reach the Sabbath or seventh day, which is the inner certitude and quiet calm that follows prayer. The *seventh day* or the *Seven Spirits* refer to the six days or six steps leading to the seventh day of rest or conviction. You find the *six* referred to frequently throughout the Bible, such as the six steps to the throne of Solomon and the six pots of water at the marriage feast at Cana. All these references means the same thing, as the Bible uses outer concrete things to portray inner movements of consciousness.

Wings enable you to soar aloft above the storms of life. With your understanding of prayer you can be a spiritual paratrooper and fly over your difficulty to the haven of rest and security—the God-Presence within you. Here you live beyond time and space. In this impregnable fortress no one can lay siege to it. Here you fashion, mold, and direct what is to come, and by conforming your mind to the Truths of God, you bring forth a perfect answer to your prayer.

To say, “*Holy, Holy, Holy,*” is, in our modern parlance, to see the Wholeness, Beauty, and Perfection of God everywhere, in all people, instead of accepting the appearance of discord. *Which was, and is,*

and is to come means that the Truths of God change not—they are the same yesterday, today, and forever. You are living in Eternity now, and in the prayer process you do not try to create anything—all you do is identify yourself with that which always was, is now, and ever shall be.

CHAPTER FIVE

(1) And I saw in the right hand of him that sat on the throne a book written within and on the backside, sealed with seven seals. (2) And I saw a strong angel proclaiming with a loud voice, Who is worthy to open the book, and to loose the seals thereof? (3) And no man in heaven, nor in earth, neither under the earth, was able to open the book, neither to look thereon. (4) And I wept much, because no man was found worthy to open and to read the book, neither to look thereon.

The *book written within and on the backside* is yourself. Whatever thoughts, beliefs, opinions, theories, or dogmas you write, engrave, or impress on your consciousness, you shall experience them as the objective manifestation of circumstances, conditions, and events. What we write on the inside, we experience on the outside. We have two sides to our life, objective and subjective, visible and invisible, thought and its manifestation.

The *seven seals* are seven states of consciousness. Our concept passes through seven states of awareness wherein we spiritualize our five senses by turning inward to the Spiritual Power; then we get our conscious and subconscious mind to agree and synchronize. When there is no longer any doubt in our conscious or subconscious mind, our prayer is answered. You break the *seven seals* when you discipline your five senses and get the two phases of your mind to agree.

There are *seven seals*. The first is sight; this means to see the Truth about any situation, such as perfect health where sickness is. The second is hearing; you hear the glad tidings by giving your

attention to your vision of health. The third is smell; you smell the Truth by coming to a definite decision that the God who made the body can heal it, and you reject all other food, such as false concepts and race belief. The fourth seal is taste; you taste the Truth by appropriating the idea in your mind through meditation and frequent occupancy of the mind regarding the perfect outcome you want; and fifth, you touch the reality of your prayer by feeling the joy of the answered prayer. The remaining two seals, namely your conscious and subconscious mind, means that when you succeed in disciplining the five senses, the male and female principle of your own mind begins to interact harmoniously—a divine marriage takes place between your desire and your emotion, and a child comes forth from the union, which is the answer to your problem.

You are worthy to *open the book* when you give attention to the Creative Principle within you and use it righteously. You will then begin to release the hidden treasures of health, harmony, peace, and beauty in your life.

(5) And one of the elders saith unto me, Weep not: behold, the Lion of the tribe of Juda, the Root of David, hath prevailed to open the book, and to loose the seven seals thereof.

The *Lion of the tribe of Juda* can *loose the seven seals*—the lion is the king of the jungle. Man is also a king when he awakens to the Power of God within him; he can take charge of his conceptive realm, regulate his emotions and reactions, and refuse to give a passport to any negative thought wishing to enter his mind. He can issue decrees and orders which must be obeyed implicitly, because he knows whatever he decrees with faith and confidence, his subconscious mind will validate, honor, and bring forth into his objective experience. Man's power to think, imagine, and feel constructively gives him power over all conditions in his world; he can *open the seals* which have been covered up and sealed by ignorance, fear, and superstition.

(6) And I beheld, and, lo, in the midst of the throne and of the four beasts, and in the midst of the elders, stood a Lamb as it had been slain, having seven horns and seven eyes, which are the seven Spirits of God sent forth into all the earth.

The *Lamb* is an ancient symbol of the first sign of the zodiac. The Zodiac means your consciousness or infinity, where all tones, moods, feelings, and vibrations are. You can strike any tone, because man is the infinite keyboard of God. What tone do you strike? I suggest you play the melody of God by striking the tones of wisdom, truth, and beauty; of harmony, health, and peace; of joy, wholeness, and perfection. The *Lamb* means your Consciousness which is forever dying to the old and being resurrected to new convictions of health, wealth, etc. If sick, you can detach yourself from the sick state and mentally feast on the Truth that God is Absolute Harmony and Absolute Perfection, and as you do, the old state dies and the new state of consciousness is born.

When the sun crossed the equator on the twenty-first of March, which is called the ingress of Aries, the ancients said, "This is the Lamb of God that taketh away the sins of the world," for the simple reason that as the sun crosses the equator in spring, all the seeds frozen in the ground during the long winter months are resurrected, and the desert rejoices once more and blossoms as the rose. All nature rejoices as the glow, warmth, and radiance of the sunlight redeems the world from the darkness of winter to the joy and enthusiasm of spring. It was called the *Lamb* because the sun entered the sign of the ram or lamb; symbolically this means your mind or intellect which is illumined by the Light or Wisdom of God.

You possess this Wisdom when you know that the Almighty Power of God flows through your mental patterns and mental imagery; therefore you will begin to reproduce the qualities, attributes, and potencies of God through your constructive patterns of thought. Man creates the same way God creates. God imagines Himself to be something; then He becomes what he imagines Himself to be.

The *seven horns* and the *seven eyes* are the seven powers and seven perceptions about which we have elaborated in this chapter.

(8) And when he had taken the book, the four beasts and four and twenty elders fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints.

The *golden vials full of odours* represent the fragrant state, the reaction which satisfies. You cannot suppress the joy which arises when you succeed in feeling the reality of what you prayed for. You have a *harp* because prayer is the music of the soul. As you walk the earth the Light of God goes before you, behind you, to the right and left of you, above and below you—these are also the *six wings* or the six ways God surrounds you. The four powers are with you, and each of them has six wings.

(11) *And I beheld, and I heard the voice of many angels round about the throne and the beasts and the elders: and the number of them was ten thousand times ten thousand, and thousands of thousands.*

The *tens of thousands* mentioned represent the hundreds of thousands of thoughts in your mind; not all of them are constructive. For example you might say, "I fear, I can't, I'm weak, I resent," *etc.* Which I is speaking? It is not the Infinite in you, or the real I. All these thoughts must die, and you must begin to think, speak, and act from the standpoint of the Infinite Goodness of God, the Infinite Intelligence of God, the Boundless Love of God, and the Omnipotence of the Infinite One. As you do this you will begin to hear the *voice of the angels*. An *angel* is a messenger of God or the Truth of God operating in your mind. The many angels operating in your mind are faith, confidence, love, joy, good will, enthusiasm, and understanding. Angels are attitudes of mind or states of consciousness. An angel is also an idea or desire which you have. Give your attention to the angel, mentally and emotionally identify with it, and it shall come to pass through the creative law of your mind.

CHAPTER SIX

(1) And I saw when the Lamb opened one of the seals, and I heard, as it were the noise of thunder, one of the four beasts saying, Come and see. (2) And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer. (3) And when he had opened the second seal, I heard the second beast say, Come and see. (4) And there went out another horse that was red: and power was given to him that sat thereon to take peace from the earth, and that they should kill one another: and there was given unto him a great sword.

The *Four Horsemen of the Apocalypse* are really the four beasts we have been talking about, and the four beasts in action in us become the four horses. We become aware of the functioning of our mind through understanding the meaning of these picturesque symbols. We must not construe as history anything in the *Book of Revelation*, as it is purely allegorical and mystical. This is why it is unintelligible to the average person, because its subject-matter is veiled in symbolical language. In ancient times secrecy was always maintained regarding the sacred science for the sole purpose of guarding it and preserving it from dictators, despots, and tyrants, as well as from those who were considered unworthy to receive it.

The *Four Horsemen* represent the four elements of our nature, such as the spiritual, intellectual, emotional, and physical aspects of our being. The *white horse* symbolizes the Divine Presence in you, God, I AM, and the Higher Self, your spiritual nature. You ride the

white horse when you realize that your own Consciousness or Awareness is the only Cause, Substance, and Power. When you trust the God-Presence completely, when you give all your allegiance and devotion to the sovereignty and supremacy of the One Power, you are truly riding the *white horse*.

The *bow* mentioned refers to the bow and arrow which is a symbol for the word which you send forth. The *word* means your inner thought and feeling which you send forth. In other words if you have an idea, this is the arrow which you are aiming for the bull's eye. If you hit your target, well and good. Our prayers are answered the way we believe; therefore all prayers are answered at the level of our consciousness. The word spoken audibly or silently does not return to us void, based on the fact that it is done unto us as we believe. When you *ride the white horse*, you wear a *crown* which symbolizes victory, accomplishment, and achievement. When you assume that the Almighty Power is moving on your behalf, you will always be the victor. There is no power to challenge God or Spirit which always moves as a unity. When you pray or think, realize it is Omnipotence thinking in you, and there is nothing to challenge the One Power. Do this and wonders will happen as you pray.

The Eastern scriptures refer to the *white horse* as follows: "Prajapati said, 'Whoever shall seek thee (God) in the form of a white horse shall find thee.'" In ancient Vedic lore, the Sun was referred to as the zodiacal horse which died to save all flesh. This is another form of the great solar allegory common to all religions of the world. The birth, death, and resurrection of the Sun represent the mind awakening to the Indwelling God; then the death of ignorance, fear, and lack, and the resurrection of the qualities and potencies of God takes place. This is what religion is all about.

The *red horse* symbolizes the mind energized by a strong and wonderful desire to be, to do, and to have. Desire is the root of every conceivable mode of life. Desire is the mainspring of all action; it is the cause of all feeling and action. When you desire, you wish to bring forth something which exists only in your thought. Desire is behind all progress; it is the force behind all things. Desire indicates a preference for one thing over another; it implies selection. Desire is the Voice of God in you, telling you to rise higher. Desire and

fulfillment are bound together as cause and effect. When we have a desire, there is warfare in our mind because we are in a divided state. The *sword* of the Spirit signifies the awareness of Spiritual Power which dissipates all negation in the mind and brings peace.

Doubt, fear, race beliefs, evidence of senses, verdicts of the world, and circumstances challenge you in your mind. You must use the sword of Truth by realizing that you can overcome all the problems by what you know. Your confidence and faith come from awareness of the Spiritual Power and its responsiveness to you and to whatever you claim, believing you will receive. You *ride the red horse* when you know that the God who gave you the desire is the same God who fulfills it, and it is easy for the Father Indwelling to bring it to pass. You are now armed with the sword of Truth which chops the head off the negative thoughts, enabling you to lift up your ideal to the point of acceptance. The old state is dead—behold, the new!

(5) And when he had opened the third seal, I heard the third beast say, Come and see. And I beheld, and lo a black horse; and he that sat on him had a pair of balances in his hand. (6) And I heard a voice in the midst of the four beasts say, A measure of wheat for a penny, and three measures of barley for a penny; and see thou hurt not the oil and the wine.

One of the meanings of a *black horse* is false knowledge and illusion is the rider. But now you are definitely and positively coming to a decision or a state of balance and equilibrium in your mind. The *wheat* and *barley* are bread substance signifying the food of the world or race mind beliefs. We weigh this with a small measure by giving fear, doubt, and race beliefs no power at all; then the limitation or problem is wasting away as we fast from fear and false beliefs and feast on faith and trust in the One Power Which does all things. We weigh all things by reasoning things out spiritually, knowing in our heart that fear, doubt, and worry have no power, no principle behind them, nothing to sustain them, and that they are a conglomeration of sinister shadows in the mind, an illusion of power.

You ride the third horse when you look at your desire and weigh it with the mood of receptivity by saying decisively and incisively to yourself, "This I am going to accept. I am going to imagine, feel, and

continue to hear the good news of the possibility of the execution of my desire, and I will bring it to pass.” You have tipped the scales in favor of your desire, and there is no argument in your mind. You ride the black horse as a master horseman when you listen to the good news rather than to limitation and negation. We do not *waste the oil and the wine*, which is an exhortation to protect the growth of love (*oil*) for God and the Good, and wisdom (*wine*) which is an awareness of the Presence and Power of God and how to release the hidden treasures.

(7) And when he had opened the fourth seal, I heard the voice of the fourth beast say, Come and see. (8) And I looked, and behold a pale horse: and his name that sat on him was Death, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword, and with hunger, and with death, and with the beasts of the earth.

The pale horse means death, *i.e.*, the death of the old state and the birth of the new. When something dies, something is born. Every end is a beginning. Before something is created, something must be destroyed. You must ride with the idea or desire in your mind until you no longer desire it. The desire is now dead, just as a seed undergoes dissolution in the soil bequeathing or releasing its energy to another form of itself. Your desire has pierced the deeper layers of the subconscious mind, and the new state will now come forth. You must die to your present limitation before you can live to that which you long to be. The *Hell* mentioned in verse eight means Hades or the subjective self where the old state is consumed and the new is born. Through prayer you change the subconscious mind; then the ulcerous or the cancerous condition disappears. Whatever the problem or difficulty may be, it is due to a negative pattern in the subconscious mind, and when we change the subconscious, the objective manifestation must disappear.

The *fourth part* mentioned means your body, environment, conditions, and circumstances. Whatever troubles you may have in any phase of your life can be transformed with the sword of Truth, by fasting mentally from the problem and feasting on the solution; then dissolution or death of the old will take place, and the Infinite One makes all things new.

(9) And when he had opened the fifth seal, I saw under the altar the souls of them that were slain for the word of God, and for the testimony which they beheld: (10) And they cried with a loud voice, saying, How long, O Lord, holy and true, dost thou not judge and avenge our blood on them that dwell on the earth?

In the outside world vengeance means *to get even* with someone who has wronged you; then the wrongdoer will again take vengeance and will try *to get even*. Thus it becomes a vicious circle which never ends. In the Bible *vengeance* means balance, equilibrium, or vindication of the Truth. *Vengeance is mine; I will repay, saith the Lord* (Rom. 12:19.) The Lord is our consciousness; vengeance takes place in consciousness when we cast out the envy, jealousy, and other negative states (*I saw under the altar the souls of them that were slain*) and replace them with spiritual values—the eternal verities. We rise in consciousness through contemplation of God, we get even, *i.e.*, we get equilibrium, we enter into peace.

If someone has hurt you, realize that you, through your own thinking process, have hurt yourself, you have permitted your own thoughts and emotions to run wild. If you are now angry with some person, pray as follows: “The Harmony, Peace, and Love of God flowing through me now are also flowing through the other person.” Continue to do this frequently, and you will find all the roots of ill will and hostility in your subconscious will wither away, and you are free. You have vindicated the Truth, and the Truth sets you free. This is vengeance when properly understood.

(12) And I beheld when he had opened the sixth seal, and lo, there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became as blood; (13) And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind.

Six is the number of creation, and when your prayer is answered there is always an earthquake because there is a dissolution of the old state before the new comes forth. The darkest hour is before the dawn. The sun and the moon are ancient symbols for the conscious and subconscious mind. When a woman gives birth, blood and water come out. She forgets the pangs and pains of childbirth and gets lost in the joy of beholding the newborn child. All this is symbolic of the

birth of a new awareness in ourselves. *The sackcloth of hair* mentioned in verse twelve means disciplining of your thoughts by turning away from the allurements of sense evidence and placing all your reliance in the Divine. *Thou has turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness.* (Ps. 30:11.)

The fig tree is a symbol of the sweet fruit of the Tree of Life. *The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.* (Gal. 5:22, 23.) When the figs fall off the fig tree (*as a fig tree casteth her untimely figs*), those that remain are the best. The same takes place in our own mind, we fertilize and give attention only to those concepts and ideas which strengthen, heal, bless, and inspire us; we select our supreme desire, we subjectify it, plant it, keep our attention upon it; then we rest until creation takes place.

(14) And the heaven departed as a scroll when it is rolled together; and every mountain and island were moved out of their places.

Our old states disintegrate and fade away. The *mountains* and *islands* represent the obstacles, fixed false beliefs and difficulties which vanish in the presence of the Truth which frees.

(17) For the great day of his wrath is come; and who shall be able to stand?

The wrath of God is the action of the Spiritual Power in your mind, body, and environment. Sometimes there is a crisis in illness and the patient seems to get worse before he gets better. The Healing Presence is at work destroying all the bacteria or virulent organisms and suddenly the temperature drops, the patient smiles, and a healing follows. The cleansing process of the mind and body is called the wrath of God. The wrath of God does not mean the fury of an angry God; on the contrary it means the activity of the Divine Power bringing order out of chaos and restoring your life and affairs according to the Divine Pattern which is order, harmony, and peace. The wrath of God could be likened to spring cleaning that takes place when everything in the house is disarranged and dirt is everywhere; only when you finish and put everything in its proper place, will you see Divine Order everywhere. The day of God's wrath

in your life is something supremely worth experiencing, for it means God in action in your life, resulting in harmony, health, peace, and abundance.

CHAPTER SEVEN

(1) And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree. (2) And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea.

The *four angels* are within you which means your acquaintance with your fourfold nature. The first angel is your awareness that the Spirit within you is God, the Supreme Power. The second angel is your desire, the realization of which would free you from any predicament. The third angel is your feeling, conviction or complete mental absorption of your desire. The fourth angel is the manifestation or objectification of your desire. Your knowledge of the Creative Law and its fourfold function enables you to choose from the treasure house of Infinity all those things that would bless and prosper you. The *winds* referred to are the moods or feelings which are impressed on the subjective mind and which come forth into objective experience as form, function, conditions and events.

An angel is an attitude of mind, a way of thinking; it is the angel that always announces the birth of our savior. A knowledge of the workings of your subconscious mind is an angel because such knowledge enables you to liberate yourself from any difficulty. An angel is like the morning star which heralds the coming of the sun that redeems the earth from darkness and causes the whole heavens to become a blaze of glory. Your mood of confidence and faith in God is an angel that goes before you making straight, joyous,

and happy your way. The sun rises in the east to open and govern the day; symbolically the angel ascending from the east is your awareness of the I AM within you as God. Your I AMness is Lord God Almighty—the only Cause, Substance, and Power in the world. Your consciousness of God directs all the other angels (thoughts, ideas, desires) within you. Your spiritual awareness directs and orders all your thoughts, feelings, and emotions. You are in command and you order your thoughts around in the same manner as an employer tells his employees what to do. The *loud voice* mentioned in verse two is your dominant conviction in the Infinite Goodness of God, and living in the joyous expectancy of the best. You are the man of authority ordering your servants (thoughts, ideas, and concepts) to give attention to things divine.

(3) Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads. (4) And I heard the number of them which were sealed: and there were sealed an hundred and forty and four thousand of all the tribes of the children of Israel.

The earth is your body and environment, your objective world; *the sea* represents your emotion; *the trees* are ideas and thoughts which have grown up into fixed attitudes and convictions; and when you *seal* the servants of God in your forehead, you are consciously and subconsciously convinced of the truths which you affirm, and nothing can hurt you as you give no power to the world or external phenomena. Your *forehead* represents your conscious mind, and when the subjective wisdom of God anoints your intellect, you have sealed the servants of God in your intellect. Your thoughts from now on will be noble and Godlike, and true feeling follows your true thoughts. Verse four refers to our twelve faculties of mind. Consciousness multiplies and magnifies everything it touches. Your twelve powers, when disciplined, are magnified exceedingly and are called the one hundred forty-four thousand. When you awaken your faculties, they become powerful.

(9) After this I beheld, and, lo, a great multitude, which no man could number, of all nations, and kindreds, and people, and tongues, stood before the throne, and before the Lamb, clothed with white robes, and palms in their hands.

All men in the world are extensions of yourself. You are the multitude and the two and a half billion people in this world are projections of yourself. When the bell tolls for anyone in the world, it tolls for you also. There is but One Man and we are all manifestations of the One Man and the One Life. Man would not recognize the cells of his own body when seen under the microscope, neither would he recognize the hair of his own head or drops of blood from his own veins. In like manner, the unawakened, unilluminated man does not recognize other men as parts of himself. When we begin to discipline our twelve faculties through prayer and meditation, we receive the palms of victory and triumph.

(14) And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb.

We *wash our robes* when we discipline our mental faculties, attitudes, and feelings. In other words, we dress mentally for God, and when we come into His Presence we wear the robes as moods of love, joy, and expectancy. We cannot come to the banquet table of God wearing the robes or garments of fear, anger, jealousy, resentment, prejudice, or condemnation. We cleanse ourselves by pouring out love on others, by wishing health, happiness, peace, and good will for them. Love is the fulfilling of the law of health, abundance, and security. *White* symbolizes purity and sincerity. *The blood of the Lamb* means the Life and Love of God. As we enter into the consciousness of God's Love, everything unlike God in our mind or heart is dissolved. *Blood* means Life, and Life is Love, and God is Love. When you give life, love, and attention to the ideas which elevate, bless, and heal you, you are saved by the blood of the Lamb.

The Lamb is a world symbol of sacrifice referring to the sacrifice or the giving up of our negative thoughts, emotions, and destructive passions for the purpose of making a place in our soul for the qualities of goodness, truth, and love. We give up the lesser for the greater. We sacrifice a lower way of life in order to cultivate and enjoy a higher life. All progress is a sacrifice in this sense. The sacrifices and burnt offerings in general signify the regeneration and spiritual unfoldment of man by wisdom, truth, beauty, and love. In

simple language, the *Lamb of God* is the desire of your heart, for desire is the gift of God, and you must sacrifice or offer up your desire through feeling its reality so that it dies in your subconscious, and is resurrected as answered prayer.

(15) *Therefore are they before the throne of God, and serve him day and night in his temple: and he that sitteth on the throne shall dwell among them.*

The spiritually minded man sits on the throne of his own consciousness maintaining control of his own twelve faculties, and he judges everything according to spiritual standards and the Truth of God.

CHAPTER EIGHT

(1) And when he had opened the seventh seal, there was silence in heaven about the space of half an hour. (2) And I saw the seven angels which stood before God; and to them were given seven trumpets.

The *seventh seal* is the same as the seventh day or the seventh tone which means the stillness, the rest, the silence which follows true prayer. *Half an hour* means half time which is an indefinite term for we know nothing of the mystery of creation. The ways of our subconscious are past finding out. We do not know how, where, or through what source the answer comes. It comes in ways we know not of, in a manner which we know not, and in an hour when we expect it not. We sow an idea in the subconscious by meditating on it; there it gestates in the darkness, and when the time is ripe, the subjective wisdom brings it to pass according to its own way.

(3) And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the throne.

The seven angels of the seven churches are seven degrees of awareness. We discipline these seven degrees of awareness (seven states of consciousness). Then we blow the seven trumpets, the trumpets sound the call to action. This means that out of our silent meditation there issues a mood, feeling, and confidence in the law, knowing that a response is coming forth. All this is accomplished without strain or effort, just a silent inner knowing of the soul.

(4) And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand.

This means that our consciousness is at the place where the prospect seems so beautiful, so fragrant, that all our senses are turned inward toward our good. Our good has become alive in our heart; we see and hear on the inside—this is incense.

(7) The first angel sounded, and there followed hail and fire mingled with blood, and they were cast upon the earth: and the third part of trees was burnt up, and all green grass was burnt up. (8) And the second angel sounded, and as it were a great mountain burning with fire was cast into the sea: and the third part of the sea became blood; (9) And the third part of the creatures which were in the sea, and had life, died; and the third part of the ships were destroyed. (10) And the third angel sounded, and there fell a great star from heaven, burning as it were a lamp, and it fell upon the third part of the rivers, and upon the fountains of waters; (11) And the name of the star is called Wormwood: and the third part of the waters became wormwood; and many men died of the waters, because they were made bitter. (12) And the fourth angel sounded, and the third part of the sun was smitten, and the third part of the moon, and the third part of the stars; so as the third part of them was darkened, and the day shone not for a third part of it, and the night likewise. (13) And I beheld, and heard an angel flying through the midst of heaven, saying with a loud voice, Woe, woe, woe, to the inhabitants of the earth by reason of the other voices of the trumpet of the three angels, which are yet to sound!

Here we have a story of changing from the old state to the new. Our moods, thoughts, and limitations are burned up by the fire of Divine Love and constructive thinking. A *tree* represents fixed opinions and beliefs which grow up in our mind. A *ship* represents emotions and feelings. *The third part* represents the trinity, or the mental and spiritual creative acts which enable us to destroy all negative patterns in the subconscious mind. *The trinity* is mind, idea, and expression, or thinker, thought, and action. The Divine Trinity is known as Father, Son, and Holy Spirit which means consciousness, idea, and feeling. *The fourth part* is the objective manifestation of what we feel as true. In verse nine when it says, “The sea became blood,” *blood* means Life, and when we are very negative and depressed, we tend to resist the influx of the Spiritual Power. The

waters *of life are bitter* meaning our mind and emotions are full of bitterness, ill will, and hostility as long as we are separated from God and His Peace. Prayer or the practice of the Presence of God will dissolve all these states, and we will be healed.

CHAPTER NINE

(1) And the fifth angel sounded, and I saw a star fall from heaven unto the earth: and to him was given the key of the bottomless pit. (2) And he opened the bottomless pit; and there arose a smoke out of the pit, as the smoke of a great furnace; and the sun and the air were darkened by reason of the smoke of the pit. (3) And there came out of the smoke locusts upon the earth: and unto them was given power, as the scorpions of the earth have power. (4) And it was commanded them that they should not hurt the grass of the earth, neither any green thing, neither any tree; but only those men which have not the seal of God in their foreheads.

The star that falls from heaven means Lucifer (Light Bearer) or Satan. *And he said unto them, I beheld Satan as lightning fall from heaven. (Lu. 10:18.) How art thou fallen from heaven, O Lucifer. (Isa. 14:12.)*

Lucifer or Satan can, in one sense, be compared to Judas. Judas betrays (which means reveals) Jesus, then commits suicide; so when Judas or our sense of lack or limitation dies, this gives rise to our savior or saving state of consciousness. When a man dies to the belief in poverty, he is born to the idea of wealth; when a man dies to hatred, he gives birth to love; when he dies to anger, he gives birth to harmony and good will. Lucifer could also be likened to Venus. Venus, the morning star, heralds or reveals the birth of the sun; likewise our problem reveals our savior. If in prison, you want freedom; if sick, you want health; if thirsty, you want water. Water would be your savior if you were dying of thirst in the desert. Lucifer,

like Judas, is our sense of lack which must die before the savior can come in. We cannot have our savior, the state that will bless us, before the sense of lack drops from consciousness. When Lucifer (sense of lack) falls from heaven (consciousness), he heralds our savior. Our savior is the realization of our heart's desire.

Verses one and two refer to the subjective mind which is the place of death or dissolution of negative states, complexes, fears, *etc.*; also it is the law of life. The seed we deposit in the soil undergoes dissolution at the same time bequeathing its energy, vitality, and force to another form of itself. The seed must first die to give life to something new. Our desire must die in the subconscious which takes place whenever we succeed through feeling in impregnating our subconscious mind; then comes forth the manifestation or answer to our prayer.

The seal of God in the forehead means your conviction in the supremacy of the Spiritual Power. The *forehead* means your intellect or conscious mind which is aware of spiritual values. The *seal of God* is on our foreheads when you know that the law of God responds immediately to your positive thought. We have a new name or nature because our assurance, our confidence and our faith are capable of granting life to more and more Godlike qualities in our life. The *locusts* represent the food of the five senses which disturb and frighten us, but when we know that the external world has no power over us and that Spirit alone is the cause, we are free, and the locusts or fears of the world fail to move us.

(13) And the sixth angel sounded, and I heard a voice from the four horns of the golden altar which is before God, (14) Saying to the sixth angel which had the trumpet, Loose the four angels which are bound in the great river Euphrates.

The *four horns* are symbols of your consciousness and its four powers which have been covered previously, such as Father (consciousness), Son (idea, desire), Holy Ghost (feeling of wholeness or oneness with your desire, and the fourth part—objectification of your desire, or the son made manifest). Verse fourteen is the same as the previous verse indicating a propelling movement as consciousness. *Euphrates* means the Creative Power within you whereby you fructify and bring forth the glory of God.

(15) And the number of the army of the horsemen were two hundred thousand thousand: and I heard the number of them. (17) And thus I saw the horses in the vision, and them that sat on them, having breastplates of fire, and of jacinth, and brimstone: and the heads of the horses were as the heads of lions; and out of their mouths issued fire and smoke and brimstone.

The vast armies of horsemen represent the limitless power of the God-Presence. The *men killed by fire* represent thoughts, opinions, beliefs which are dissolved by fire or Divine Intelligence and understanding of the truths of God and Life. The spiritual concepts or the armies of heaven destroy the evil, false, superstitious thoughts, and negative tendencies of man.

CHAPTER TEN

(1) And I saw another mighty angel come down from heaven, clothed with a cloud: and a rainbow was upon his head, and his face was as it were the sun, and his feet as pillars of fire: (2) And he had in his hand a little book open: and he set his right foot upon the sea, and his left foot on the earth, (3) And cried with a loud voice, as when a lion roareth: and when he had cried, seven thunders uttered their voices. (4) And when the seven thunders had uttered their voices, I was about to write: and I heard a voice from heaven saying unto me, Seal up those things which the seven thunders uttered, and write them not.

The *little book* is the subjective mind, where we write, engrave all the concepts, all our impressions and beliefs. *The right foot on the sea* means to discipline the mind by the right understanding of the law. We are all living in the sea of mind and emotions, and we must learn that the pathway of love is open to everyone in all circumstances, and upon which you may step this moment. You need no special training to place your right foot on the sea. Feet mean understanding in Bible language. You can begin this moment steadfastly to expel from your mentality every thought of ill will, bitterness, or personal condemnation, of resentment, and of anything and everything which is contrary to the Golden Rule and the Law of Love. Fall in love with the eternal verities, love, goodness, truth, good will, honesty, and justice. Love will heal you; love will comfort you and bless you in countless ways. Love will illumine your pathway and give you peace of mind.

You place your left foot on the earth in this sense. *Earth* means manifestation such as your body, environment, conditions, *etc.* The *left foot* means that you know that the subjective condition will always overturn and overthrow the objective condition. You can always go within and visualize the way you want things to be, and the silent inner movement of consciousness will bring about outer conditions to conform to your inner conviction. All doubt and fear drop away as we become aware of our Hidden Power. *The seven thunders* are seven qualities of consciousness. *The mighty angel* spoken of is your unwavering, unshakable conviction which comes from the heavens of your own illumined mind. *Seven* means completion which symbolizes the lion, the conquering state of consciousness.

Verse four means we must rest in the conviction that our prayer is answered. The adversary or negative thought may come into our mind to challenge us and disturb us. We must not listen to anything but that which we know to be true. We must feel our new concept, clinch it, and wait in faith, believing until manifestation takes place.

(9) *And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey.*

When we first hear the truth that the Creative Power responds to every thought, we become very enthusiastic and it seems sweet and fragrant. However, at times our senses become overwhelmed by what we see and hear, and we lose the true perception of the One Power. When we admit another power, we begin to oppose and resist it. Our desire or ideal at such times is like food which we have not properly digested (*it shall make thy belly bitter, but in thy mouth sweet as honey*). When you contemplate your desire, you generate a new mood, but if you think there is something blocking you, or some external agency that can thwart you, then you are in the peculiar and difficult position of fighting and quarreling with your own thought. This creates confusion, irritability, and anger; this is a quarrel of your mind which resembles the quarrel in the stomach when the food is not properly digested and assimilated. If you believe in a power of evil, you are actually denying the power of the One God and His Omnipotence. This creates a conflict and we do not succeed in

digesting, absorbing, and assimilating our desire or consciousness. The answer to the whole question is that you have to identify yourself with the Universal Power from whence your strength, power, and faith comes. Remember that you are a child of God, and all the powers of God are locked within you in the same way that the palm tree is locked within the seed. Become receptive now and say, "I accept my good, God gave it to me, and I allow it to take form in my experience."

(11) *And he said unto me, Thou must prophesy again before many peoples, and nations, and tongues, and kings.*

We must always *prophesy* by feeling and knowing that the Infinite Goodness of God is forever flowing through us and that we are channels of the Divine. Our mood, feeling, the animation in the inside determines our future. We must become the true prophet and prophesy or claim only that which is true of God in our lives. According to our faith in God is it done unto us.

CHAPTER ELEVEN

(1) And there was given me a reed like unto a rod: and the angel stood, saying, Rise, and measure the temple of God, and the altar, and them that worship therein. (2) But the court which is without the temple leave out, and measure it not; for it is given unto the Gentiles: and the holy city shall they tread under foot forty and two months. (3) And I will give power unto my two witnesses, and they shall prophesy a thousand two hundred and threescore days, clothed in sackcloth.

Arod is a symbol of authority actively exercised. Consciousness is the only authority. We can have nothing except by rights of consciousness. Man is the measurer. We *measure the temple of God* by our degree of faith, awareness, or inner conviction of God's infinite goodness, and according to our measure or degree of acceptance and receptivity is it done unto us.

In verse two, the *outer court* is the world of appearances. We do not measure the outer court because we work on the inside realm of the mind; and what we feel and accept as true on the inside we shall experience on the outside. *Forty and two months* indicate an indefinite time. It means three and a half years literally. The number four in Bible symbolism means objectification or manifestation, the completed cycle. In other words, the manner in which our prayer will be answered is hidden from us, and we know not the day, hour, or minute in which the answer comes with healing on its wings. Our negative thoughts, fears, opinions, and beliefs must be redeemed with the Light of God, otherwise they will tread underfoot, or keep

from perfect expression and demonstration, the spirituality or God consciousness within man.

(4) These are the two olive trees, and the two candlesticks standing before the God of the earth. (5) And if any man will hurt them, fire proceedeth out of their mouth, and devoureth their enemies: and if any man will hurt them, he must in this manner be killed. (6) These have power to shut heaven, that it rain not in the days of their prophecy: and have power over waters to turn them to blood, and to smite the earth with all plagues, as often as they will. (7) And when they shall have finished their testimony, the beast that ascendeth out of the bottomless pit shall make war against them, and shall overcome them, and kill them. (8) And their dead bodies shall lie in the street of the great city, which spiritually is called Sodom and Egypt, where also our Lord was crucified.

These verses deal with the story of the two witnesses which are Love and Wisdom. *Love* is loyalty and adherence to the One Power, and *Wisdom* represents the true idea. These two testify to a third to come. The son or answer to our prayer will come when our I AM marries or unites itself with our ideal. The *two witnesses* or *two olive trees* represent the way by which the oil or nature of God or Spirit is brought into manifestation in our lives. The union of two things brings forth a third. The union of a father and mother brings forth a child. Your true idea enveloped in love will come forth as form, function, experience, condition, or event.

The beast that cometh up out of the abyss represents a dominant race thought which browbeats you, preventing the two witnesses within you from functioning so that they remain seemingly inactive. However, Truth always wins, error has no principle behind it and nothing to back it up, and as you continue to affirm the truths of God in faith and love, the error, the adversary, will be cast out of heaven (your mind in tune with the Infinite).

The city of *Sodom* and the *dead bodies* mentioned in verses eight and nine mean the world of the five senses where the tyranny of false beliefs and negative passions reign supreme. When our consciousness is undisciplined, it is like a Sodomite, a harlot; it will join with anything, *i.e.*, cohabit with envy, jealousy, hate, revenge, greed, lust, *etc.* In verse eight, it says our Lord was crucified in

Sodom and Egypt. Your Lord is the dominant idea in your mind, that which you give most attention to. If you desire a healing, you take your attention away from your body, its aches and pains, and focus all your attention on the idea of health and harmony. As you continue to do this with faith and understanding, it becomes a dominant force in your life, and this idea is impregnated in Egypt or your subconscious mind where it gestates in the darkness. It is said to die in the subconscious mind, and after a while it is resurrected as perfect health for you. Your Lord or dominant idea crossed over from your conscious mind to your subconscious mind. Furthermore, as you filled your mind with the truth of the Healing Power of God's Love, you crowded out of the mind everything unlike God or the good. The dead bodies mentioned in verses eight and nine represent the destruction and the negative thoughts in your mind.

(15) And the seventh angel sounded; and there were great voices in heaven, saying, The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever.

The *seventh angel* represents fulfillment, conviction, the inner sound or movement of the heart which tells us that all is well, that we rest in God.

(19) And the temple of God was opened in heaven, and there was seen in his temple the ark of his testament: and there were lightnings, and voices, and thunderings, and an earthquake, and great hail.

You build your *ark* on the understanding of the wisdom, presence, and power of God. The *ark* is built by claiming what is true of God is true of you. You can build this ark in the midst of all the errors and false beliefs of the mind. As you continue in your mental and spiritual practices, an earthquake will take place in the sense that everything unlike God or the truth will be destroyed in your life; it will seem like an earthquake because the old man will be destroyed and a new man will appear transformed by faith and love of God. Your ark is your covenant or agreement with the God-Self within you that you shall inherit all that the Father has. *All things that the Father hath are mine.* (John 16:15.) The destruction, annihilation, and consuming of all your race thoughts and erroneous concepts through the fire of

Divine Love is really the earthquake that destroys the old and gives birth to the new.

Behold, I make all things new. (Rev. 21:5.)

CHAPTER TWELVE

(1) And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars. (2) And she being with child cries travailing in birth, and pained to be delivered. (3) And there appeared another wonder in heaven; and behold a great red dragon, having seven heads and ten horns, and seven crowns upon his heads. (4) And his tail drew the third part of the stars of heaven, and did cast them to the earth: and the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born.

The *sun and moon* represent the conscious and subconscious minds. The *crown of twelve stars* on her head indicates the illumined, disciplined conscious mind which entertains only the noble, Godlike concepts. When there is agreement between the conscious and subconscious minds, our prayers are always answered and countless blessings follow.

If two of you shall agree . . . as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. (Matt. 18:19.) This is a simple statement of the law of your own mind, indicating that when you unite yourself mentally and emotionally with your desire, the subjective mind validates and brings what you request to pass. You are the woman clothed with the sun when you are mentally married to your highest ideal. The *dragon* is Satan, the *adversary*, the negative force. Our thoughts come in pairs. Every good and wonderful idea you have may be challenged

instantaneously by some negative and ignoble thought, its opposite. Have you not noticed that when you affirm perfect health for your friend, the thought comes to you, "He cannot be healed," "He is incurable," etc. The dragon which stands before the woman about to be delivered is negation, the race mind, lack of understanding, and false beliefs, all of which tend to tempt you away from your faith in your good. *Though he slay me, yet will I trust him.* You can always rise in your mind over any obstacle, challenge, temptation, race pattern, and over all objective evidence. Have confidence in the One Creative Power and this attitude will enable you to think above all the suggested patterns of the race mind, and you will succeed in bringing to pass the cherished desires of your heart. If you allow the false, erroneous concept of the world to rule in your mind, you will slay the child or the new awareness of God in your mind.

The Indwelling Power or Spiritual Idea is spoken of in the Bible as a child. The subconscious mind is the woman spoken of in the Bible, and your awareness of the Presence, Power and Intelligence of God locked in your subconscious depths is described as a child. When your conscious mind discovers that the Indwelling God is the Spirit in all of us, the very Life of us, we begin to use this Power; this is called the birth of the child. The old habit pattern of thought, the theological God living in the skies, an anthropomorphic being who punishes and tests us, all these concepts come to our mind to challenge our new concept. We must constantly remind ourselves of this Indwelling Power, nourish and guard our faith in this God-Presence; and as we do this the child, or our idea of God, will grow stronger and bigger until His Wisdom will take charge of our entire life.

(5) And she brought forth a man child, who was to rule all nations with a rod of iron: and her child was caught up unto God, and to his throne. (6) And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred and threescore days. (7) And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, (8) And prevailed not; neither was their place found any more in heaven.

The *woman fleeing into the wilderness* means that you go into the Secret Place within yourself where you walk and talk with God.

There you live beyond time and space. You are in the silence, and to be alone in the silence is to be alone with God. God abides in the silence, Truth is lived in the silence, Truth is felt in the silence. You are in the Impregnable Fortress; no one can lay siege to you there. In your meditation and communion with God you will give birth to your ideal by knowing that what you claim and feel as true will come to pass in ways you know not of.

Michael and his angels who fought against the *dragon* (ignorance, fear, and superstition) represent your faith, confidence, and trust in the Almighty Power which brings all things to pass according to your belief. *Michael* represents moving concertedly in one way, one pointedness of vision, a complete and happy oneness with your highest good. When you pray, you call Michael and his angels; you gather your faculties and attitudes of mind and feast at the banquet table of God, rejoicing in the truth that God is the giver and the gift, and man is the receiver. With your sword of Truth, the clarity of thought, your understanding of God's law, you slay the dragon ruthlessly by chopping his head off with the fire of Divine Love and faith in God.

CHAPTER THIRTEEN

(1) And I stood upon the sand of the sea, and saw a beast rise up out of the sea, having seven heads and ten horns, and upon his horns ten crowns, and upon his heads the name of blasphemy. (2) And the beast which I saw was like unto a leopard, and his feet were as the feet of a bear, and his mouth as the mouth of a lion: and the dragon gave him his power, and his seat, and great authority. (3) And I saw one of his heads as it were wounded to death; and his deadly wound was healed: and all the world wondered after the beast. (4) And they worshipped the dragon which gave power to the beast: and they worshipped the beast, saying, Who is like unto the beast? who is able to make war with him?

The *beast* mentioned here is the dragon representing all our negative moods, our old worldly beliefs, the old situations. The *dragon* works invertedly from the outside to the inside. The *ten horns* are the five senses doubled looking outward with limitation and at the same time impregnating us inwardly with what we hear, see, and feel on the outside. The *sea* is our undisciplined consciousness; our mind is chaotic and confused until we definitely define our goal, work toward a definite objective. We must feed the mind with premises that are true; we must dwell on ideas which heal, bless, inspire, elevate, and fill our soul with joy. We like to hold on to the old; the moment we get a desire for the new, we quarrel with it. This resistance to the new is the dragon which opposes the new idea in our mind. Limitation raises its head and our cherished ideal,

enterprise, plan, project is wounded. We can and must heal the situation by casting out the old, accepting the new. This is the circle of consciousness where we die to the old and resurrect to the new.

(6) And he opened his mouth in blasphemy against God, to blaspheme his name, and his tabernacle, and them that dwell in heaven.

Blasphemy is irreverence toward, or refusal of, our good, or remorse over failure. We blaspheme against God when we say that God cannot heal the body which He created. At that moment we are atheistical because we are denying and rejecting the Omnipresence and Omnipotence of God. If a man says that he is incurable and that his condition is hopeless, he is blaspheming, in biblical language, because actually what he is saying is tantamount to the fact that the Infinite Healing Presence can't heal the diseased body, yet perhaps with his next breath he will say, "With God, all things are possible." We are also blaspheming the name of God when we say that God sends us sickness, disease, death, and trials. The Infinite Healing Presence cannot violate its own nature. The Infinite can only express itself as Harmony, Health, Peace, Joy, Wholeness, and Perfection. The nature of the Infinite is Wholeness, Beauty, and Unity. It cannot express itself in any other way. Life cannot wish death—that would be a contradiction of its own nature. God's will, intention, or purpose for all men is abundant life, joy, harmony, and marvelous experiences transcending his fondest dreams. The false beliefs of the race mind speak all manner of lies about God; men speak of devils, hell, damnation, limbo, and purgatory. All these words mean states of mind created by us due to ignorance and lack of understanding. The only devil is misunderstanding, misinterpretation, and misapplication of universal laws common to all men. To tell a lie about God and His qualities is also to blaspheme. To tell a person that God is going to judge him and punish him on the last day, or that if he commits a serious sin that he will go to hell is also to blaspheme. All judgment is given to the son, meaning is given to your own mind. You pass judgment on yourself every hour of the day by the thoughts you think and by your choices. The Absolute does not judge or condemn. Our retribution and reward are based on the reactions of our own subconscious mind to the way we think. Think

good and good follows, think evil and evil follows. The law of life is action and reaction. Thought is action, and the reaction is the response from our subconscious based on the nature of our thought.

(8) And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world. (9) If any man have an ear, let him hear.

The book of life has been previously referred to and represents the impressions made in consciousness; the *foundation* is the time when the impression is made. Consciousness is the *Lamb* which is always dying to the old and resurrecting to the new. As you detach yourself from the old state and feast on what you want to be, the old state dies and disintegrates and the objectification of your desire takes place. Verse eight means to listen to the truths within, know that God is All-Powerful and that He is the only Presence. Hear that love casts out hate, peace casts out pain, and joy casts out sorrow. Hear that there is only One Power and cease to give power to the phenomenalistic world. The scientific thinker does not consider an effect a cause; he does not give power to stars, weather, germs, people, conditions, or anything that is created or externalized. Likewise the one who *hears* believes and knows that Spirit is Omnipotent and the Only Cause. Many people hear only what they want to hear; they do not accept inwardly the truths they hear with their ears only, and consequently they do not live up to what they read and hear.

(11) And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon.

The *Lamb* is a symbol of the savior state of consciousness. Our consciousness is always dying to one state as we give up our old beliefs and we give birth to the new. The correct way to use the mind is to take a true idea which heals, blesses, and inspires, and as we dwell on that idea it induces an emotion which weaves itself into the fabric of our mind, and it is brought to pass by the law of our subconscious mind. If you get lost in some aim, project, enterprise, you are absorbed, engrossed, and mentally and emotionally identified with your desire. This mental absorption conveys the plan or idea to the subconscious mind and it will come up as a lamb, as your savior, your answered prayer. But when you work invertedly

from the outside, you are looking at conditions, obstacles, delays, impediments, and your subconscious takes these as your requests, and up comes limitation.

(18) *Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six.*

This verse says that the beast and man are one. The letters in the Greek word *hephren* (undisciplined mind) add up to 666. This word means the lower mind, the unregenerate or undisciplined mind of man governed by fear, ignorance, and greed.

CHAPTER FOURTEEN

(1) And I looked, and lo, a Lamb stood on the mount Sion, and with him an hundred forty and four thousand, having his Father's name written in their foreheads. (2) And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps: (3) And they sung as it were a new song before the throne, and before the four beasts, and the elders: and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth.

Sion means a high state of consciousness where high, lofty thoughts and ideals abide. It means that your mind is in tune with the Infinite and you sense the presence of peace, love, joy and spiritual strength. It means that you feel the Presence of God or good in your heart. *The one hundred forty-four thousand* represent the magnification or multiplication of your twelve faculties as you gather your thoughts, feelings, and mental attitudes together in contemplation of the King of kings within yourself. When you are tuned in mentally with the God-Self, you know that there is a solution to your problem. Every problem has its solution in the form of a desire. If you find yourself in the depths of despair or want, focus your attention on your ideal, picture yourself as free from the problem, believe that God is now working for you and that through His Wisdom you will reach your goal which will be your freedom. This is the *voice of heaven* mentioned in Verse two. A *voice* is a mood, tone, inner feeling which you possess as you stir up the gift of God within you.

The *voice of harpers* means the inner harmony which follows as you think of the power and the wisdom of God which is revealing to you the perfect solution. In verse three, you *sing a new song* when you sing the song of the triumphant spirit of God in man. No man can learn this song until he becomes aware of the Presence of God in his midst. You can start now to envision yourself as you would like to be irrespective of conditions or circumstances. Call your inner minstrel which is your faith in God and His Omnipotence, continue in this triumphant mental attitude, and you will rise from darkness and gloom and find yourself on the pathway to health, happiness, and peace.

(4) These are they which are not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the first-fruits unto God and to the Lamb.

Your mind is the eternal *virgin*, and you can keep it clean by refusing to unite with negative concepts, beliefs, and opinions. You follow the *lamb* or you become a bride of the church when you know that God's intention for you is life, liberty, and the pursuit of happiness. When you marry, *i.e.*, mentally and emotionally unite with harmony, health, peace, and wisdom, you are married to the lamb and you are a bride of Christ. All this means in figurative language is that you are constantly singing the song of triumph, achievement, and accomplishment of spiritual truth in your individual life.

(8) And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. (9) And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, (10) The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb.

Babylon in the Bible means mental confusion, a chaotic condition where we are in complete subjugation to sense evidence. *Wrath of God* has two meanings. If we think evil, evil follows, which is simply the law of action and reaction. If we impress our subconscious mind

negatively, the law of our mind works destructively and inharmoniously for us. The wrath of God might with equal propriety be called the blessings of the Lord (Law). When we choose positive and constructive thoughts, there follows the destruction of limited and inferior thoughts and forms of life, culminated by a healing; the activity which precedes this healing is called the wrath of God, or the destruction of the old which is followed by the resurrection of the new. We worship the beast when we give attention to limitation of any kind, and create misery, sorrow, and suffering in our experience. The fire and brimstone mentioned in verse ten are figurative terms depicting the fires of conscience, remorse, revenge, fear, and despair which torment our soul for having wandered away from the Truth of Being.

(14) And I looked, and behold a white cloud, and upon the cloud one sat like unto the Son of man, having on his head a golden crown, and in his hand a sharp sickle.

The *white cloud* means the spiritual atmosphere generated by you as you look to the Spiritual Power as your Lord and Master knowing in your heart it is the only Power. As you lift up your ideal in your mind, you are ascending in consciousness, and through your spiritual thinking and confidence in God you become the Son of Man resurrecting your ideal and bringing it forth into manifestation. All that man has to do is to get a new estimate of himself and realize that he can become a spiritual paratrooper and fly over any obstacle, barrier, or difficulty to the haven of security, freedom, and peace. *I bore you on eagle's wings and brought you to myself.* The *sharp sickle* means you separate yourself from everything that denies what you want and impress your clarified concept in your deeper mind.

(18) And another angel came out from the altar, which had power over fire; and cried with a loud cry to him that had the sharp sickle, saying, Thrust in thy sharp sickle, and gather the clusters of the vine of the earth: for her grapes are fully ripe. (19) And the angel thrust in his sickle into the earth, and gathered the vine of the earth, and cast it into the great winepress of the wrath of God. (20) And the winepress was trodden without the city, and blood came out of the winepress, even unto the horse bridles, by the space of a thousand and six hundred furlongs.

When the grapes are fully ripe we press out the juice and make wine. *Wine* represents the new interpretation of life, the enthusiasm, joy, and exhilaration which follows our awareness of the Spiritual Power and the tremendous changes which can take place in our life based on this new idea. Wine is like blood, it gives life, animation, feeling. *When the winepress is trodden without the city*, we destroy our limitations, we give up our old way of life. Take your new concept, enterprise, plan, or purpose, pour the wine of life upon it by becoming enthusiastic, joyous, and full of expectancy. As you do this you are shedding your blood (life) or giving life, animation, and feeling to your concept, and it shall come to pass.

CHAPTER FIFTEEN

(1) And I saw another sign in heaven, great and marvelous, seven angels having the seven last plagues; for in them is filled up the wrath of God. (2) And I saw as it were a sea of glass mingled with fire: and them that had gotten the victory over the beast, and over his image, and over his mark, and over the number of his name, stand on the sea of glass, having the harps of God. (3) And they sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvellous are thy works, Lord God Almighty; just and true are thy ways, thou king of saints.

The *seven angels* and the *seven plagues* represent the seven stages of awareness or state of consciousness which have been previously discussed. The *sea of glass* means your mind at peace, and the *fire* represents the Wisdom of God which rises to the surface mind when it is still and quiet. The *song of Moses* means your capacity to draw out the Wisdom and Intelligence of God from your subjective depths which enables you to bring all your ideas to fruition. As you sustain the mood of confidence and faith, you will sing the song of triumph or victory of the spiritual power which is the song of the Lamb. This is the melody of God which you play on the strings of your heart which is the harp of God all the days of your life.

CHAPTER SIXTEEN

(1) And I heard a great voice out of the temple saying to the seven angels, go your ways, and pour out the vials of the wrath of God upon the earth. (2) And the first went, and poured out his vial upon the earth; and there fell a noisome and grievous sore upon the men which had the mark of the beast, and upon them which worshipped his image. (3) And the second angel poured out his vial upon the sea; and it became as the blood of a dead man: and every living soul died in the sea. (4) And the third angel poured out his vial upon the rivers and fountains of waters; and they became blood.

Here we have a story similar to the plagues cast on Egypt mentioned in *Exodus* Chapter VII. This chapter refers to a reconditioning of consciousness. The vials mean consciousness pressing forth; they are the creative energies of consciousness. When we begin to recondition and purify our consciousness, we declare the Presence of God, and what is true of God is really true of man; but before this happens all our old race beliefs tend to hold us back.

Verse three says the sea became as blood. *Blood* is a symbol of life, and when we permit ignorance, fear, hatred, and superstition to rule us, we cannot drink of the waters of life such as inspiration, wisdom, and joy. In such negative states of consciousness we resist the influx of the Higher Life and we are dead to love, peace, happiness, and the wonders of life. As we continue to pray we will change all the negative patterns of the subconscious and a cleansing will take place.

(13) And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet.

The various verses in this chapter refer to the overcoming of various false beliefs, race concepts, complexes, and other poison pockets of the subconscious mind. The *frogs* mentioned in this verse are marsh leapers, they skip about. This represents an unsettled state. As the Truth comes into our mind, it creates a battle in our mind in order to resolve a conflict. The error is now on the way out and the Truth will conquer. The Truth comes to all of us as a sword. A sword severs us from the old and there are usually poignant partings as men wish to cling to the old ideas and traditional viewpoints of God and the universe.

(15) Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame.

(16) And he gathered them together into a place called in the Hebrew tongue Armageddon.

The answer to your prayer always comes as a thief in the night. A thief comes when you do not expect him or when you are asleep. This is symbolic of the way the divine answer comes. It comes in ways you know not of and in an hour when you expect not. You *watch* and *keep your garments* when you walk in the light making it impossible for your prayer to fail. Your *garment* is your mood, your feeling, your attitude of mind. You watch and inspect all thoughts and ideas to see to it that they conform to the spiritual standard. You clothe all your ideas and true desires with imagination, faith, and confidence, and you will never walk naked in the sense of expressing lack, sadness, and suffering. The battle of *Armageddon* is always being fought. The battle is between what you are and what you want to be, between your lower self and higher self, between your spiritual aspirations and the race mind full of terrors and false beliefs, your desire and its opposite. Anger, fear, ill will breed antagonism, combativeness, and war. These mental poisons can be cast out by identifying yourself with the eternal verities and busying your mind with the concepts of harmony, health, peace, and good will. There will be a push and pull between these two forces within your own mind. Love, honesty, justice, and wisdom will prevail in this

internal battle of yours. The only place where the battle of Armageddon is fought is in your own mind. As you practice the Presence of God, seeing God in all men and women, radiating His Love and walking in His Light, everything unlike God in your subconscious will be expunged and a Godlike man will appear; he will be the happy man, the joyous man, the healthy man full of Light and Love.

(17) And the seventh angel poured out his vial into the air; and there came a great voice out of the temple of heaven, from the throne, saying, It is done.

The *voice out of the temple* is the inner sound of the answered prayer, an inner silent knowing of the soul, the sabbath or rest in God. The *seventh vial* is the moment of complete mental acceptance or inner certitude which means there is nothing more to pray about for the mental and spiritual creative act is finished.

(21) And there fell upon men a great hail out of heaven, every stone about the weight of a talent: and men blasphemed God because of the plague of the hail; for the plague thereof was exceeding great.

Spring *rain* makes things grow. *Hail* is frozen rain and destroys vegetation. All our negative states are now frozen, withered, and destroyed by the Truth which enters into our mind.

CHAPTER SEVENTEEN

(1) And there came one of the seven angels which had the seven vials, and talked with me, saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters: (2) With whom the kings of the earth have committed fornication, and the inhabitants of the earth have been made drunk with the wine of her fornication. (3) So he carried me away in the spirit into the wilderness: and I saw a woman sit upon a scarlet coloured beast, full of names of blasphemy, having seven heads and ten horns. (4) And the woman was arrayed in purple and scarlet colour, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication: (5) And upon her forehead was written, MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH.

We know our five senses of sight, hearing, touch, smell, and taste. The sixth and seventh senses are subjective. When we turn our attention within, we awaken the sixth sense which enables us to hear the goodness within, to listen to the glad tidings which are prophetic of that which is to come. The seventh sense is evidenced by our conviction or inner knowing that our prayer is answered. This interpretation is another way of explaining the seven angels. We can use our senses in two ways, for good or evil. We can turn our five

senses inward toward the real and see, understand, feel, smell, and taste the Truth, or impregnate ourselves with all kinds of limitations.

In verse two, *fornication* means to cohabit mentally with negative or destructive thoughts and opinions such as hatred, ill will, jealousy, or resentment. The great harlot mentioned in verse five means the subconscious mind which gives itself to all and asks no questions. It does not argue with us but accepts as true what our conscious mind agrees with. You can impregnate your subconscious mind with all kinds of negative or positive imagery and it has no other recourse than to accept what is felt as true. The subconscious accepts without question what you feel as true.

The *scarlet colored beast* mentioned in verse three is the negative and perverted use of your mind; *woman* means your ruling emotions and attitudes which govern all the actions of your body. The body moves as it is affected by our emotions. It acts as it is acted upon. The woman (emotion) in us blasphemes when we reject our good and tell lies about God and His Love. The *harlot* is an adulterated, confused, neurotic state of mind. The *cup in her hand* symbolizes the subconscious which receives the impression of all our destructive or vicious thinking. The subconscious (*harlot*) is a recording machine which records all our mental responses, reactions, mental imagery, and habitual thinking. We can feed the subconscious with filthy thoughts or with marvelous psychological truths which have stood the test of time.

(8) *The beast that thou sawest was, and is not; and shall ascend out of the bottomless pit, and go into perdition: and they that dwell on the earth shall wonder, whose names were not written in the book of life from the foundation of the world, when they behold the beast that was, and is not, and yet is.*

The abyss or *bottomless pit* is negation. There is no ultimate reality to evil, it destroys itself. The only real evil in the world is the denial and rejection of the Presence, Power, and Wisdom of a God of Love enshrined in our own heart. All fear, hate, greed, and confusion of thought are really without foundation. There is no principle of fear, lies, jealousy, or hate, and not having reality, they must pass away. We can say that jealousy, hatred, ill will, animosity, poverty are facts, but love, peace, joy, faith, goodwill, confidence,

loving-kindness, and abundance are the Truths of Being. We must distinguish between a fact and the Truth. We create a fact with our mind, but we cannot create the Truth. The Truth of God remains changeless and eternal. We can create discord in our mind, body, and environment, but Absolute Harmony is the Law of Being that never changes. *The beast that was, and is not, and yet is* means the denial of your good, your adversary. The moment you have a desire there arises in your mind opposition to that desire, a denial of it. For example, you desire to sell your home, the fear thought arises that times are bad, there is a depression, money is tight, *etc.* You desire to go to Europe and visit your son, but you cannot find the right person to manage your business, *etc.* You must meet this challenge in your mind and slay the beast which is the negative thought or fear in your mind, and permit your desire to live. Fear is a passing emotion trying to be something permanent. You rise above the obstacle in your mind and envision your good, knowing that what you contemplate and feel as true will come to pass. You know that you experience through your mind, and therefore you determine what you shall experience. You do not look upon circumstances and conditions as cause. Your mental conviction is the cause and the effect follows. This knowledge gives you faith, trust, and inner satisfaction.

(10) *And there are seven kings: five are fallen, and one is, and the other is not yet come; and when he cometh, he must continue a short space.*

The *seven kings* are the seven senses previously discussed in this chapter. *Five are fallen* mean that you are disciplining your five senses, the sixth is your ruling or dominant mental attitude, the seventh is the one to come—your conviction or complete mental acceptance. Whatever is impressed will be expressed. A conviction cannot be rescinded, it is a finished state of consciousness.

(14) *These shall make war with the Lamb, and the Lamb shall overcome them: for he is Lord of lords, and King of kings: and they that are with him are called, and chosen, and faithful.*

This verse is emphasizing what we have previously discussed, namely that whenever a desire arises in our consciousness, the beast (limitation) will come to remind or challenge us that we cannot

accomplish, our peace is taken away until we cast out the beast. *He goeth into perdition* or dies due to lack of attention. You can starve any negative state by refusing to give it your attention; it dies because you refuse to feed or nourish it. Your attention gives life to all things in your world. They go into perdition when you practice feasting on your good in the House of God within you. The *Lamb* or your consciousness of the Presence of God is always the conqueror. Your faith in God will overcome all obstacles, set armies to flight, shut the mouths of lions, and do all manner of wonderful things.

CHAPTER EIGHTEEN

This chapter is an elaboration of the description of Babylon where materialism, sensuality, and judgment according to the five senses reign supreme. Buying and selling go on in the mind all day long. You can believe in misfortune, success, karma, that a jinx is following you, and you will experience all sorts of difficulties, troubles, and tragedies, for according to your belief is it done unto you. You can manufacture all kinds of junk in your mind such as remorse, self-condemnation, revenge, cynicism, ill will, *etc.* You are the owner, the manufacturer, distributor, and manager of this mental factory. You can this moment begin to liquidate all this junk which no one wants and begin to impress your mind with harmony, health, peace, joy, laughter, and the expectancy of the best, and the best will come to you. And you can make some good mental purchases such as accepting the fact that thoughts are things, that what you feel you attract, that your consciousness is the arbiter of your destiny and master of your fate.

Your state of consciousness is what you think, feel, believe, and give mental consent to. There is no other power or cause operating in your world. Purchase the idea that people, weather, germs, conditions, race mind, tradition, *etc.* have no power over you; that all these are suggestive only; and that the only Creative Power is your mind and spirit. Your thought causes the Spirit within you to condition itself in your world and take the form of your thought. Your thought and feeling create your destiny. Begin to practice these truths and realize that nothing affects you except through your thought. Someone might say to you that you will fail—that statement has no power except you think of failure. You reject it and say to yourself boldly and triumphantly, “I was born to succeed. God is always successful in all His undertakings, and so am I.” From this you can

see that no one has the power to hurt you. The Omnipotent One is within you. It is indivisible and moves as a unity.

The *city of Babylon* is an aggregation of negative thoughts, beliefs, opinions, and mental acceptances. The *kings of the earth* are the ruling egos of people or the dominant thoughts in our mind. You can get out of Babylon and destroy the city (your mental state of confusion) by practicing the truths we have set forth in this chapter. They are simple, direct, and to the point, and they work. Buy the right kind of merchandise such as wisdom, truth, beauty, guidance, and divine inspiration. You can sell this kind of merchandise to people everywhere and reap enormous dividends. Your profits from a spiritual, mental, and material standpoint will multiply exceedingly and you will discover the great truth that God supplies all your needs according to His riches in glory.

CHAPTER NINETEEN

(7) Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready. (8) And to her was granted that she should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints.

To be *arrayed in fine linen, clean and white* means that your garment or mood is one of goodness, truth, beauty, harmony, and good will. You must *wear the garment of God* which means the mood of love when you pray. You wear special clothes when you visit the President or the King. You must wear the proper mental attitude as you go to the King of Kings, the Lord of Lords, and the Prince of Peace within yourself. *The marriage of the Lamb* mentioned in verse seven takes place when you unite with your desire. The good that you seek is the marriage you wish to make. The *Lamb* is your good, the fulfillment of your desire. You must unite with your new conception of yourself. If you are seeking perfect health, that is the marriage of the Lamb. Your wife is your feeling, your emotional nature, which must be receptive to the Infinite Healing Presence. In order to get health, you do not dwell on symptoms, rather you withdraw the attention from the physical body and dwell on the fact that perfect health is yours now through the action of the Healing Presence which created all your organs and knows all its processes and functions. You remind yourself that disease or sickness is not outside the mind, but is manufactured by the mind, and in view of the fact that you can change your mind, then you can change the present condition. This knowledge fills your mind with faith and assurance. Continue to feel and know that the Healing Power is now responding to your thought, and your mind will be impressed by your

assurances which increase in faith until your mind is at peace and joyous in its union with the feeling of perfect health and peace of mind. You have performed the marriage ceremony in your mind because you succeeded mentally and emotionally in uniting with your good.

(16) *And he hath on his vesture and on his thigh a name written, KING OF KINGS, AND LORD OF LORDS.*

This is a symbol of the creative act similar to the story of Jacob's thigh in Genesis Chapter Thirty-two. *And Jacob was left alone and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him.*

The word *thigh* is an euphemistic expression meaning the creative parts of man. The ancients used phallic symbols to reveal great psychological truths. You are wrestling with an idea, you would like to become what you want to be, your reason and senses deny it and challenge you. When you reject the evidence of senses and feel that you are what you long to be, something goes out of you, you feel at peace, relaxed, and at ease. If you succeed in impregnating your deeper mind with your desire or idea, you become incapable of continuing to pray about it, as though it were a physical creative act. In other words, the mental and emotional creative act is finished and you are satisfied, and you no longer hunger or desire to pray. It is finished.

CHAPTER TWENTY

(1) And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. (2) And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years, (3) And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season.

The *devil*, our sense of lack, is chained but only for a time. When our desire arises, the devil or the negative aspect arises with it. The devil means living life backwards. If you spell *lived* backwards you have devil; if you spell *live* backwards, you have evil. The devil is our misunderstanding, our false concept of things. We see through a glass darkly; in other words, we do not see as God sees. When you unite with your good, you overcome the sense of lack, and the devil or negation is loosed; but with every desire, a sense of lack will arise and challenge you for a time.

(5) But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection.

The first death is the death of ignorance. We die to the false beliefs that we are victims of chance, fate, and coincidence, all of which are words used to denote our ignorance of laws of our own mind. We awaken to the truth that our own I AMness is God and that whatever we affix to the I AM we become.

(6) Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years.

The first resurrection is going back to the Unconditioned Consciousness, realizing that whatever we claim and feel as true in the silence of our mind, the unconditioned will become conditioned accordingly. We have discovered the power of creation and we realize and know that the Almighty Power flows through our own thought pattern and mental imagery, and that we create the same way God creates. Our first resurrection is, the awareness of the Presence of God within us and our capacity to release the Hidden Splendor through our thought and imagery. *The second death* is simply the resurrection of our desire after we have overcome the sense of lack.

CHAPTER TWENTY-ONE

(1) And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. (2) And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. (3) And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. (4) And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

Heaven means awareness. *Earth* means manifestation. Your new heaven is your new point of view, your new dimension of consciousness. When you begin to see spiritually, you realize that in the Absolute all is Bliss, Harmony, Boundless Love, Infinite Perfection, Infinite Wisdom, and Absolute Peace. As you begin to identify yourself with these truths, the sea or waves of fear, doubt, worry, and anxiety disappear, and your mind becomes peaceful, quiescent, full of faith and confidence. You can now still your mind and there claim, inwardly perceive, feel, and sense God's river of peace flowing through your mind. You are now in the Holy City—the New Jerusalem (your mind at peace) characterized by such lovely qualities as bliss, joy, faith, harmony, love, and good will. Your mind is clothed with God's radiant beauty, and your mood is exalted, noble, and Godlike. You are like a bride adorned for her husband, as

mentioned in verse two, in the sense that you are married mentally and spiritually to God and to all things good. You have on your wedding garment because you are in tune with the Infinite, and God's Eternal Verities constantly impregnate your mind.

You also realize the truth of verse three, that you are the tabernacle of God, for every man houses God. Man's mind and spirit is the Presence of God in him. God is Life, and God is all there is, therefore the Life of God is the Life of man. His Holy Spirit saturates and fills every part of your being. Every man is the expression of God or the individualization of God consciousness, another way of saying the same thing.

Verse four reminds you that when you realize the truth about God, you will come to the realization that God cannot be sick, God cannot die, be frustrated, suffer, or be sorrowful. You come to the conclusion it is all the illusion of suffering, sorrow, sighing, and pain. How could God suffer? How could God die? How could God learn anything? How could God travel? Begin now to claim that what is true of God is true of you and God will wipe away all tears from your eyes and you will experience no more sorrow, pain, sickness, sighing, or tears. You will find yourself God-intoxicated and seized with a divine frenzy. You have received the spiritual antidote which wipes away all tears from your eyes, and there shall be no more crying.

(4) And he that sat upon the throne said, Behold, I make all things new, And he said unto me, Write: for these words are true and faithful.

The *throne* mentioned is your own disciplined consciousness. You have the authority to separate the chaff from the wheat, the false from the true. Your spiritual awareness enables you to sit in judgment on all ideas, theories, concepts, and thoughts which come to your mind. Your decision is based on a spiritual yardstick of whatsoever things are true, lovely, just, and of good report. If any thoughts, concepts, or opinions do not conform to these, you reject them as unfit for the house of God, your own mind. You are now in the position to make all things new in your world because of your new estimates, blueprints, and postulates. All the mist and fog of the human mind dissolve in the sunshine of God's Love.

(6) And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely.

Alpha is our idea, our concept. *Omega* is the realization or manifestation of that idea. The oak is in the acorn, the apple is in the apple seed. If you dwell on your idea or meditate upon it, and think about it with genuine interest, you will find that the idea begins to master you and direct your actions according to the nature of the idea.

Whilst writing this chapter, I was interrupted by a long-distance telephone call from a girl in Paris who has been meditating on the idea of giving her talents over television. She said that she had received a contract a few hours ago and that she wanted to tell me about it. She wanted to express herself very much and had considered the idea positively and confidently; she had been nourishing the idea for a few months making it alive with her warmth and enthusiasm. The contract was simply a response to the working of the idea in her mind. When you feel the reality of the idea in the mind, the subconscious takes over and compels you to fulfill the role embraced by the idea. The beginning and the end are the same.

The seed has its own mathematics and mechanics within it, it has its own inherent vitality and process of unfoldment. The same is true of your idea, it has its power to manifest itself. In other words, the idea executes itself. The modern scientist working in a laboratory believes in the possibility of the execution of the idea. About one hundred years ago Dr. Phineas Quimby, a pioneer in the healing processes of the mind said, "I found that if I really believed a thing the effect would follow whether I was thinking of it or not." To believe means to accept the idea as true. Drop the seed (idea) in the fertile (receptive) soil of your mind and the Creative Intelligence locked in your subconscious depths will do the rest. You will then discover that *alpha* is your thought or idea, and *omega* is its objectification—that the two are the same, the beginning was the thought, and the end was its form, shape, and function.

(16) And the city lieth foursquare, and the length is as large as the breadth: and he measured the city with the reed, twelve thousand furlongs. The length and the breadth and the height of it are equal.

(17) And he measured the wall thereof, an hundred and forty and four cubits, according to the measure of a man, that is, of the angel. (18) And the building of the wall of it was of jasper: and the city was pure gold, like unto clear glass. (19) And the foundations of the wall of the city were garnished with all manner of precious stones. The first foundation was jasper; the second, sapphire; the third, a chalcedony; the fourth, an emerald; (20) The fifth, sardonyx; the sixth, sardius; the seventh, chrysolyte; the eighth, beryl; the ninth, a topaz; the tenth, a chrysoprasus; the eleventh, a jacinth; the twelfth, an amethyst.

The city is your consciousness, and *it lieth four-square* means that man is the cube, a symbol of a perfect figure; the cube signifies a germ, an idea made flesh. The cube unfolded becomes a cross; the cross is symbolic of man's body. The wall is the radiance emanating from within and without us when we are at peace and full of His Light. *The twelve gates* and the *twelve precious stones* represent the twelve faculties or disciplines of mind. They are as follows: (1) perception, (2) faith, confidence, (3) righteous judgment, (4) love, (5) persistence, (6) disciplined imagination, (7) understanding, (8) desire, (9) discernment, (10) praise, gratitude, (11) zeal, inner hearing, (12) detachment.

When the Absolute becomes relative, it has crossed over from the formless to the limited state. This is called the crucifixion or crossing over from the invisible to the visible. Anytime you cross over from darkness to light, from pain to peace, from ignorance to wisdom, you have experienced a psychological crucifixion or crossing over from limitation to freedom. The walls measured one hundred forty four thousand cubits which means the multiplication and magnification of your twelve powers. As you begin to discipline your twelve faculties, you amplify, magnify your hearing, seeing, judgment, and all other faculties.

(21) And the twelve gates were twelve pearls; every several gate was of one pearl: and the street of the city was pure gold, as it were transparent glass. (22) And I saw no temple therein: for the Lord God Almighty and the Lamb are the temple of it. (23) And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof.

Gold represents the Power of God and the Beauty of Holiness (wholeness). Man is the temple of the Living God. The day will come when you will no longer look to the outer temple, though necessary and essential to millions, but you will find the inner sanctuary. You will have no need for a building, music, incense, candles, statues, liturgy, ceremony, or ritual in order to remind you of God. The ceremonies and rituals in many instances tend to excite or hypnotize a person, giving the illusion that you are communing with God. You can be carried away by your five senses, and even influenced only by sight and sound. Prayer is an inner communion with God, a movement of the heart where you feel and taste the Lord, and find Him good.

Entering into the temple (your mind) has nothing to do with the five senses; you must shut the door of the five senses and commune with God in the silence of your soul and listen to the Divine Voice which speaks to the mind at peace. You do not need any props to touch God, you can contact the Divine Presence through your thought. Go into this inner temple now, meditate on the I AM, the Presence of God, think of all you know about God, and you will get lost in the joy and wonder of it all. You will realize that you are really Spirit and that you think, feel, and act as Spirit; there is no temple there, no shrine but the Infinite Intelligence of God is the light thereof. You are one with the Whole Spirit (Holy Spirit). His Spirit is your spirit, His Mind is your mind, His Peace is your peace, and His Love is your love. You have experienced the moment which lasts forever. You discover that beneath all the chaos, confusion, and strife in the world, there is an Ever Abiding Peace, Absolute Harmony, Indescribable Beauty and Bliss; you will sense that all men are one and that the streams of manyness flow back to the oneness. In meditation you move inwardly toward the Real, and as you go inward you realize first that this thing called the body is very unreal, and the earth upon which you are seated becomes unreal. The external life becomes the dream and the internal life awakens and moves further and further inward; finally it seems to merge, and suddenly the meditating Self perceives that by going inward, it has found the Universe; that the sun, moon, stars, and planets are within. For the first time you know that planets are thoughts, that suns and

moons are thoughts, and that your own consciousness is the realization which sustains them all, that temporarily in space are moving the dreams of the Dreamer; and the worlds, suns, and moons are thoughts of the Thinker. His eyes are closed and He is meditating, and we are His meditation. It is Consciousness meditating on the mysteries of Itself. This is the temple to which you go when you pray. It has no need of the sun or moon for the glory of God doth lighten it, and the Lamb (your I AMness) is the light thereof.

CHAPTER TWENTY-TWO

(1) And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. (2) In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month; and the leaves of the tree were for the healing of the nations.

You can drink from the fountain which never runs dry. You can imbibe inspiration, joy, peace, love, and happiness. The Life Principle sustains the entire universe and feeds trillions of fish in the sea, birds in the air, and all animals on the land. His endless ocean of supply moves ceaselessly, tirelessly, endlessly, and copiously to all. Man must have a cup (an open mind), and receive God's blessings which are flowing through the river of mind to all men everywhere. The *tree of life* is the Presence of God in you, and your twelve powers represent the *twelve fruits*. The Christmas tree is within you and all kinds of fruits are hanging thereon. Life is a gift unto you. You do not have to earn Life; Life or God was given to you when you were born, but you are to eat of the fruits of the tree, such fruits as peace, guidance, love, joy, goodness, truth, and beauty. All these, and many more, were given to you from the foundation of time. The leaves of the tree are the spiritual thoughts and values which bring harmony, health, and peace among all men.

(10) And he saith unto me, Seal not the sayings of the prophecy of this book: for the time is at hand. (11) He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.

Prophecy as you have already learned, is your own inner feeling, your faith, your mood which determines that which is to come. Whatever you are planning for the future, you are planning it now; the future is always your present thoughts made visible. Whatever you unite with mentally and emotionally is a prophecy of that which is to come. You are your own prophet. Be a true prophet, be a good prophet. Expect only good fortune and good fortune shall be yours. The children of misfortune are those who ascribe power to externals, other people, and the race mind. These are the only illegitimate children in the world.

In verse seven we are told that we must first change ourselves and then our world will change. Man is always trying to change the other person. Grant your relatives, friends, and all people their right to be different, grant them their peculiarities, idiosyncrasies, and religious viewpoints. Permit them to worship differently from yourself, be glad that there are Catholics, Jews, Protestants, Buddhists, and other religious bodies. If the other person is mean and nasty, that is no reason why you should be. You are here to let your light so shine before men that they will see your good works, thereby being a good example to all. Spend your time radiating the glory, beauty, and love of God, and never mind whether the other fellow does it or not. Change yourself, and as you change, your world will magically mould itself in the image and likeness of your concept of yourself. Identify yourself with the lovely, and you cannot see the unlovely. As your eyes are identified with beauty, you cannot see the ugly things in life. Fill your soul with love, and you will discover that love transcends all creeds and dogmas.

(16) I Jesus have sent mine angel to testify unto you these things in the churches. I am the root and the offspring of David, and the bright and morning star.

Jesus symbolizes your desire which is like the morning star which heralds the birth of the sun, which redeems the earth from darkness and gloom, and lights up the heavens with all its glory. Your desire heralds the birth of your savior also, for the realization of your desire would save you from any trouble be it what it may. Your desire is the root and offspring of David for *David* means God's Love, and your desire is Life's love to express Itself through you. It is God's promise

in your heart telling you that you can rise and become that which you want to be. The *bright and morning star* is your inner conviction of your ability to accomplish whatever you undertake; this star or attitude of mind guides you and compels you to fulfill and bring forth the cherished desire of your heart.

(18) For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book: (19) And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book.

It is interesting to note that in connection with these two verses of the Bible reference is made to the literary vandalism which was rampant in the days when the books of the Bible were written. It was customary to write them on parchment in the form of scrolls; however religious bigots and other unscrupulous persons often changed and expunged words and passages by interpolating forgeries. The letters of Paul and other parts of the *New Testament* have been known to be mutilated in this manner, but Bible scholars, philologists, and other research workers know where these forgeries are. There is no doubt but that religious sectarians were prevented from interfering with the contents of the book of Revelation inasmuch as they took the Bible literally, not realizing that its hidden meaning is the meat of the whole message. It is generally agreed that the text of this book of the Bible has been preserved intact through the centuries due to the fear of what men believed to be an imprecation. That is only the outer coat. The real meaning is something else altogether. Your word is your idea, thought, or formulated desire, it has its own method of expression as explained in a previous chapter. Your desire for wealth is a prophecy of that which is to come in the same way as a seed is a promise of a harvest.

Your desire for health, peace, true expression, or prosperity is the voice of God telling you that you can become or have all these things. Let us illustrate how man adds to the word of God; he prays for wealth and affirms that God is his source of supply and that His wealth is circulating in his experience now, and a few minutes later he begins to wonder how, when, where, and through what source his

supply will come. He doesn't trust the Divine Source, and tries to help God. Man must learn that the ways of God are past finding out and that God has countless channels, and man's prayer may be answered in countless ways and in a manner that he knoweth not, and in an hour that he expecteth not.

I knew a man who was constantly praying for prosperity and looking to God as the real Source; and at the same time he was deeply resenting his employer because he did not give him an increase in his salary. This man did not really believe what he was affirming. Actually he was praying two ways, and like a soldier marking time, he was not getting any place. This man was double-minded and had a double allegiance. We must come to a clear cut decision and know that God is the Source of all our blessings and believe in our heart that whatever we claim as true, Spirit will respond accordingly for It is all things to all men.

The Creative Principle can prosper us in the same manner as It grows hair on our head or creates a blade of grass. It is all-wise and has the know-how of accomplishment. Man desires promotion; this desire is good and very good. Life is growth and his desire for advancement and expansion is the cosmic urge within him telling him to rise, transcend, grow, and express at higher levels. This is how he adds to the word; he looks around and says, "Well, that fellow is going to die some day, and I'll get his job." The desire was good but he contaminated and adulterated it. He should know that God can create another position like it and far better. Man doesn't want another man's job, he wants a position like it, with the same prestige, salary, *etc.* Infinite Intelligence has countless ways of bringing his request to pass. We don't have to hurt the hair of a living being to get ahead in life. Man must never undermine or hurt another in order to achieve his goal in life—to harm another in this way would be adding to the word, and *God shall add unto him the plagues that are written in this book*; which means that if we use the law negatively, we shall reap the results such as neurosis, frustration, sickness, dissatisfaction, *etc.* We take away from the word when we say, "I can't be that," or "I can't accomplish or achieve my goal." We are denying the Presence and Power of God saying God can't fulfill His promise.

Recently a man said to me that his boy was incurable. I pointed out to him that what he really was saying was that God couldn't heal the boy. He was shocked at his own statement and began to affirm that the Creative Intelligence which created his son could certainly restore him to harmony, health, and strength. A perfect healing took place curing the blood disorder.

A man came to see me about his son who wanted to go to college to be a physician, but the father said that he didn't have the money and that his boy was terribly depressed. The boy, in the meantime, compromised and went to work behind the soda fountain in a drug store becoming frightfully frustrated and unhappy. The father was taking from the word of God saying, "God could not open the way for my boy to become what he wants to be, so I'll get him a job somewhere." The plague that follows is man's failure to realize his desire which is the cause of all the hell and misery in the world. This father began to pray that Infinite Spirit would open up the way for his son to go to college, and he began to picture in his mind prior to sleep his son showing him his medical diploma which stated that he had graduated as a physician and surgeon. The father kept picturing this diploma and praying for guidance and right action. In a few weeks time an aunt died and bequeathed a large estate with ample funds for his son's education.

(20) He which testifieth these things saith, Surely I come quickly. Amen. Even so, come, Lord Jesus, (21) The grace of our Lord Jesus Christ be with you all. Amen.

The word *amen* means the synchronous union or agreement of your conscious and subconscious mind. There is no longer any doubt and your prayer is answered. The *Lord Jesus* is the Law of the I AM, and that law is *I AM that which I contemplate, I AM that which I feel myself to be*. You testify and bear witness to the truths of God by expressing His qualities and attributes and potencies in your mind, body, and circumstances. The Infinite responds quickly to your inner convictions and whole souled devotion and allegiance. Walk in the light or awareness that it is absolutely impossible for your prayer to fail; walk in the consciousness that the moment you ask, "It is done," and wonders will happen when you pray.

Verse twenty-one tells you that the I AM within you is the Christ or Savior, or the Law of the I AM is the solution to all your problems. Whatever you affix to the I AM, you become. You can now feel "I AM free," "I AM strong," "I AM illumined," *etc.*, and as you claim it and feel it, you become it. You have found your savior, for you are your own savior. The self of you is God. The law of God means the way God works. Whatever you meditate on, you become. Every day of our lives we must begin to meditate upon the beauty, the glory, and profundity of the Eternal One. Dwelling on the Eternal Verities within ourselves, we find an ever abiding peace which stretches out beyond the stars, beyond time and space.

When we are imbued with lofty ideals, when we think universal thoughts, little things disappear and all the petty things of life become inconsequential and are forgotten. Our soul actually becomes filled with the glory of the whole and the limitations, and restrictions of our daily life vanish. We find that this happy mood lifts us up and brings us *en rapport* with the Universal Mind of God. As greed, jealousy, discord, and other narrowing concepts which bind us to the wheel of pain disappear from our consciousness forgotten in the joy of Truth, we no longer are sons of man, but we become sons of God. We become one with the universal vistas. Constant meditation either in the woods, in your own home, or wherever you may be causes your soul to thrill as though touched by a divine harmony, and a pulsating, throbbing feeling pervades every part of you. It is as if the melody of the gods were played on your heart strings.

In conclusion, let us contemplate this profound truth, *Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.* (1 John 3:2.)

QUIET MOMENTS WITH GOD

(1958)



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CONDENSED INTERPRETATION OF 23RD PSALM

The Lord is my shepherd. I sing the song of the jubilant soul for I have chosen God as my shepherd. Divine Intelligence rules and guides me in all my ways. I shall not want for peace, harmony, or guidance because God's Wisdom governs me. I lie down in green pastures always, since God is prospering me beyond my wildest dreams. I find myself beside the still waters as I claim the Infinite Peace of God floods my mind and heart. My emotions (waters) are stilled and calm. My mind is now serene and it reflects God's Heavenly Truths and Light (my soul is restored.) I think of God's Holy Presence within me all day long. I walk the path of righteousness through my devotion and attention to God's Eternal Verities. I know there is no death and I fear no evil. I know "God has not given us the spirit of fear, but of love and power, and a sound mind." God's rod (Love) and staff (Truth) comfort, sustain, and nourish me. The banquet table of God is always set before me; it is the Secret Place of the Most High, where in my thought I walk and talk with God. I eat the nourishing Truths of God whenever fear and worry (my enemies) trouble me. The bread I eat is God's idea of peace, love, and faith in all things good. The meat I eat is the Omnipotence of God; the wine I drink is the essence of joy. The Wisdom of God anoints my intellect; It is a Lamp unto my feet and a Light on my path. My cup (heart) is truly the chamber of God's Holy Presence; it runneth over with love and joy. I mentally dwell on Goodness, Truth, and Beauty; this is my House of God.

CONDENSED INTERPRETATION OF THE 91ST PSALM

I dwell in the Secret Place as I contemplate God and His Glory within me. I abide in the Shadow always because I know God's Love surrounds and enfolds me making straight, beautiful, and joyous my way. The Lord (The Spiritual Power) is Sovereign and Supreme, the Only Power. It responds to my thought; It is, therefore, my Refuge and my Fortress. This Spiritual Power inspires, heals, strengthens, and restores my mind and body. It is God. It is a Beneficent, Kindly Power. I trust It completely, and It responds as mercy, love, inspiration, and beauty. This Divine Power covers me with Its feathers of Love, Light, and Peace. It is wonderful!

I completely reject the negative thoughts of the world (the arrow by day), and God's Love dissolves the fear-patterns of my subconscious (terror by night). I know I am secure in the Invisible Hands of God. I always vibrate with the Mind of God and all is well. I am completely free from fear of accidents or hostile activities (pestilences that walketh in darkness) because I know I am immunized and God-intoxicated. I have received the Divine Antibody—the Presence of God in my heart. The thousands of negative thoughts and suggestions of the world are destroyed consciously and subconsciously, for God walks and talks in me, and I live in the joyous expectancy of the best. (There shall no evil befall thee). God and His Holy Angels (God's Ideas, Impulses, Intuition, and Guidance) have complete charge over me, and I am safeguarded in all my ways—in health, right activity, self expression, and Divine companionship. By contemplating the Presence of God, I tread upon the lion and adder (obstacles and complexes of all kinds). My salvation (solution) is revealed to me as I think of God and Heaven; then all the Divine force hasten to minister to my eternal joy.

HEALING TREATMENT

The gifts of God are mine. We are gathered together in the Presence of God from whom all blessings flow. I use every moment of this day to glorify God. God's Harmony, Peace, and Abundance are mine. Divine Love flowing from me blesses all who come into my atmosphere. God's Love is felt by all present here and His Love is healing them now.

I fear no evil for God is with me. I am always surrounded by the Sacred Circle of God's Love and Power. I claim, feel, know, and believe definitely and positively that the spell of God's Love and Eternal Watchfulness guides, heals, and takes care of all members of my family and loved ones.

I forgive everyone and I sincerely radiate God's Love, Peace, and Good will to all men everywhere. At the center of my being is Peace; this is the Peace of God. In this Stillness I feel His Strength, Guidance, and the Love of His Holy Presence. I am Divinely guided in all my ways. I am a clear channel for God's Love, Light, Truth, and Beauty. I feel His River of Peace flowing through me. I know that all my problems are dissolved in the Mind of God. God's ways are my ways. The words I have spoken accomplish that whereunto they are sent. I rejoice and give thanks realizing my prayers are answered. It is so.

HOW TO FORGIVE

Forgiveness must take place within your heart and mind to be the real thing. *To forgive* means “to give for.” Give yourself the feeling of love and good will instead of the mood of anger, resentment, or hatred. Your mental attitude governs your experience. Keep your mind clear, poised, serene, calm, and full of an expectancy of the best. If you resent another, you are giving too much power to that other and hurting yourself. *To forgive* is to change your thought, and keep it changed. Use the following technique in forgiving another: Whole-heartedly, sincerely, and lovingly pray for the other mentioning his name. Pray: “God is prospering him. The Peace of God fills his soul; he is inspired and blessed in all ways.” You rejoice that the Law of God is working for him, through him, and all around him. Do this until your heart and mind are so full of love, there is no room for resentment. You are now free.

GROUP HEALING PRAYER

We are gathered together in the Presence of God. There is but One God, One Life, One Law, One Mind, and One Father—Our Father. We are all brothers and sisters as we have a common Father.

I salute the Divinity in each person here this morning. The Love of God flows through me to all those present here and to all people everywhere. I believe and know that the Omnipresent Power and Intelligence of the Infinite One moves through every individual here, and that he is positively, definitely, physically, and mentally healed. I know Divine Right Action is taking place in every cell, organ, tissue, and function of each person manifesting as peace, harmony, and health.

I believe that Divine Guidance is being now experienced by every one in this congregation. God—the Great Counselor—leads each of us to ways of pleasantness and paths of peace.

The words which I speak now shall accomplish what I please and prosper whereunto they are sent. I rejoice now and enter into the mood of thankfulness knowing my prayer of faith is fulfilled.

BE STILL AND KNOW

Be still and know that I am God. I now still the wheels of my mind as I think of God and His Love. My emotions are controlled perfectly; I am serenely calm. My mind is at peace and it reflects God's Heavenly Truths and Light. The Wisdom of God rises to my surface mind as I am still and calm, revealing to me the perfect plan, showing me the way I should go.

My devotion and attention are focused on God's Eternal Verities all day long. I constantly claim that God's Wisdom, Truth, and Beauty rule and guide me in all phases of my life.

God's rod (Love) and staff (Truth) sustain, nourish, and strengthen me in all endeavors. Whenever fear comes, I immediately turn to God and His Holy Presence rejoicing in this Truth: "God hath not given me the spirit of fear, but of Love, and Power, and a sound mind." I eat of the bread of heaven, made of peace, harmony, and faith in God. My prayer is, "Lord, evermore give us this bread."

DRIVE IN PEACE

This is God's car. It is God's idea, and it moves from point to point freely, joyously, and lovingly. God's Wisdom guides this car in all its ways. God's Order, Symmetry, and Beauty govern the mechanism of this car at all times. God's Holy Presence blesses this car and all its occupants. The driver of this car is an ambassador of God; he is full of love and good will to all. God's Peace, Truth, and Understanding always govern the driver. God directs all decisions, making straight, beautiful, and perfect the way. The Spirit of the Lord-God is upon the driver, making all roads a highway for his God.

SEAMAN'S VERSION OF THE 23RD PSALM

The Lord is my Pilot; I shall not drift. He lighteth me across the dark waters; He steereth me in the deep channels; He keepeth my log. He guideth me by the star of holiness for His name's sake. Yea, though I sail 'mid the thunders and tempests of life, I shall dread no danger; for Thou art with me. Thy love and thy care they shelter me. Thou preparest a harbor before me in the homeland of eternity; Thou anointest the waves with oil; my ship rideth calmly. Surely, sunlight and starlight shall favor me on the voyage I take, and I will rest in the port of my God forever."* [_](#)

KING'S HIGHWAY

We will go by the king's highway, we will not turn to the right hand nor to the left."

My way is God's way, and all His ways are pleasantness and all his paths are peace. I travel under God's Guidance led by the Holy Spirit. My highway is the Royal Road of the Ancients, the middle path of Buddha, the strait and narrow gate of Jesus. My highway is the King's Highway, for I am a King over all my thoughts, feelings, and emotions.

I send my messengers called God's Love, Peace, Light, and Beauty before me to make straight, beautiful, joyous, and happy my way. I always travel the King's Highway meeting God's messengers of peace and joy wherever I go. I go by the mountain-top road, knowing that with mine eyes stayed on God, there is no evil on my pathway.

Whilst driving a car, riding on a train, bus, airplane, or on foot, God's Spell is always around me. It is the Invisible Armor of God, and I go from point to point freely, joyously, and lovingly. The Spirit of the Lord, my God, is upon me, making all roads a Highway for my God. It is wonderful!

PRAYER FOR DRIVING AND TRAVELLING

And the Lord, He it is that doth go before thee." My Dominant mood of faith and confidence is that God's Wisdom and Power always rule, guide, and govern me in all ways. This feeling is the Lord that goes before me. My conviction of God's Presence is strong and mighty, and I know the Spiritual atmosphere in which I dwell goes before me, making straight, beautiful, joyous, and happy my way. I know that whenever I travel by bus, train, airplane, automobile, or whatever means of conveyance I use, God's Love and Intelligence guide and govern my journey. All the highways and byways of my world are controlled by God, making the skies above and the earth beneath a highway for my God.

PERFECT EYESIGHT

My eyes are God's eyes, and I see perfectly. The Living Intelligence which made my eyes is now controlling the processes and function of my eyes and my entire body. I know and believe that my vision is Spiritual, eternal, and indestructible. "If, therefore thine eye be single, thy whole body shall be full of Light." This means I see only the Truth; I love the Truth; I know the Truth. I see God in all men and in all things. I see Spiritually, mentally, and physically. My eyes reflect the Glory, Beauty, and the Perfection of God. It is God looking out through my eyes seeing His own ideas of Perfection. My eyes are the windows of my soul; they are pure and are kept single to Love, Truth, and Beauty at all times. The Harmonizing, Healing, Vitalizing, Energizing Power of the Holy Spirit permeates every atom, cell, nerve, tissue, and muscle of my eyes making them whole, pure, and perfect. The Divine, perfect pattern is now made manifest in my eyes, and every atom and cell conform to God's perfect pattern on the Mount. Thank you Father.

HIS HOLY PRESENCE

I am God, and there is no God beside me. I am checked by neither time nor space. I am held by no bonds of name or form. I am present everywhere. I am thy God and Lord of countless hosts. I am in the Holy of Holies, in the Heart of the True Temple on the Holy Mountain. I commune with God now. His Love and Light flow through me, and I am flooded by the Radiance of the Light Limitless. I am lifted up and inspired; I am expanding into the Divine Bosom of the Father. I smell the Sweet Fragrance of God; this Inner Perfume touches my heart strings; it beats to the Melody of God. I place my faith in the Divine Presence and Perfection of He Who Is. My Higher Self is God; He communicates to me; I hear the Inner Voice. It illumines, inspires, and elevates me; periodically, I find myself in ecstasy, immersed in His Holy Omnipresence. Now I know I am a son of the Living God. I am Divine Spirit—a child of God; in Him I live, move, and have my being. I know He is meditating and I am His meditation.

LOVE'S HEALING BALM

By this shall all men know that ye are my disciples, if ye love one another." God is the Absolute Lover; hence it follows that before the appeal is made, the answer is given. The Love of God flows through me now; I am surrounded by the Peace of God; all is well. Divine Love surrounds, enfolds, and encompasses me. This Infinite Love is inscribed in my heart and written in my inward parts. I radiate love in thought, words, and deeds. Love unifies and harmonizes all the powers, attributes, and qualities of God within me. Love means joy, peace, freedom, bliss, and praise. Love is freedom. It opens prison doors and sets free all the captives. I am radiating love towards all, for everyone represents the Love of God. I salute the Divinity in the other. I know and believe that Divine Love heals me now. Love is a guiding principle in me; it brings into my experience perfect, harmonious relationships. God is Love. "He that dwelleth in love, dwelleth in God, and God in him."

THE POWER OF GOD

God is the only Presence and the only Power, and I am one with It. God's Strength is my strength; His Intelligence floods my mind. This new awareness gives me complete dominion in every department of my life. I am now joined to the One Universal Mind. His Wisdom, Power, and Glory flow through me. I know that the Energy and Power of God permeate every atom, tissue, muscle, and bone of my being, making me perfect now. God is Life and this Life is my life. My faith is renewed; my vitality is restored. God walks and talks in me. He is my God; I am one with Him. The Truth is my shield and buckler; I rejoice that it is so. Under His Wings shall I trust. I dwell in the Secret Place of the Most High and I abide under the Shadow of the Almighty.

THE PEACE OF GOD

And into whatsoever house ye enter, first say, Peace be to this house.” My mind is flooded with the Life, Love, and Truth of God. Whenever my attention wanders away from God, I bring it back to the contemplation of His Holy Presence. I enter into the Secret Chamber within me—my own consciousness. I am in Heaven; I am perfectly quiet, calm, serene, and poised. “Peace be within thy walls, and prosperity within thy palaces. For my brethren and companion’s sakes, I will say, Peace be within thee.” I live in the House of the Lord, my God, and I seek only the good. I am living in His Kingdom. I feel and sense the Divine atmosphere of peace, love, and joy. I stir up the gift of God within me. I know that I and my Father are one; I sense and feel the reality of this; His Life flows through me. I know that in His Heaven, where I live, move, and have my being, all my prayers are answered. I am at peace. The Dove of Love has whispered in my ear, “Peace be still!”

MY INNER PEACE

My mind is still and at peace; I reflect the Wisdom and Beauty from on High. The Spirit of God flows through me now in thought, word, and deed; I am at peace. The peace that passeth understanding fills me. I sense and feel the security and tranquillity of my mind, which is in tune with the Infinite. I rest in the Everlasting Arms. My life is God's Life, and It is perfect. I am one with my Father, and my Father is God. Poise, balance, and equilibrium are mine now. My mind is God's mind, and it is perfect. God's ideas constantly unfold within me, bringing about harmony, health, and peace. I know the Spirit of Truth is leading me into all Truth. I am poised in the knowledge that God is, and all there is, is God. I radiate the sunshine of God's Love. Love is the fulfilling of the law, and the law is I am that which I contemplate.

LETTING GO

I now relax and let go. I am at peace. The peace that passeth understanding fills my mind. There is peace in my home, my heart, and in all my affairs. I let go completely because I know there is a Power responding to me as I speak. This Power flows through me; it vitalizes every atom of my being. I radiate good will to all mankind. My thoughts are God's thoughts, and God's Power is in my thoughts of good. "Be still, and know that I am God." I am still and quiet now because I realize and know that the only Presence and the only Power indwells me. It flows in my behalf; I am at peace, and all is well. Peace, be still. I see the Truth; I love the Truth; I know the Truth. I know that in peace and in confidence lies my strength. His Life, Love, and Truth flow through me now, and I give thanks that "It is done."

POISE AND BALANCE

My mind is full of peace, poise, balance, and equilibrium. There is a deep, inner serenity within me. I am calm now; I am filled with a sense of peace and Divine justice. There is a Divine solution to all my problems; I give thanks. I dwell in the Secret Place of the Most High and I abide under the Shadow of the Almighty. He is my Refuge and my Salvation. "My God; in Him will I trust." I rejoice in receiving the ideas of God; I am at peace. I know that Infinite Intelligence leads and guides me in all ways. "The sons of God shouted for joy." I am a son of the Living God, and all that the Father hath is mine. I know the Truth; I love the Truth, and I rejoice in the Truth. The Spirit of Truth leads me now into all Truth. I am always thinking rightly. I reflect Divine Wisdom and Divine Intelligence. "With mine eyes stayed on thee, there is no evil on my pathway." My eyes are on the good, and all good is mine. I hear the voice of God; I am at peace.

A SPIRITUAL TREATMENT

All is Spirit and the manifestation of Spirit. My life is God's Life; I am perfect now. All my organs are God's ideas, which minister and benefit me. I am a spiritual being: I am a perfect reflection of the Perfect God. I feel and know that I am perfect in all ways; I am Spiritual, Divine, and Holy. I am one with my Father, and my Father is God. I am expressing harmony, peace, and joy. All growth in my body and affairs is governed by Infinite Intelligence which is the Active, All-Wise, Law-Abiding Principle called God. I know that I am immersed in the Holy Omnipresence, and every atom, tissue, muscle, and bone of my being are flooded with the Radiance of the Light Limitless. My body is God's body; I am whole and perfect. I am one with God. My mind is flooded with the peace that passeth understanding, and all is well. I thank thee, Father.

SPEAKING THE TRUTH

I realize and know that when I speak, it is God speaking through me. God speaks by means of man. My words are “apples of gold in pictures of silver.” “My words are spirit and they are life. My words are spirit and they are truth.” I know the Truth, and the Truth sets me free. My words are full of life, love, and feeling. When I speak, I give joy and happiness to all. I am a messenger of God; I bring glad tidings to all; I speak in peace. God’s ideas constantly unfold within me, and they bring harmony, joy, and peace to me. I express myself powerfully and confidently. I am the perfect articulation and expression of Truth. I speak the Truth, love the Truth, and know the Truth. Infinite Intelligence speaks through me now. I now decree a thing, and it shall come to pass. Thank you, Father.

SPIRITUAL MEDICINE

A merry heart doeth good like a medicine, but a broken Spirit drieth the bones." I am ever joyous, active, and energetic. I am always passing on God's ideas to my fellow man and I give him peace, joy, and happiness. "In thy presence is fullness of joy; at thy right hand there are pleasures for evermore." "The joy of the Lord, is my strength." I am always cheerful, free, and full of happiness. I have dominion over all things in my world; I sense and feel my oneness with God, with life, the universe, and all things. I am perfectly adjusted emotionally. I meditate on whatsoever things are lovely, good, wonderful, and Godlike. The Peace of God is mine now, and I stir up the gift of God which is joy. I am a son of the living God, and "all the sons of God shouted for joy!"

MY FAITH MAKES ME WHOLE

I am spiritual. I am faithful to God or Good. I love only the Good. I am the consciousness of God and reflect His wholeness, completeness, and perfection. I reflect the Perfection of God in every atom of my being. My heart is merry; it maketh a cheerful countenance. My body is God's body; it is perfect now. I am expressing harmony, health, and peace in all the departments of my life. The Light of God shines through my eyes; I see the Truth perfectly. My life is God's life; it is perfect now. It flows through me joyously, harmoniously, and peacefully. The Love of God wells up within me; I express perfect health. I am full of joy and happiness; I am full of confidence and faith. My faith is my inner feeling and conviction that I am whole and perfect. God is the Eternal Now; my good is right this moment. My faith hath made me whole.

FAITH IN GOD

Jesus said, "Thy faith hath made thee whole." My faith is my inner feeling and conviction that God is, and all there is, is God. I have a joyous expectancy of the best; I know only good can come to me. "Faith is the substance of things hoped for, the evidence of things not seen." Even though I do not see what I want, I know that all things come forth from the Self-Originating Spirit within me. I now turn to God; I think of His qualities, attributes, and aspects. I realize that all these qualities are within me. As I contemplate His Presence, I know peace, order, joy, love, perfection, purity, and holiness flow through my mind and body now. I rejoice in this realization and I give thanks that it is so. I sense and feel my oneness with God, with life, with the universe, and with all men. My faith is in the Law of Good. Right is might. Yes, the right use of the Law of Good or God is mighty over all. I now call things that be not as though they were, and the unseen becomes seen.

YOUR HEALTH

God walks and talks in me. He is my God and He is Perfect. The Spirit within me is ever Perfect, Whole, Happy, and Complete in Itself. I now reflect the Glory and Beauty of the Perfect God. The Light of the One Who Forever Is shines through me and all around me; every atom of my being dances to the rhythm of the Eternal God. My heart is merry; it maketh a cheerful countenance. My words are as a honeycomb; they are sweet to my soul and health to my bones. The Light of God shines out through my eyes; the Love of God wells up in my heart. I know that I do all things through Christ which strengtheneth me. My body is God's body; it is perfect now. The Divine Self within me—right this moment—gives me perfect health, happiness, and harmony. God keeps me in perfect peace. "Father, I thank thee that thou hast heard me. And I knew that thou hearest me always."

OVERCOME DOUBT

I know the Truth which sets me free. God is the Truth, and I am expressing God in all ways. I do not doubt my relatives or friends. Each one of them is expressing God now; I see the Christ in all of them. I give them freedom because I know all belong to God. Divine Love in me causes me to know that I shall receive nothing but Divine Love. I trust my friends, since I trust the God in them. I put away all sense of selfishness and possessiveness. I know Divine Love in me sees the Divine Love in my friends. I salute the Divinity in the other; I am at peace. I know and understand the Truth of Being. I believe only in good. There is nothing but God and His world. I am governed by God. All around me are perfect, spiritual, Divine beings. I love to work with others. I love to represent and express God's ideas; I rejoice in receiving God's ideas in exchange. I am full of joy and happiness, for I am the infinite joy of God. All my fellow-workers are my brothers and sisters. I bless them all. I know they are prospered in all ways. I am full of confidence and faith.

CAST OUT FEAR

I have absolute trust in God; I expect the best; I know only good can come to me. Divine Love in me casts out all fear; I am at peace. I see the Presence of God everywhere; I am absolutely fearless; God is with me always. If God be for me, who can be against me? I know that one with God is a majority; this heals and frees me from all sense of fear. Only God's thoughts come to me; these thoughts continually unfold, bringing me harmony, joy, peace, and success. I am the consciousness of God; I am surrounded by Divine Love. I think rightly on all occasions. God's Power is with my thoughts of good. His Love, Life, and Truth flow through me; I am immersed in His Holy Omnipresence. I am always surrounded by the Infinite Peace of God. I am full of Divine Understanding. Divine Love goes before me to make straight, perfect, and joyous my way. God walks and talks in me; I know I am one with my Father; my Father is God. I have faith in God; therefore, I fear not. "Fear not, little flock; for it is your Father's good pleasure to give you the Kingdom."

OVERCOME RESENTMENT

I know that all men are my brothers. All of us have a common Father. I see the Living Christ in everyone I meet. I salute the Divinity in each person. The Love of God flows through me to all mankind. I bless all those who criticize me. I pray for those who speak ill of me. I rejoice to see others succeed. I loose everyone now and I let them go in peace. I open the windows of my mind; I let in the influx of the Holy Spirit. I am perfect and cleansed. I am at peace. The Love of God fills my mind; all is well. I reflect the Love of God; I am absolutely loving toward all. I am conscious of God everywhere because God is over all, through all. I know that the action of God is taking place in the mind and hearts of all. It is wonderful!

OVERCOME GRIEF

Man is spiritual and he lives forever. There is no death; all is Life. God is Life and that Life is my life now. I cannot lose that Life. I cease now to grieve over loved ones, for I know they live forever. Where God is, there is no evil; there is only God. I am not separated from loved ones because there is only one Mind and one God. In Him we live, move, and have our being. We are all expressions of the one Being—the one Consciousness. I am instantly in touch with my loved ones, for Spirit is Omnipresent. Every idea that comes to me is from God; these ideas reflect His Beauty and Truth, and they make me absolutely joyous. “The sons of God shouted for joy.” I rejoice now to receive God’s Truth. “In thy Presence is fullness of joy.” Only God’s ideas come to me and to my loved ones; all is well.

OVERCOME CONFUSION

I know that all things are made by the self-contemplation of Spirit. I am at peace. Peace is the Power at the heart of God. The Self of me is the Living Spirit Almighty. I am full of infinite potentialities. The God-Self fills my mind now with ideas of beauty, perfection, and poise. I have the key to happiness and growth. I am the temple of God; the Spirit of God dwelleth in me. I am never confused because God's ideas unfold in my mind with perfect sequence. All of God's ideas are always available to me; they minister to me and heal me. I am Divinely inspired; my only thoughts are God's thoughts which are perfect, whole, and beautiful. My mind is full of poise, balance, and equilibrium. My mind is the Mind of God. The ideas of God give me joy, happiness, peace, and harmony. "In Thy Presence there is fullness of joy."

TRUE FRIENDSHIP

I have found my Divine Companion, and He is God. He is fixed in my heart. He walks with me; He talks with me; He tells me I am His own. It is wonderful! I have found my Spiritual friends within; their names are love, joy, peace, gentleness, goodness, faith, meekness, and temperance. These are the only important friends. They are the veritable Almighty Power of God walking in my form. Having found the companions within, I now attract by an Immutable Law people who blend with me spiritually. I radiate friendship and love to the whole, wide world, and to all mankind! I love, and I am loved by everyone. I love people; I am interested in their welfare and happiness. I realize all men are my brothers, and all women are my sisters. I give the best in me to people; they in turn find enjoyment and pleasure in my presence and company. I am now attracting wonderful friends by the Universal Law of Love; God is love. I kiss God now in a mental embrace, for He is my Beloved.

MY DIVINE COMPANION

I and my Father are one. I know that God is the very life of me. I feel secure now, for I know that Life, Love, and Truth are all within me. I am never alone; God is always with me; "His rod and His staff comfort me." This Inner Presence, the God-Self in me, walks and talks in me. Having found my True and Everlasting Companion within me, I can never lack for wonderful companions in the without. God is the Fullness of all things. My Divine Friend is closer than breathing; He is nearer than hands and feet. I radiate love and friendship to the whole, wide world, and the world responds in kind. I am loving; I am kind. I have a wonderful companion now. This companion blends with me spiritually, mentally, and in all ways. It is wonderful! The Love of God flows through my thoughts, words, and deeds. As within, so without. I have found my Divine Companion within and I now recognize him on the without.

BUYING AND SELLING

I am aware that there is a perfect law of supply and demand. I practice the golden rule in all my affairs. I am at peace. Whatever I wish to sell is an idea in the Mind of God. The Principle of All Knowledge is within me. I know everything that I need instantly. I recognize whatever I wish to buy or sell represents an exchange of ideas in Divine Mind within me. I know there is mutual satisfaction, harmony, and peace. The price is right; the people are right; all is in perfect order. I know the Truth; I understand the Truth, and I am the consciousness of God in action. All the ideas I need constantly unfold within me with perfect sequence and perfect combinations. I receive and rejoice in Divine ideas and I give them to my fellow creature; I receive ideas in exchange. Peace is mine now. There is no delay in Divine Mind; I accept my good.

MONEY—GOD'S IDEA

I know that money is an idea in Divine Mind. It symbolizes wealth; I recognize it as a means of exchange. All God's ideas are good. God created all things; He pronounced His creation good and very good. Money is good; I use it wisely, judiciously, and constructively. I use it to bless mankind. It is a very convenient symbol; I rejoice in its circulation. God's ideas are instantly available whenever I need them. Money is always available to me; I have a Divine surplus. God is my source of supply; that is my supply now; wealth of all kinds flows to me in avalanches of abundance. There is only One God and One Mind; every idea in the Mind of God is Spiritual. My relationship to money is friendly. It is a symbol of God's Wealth and His Infinite Abundance. The idea of money is omnipresent; I am one with all of the wealth in the world. I use it for good only and I thank thee, Father, for Thy supply.

WEALTH IS MINE

God is my source of supply, and I am one with this Infinite supply. All my needs are instantaneously met at every moment of time and point of space. I demonstrate abundance now in all my affairs. I am an inlet and an outlet to the Mind of God. I am fearless and free. I claim and feel the Spirit of prosperity. I gladly and lovingly serve my fellow man; I attract all good by an Immutable Law of attraction. There is no want, for God is the Source of all. I have instantly everything I need, since I am a Spiritual being. I am governed and supplied by God. I now bring all my empty vessels to the Infinite Storehouse within; the God-Self fills them all; there is a Divine surplus. The Divine Law responds to my faith; my faith and trust is in God, and it is well founded.

DIVINE GUIDANCE

All things that exist are as a ripple on the surface of the stream and all are of One Substance. All of us share in the quality of the Stream Itself, which is the mirror of myself to myself. "There is a river, the streams whereof shall make glad the city of God." I am the river of God; from me flow forth goodness, truth, and beauty. I dwell in a city of peace; this city is my own mind; all the people, which are my own thoughts, that dwell therein are God's people because they are God's Thoughts, and God's Power is with my thought of good. Infinite Intelligence is guiding me now in thought, word, and deed. I am a perfect channel of the Divine. I feel, know, and believe that my God-Self illumines my pathway. Divine Wisdom inspires, guides, governs, and directs me into all Truth. I am one with God now; all is well. I love the Voice of the Holy One within; it is the voice of my Father, and my Father is God.

HOW TO REALIZE MY DESIRE

My desire is the Voice of God speaking to me. It is the murmuring and the whispering of my heart. I know that all things are possible with God. God is my Deep-Self—the Formless, Invisible Spirit within me. Being aware of the desire, I know it must exist in the Invisible for me. I know it is mine right this moment. I accept it in my own consciousness. I know that I now have released my desire into the Creative Law, which is the Source of all creation. The Creative Law is within me; it is my own subconscious mind. I know when the idea or desire of mine is impressed in the subjective medium, it must be expressed. I know that feeling is the law, and the law is the feeling. I feel that I am now what I long to be. As I now contemplate my desire, I get the reaction which satisfies. I rejoice in the sense of possession. My whole being thrills to the reality of the fulfilled desire. I am at peace; I rejoice and give thanks, “It is done.”

TRUE PLACE

My work is perfect, and I am always representing God's ideas. I am the consciousness of God; my mind is God's mind. I am the activity of God; I am expressing myself fully. I know there is a perfect law of supply and demand. I am instantly in touch with everything I need. I am in my true place now; I am giving of my talents in a wonderful way. I am Divinely compensated. My God is the Principle of all Knowledge; I know everything that I need instantly. I am one with my Father, and my Father is God. I am always reflecting the Glory, the Love, and the Activity of God. I am doing the thing I love to do. My place is with God at all times; I am one with Him now; it is so. I enter into the joy of it all. I thank you, Father, for my perfect place. All is well.

THE POWER TO ACCOMPLISH

For with God nothing shall be impossible." Omnipotence is within me; I am one with all the Power there is. All Truth is the Word of God. I speak the Truth; I rejoice in the Truth. I acknowledge Him; my mind is stayed on Him. I feel the Almighty Power flowing through me now, making me whole and perfect. I reflect Life; I have all power and strength. The joy of the Lord is my strength. I am now individualizing the Infinite Power of His Infinite Love. I express the inexhaustible energy of God. All is Spirit and the manifestation of Spirit. Thine, O Lord, is the Greatness, the Power, the Glory, the Victory, and the Majesty. I am strong in the Lord and in the Power of His Might. The Action of God is taking place in all my affairs; this is the Principle of Good. I know and believe that the Everlasting God in me is the Creator of the ends of the earth. He fainteth not, neither is He weary. I acknowledge this One Power; I consciously unite with It. I rejoice that I am made perfect.

ABILITY TO ACHIEVE

I know instantly everything I need to know, for Infinite Intelligence leads and guides me in all ways. I am the consciousness of God in action. I have absolute trust in this God-Power within me. The right ideas continually unfold in me in perfect sequence and with unfailing regularity. I am inspired from On High; I am forever mounting upward and onward. I am continually with thee. "In thy presence is fullness of joy; at thy right hand there are pleasures for evermore." I am ever joyous. I have the ability and the power to achieve. Whatever I conceive, I can give it conception. I am the activity of God, and that activity is always good. I am always passing on God's ideas to my fellow-man, giving him joy and happiness. I am now expressing and manifesting the Light, which is God. I am always alert, alive, and happy. Thank you, Father!

RISING HIGHER

There is no fear in Love. "Perfect Love casteth out fear." I now possess a deep, inner understanding which makes me master of all the circumstances of my life. I am in the place of dominion now. I contemplate the Divine Presence within me; I realize His Life, Love, and Joy flow through me. There is a new buoyancy in my step; there is a new light in my eyes. I am illumined by the Light of the One Who Forever Is. I am abiding in Love. I am lifted up into a higher level of consciousness; I sense the Inner Beauties and Glories of God within. Today I let Love keep me in peace and harmony. I feel the rhythm of the universe; every atom of my being dances to the rhythm of the Eternal God. My vision is on Light, Love, and Truth; I am Divinely led in all ways. My eyes are on God, and my perception is perfect now. I see God everywhere. "Lo, I come, and I will dwell in the midst of thee, saith the Lord."

LAW OF SUCCESS

I am the consciousness of God in action. I know it is God working through me, for God works by means of man. "The Law of the Lord is perfect." There is a perfect outcome to all my activity. My work is always successful because it is God's work, which is perfect and divine. I have instantly everything I need because I am supplied and governed by God. I always know how to obtain everything I need. "My God shall supply all your need according to his riches in glory." I am full of peace, harmony, and joy. I radiate Divine Love to all mankind. I am now identified with success; I am attracting to myself according to an Immutable Law the circumstances, conditions, ideas, finances, and all things necessary for the unfoldment of my plans. I am Divinely led in all ways. God is prospering me in mind, body, and affairs. I go to sleep every night feeling successful and happy. "God giveth to his beloved in sleep." Thank you, Father.

THE PROGRESSIVE SPIRIT

They that worship Him must worship Him in spirit and in truth." I now contemplate the fact that Infinite Intelligence dwells within me. There is a Universal Goodness, which is everywhere active and present: I am one with God, with life, the universe, and with all things. The Action of God is taking place now in all my affairs. I am prospered in mind, body, and affairs. I understand the Law of Life is one of progression; I am growing Spiritually in a wonderful way. I am in tune with the Infinite, and God is my Partner. Success is mine now, for I am identified with success and prosperity. I rejoice to see all men grow righteously. I rejoice in the success of all. The Spirit of good will flows from me to all mankind. I am full of confidence and peace. I am illumined by the Light within me. Divine Understanding is a lamp unto my feet, and underneath are the Everlasting Arms.

EYES AND EARS

I am the Lord that healeth me. My vision is spiritual, eternal, and a quality of my consciousness. My eyes are divine ideas and they are always functioning perfectly. My perception of spiritual Truth is clear and powerful. The light of understanding dawns in me; I see more and more of God's Truth every day. I see spiritually; I see mentally; I see physically. I see images of Truth and Beauty everywhere.

The Infinite Healing Presence is now, this moment, rebuilding my eyes. They are perfect, divine instruments enabling me to receive messages from the world within and the world without. The Glory of God is revealed in my eyes.

I hear the Truth; I love the Truth; I know the truth. My ears are God's perfect ideas functioning perfectly at all times. My ears are the perfect instruments which reveal God's Harmony to me. The Love, Beauty, and Harmony of God flow through my eyes and ears; I am in tune with the Infinite. I hear the Still, Small Voice of God within me. The Holy Spirit quickens my hearing, and my ears are open and free.

THE POWER OF GOD

The Uplifting, Healing, Strengthening Power of the Healing Presence is now restoring every organ of my body. God in the midst of me is Mighty to heal, strengthen, purify, vitalize, and make me every whit whole.

I have complete trust in the Holy Spirit, which is the Presence of God in me. I know that this Divine Presence is bringing all my affairs into Divine order. I have “put on the new man, that after God hath created in righteousness and holiness of truth.”

I see and know the Life of God is manifesting now in my flesh. I see God in my entire being; I claim that the Harmony of God is now manifesting Itself in me as strength, purity, beauty, wholeness, perfection, and eternal youth.

The rejuvenating Power of the Spirit is now operating in every cell and fiber of my being, making me whole, pure, fresh, and radiant with Divine Life and Wholeness. Every moment of my life I am growing stronger, healthier, happier, and more youthful. The Vitalizing, Tireless Energy of the Life of God is flowing through me now; I feel wonderful.

YOUR NEW AWARENESS

The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

PSALMS 27:1.

Affirm daily with deep feeling: I have a new, strong conviction of God's Presence which holds me spellbound, entranced, and unmoved, and I feel serene, confident, and unafraid. I know there is nothing to fear—nothing to draw away from for God is all there is and everywhere present. In Him I live, move, and have my being; so I have no fear. God's envelope of Love surrounds me and His Golden River of Peace flows through me; all is well. I am not afraid of people, conditions, events, or circumstances for God is with me. Faith in God fills my soul, and I have no fear. I dwell in the Presence of God now and forevermore, and no fear can touch me. I am not afraid of the future for God is with me. He is my dwelling place, and I am surrounded with the whole armor of God. God created me and He sustains me. God's wisdom leads and guides me; so I cannot err. I now celebrate the New Year (conviction of God's presence) because I know in my heart the great truth, *"Closer is He than breathing, nearer than hands and feet."*

DWELLING WITH GOD

I live in a state of consciousness. It is the consciousness of inner peace, joy, harmony, and good will for all men. I know that my real country is not a geographical location. A country is a dwelling place. I dwell in the Secret Place of the Most High; I abide in the Shadow of the Almighty; I walk and talk with God all the days of my life. I know there is only one Divine Family and that is humanity. *Let God arise, and his enemies be scattered. Psalm 68:1.*

I know that my only enemies are fear, ignorance, superstition, compromise, and other false gods. I will not permit these enemies to dwell in my mind. I refuse to give negative thoughts a passport to my mind.

I enthrone God and His Love in my mind. I think, feel, and act from the standpoint of Divine love. I mentally touch the Divine Power now, and It moves in my behalf; I feel invincible. Peace begins with me. I feel God's river of peace flowing through me now.

I claim the love of God permeates the hearts of all men and God and His Wisdom rule, guide, govern me and all men everywhere. God inspires me, our leaders, and the government of all nations to do His will, and His will only. The will of God is harmony, peace, joy, wholeness, beauty, and perfection. It is wonderful!

DISCIPLINING THE MIND

She was found with child of the Holy Ghost.

MATT. 1:18.

The *Holy Ghost* means the Holy (whole) Spirit or God which is lodged in the unconscious depths of all men. *Joseph* is your choosing, volitional, or conscious mind. *Mary* represents your deeper mind full of the qualities, attributes, and potencies of God. Joseph, the conscious mind, should be a guide and protector for the holy child which child is your awareness of the presence and power of God within you. Your thought is Joseph, and your feeling or emotion is Mary. When these two unite in peace and harmony, your prayer is answered; this is God in action. This is the way your mind works, and knowledge of this is the birth of the Holy Child or Wisdom in you. Practice a harmonious, synchronous, and joyous relationship between your conscious and subconscious mind and you will bring forth health, peace, strength, and security. Enthroned the right idea in your mind; then you will experience in your heart the true feeling. The union of your thought and feeling represents the married pair in you; when they are fused, the third element *peace* (God) enters in, and you experience the joy of the answered prayer. Let your heart become a chalice for God's love and a manger for His birth; as a result you will express and bring forth a child which is God on earth.

THE THANKFUL HEART

“And one of them when he saw that he was healed, turned back, and with a loud voice glorified God. And fell down on his face at his feet giving him thanks.”

LUKE 17:15, 16.

“Pray without ceasing. In every thing give thanks.”

I THESS. 5:17, 18.

I give supreme recognition to the God-Presence within me. I sincerely and honestly give thanks for all the blessings received. I give thanks for all the good in my life; I live in the feeling of grateful rejoicing. My thankful heart strikes the magic of the divine response. Every day of my life I express thanks for my knowledge of the laws of mind and the way of the Spirit. I know that thankfulness is a movement of the heart first which is followed by a movement of the lips. My uplifted heart opens up the treasure-house of Infinity within me and bespeaks my faith in the fulfillment of my prayers. I am truly thankful because I have found God in the midst of me. “I sought the Lord, and He heard me and delivered me from all my fears.” He who possesses a thankful heart is always in tune with the Infinite and cannot suppress the joy that arises from contemplating God and His Holy Presence. In everything, give thanks.

THOUGHT POWER

Man is what he thinks all day long. “As a man thinketh in his heart, so is he.” Have a healthy regard and a wholesome respect for your thoughts. Your health, happiness, success, and peace of mind are largely determined by your awareness of the power of thought. You have heard it said that thoughts are things, and that thoughts execute themselves. Your thought is a definite force. When you think the thought, you are actually releasing its latent power into action.

Think on whatsoever things are true, lovely, elevating, and Godlike and be absolutely convinced of the supremacy and authority of thought. You must definitely believe in your own thought, not merely as yours, but as a power in its own right; then you will make your prayers effective.

The plant is in the seed. The oak is in the acorn. You don't give the seed vitality; it has its own mathematics, mechanics, and mode of expression; likewise the thought is the power; you do not give it power. Know this and you will be free from strain and anxiety. To think with confidence in the power of your thought is the action of God in you, and “He never faileth.”

Move onward and upward by recognizing the supremacy of the Spiritual Power and the authority of your thought. This is the way to get marvelous results. This knowledge augments your faith enabling you to experience the joy of the answered prayer.

BANISH ANXIETY

*The Lord is my light and my salvation;
Whom shall I fear?
The Lord is the strength of my life;
Of whom shall I be afraid?*

This one verse of the Twenty-seventh Psalm gives personal freedom from all fear. It reveals to you the source of all power, strength, and wisdom. It enables you to reject the power of externals, takes the burden off your shoulders, and sets you on the high road to peace of mind, health, and happiness.

The Lord is the Presence of God, the I AM within you. In simple, psychological language, the Lord is your consciousness. What is consciousness? Your state of consciousness is the way you think, feel, believe, and the reasoning behind your belief. The cause of all your experiences is your thought and feeling.

Refuse to give power to conditions, circumstances, and the external world. Your thought initiates causation. Your thinking is cause; the condition is not causative. There is no power to challenge Omnipotence; therefore, there is nothing to fear. If fear comes to your mind, go within to your Divine Center; think of God and His Power, realizing there is only One Power, and you are one with It now. In this stillness, nothing external can inhibit, obstruct, or thwart you. Think of new and better conditions, the way you want things to be. Realize that as you think, it is Omnipotence thinking and moving on your behalf. The outcome is sure and certain, for it is God in action.

God is the name for the One Power acting beneficently in your life. This Power is Sovereign, Supreme, One and Indivisible. It is self-moving. This Power inspires you, guides you, watches over you,

strengthens you, and protects you in ways you know not of. God lives and reigns in your life. A realization of this truth is your salvation.

A BETTER FUTURE

God hath not given us the spirit of fear, but of power, and of love, and of a sound mind.

Each day is a time of renewal, resurgence, and rebirth. All nature proclaims the glory of a new day. This is to remind us that we must awaken the God within us and arise from our long winter sleep of limitation and walk forth into the morning of a new day and a new life. Fear, ignorance, and superstition must die in us, and we must resurrect faith, confidence, love, and good will.

Begin now to take the following transfusion of God's grace and love, "I am filled with the free-flowing, cleansing, healing, harmonizing, vitalizing life of the Holy Spirit. My body is the temple of the Living God, and it is pure, whole, and perfect in every part. Every function of my mind and body is controlled and governed by Divine Wisdom and Divine Order.

I now look forward to a glorious future. I live in the joyous expectancy of the best. All the wonderful God-like thoughts I am thinking now, this day, sink down into the subconscious mind as into a tomb. I know when their time is ready, they will come forth as harmony, health, peace, conditions, experiences, and events.

I now pass over from fear and lack to freedom in God and the abundant life. The God-man is risen in me. Behold! I make all things new!"

THE HOLY MAN

(Adapted from The Holy Shadow)

Long, long ago, there lived a Holy Man so good that the astonished angels came from heaven to see how one could be so godly. He simply went about his daily life radiating love as the star diffuses light and the flowers perfume without even being aware of it. Two words summed up his day: He gave, and he forgave. Yet these words never fell from his lips; they were expressed in his ready smile, his kindness, love, and good will.

The angels said to God, "Oh Lord, grant him the gift of miracles!"

God replied, "I consent; ask what he wishes."

"What do you desire then?" cried the angels.

"What can I wish for?" asked the Holy Man smiling. "That God give me His grace, with that should I not have everything?"

The angels insisted, "You must ask for a miracle, or one will be forced upon you."

"Very well," said the Holy Man, "that I may do a great deal of good without ever knowing it."

The angels were greatly perplexed. They took counsel together and resolved upon the following plan: Every time the Holy Man's shadow should fall behind him, or at either side, so that he could not see it, it should have the power to cure disease, soothe pain, and comfort sorrow.

And so it came to pass. When the Holy Man walked along, his shadow on the ground, on either side or behind him, made arid paths green, caused withered plants to bloom, gave clear water to dried-up brooks, fresh color to pale little children, and joy to unhappy mothers. The Holy Man simply went about his daily life pouring forth love as

the star diffuses light and the flower perfume without ever being aware of it.

And the people respecting his humility followed him silently, never speaking about his miracles. Little by little, they came even to forget his name, and called him only, "The Holy Man."

DISCOVERING THE POWER

You will discover the deep reservoirs of power the moment you assume they are there and act as though you were convinced of that great truth. “He who perseveres to the end shall be saved.”

Success, the answer to your prayer, the solution you are seeking come as you keep on keeping on. You never give up; neither do you take “No” for an answer. Keep on moving forward. The athlete who is running in a race oftentimes gets tired, weary, exhausted, and ready to give up. He rejects the thought of failure completely by calling on the God-Power to renew his strength; then a tremendous change takes place. A great wave of strength and vitality moves through him. The psychologist calls it his “second wind.”

Don’t stop before you get your second wind or you will never discover the Hidden Power. The Power that moves the world is within you. Act as though you believed it is there and you will work miracles in your life, transcending your wildest dreams.

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” Isa. 40:31.

LET GO AND LET GOD DO IT

You have been given dominion. You are the master of your thoughts, emotions, and responses to life. Your thought is creative, because your subconscious mind responds to the nature of your thought. When you pray, you must be a very good executive; you must learn to delegate your work wisely and judiciously. God in His Wisdom has given you a subconscious mind which is a wonderful servant. It obeys your command. You are the captain decreeing orders, and your subconscious mind faithfully carries out your decrees. When you have a problem, you turn your request for a solution over to the Deeper Mind which is in touch with Infinite Intelligence and Boundless Wisdom. The Deeper Mind knows how to solve your problem and present you with the answer. Turn your request over now with faith and confidence knowing in your heart you will have actually turned your request over or not by the way you feel inside. If you trust the inner power, you are peaceful and calm. *In quietness and confidence shall be your strength.* Isaiah 30:15.

WORDS OF POWER

I stay my mind upon God and I am kept in perfect peace. In this peace of God I find Order, Harmony, and Divine Love.

“No word of God shall be void of power.”

The words that I speak are full of spirit and full of life. I acknowledge God in all my affairs and transactions. My mind is stayed on Him. I am blessed and prospered by the activity of the law of good operating in my life.

All my statements of truth are charged with life, love, and meaning. The words I speak make a deep impression on my deeper mind. I am glad I know God dwells in my heart, for God is the very life of me. These words sink into my heart, “Behold, I dwell with thee, O man of God, and thou dwellest with me.”

I know that when I look at my fellow man, I am seeing God in human form. I bless and send forth loving thoughts to all mankind. I speak the word now. My words are creative; the deeper mind within me responds. I now decree perfect health, harmony, and peace in my home, my heart, and all my affairs.

I know and believe that God is guiding me now in all my ways, and that Infinite Spirit governs all my actions. I have decreed it; it shall come to pass. I have found the Jewel of Eternity in my own heart.

PROSPERITY

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.

PSALM 19:14.

One of the best ways to bring prosperity into your life is to have the thankful heart. Always give thanks, and praise the increase which comes to you.

If you select a rose bush in your garden, and bless it several times a day, it will respond with a lavish blossoming which will exceed all the other roses.

Give thanks by having the grateful and uplifted heart for the wonderful food on the table. You prosper by blessing members of the household and all people everywhere. *To bless* the other, claim that the Presence of God is in the person, and that he is radiating and expressing more and more of God's Love, Light, and Truth. Bless all of your relatives; bless every situation; bless your home, your environment, your work, and your office. You are actually putting into application one of the great laws of prosperity also.

To prosper means to grow spiritually, mentally, and materially. Claim now: "I am going to put the law of prosperity into operation in a wonderful way in my life!" Do it in this way: Say frequently, "I bless and prosper every member of my family. I give thanks, I praise, and I exalt God in my husband, my wife, and in my children. I bless everything they are doing. I bless all of the gifts I make. I know it is more blessed to give than to receive. I bless my business. I pray for and bless my workers, my customers, and all people. My work prospers, multiplies, increases, and returns to me a thousand fold."

ONWARD AND UPWARD

Maintain a positive, constructive attitude of mind and you will move onward, upward, and Godward. Sometimes people will tell you about the bad things that are bound to come; it seems that they do not know any reason why something good should happen. They say prayer is a state of wishful thinking. *Wishful thinking* to them means a wish that cannot be realized, or a wish that is too good to be true.

There is not anything too good to be true nor is there anything too wonderful to last. Claim your good now and walk in the assumption that all good things are yours.

Desires knock at the door of every heart. It is the inner voice within all of us which is saying, "Come on up higher!" Prayer is entering into the realization of the wish fulfilled. If wishful thinking is wishing or desiring something without realizing it, let us ask who is the wishful thinker? He is the person who does not understand prayer. He desires health, wealth, prosperity, and true expression, but he says in his heart, "I do not believe; I have no faith." In other words he lacks faith and confidence to which the everlasting principle of life responds in all of us.

The scientific thinker knows there is a way to realize an answer to his desires. He recognizes there is a subjective law within him which responds to his faith and conviction. He realizes if he prays believing, he shall receive. His faith is well founded; he is at peace. Such a person has turned his request over to this other mind knowing it will answer him.

Do not look at the top of the mountain and say, "It is impossible!" You are in Truth. Your vision is on the Summit, and your faith will take you there.

GOD'S CIRCLE OF LOVE

The gifts of God are mine now. I live in the Presence of God from whom all blessings flow. I use every moment of this day to glorify God. God's harmony, peace, and abundance are mine now. Divine love flowing from me blesses all who come into my atmosphere. God's love is felt by all present here, and His love is healing them now.

I fear no evil for God is with me. I am always surrounded by the sacred circle of God's love and power. I claim, feel, know, and believe definitely and positively that the spell of God's love and eternal watchfulness guides, heals, and watches over me and all members of my family.

I forgive everyone, and I sincerely radiate God's love, peace and good will to all men everywhere. At the center of my being is peace; this is the peace of God. In this stillness I feel His strength, guidance, and the love of His Holy Presence. I am divinely guided in all my ways. I am a clear channel for God's love, light, truth, and beauty. I feel His River of Peace flowing through me now. I know that all my problems are dissolved in the mind of God. God's ways are my ways. The words I have spoken accomplish that whereunto they are sent. I rejoice and give thanks realizing my prayers are answered. It is so.

HOW TO GIVE A TREATMENT

Spiritual treatment means that you turn to the Indwelling God and remind yourself of His peace, harmony, wholeness, beauty, boundless love, and limitless Power. Know that God loves you and cares for you. As you pray this way the fear will gradually fade away. If you pray for a heart condition, do not think of the organ as diseased as this would not be spiritual thinking. Thoughts are things. Your spiritual thought takes the form of cells, tissues, nerves, and organs. To think of a damaged heart or high blood pressure tends to suggest more of what you already have. Cease dwelling on symptoms, organs, or any part of the body. Turn your mind to God and His love. Feel and know that there is only one healing Presence and Power, and to its corollary: *There is no power to challenge the action of God.*



Quietly and lovingly affirm that the uplifting, healing, strengthening Power of the healing Presence is flowing through you making you every whit whole. Know and feel that the harmony, beauty, and Life of God manifest in you as strength, peace, vitality, beauty, wholeness, and right action. Get a clear realization of this, and the damaged heart or other diseased condition will dissolve in the Light of God's love.

Glorify God in your Body. I Cor. 6:20.

THE HEALING POWER OF LOVE

(1958)



THE HEALING POWER OF LOVE

One of the most beautiful, soul-stirring stories in the Bible is the loving, moving account of Ruth and Boaz. *Ruth* means that which lovingly clings. *Boaz* means God's Truth. These are the two pillars which lead to the Holy of Holies within you.

You love God when you steadfastly refuse to give power to error and false beliefs, giving at the same time, all your allegiance and devotion to the Spiritual Principle within you, insisting that the Principle of Harmony be manifested in your life. When you mentally reject the power of the phenomenalistic world and give all your allegiance to the Spirit within as Omnipotent, knowing It is responsive to your thought, you have the Lord of Life as your shepherd and you are loving God because you are being loyal to the One Power.

Ruth said to her mother-in-law, Naomi, "Intreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go: and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God." *Ruth 1:16*.

Naomi is the emotional self. The Bible says her two sons are dead, which means that the body and environment are expressing lack and limitation. When you are not manifesting or expressing the desires of your heart, you become frustrated and disappointed. This is a story about all of us. A woman's husband is dead, Biblically speaking, when the action of God has ceased to be expressed through her. She is no longer being impregnated by Divine Ideas such as Goodness, Truth, and Beauty. To put this in simple, psychological language, the emotions of defeat and despair are governing the consciousness. When a person lacks faith and confidence, and when initiative and the forward push are absent, truly the husband is dead. The woman in all of us is our emotional or subjective nature. Thought is the husband, and feeling is the woman.

“Thy maker is thy husband.” The male quality of the mind is your husband which means thought, action, desire, or the image-making faculty. When you are functioning spiritually, you desire to grow, expand, and move forward. Life is a progression. When the mind is sick and confused, the emotions are disturbed; in such a case the tendency is to withdraw within yourself and brood; then your ideas, dreams, and aspirations die within you, and you feel frustrated. Your present state of consciousness and your desire are your two sons. If you are healthy, happy, joyous, and prosperous, your two sons are alive. If you are full of fear and foreboding, and wallowing in the mire of despair and despondency, your two sons are dead. Naomi (mother-in-law, the emotional nature) may be full of despair; yet the spiritual urge within all of us pushes us to move on, to press on up higher. It is the Voice of God crying in the wilderness, saying to all men, “Make straight in the desert a highway for our God.” *Isaiah 40:2*.

Ruth represents that which lovingly clings to us. It is the Cosmic Urge, the Divine Impulse in all of us. It clings to us, haunts our minds, and is a persistent voice insisting upon our attention. Life is always seeking to express itself.

“Whither shall I go from thy spirit? or whither shall I flee from thy presence”? *Psalms 139:7*. The Presence of God is in the sick man, in the man whose body is racked with pain. “Behold, I am there.” There is something within man which reminds him of his origin and urges him back to it. It is his mission and purpose to cherish, enlarge, and liberate this memory so that it grows from a spark to a flame, and floods his whole being.

Ruth is called the female companion. She represents the unconscious desire of life to express itself and preserve itself at all costs. This inner female companion, or God in you, acts as a stimulus to your depressed state causing you to think and reason a way out of your dilemma. She could be called the mother in you, or the intuitive sense in you. All men want to be good, do good, and express good because their nature is divine. God is in all men seeking to express Himself through them. Every man is an incarnation of God, and when you have a desire to be greater than you are, it is God seeking to express that concept or urge through

you. Relax, let go, adopt the mood of receptivity, and let God's fullness flow through you. "There is a Divinity Which shapes our ends, rough hew them how we will."

Note carefully what Ruth in you says, "Whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God." For tender beauty, this statement is unsurpassed. Here is portrayed love, faith, and devotion to the end. "Where thou diest, I will die, and there will I be buried." Your faith in your ideal or goal must be maintained unto the end; then the old state dies and the new state (answered prayer) is resurrected. Ruth is really Life's urge seeking expression and progression through you. The journey is ever onward in consciousness. Ruth's urge in you is your love for God and all things spiritual. Fall in love with Wisdom, Truth, and Beauty, and wonders will take place in your life.

Boaz is the goal, the ideal you seek in life. You must have a goal in life, an aim, a purpose. You must be going somewhere, otherwise you simply drift aimlessly. Listen to Ruth, the inner promptings and murmurings of your heart strings. If you do not know what your true place in life is, pray for guidance, and you will get a lead such as a strong, persistent feeling or tendency in a certain direction. An idea may suddenly come to your mind like toast pops out of a toaster. The desire that lingers week in and week out is the true desire of your heart.

A boy of sixteen who recently prayed for guidance, for true expression in life, found himself joining religious groups, studying religious books, being interested in the Bible, etc. He plans to go to divinity school, and is very happy about it. Later on he will teach the laws of life and the way of the Spirit to all men. He prayed for guidance, so the deeper mind responded accordingly. If a certain premise is enthroned in the mind, the response must be the correlate of the premise. The premise and conclusion are one; the beginning and the end are the same; the seed and the plant are one. He had invoked the spirit of guidance, and having once invoked it and believed in it, he came under the spell of right action.

I talked to a man who was offered a position overseas. He could not accept because of his intense fear of water and airplanes. He became panic-stricken at the thought of getting on a boat.

Undoubtedly there was a subconscious pattern behind this, a terrifying childhood experience, perhaps at the hands of some bully in the neighborhood pool. He had prayed for true expression, his prayer had been answered, but he said he could not accept.

There is a way to overcome such fear. Ruth is the predominant part of the soul in man telling him there is always a way out, a solution. The mere fact that he came to see me regarding help for his problem showed that he knew instinctively there was a way to overcome this fear. He was recognizing a Higher Power than his intellect.

He began to use his imagination constructively. He imagined and felt himself swimming in a pool, he felt the chill of the water, he made it vivid, real, and dramatic. He heard friends congratulate him on his progress. He became thoroughly immersed in the water mentally; it was a victorious, loving, interested movement of the mind.

He entered the water mentally until he was compelled to enter it physically. With the help of an instructor, he learned to swim and mastered the water. This was the working of the Spiritual Power Which he invoked. The Spiritual Power responded according to the nature of his invocation or prayer, and compelled him to respond; such is the law.

What we do on the inside, we experience on the outside. The Bible says, "Acquaint now thyself with Him, and be at peace, therefore good shall come to thee." Acquaint yourself with the mental and emotional operations of your own mind. Apply the principle of mind, realize your desire, and peace shall come unto thee.

Boaz means the Power and Wisdom of God. Boaz is that which blesses, heals, and makes you happy; Ruth (inner guidance) will lead you to it. It might be an invention you wish accepted, a desire to achieve in some field such as that of a singer, composer, great artist, or musician. Boaz is that which you wish to unite with in consciousness. You must marry Boaz. How do you marry or become one with your ideal (Boaz)? "Wash thyself therefore, and anoint thee, and put thy raiment upon thee." *Ruth 3:3*.

Your good is your God. *Wash thyself* means to cleanse your mind by refusing to give power to anything but your own consciousness, and the reigning power of your thought. Refuse positively and

definitely to let your mind dwell on any negative state. To lift up your ideal, is the meaning of *anoint thyself*. Look to your ideal, let the light shine on it, honor it, count it worthy, praise it, exalt it, tell yourself how wonderful your ideal is, and mentally accept it. Let your ideal captivate and enthrall you (wearing the garment). You will find a deific response within you. The Power or Principle within responds to your dominant thought and mood. It is called in modern science the law of action and reaction. You must fulfill certain conditions. There is something you must do before there is a divine response. Isaiah says, "Ask me of things to come concerning my sons, and concerning the works of my hand, command ye me."

God works through you; *i.e.*, through your own thought and belief. In order for you to advance and grow spiritually, you must begin; then God begins. God will do nothing for you except through you. God works, of course, on a cosmic, universal scale in the control of all your vital functions and other body processes; beyond that you must initiate further growth and spiritual unfoldment. You must individualize and personalize the spirit in you.

The greatest study of man is man. This seems to be forgotten in our world today where we are feverishly engaged in building new hydrogen bombs. We must go back to God from whence we came. "So Boaz took Ruth, and she was his wife; and when he went in unto her, the Lord gave her conception, and she bare a son." *Ruth 4:13*. That son was to be the father of Jesse and the grandfather of David. When you come to God, to Truth, and to the Eternal Source, realizing the Source is Love, there is no fear, only peace.

Begin now to meditate, to eat of the nourishing Truths of God Which have stood the test of time. Feast on God's Love, Peace, Joy, Bliss, Beauty, and Perfection. Your mind will be nourished. Your soul will be fortified. God and His Peace will move on the waters of your mind. You will then be Ruth marrying Boaz, and you will give birth to a mental and spiritual child. He will be the father of the line of Jesse and David, meaning that you will experience the joy of the answered prayer—peace, health, and happiness.

Jesse means I AM or God, and *David* means Love. Your sense of union with God will be the progenitor or father of all things good in your world. Jesse (I AM), the awareness of the Presence of God, is

born in your mind, and David, which is God's Love, rules your heart. You will have found your savior, your companion, your guide, your loving friend who will remain with you always. You will have arrived at the state of consciousness called Ruth when your human love is raised to Divine Love by detaching yourself from the false beliefs of the world, and by giving all your devotion and attention to the real spiritual values of life. In other words, you will be functioning as Ruth and Boaz by following always where Divine Love leads, and remaining steadfast in your belief and loyalty to the One Power.

Love in the highest and best degree, and acknowledge the God of Love as Lord of your life. Such loyalty and devotion is always rewarded, and you will find yourself a ruler of your world full of joy, happiness, and peace. You will go from glory to glory, ever onward, upward, and Godward.

STAY YOUNG FOREVER

(1958)



STAY YOUNG FOREVER

A few months ago I called on an old friend of mine in London, England, who was very ill. He said to me, "We are born, grow up, become old and good-for-nothing, and that's the end." This mental attitude of futility and worthlessness was the chief reason for his sickness. He was frustrated, weak, and almost lifeless. He felt his advancing years (over 80) gave him no hope. His cry was that he was useless and that no one wanted him. He was looking forward to senescence and after that—nothing.

Unfortunately many people have the same attitude as this man. They are afraid of what they term old age, the end, and extinction which really means that they are afraid of Life; yet Life is endless. Wisdom teaches that age is not the flight of years, but age is the dawn of wisdom. Spirit in man was never born and can never die. Spirit is God, and God hath no beginning nor end. Man's body is really the garment God wears when He takes the form of man. In order to manifest Itself, Spirit needs a form. Man's body is the instrument through which the Spirit functions on this plane. The Spirit and the body are not separate; man's body is Spirit or Life reduced to the point of visibility. Matter and Spirit are not different—they are the same. Spirit is the highest degree of matter, and matter is the lowest degree of Spirit. Man will always have a body. When he leaves this plane, he will put on a fourth-dimensional body, and so on to infinity; for there is no end to the glory which is man's.

Life is progression; the journey is ever onward, upward, and Godward. All formed things in the universe are gradually returning to the formless and the formless life is forever taking form. Anything that hath a beginning hath an end. Our body has a beginning; it will again return to the formless primordial substance, and we will put on a new body for every end is a beginning.

Old age is not a tragic occurrence. What we call the aging process is change. It is to be welcomed joyfully and gladly as each phase of human life is a step onward on the path which has no end. Man has powers which transcend his body; he has senses which transcend his five senses. Scientists today are setting forth positive, undisputable evidence that man can leave his present body and travel thousands of miles and see, hear, touch, and speak to people even though his physical body is on a couch thousands of miles away. Man's life is spiritual and eternal; he never grows old for Spirit or Life cannot grow old. Life is self-renewing, eternal, and indestructible. God is Life, and Life is the reality of all men. The evidence of the immortality of man is overwhelming. The scientist cannot see with his eyes an electron; yet he accepts it as a scientific fact because it is the only reasonable conclusion which coincides with other observed phenomena. We can't see God or Life; however we know we are alive. Life is, and we are here to express It in all Its beauty and glory.

The Bible says, *This is life eternal, that they might know Thee the only true God.* John 17:3. The man who thinks or believes that the earthly cycle of birth, adolescence, youth, maturity, and old age is all there is to life, is indeed to be pitied; such a man has no anchor, no hope, no vision, and to him life has no meaning. This type of belief brings frustration, stagnation, cynicism, and a sense of hopelessness resulting in neurosis and mental aberrations of all kinds. If you can't play a fast game of tennis or swim as fast as your son, or if your body has slowed down, or you walk with a slow step, remember Spirit is always clothing Itself anew. What men call death is but a journey to a new city in another mansion of our Father's house.

I say to men and women in my lectures that they should accept what we call old age gracefully. Age has its own glory and beauty which belongs to it. Love, beauty, peace, joy, happiness, wisdom, good will, and understanding—these qualities never grow old and never die. Emerson said, "We do not count a man's years until he has nothing else to count." Your character, the quality of your mind, your faith, and convictions are not subject to decay.

I met a surgeon in England, age 84, who operates every morning, visits patients in the afternoons, and writes in the evening. He is

young at 84, full of life, zeal, enthusiasm, love, and good will. He has not surrendered to advancing years; he knows that he is immortal. He said to me, "If I should pass on tomorrow, I would be operating on people in the next dimension, not with a surgeon's scalpel, but with mental and spiritual surgery."

John Wesley was very active in expounding his convictions about God and His laws when he was close to ninety. Our own President Herbert Hoover is very active and performing monumental work on behalf of the government at the age of eighty-three. He is healthy, happy, vigorous, and full of life and enthusiasm. I have listened to him speak over the radio; his mind is clear and decisive. I believe his mental acumen and sagacity are much greater now than when he was forty. He finds life interesting and fascinating. I read recently where he spends all the time available in writing the life of former President Woodrow Wilson. Mr. Hoover is a very religious man and is full of faith in God, life, and the universe. He was subjected to a barrage of criticism and condemnation in the years of the depression, but he weathered the storm and did not grow old in hatred, resentment, ill will, and bitterness. On the contrary he went into the silence of his soul and communing with the Indwelling God he found the peace which is the power at the heart of God.

The greatest of all shock absorbers and preventatives of decrepitude and mental and physical disorders is peace at the Divine Center within you. Tune in and feel it now. All the barbs, criticism, anger, and hate aimed at you will be absorbed, neutralized, and lost in the great ocean of God's love and peace within you; this is the secret of remaining young forever.

My father learned the French language at sixty-five; became an authority on it at seventy; he also made a study of Gaelic when he was over sixty, and became a famous teacher of the language. He actively assisted my sister in a school of higher education and continued to do so until he passed away at ninety-nine. His mind was as clear at ninety-nine as it was when he was fifty; moreover, his handwriting and his reasoning powers had improved through the years. Cato learned Greek at eighty, and Mme. Schumann-Heink reached the pinnacle of her musical success when she was a grandmother. There is an old saying which has an underlying truth

and that is that a man is as old as he feels. You are as old and as young as your thought. Reason it out for yourself. Ask yourself a simple question such as this: "When was my mind born? When will it die? Hath mind and spirit a beginning? How could there be an end to that which has no beginning or end?"

Life was never born and it will never die. Water wets it not, fire burns it not, wind blows it not away. You know these things to be true. How could you say, "I'm old, I am useless, I am unwanted, etc." Never in Eternity could you exhaust the glories and beauties that are within you, for Infinity is within you. There is no end to man, since there is no end to God. To maintain this concept will keep you forever young, vital, keen, alert, alive, and full of the Light that never grows dim. Your gray hairs are a great asset to you; they symbolize wisdom, understanding, forbearance, and strength of character. Many clergymen receive all manner of wonderful offers when they are over sixty; people believe that they know something by that time. One man said to me recently, "The only reason I come to see you is because you have gray hairs; I believe you have been through the mill, and that you are talking from experience." Ministers find it very easy to get a good position at forty-five, sixty, and over. A retired priest recently informed me that he has been receiving fabulous offers from many sources; he is seventy. Truth, Love, and Wisdom have no age. It is possible for a boy of twelve years of age who studies the laws of mind and the way of the Spirit to have a greater knowledge of God than his grandfather who refuses to open his mind to the Truths of God.

Don't ever quit a job and say, "I am retired, I am old, I am finished." That is stagnation, death, and you are finished. Some men are old at thirty and others are young at eighty. The mind is the master-weaver, the architect, the designer, and the sculptor. George Bernard Shaw was quite active at ninety, and the architectural quality of his mind had not relaxed from active duty. I meet men and women who tell me that some employers almost slam the door in their faces when they say that they are over forty. This attitude on the part of these employers is to be considered cold, callous, evil, and completely void of compassion or understanding. The total emphasis seems to be on youth; i.e., you must be under thirty-five. The

reasoning behind this is certainly very shallow. If the employer would stop and think, he would realize that the man or woman was not selling his age or gray hair, rather he was willing to give of his talents, his experience, his wisdom gathered through years of experience in the market place of life. By means of practice and application the man's age should be a distinct asset to the organization. His gray hair, if he had any, should stand for greater wisdom, skill, and understanding. A man or woman with emotional and spiritual maturity is a tremendous blessing to any organization. A man should not be asked to resign when he is sixty-five; that is the time of life when he could be most useful in handling personnel problems, making plans for the future, shaping decisions, and in the realm of creative ideas based on his experience and insight into the nature of the business.

A motion picture writer in Hollywood told me that he had to write scripts which would cater to the twelve year old mind. This is a tragic state of affairs which indicate that the great masses of people have not become emotionally and spiritually mature. It means that all the accent is placed on youth, and youth stands for inexperience, lack of discernment, and hasty judgment. I am now thinking of a man of sixty years of age who is trying frantically to keep young. He swims with young men every Sunday, goes on long hikes, plays tennis, and boasts of his prowess and physical powers saying, "Look, I can keep up with the best of them, etc." He has forgotten the great truth: *As a man thinketh in his heart, so is he*. Diets, exercise, and games of all kinds will not keep this man young. It is necessary for him to see that he grows old or young through his processes of thinking. The Spirit is conditioned by thought; if his thoughts are on the beautiful, the noble, and the good, he will be young regardless of his chronological years.

Job said, "The thing which I greatly feared is come upon me." There are many people who fear old age and are uncertain about the future expecting mental and physical deterioration as the years advance. What they think and feel come to pass. We grow old when we lose interest in life, when we cease to dream, to hunger after new truths and worlds to conquer. When the mind is open to new ideas, new interests, and when we raise the curtain and let in the sunshine

and inspiration of new truths of God and His universe, we will always be young and vital. If you are ninety or ninety-nine, realize you have much to give. You can help stabilize, guide, and direct the younger generation; you can give of your knowledge, your experience, and your wisdom; you can always look ahead for you are gazing into Infinity. You will find that you can never cease to unveil the glories and the wonders of the Infinite One. Veil after veil is lifted, and Its Face becomes more august and wonderful. Try to learn something new every moment of the day and you will find your mind will always be young.

I was introduced to a man in Bombay who said he was one hundred ten years old; he had the most beautiful face I have ever seen. He seemed transfigured by the radiance of an inner light. There was a rare beauty in his eyes indicating he had grown old with gladness.

I receive many letters from men and women who say, "I was turned down because I am over forty." This is a stupid indifference to the sincere desire of these workers to express their talents and abilities. It would seem that we have created a new cult called the "Thirty-five Cult." One man told me that he could not be hired because he was thirty-six and the company would have to pay a few dollars more for insurance premiums. How narrow-minded, short-sighted, and revolting is such an attitude. The reverse should be true. There should be a respect for the man's experience and capacities. The newspapers are taking cognizance of the fact that the voting population of the elderly in California elections is increasing by leaps and bounds; this means their voice will be heard in the legislature of the State and also in the halls of Congress. I believe there should be a federal law enacted prohibiting employers from discriminating against men and women just because of age. A man of sixty-five may be younger mentally, psychologically, and physically than many men at thirty. It is stupid and ridiculous beyond words to tell a man he can't be hired because he is over forty. It is like saying to him that he is ready for the scrap heap or the junk pile. What is a man of forty or over to do—bury his talents and hide his light under a bushel? Men who are deprived and prevented from working because of age must be sustained by government treasuries

at county, state, and federal levels; the very organizations who refused to hire them and benefit from their wisdom and experience will be taxed to support them. They are biting off their nose to spite their face; it is a form of financial suicide.

Man is here to enjoy the fruit of his labor and is here to be a producer and not be a prisoner of a society which compels him to idleness. Man's body slows down gradually as he advances through the years, but the mind can be much more active, alert, alive, and quickened by the Holy Spirit. Man's mind does not have to grow old. Job said, *Oh that I were as in months past, as in the days when God preserved me; When his candle shined upon my head, and when by his light I walked through darkness; As I was in the days of my youth, when the secret of God was upon my tabernacle.* Job 29:2-3-4.

The secret which Job speaks of is Joy. All of us can capture our youth by stirring up the gift of God within us. Every time we recognize the Spirit within as Lord Omnipotent, and reject the power of false beliefs of the world we are stirring up the gift of God within us. *In Him there is fulness of Joy. The joy of the Lord is my strength.*

Feel the Miraculous, Healing, Self-Renewing, Ever-Living God moving through your mind and body. Know that you are inspired, lifted up, rejuvenated, and strengthened; then you will feel a deep response and become rejuvenated, revitalized, and recharged spiritually. You can bubble over with enthusiasm and joy as in the days of your youth for the simple reason that you can always recapture the joyous state mentally and emotionally. The candle which shines upon your head is Divine Intelligence which reveals to you everything you need to know and enables you to affirm the presence of your good regardless of appearances. You walk by His Light, because you know the dawn appears and all the shadows flee away.

Instead of saying, "I am old," say, "I am wise in the ways of God." You are never a failure for you know, "He never faileth." You can always travel in your mind and conquer new fields. Don't let the race mind, corporations, newspapers, statistics hold a picture before you of old age, declining years, decrepitude, senility, and uselessness. Reject it for it is a lie. You can rise above the race-mind and refuse to be hypnotized by such propaganda. Affirm Life—not death. Realize

you live forever, and Spirit is your reality. Get a vision of yourself as happy, radiant, successful, serene, and full of the Light of God. If you are retired, get interested in the Bible, its inner meaning. Get a new vocation, do something you always loved to do. Go to the University and take up subjects you always wanted to study. Travel, explore, investigate, and pray as follows: *As the hart panteth after the water brooks, so panteth my soul after thee, O God.* Psalm 42:1.

Be sure that your mind never retires. It must be like a parachute which is no good except it opens up. Be open and receptive to new ideas. I have seen men of sixty-five and seventy retire; they seem to rot away and in a few months pass on; they felt life was at an end. This retirement was a new venture, a new challenge, a new path, the beginning of the fulfillment of a long dream. It is inexpressibly depressing to hear a man say, "What shall I do, I'm retired?" He is saying in effect, "I am mentally and physically dead. My mind is bankrupt of ideas." All this is a false picture. The real truth is you can accomplish more at ninety than you did at sixty because each day you are growing in wisdom and understanding of God and His universe through your new studies and interest.

His flesh shall be fresher than a child's: he shall return to the days of his youth. Job 33:25. Realize you will never have an old mind, except you think you have. Learn to give all allegiance and devotion to the Indwelling God which is supreme, the only cause and power. To give power to the race mind, to senescence, sickness, to people, conditions, and events divides your allegiance and instills conflict and fear. You might be eighty years chronologically speaking, but if you are cranky, irritable, irascible, petulant, and cantankerous, you are really old regardless of the number of years you have accumulated whether thirty or ninety. Old age means the contemplation of the truth of God from the highest standpoint. This brings you to the well of God where you drink of the waters of life which keep you forever refreshed and God-intoxicated.

Look forward to a greater degree of spiritual awareness and realize that you are on an endless journey, a series of infinite steps in the ceaseless, tireless, endless ocean of God's Love; then with the Psalmist you will say, *They shall still bring forth fruit in old age; they shall be fat and flourishing.* Psalms 92:14. *The fruit of the Spirit*

is love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance: against such there is no law. Gal. 5:22-23.

You are a son of the Infinite which knows no end and you are a child of Eternity.

LIVING WITHOUT STRAIN
*THE INNER MEANING OF THE
BOOK OF JOB*

(1959)



LIVING WITHOUT STRAIN

The Book of Job is one of the most important, significant, and profound books of the Bible. It has been the subject of theological and philosophical debate for many centuries. The main theme of the book deals with human suffering, setting forth the story of a just and upright man who apparently through no fault of his own meets with all kinds of dire misfortune and calamities, and finally recoups all his losses and experiences happiness, prosperity, and peace of mind. The sublimity, spiritual insight, imagery, symbolic beauty, and excellence of expression make it an ever recurrent inspiration. Its depth of feeling and contemplative content touches the heart strings and plays upon them the eternal song of triumph, victory, and the power to overcome all obstacles.

The great truths embodied in the book of Job are indeed a sanctuary to which all may turn for guidance and light on their problems, for it is a sanctuary built out of the treasure house of the Light of the One Who Forever Is. It opens the door to faith and understanding. It embodies the Great Law of Life.

The book consists of five parts.

1. The prologue, written like the epilogue in prose (chapter 1).
2. The colloquies of Job and his friends (chapters 3-31).
3. The speeches of Elihu (chapters 32-37).
4. The speeches of Jehovah out of the storm with brief answers by Job (chapters 38-42).
5. The epilogue (chapters 42-7-17).

Two literary styles are represented in the book of Job—narrative prose and didactic poetry; both however, are exquisitely presented and artistically executed. The contents of the book of Job are

essentially a profound psychological inquiry into the mystery of existence. Scholars do not know who wrote the book of Job, but include it in the group of books of wisdom, of which, it is doubtless one of the greatest. The whole drama is of legendary origin, but it is essentially the story of all men. Spiritually speaking you are Job yourself as you come out of the fog and are regenerated by an Interior Light and begin to sense that God is pushing through you into open manifestation emerging out of misery and suffering into the Beatific Vision!

COMMENTS ON CHAPTER 1, THE BOOK OF JOB

(1) There was a man in the land of Uz, whose name was Job; and that man was perfect and upright, and one that feared God, and eschewed evil. (2) And there were born unto him seven sons and three daughters. (3) His substance also was seven thousand sheep, and three thousand camels, and five hundred yoke of oxen, and five hundred she asses, and a very great household; so that this man was the greatest of all the men of the east. (4) And his sons went and feasted in their houses, every one his day; and sent and called for their three sisters to eat and to drink with them. (5) And it was so, when the days of their feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings according to the number of them all: for Job said, It may be that my sons have sinned, and cursed God in their hearts. Thus did Job continually. (6) Now there was a day when the sons of God came to present themselves before the Lord, and Satan came also among them.

The first verse means that we are all born into this world which is called *Uz*, i.e., the conditioned state. We are born into all that our environment represents and are conditioned by parental influence, environmental surroundings, plus the influence of the race

mind. Every individual is really a group of beliefs, opinions, and concepts which clothe the real Being. The word *man* in Sanskrit means “the measurer”. Hence, man is a mind that measures all things. You are in the land of Uz, a conditioned world or state of limitation, bondage, and restriction until you awaken to your inner potentialities. Every child born in the world is the Infinite One assuming the form of that child.

You come into this world for the joy of self-discovery. If your inner powers functioned automatically, you would never be able to discover yourself. It is possible for you to use the life forces both positively and negatively otherwise you would never be able to grow, expand, or deduce a law from them. All of us remain under the bondage of our hereditary concepts, early theological training, and doctrinal beliefs until we learn about the creative capacity of our own mind to alter conditions and bring to fruition the cherished desires of our heart. On the heels of the discovery of the mental and spiritual laws of life, you throw off the yoke of bondage and cease to submit to the hypnotic spell of the world of opinions and false beliefs.

In order to awaken to your higher powers, you must cease being a baby and break this infantile identification with the fleshly self. You must prove that you are not just flesh but merely functioning in the flesh. All your thoughts, feelings, emotions, imaginings, and dreams are invisible, and I cannot see your mind or spirit, neither can I perceive your faith, hope, trust, love, joy, affection, pondering, desires, longings, aversions, likes, or dislikes—all are themselves invisible. They constitute you! You are much more than your body, the latter is simply your mind condensed or Spirit in manifestation.

In verse one it says, “That man was perfect and upright, and one that feared God, and eschewed evil.” The average child born in love is free from fear, sickness, and distortions of any kind. *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.* When young you had wonderful health, you were bubbling over with energy, joy, enthusiasm, and vitality. You knew nothing about war, crime, sickness, disease, man’s inhumanity to man, or of the conflicting theologies, or the maze of religious dogmas, and the superstitious fears of the multitude. In the cradle you were innocent, and in your imagination you probably played with angels.

Verse two. Your *seven sons* are seeing, feeling, tasting, hearing, smelling, conceiving, and reproduction. In early life we naturally use these faculties positively, actively, mostly in good experiences. When these faculties become passive, receptive, and subject to external negative influences and false concepts, they become symbolized as seven daughters. (*Moses meets seven daughters in Egypt*. Exod. 2:16).

The three daughters mentioned in verse two are in all of us. It is the trinity or the creative capacity in all of us which enables us to bring forth our ideas as form, experience, and events. There were Trinitarian doctrines long before Christianity. The doctrine of the trinity or triune God was taught in ancient India, Babylon, China, Egypt, and all the countries of the northern latitudes. In China the trinity was symbolized by the father, mother, and child, or idea, feeling, and manifestation. It takes two things to produce a third. A clear and definite thought plus a warmth of feeling will bring about a fusion resulting in a third expression which is the answer to your prayer.

The ancient Hebrews wrote under a system of numerical symbolism and if we add seven plus three we get ten, and the latter symbolizes God in action in our lives. 0 is the symbol of the female and 1 is the symbol of the male. In simple language the book of Job is telling us about the interaction of the male and female principle within ourselves, or the interplay of our conscious and subconscious mind. Each letter in the Hebrew language is assigned a numerical value, and if we add up the Hebrew letters of the name Job we get ten or the

complete man.
$$\begin{array}{ccc} J & O & B \\ 1 & 7 & 2 \end{array} = 10$$

The subconscious mind might be called our wife, and the conscious reasoning mind the husband. Our body is simply the instrument which our mind uses. Our conscious and subconscious mind* are always interacting and from their union come forth all our experiences, conditions, and circumstances whether positive or negative. The harmonious and peaceful interrelationship of these two phases of our mind produce health, success, and joyous living.

The male element in you may be considered as your thought, idea, plan, image, or purpose; the female in you is emotion, feeling, enthusiasm, faith, and receptivity. The male and female principle exists in all of us, and this is the reason you are creative and have the power to bring forth out of the depth of yourself that which you emotionalize and feel as true within yourself. When your idea and feeling unite and become one, that one is God in action, for your Divine Creative Power is now made manifest as guidance, healing, or true place in life.

There is one Creative Power in all the world, and that Creative Power is God. When you discover the power of your thought and feeling, you have discovered the Power of God in yourself. All the trials, tribulations, sufferings, and misery of our neurotic age are due to the inharmonious interaction between the conscious and the subconscious of men and women everywhere. When you enthrone the proper concepts and ideas in the conscious mind, these will generate the right feeling; then the mind and the heart or the male and female principle are working together in concord and unity. If our thoughts are negative, our feelings will also be negative because emotions follow thought. If your thoughts are fearful, vicious, or destructive, powerful negative emotions are generated and lodged in the inner recesses of your subconscious mind. These negative emotions get snarled up and form complexes, and inasmuch as emotions must have an outlet, it is obvious that such emotions will erupt in disease and destructive mental aberrations of all kinds.

Verses five, six, and seven. The first thing you should do when you arise in the morning is to commune with God and invoke His blessings and inspirations on all your undertakings for the day. Put God first in your life. The *sons* spoken of in verse five are ideas, thoughts, plans, images of the mind; these must be sanctified by seeing to it that all your thoughts, ideas, and purposes conform to the divine standard of whatsoever things are true, noble, lovely, and of good report. Do not condemn yourself if your *sons* (thoughts) are negative, or for getting out of sorts at times, but fill your mind with the eternal truths of God, and become recharged spiritually. That depressed feeling may be due to the influence of the great psychic sea in which we all live; the moods of fear, hate, jealousy, intrigue,

and doubt are in the race mind, and in an unguarded moment these negative vibrations may enter our mind and we feel gloomy, despondent, and sad. The negative mental and emotional atmosphere of a place could penetrate your mind and dampen your spirits, inhibit your enthusiasm, and generally put the brakes on your ardor. When this happens, go within, and with the sword of truth and spiritual understanding cast out the dark and false thoughts and affirm your trust, faith, and confidence in the love and goodness of God.

Verse six. *Sons of God* represent good, constructive ideas which come out of the depths of yourself as inspiration and holy desires. *Satan* means opposition or your enemy.

You are told the enemies are of your own household or mind. You must look within for the evil one or negative thought in your mind. The supposed dialogue taking place between the *Lord* and *Satan* as mentioned in verse seven merely means the argumentative process or spiritual reasoning taking place in your own mind whereby you cast out the opposing thoughts in your mind and accept your ideal.

The *Lord* is your dominant desire, the idea which is uppermost in your mind; it might be the desire for health, true place, or guidance you are seeking. You know that your thoughts come as pairs. You desire health, which is an affirmative and positive concept, but immediately there arises an opposing or negative concept to challenge it. You desire wealth, and an opposing thought comes into your mind reminding you perhaps that you are broke, and that all is lost, and that there is no way out. There is no devil going to and fro on the earth planting negative thoughts in our mind, but for every yea there is a nay. The so-called devil is the belief in a suppositional opposing power to God which creates a conflict in the mind causing a double-minded or unstable state. The enemy, destroyer, adversary, or devil is a belief in lack, limitation, failure, sickness, and intimations of impotency and inadequacy which you allow to creep into the mind. The devils* which bedevil you are your hates, jealousies, fears, anxieties, and tensions.

The word *Satan* means to err, to slip, to turn away from God and the Truth, and from the belief in One Power. *Satan* also means the race mind, the world mind which impinges on all of us, casting its

hypnotic spell of lack, limitation, and misery. *Satan* is nothing trying to be something. You reject *Satan* when you completely rout out of your mind incisively and decisively the thought that you cannot achieve or accomplish. You must positively refuse to admit fears and doubts into your mind because these are lies about Omnipotence or God which are within you. The thought of failure is an illusion of power; it has no power.

(7) And the Lord said unto Satan, Whence comest thou? Then Satan answered the Lord, and said, From going to and fro in the earth, and from walking up and down in it.

Verse seven tells you that *Satan* is a myth for there is no such being going to and fro in the earth, and walking up and down in it. An old acquaintance of mine placed implicit trust in his partner; the latter proved to be deceitful and betrayed his trust in him, and absconded with all the money in the bank. My friend was strongly tempted to resent and hate him and wish for him all manner of evil. He said to me, "I took that man in, befriended him, gave him fifty percent interest in the business without any financial consideration." He began to grow very bitter until I pointed out the dangers and the disastrous results which would follow his destructive passion of anger, hatred, and animosity. He realized suddenly and instantaneously that the enemy (devil) was not another person, but a hateful thought of his own choosing which would ultimately destroy him physically and mentally. He completely rejected the temptation to think viciously and destructively of the other, and he began to invoke the influx of the Holy Spirit into his life, claiming God's Guidance and His Love regularly and systematically. He changed his thoughts to conform to Divine Law of Love and Good Will. He blessed and prayed for his ex-partner who disappeared into some foreign country, and was never found. Every time he thought of him he said, "God be with you." Finally, he was able to meet his former partner in his mind and actually emanate a wave of God's peace to him. The acid test of forgiveness is to ask yourself, "How do I meet John or Mary in my Mind?" Do you radiate good will and God's blessing to them? If a wave of peace or inner benediction from your heart wells up, you can rest assured you have cleansed both your conscious and subconscious mind.

(8) And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? (9) Then Satan answered the Lord, and said, Doth Job fear God for nought? (10) Hast not thou made an hedge about him, and about his house, and about all that he hath on every side? thou hast blessed the work of his hands, and his substance is increased in the land. (11) But put forth thine hand now, and touch all that he hath, and he will curse thee to thy face.

Here Satan is depicted as answering the Lord, "O yes, Job is true to you (Lord) so long as all goes well with his fortune. Let something bad turn up and he will curse thee to thy face." The cry of Job is the cry of every man who walks the earth. That which I am and that which I want to be are always quarrelling in my mind. Through spiritual awareness, man can solve the problem.

There is the inner desire to grow, expand, achieve, accomplish, and move forward. There is the Divine or Cosmic urge in all of us to release our God given powers and attributes and go forth conquering and to conquer. However, conditions, circumstances, opinions of others, and fear thoughts in our mind impede our progress. The material facts seem to preclude and obstruct the realization of our desires.

Man wants a healing, but he is told he is incurable, that the condition is hopeless; he listens to opinions of friends and becomes unduly impressed by the formidable barriers erected by them, and finally he succumbs to hopelessness and despair. This is the perennial quarrel between the lower and the higher self of man, between you and your ideal or desire, the material facts of life, the race mind beliefs challenging the spiritual aspirations, urges, and ideals within you.

Your personal lord is your dominant idea or desire, or that which commands your attention. Whatever interests you most may be considered your lord because it rules your thoughts and emotions. If you are sick, you detach your attention from all your aches, symptoms, and pains and begin to concentrate on the Healing Presence within, knowing that your whole body is being transformed by His Healing Light, feeling and knowing that as you call upon It you

receive an answer which is perfect health and harmony. Focusing your attention on God and His Healing Rays you are present with your lord.

Satan (negative thoughts) challenges you as you pray for a healing—this means fear, doubt, anxiety arises in your mind trying to dissuade you from believing in the power of God. These race mind thoughts and opinions of man will sometimes mock you and laugh at you and say to you, “It’s impossible.” “It’s too late now.” “You are too far gone.” “It’s hopeless.” Whenever there is such a quarrel in the mind or whenever you suffer from any limitation, restriction, or sense of bondage, this is Satan or the so-called devil alongside your goal or ambition.

Dr. Phineas Parkhurst Quimby, the antecessor and father of mental and spiritual healing in this country, used the argumentative method of healing in many of his cases which is so popular today. Quimby would say to the patient, “Give me your case and I will plead for you before the Great Tribunal, and prove your innocence,” and he had remarkable and amazing results. The whole process resolved itself into realizing that the sickness or disease was due to a false idea, distorted pattern, or false direction given the mind which accepted the picture you gave it and brought forth accordingly. Quimby’s process was to convince the patient that thoughts are things and that the Spirit within is God. He built up evidence for the truth showing that fear, sickness, disease are not of God, but due to negative thinking, and that these thoughts solidified and became tumorous growths, tuberculosis, etc., in the body. He explained to his patients that their fears were groundless because there is no external power, no power but God. He pointed out to his patients that God cannot be sick, frustrated, or unhappy, that the sickness, problem, or difficulty is called Satan because it denies the true spiritual values necessary for our unfoldment. The negative thought in the mind has no principle behind it, no power in and of itself, nothing to back it up; it is a shadow of the mind; it merely denies the positive values within you.

Quimby taught his patients to give all power to God and His Healing Presence. His method was to contemplate their Divine perfection and redirect their minds according to the Divine archetype

of harmony, health, and peace. Remarkable healings followed this process and methodology. You overcome Satan by detaching yourself from the world and sense evidence and being mentally present with the Wisdom and Power of the Almighty.

Let your attention rest in God and His Love remembering wherever your attention is, there the Creative Power of God moves on your behalf. All the power of the Infinite One relative to you and your desire is present and operating at that focal point of attention. This was the secret of Quimby's remarkable healings, and the same process will bring countless blessings in your life.

(15) And the Sabeans fell upon them, and took them away; yea, they have slain the servants with the edge of the sword; and I only am escaped alone to tell thee. (16) While he was yet speaking, there came also another, and said, The fire of God is fallen from heaven, and hath burned up the sheep, and the servants, and consumed them; and I only am escaped alone to tell thee. (17) While he was yet speaking, there came also another, and said, The Chaldeans made out three bands, and fell upon the camels, and have carried them away, yea, and slain the servants with the edge of the sword; and I only am escaped to tell thee.

Where these and other verses in Chapter One speak of Sabeans, Chaldeans, etc., they represent thoughts of limitation, intemperance, beliefs in the power of the stars, bondage to the past, such as karma, which enter into Job's mind to plague him.

(21) And said, Naked came I out of my mother's womb, and naked shall I return thither: the Lord gave, and the Lord hath taken away; blessed be the name of the Lord.

Here we are dealing with the Law of cause and effect which is impersonal. It will bring forth sickness or health, peace or pain, sorrow or joy, poverty or abundance, success or failure with the same completeness. *I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things.* Isaiah 45:7.

You must realize the interchangeability of *Lord* and *Law*. It is not that a God of Love creates a devil or evil. The answer is that the *Law* (Lord) is the automatic bringer of man's thoughts into manifestation. Think evil, evil follows; think good, good follows. Your mind is like water which takes the shape of any vessel in which it is poured. The

vessel is your thought patterns and mental imagery which the Creative Power flows through and brings to pass in your experience. Your deeper mind called the subconscious is the fabricator which weaves the pattern of your thoughts into your experience and conditions. Feed the mind with premises which are true, noble, and Godlike, and you will find the subconscious is your best friend providing that which is beautiful, lovely, and glorious in your outer world.

COMMENTS ON CHAPTER 2, THE BOOK OF JOB

(3) And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. (4) And Satan answered the Lord, and said, Skin for skin, yea, all that a man hath will he give for his life. (5) But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face. (6) And the Lord said unto Satan, Behold, he is in thine hand; but save his life. (7) So went Satan forth from the presence of the Lord, and smote Job with sore boils from the sole of his foot unto his crown. (8) And he took him a potsherd to scrape himself withal; and he sat down among the ashes. (9) Then said his wife unto him, Dost thou still retain thine integrity? curse God, and die.

The test of your faith and trust in God is how do you react in adversity, catastrophe, tragedy, or death of a loved one? When everything goes wrong, when sickness strikes, how do you respond? This is the time when you should apply your knowledge of the laws of mind by keeping your eyes on the goal, on what you desire. Believe it is yours now because you feel it in your heart. Your desire is as real as your hand, accept it, and you will see it appear on the

screen of space. In the backfield, if you fall down you have to get up smiling because you know the next time you play, victory will be yours.

When things are running smoothly and man is waxing rich, he is inclined to relax, take matters easy, and cease to pray. However, when trouble comes, he begins to ask all kinds of questions such as, "Why did this happen to me?" "I was not thinking of this disease at all." "I never heard of it." "I hate no one." "I have done good all my life." "I gave to the poor." "I go to church." etc.

Verses six and seven point out that Job was covered with boils from the sole of his foot unto his crown. In verse nine Job's wife says to him to curse God and die. Your wife is your feeling, emotion, reaction; man sometimes curses God when his child dies, or when some misfortune comes into his life. What man needs is a clear understanding of the law of his own being which is *it is done unto him as he believes*.

Belief is a thought in the mind. A man may be a regular communicant or attendant at his church, he may observe all the rules, rites, rituals, and ceremonies, and still suffer sickness, tragedies, and all kind of seeming misfortunes. It is the way man thinks, feels, and believes in his heart that matters; in other words, the inner movement of the heart is always made manifest. Thus a man may be a good Buddhist, Moslem, Christian, or Jew, and adhere to the basic tenets of these religions and yet suffer misery, pain, and penury. *As a man thinketh in his heart, so is he*. Your heart is a Chaldean word meaning your subconscious mind—the seat of your feelings and emotions.

I knew a woman who was very good from the world's viewpoint. She went to church regularly, gave liberally to charities, visited hospitals, also gave free lessons in music to poor children in the neighborhood, yet she was crippled with arthritis. She told me that she believed God was punishing her because she had sinned forty years previously. I also discovered she dreaded death because she feared she would be judged and found wanting; she believed in a literal hell. In addition, she secretly hated her daughter-in-law, but gave her lavish presents at Christmas-time and Easter, and went out of her way to show her apparent kindness to her. What she was

really doing was a form of subconscious compensation to appease her deep sense of guilt because of her suppressed hatred for her daughter-in-law.

Her external profession of faith in such and such a church is not what the Bible is talking about, it means your real inner attitude, inner feelings, and movements of the mind. Her negative thinking generated destructive emotions, and these negative emotions snarled up in the subconscious must have an outlet, so her destructive emotions came forth as arthritis. Her devotion, allegiance, and loyalty to her particular church or creed was of no avail. *According to your faith is it done unto you*—this is the law mentioned in the Bible.

Faith is a way of thinking, an inner attitude, a feeling, or inner awareness. A man can have faith in failure, success, misfortune, and poverty, and he will express all these states in his life. This is faith in reverse. Faith is what you behold, agree with, and accept in your mind; actually it is a thought in your mind, and thoughts being creative, we create what we think for man is belief expressed. We create what we really believe in our mind and heart. It is what you really believe deep down in your heart that is important, not that to which you merely give formal or intellectual assent.

The healing of the above-mentioned woman took place following a lengthy explanation plus prayer. In the beginning she was obdurate in her refusal to believe in a God of Love, and I wondered at the obtuseness of her brilliant mind. Her whole religious attitude seemed to be tainted with moral obliquity. She admitted that she wanted a healing, but thought that God wanted her to suffer for her sins. I explained to her that thoughts were things and that if she believed that God poured out his wrath upon her, that the Creative Force would respond according to the nature of her thought, and that actually she was punishing herself. Gradually it dawned in her mind that the law of her mind was simply action (thought) and reaction (response to thought) by her subconscious mind. Her good and evil experiences were simply movements of her own mind relative to the life-principle forever whole and perfect in itself. She began to see as Judge Troward, author of *Edinburgh Lectures*, pointed out that God is all there is, and that God is Infinite, and that it is mathematically

and scientifically impossible to have two Infinities. If there were two powers one would cancel out the other, and there would be nothing but chaos and constant friction and strife. If there were some power to challenge God, God would not be Supreme or Omnipotent. *Hear, O Israel: The Lord our God is one Lord.* Deut. 6:4.

She finally agreed that undoubtedly her mental states were projected into her body and external experiences. Her prayer was as follows: "The Healing Intelligence which created me is focused at the exact spot in my mind where the trouble is, and all mental and physical distortion is removed. Divine Love dissolves everything unlike itself, and I am relaxed and at peace. His River of Peace is saturating and permeating my whole being, and I am relaxed and at peace. His River of Peace floods my mind and body, and I feel wonderful. I fully and freely forgive everyone, and I pour out His Love and Blessings on my daughter-in-law and all those around me, and I am free."

She affirmed these truths slowly, quietly, reverently, and lovingly several times a day, and a complete healing followed in about a month's time.

The Bible says, "Except ye repent, ye shall likewise perish." To repent means to change your thoughts according to spiritual standards, to think in a new way. If you do not fill your mind with nourishing, sustaining, wholesome, inspiring ideas, in other words, if you do not do your constructive thinking, the race mind or great psychic sea in which we live will impinge itself in your consciousness, and you will be governed and at the mercy of the race mind. We are all immersed in the one mind, and if the only mental foods you receive are the negative suggestions of radio, newspapers, and neighbors, further modified by the limitations, fears, and troubles of the race mind which impregnate your mind, you succumb to the mass hypnotic spell of the world mind around you, except you assume control and direction of your mental and emotional forces. This is why so-called good people suffer so much misery in their life.

If you are indifferent, careless, indolent, and lazy, and refuse to fill your mind with the truths of God, the negative thoughts, moods, and beliefs which enter into the unguarded mind impregnate the

subconscious, and as we sow, we reap. When you are ignorant or unaware of the mental laws, you may attribute your unpleasant experiences to chance, fate, bad luck, karma, or destiny instead of realizing that behind every effect there is a cause. You must realize that the rain falls on the just and the unjust, and the sun shines on good and bad men with equal radiance. God is no respecter of persons. The difference between men is due to their state of consciousness, and their state of consciousness consists of what they think, feel, believe, and give mental consent to. This is why some are sick, others healthy, why some are poor and others rich, some sad and others bubbling over with the joy of life.

To believe in certain rituals, liturgies, creeds, dogmas, traditional concepts, formulations, and opinions of man is not the answer, but it is to believe in a God of love, goodness, and everlasting righteousness. You must believe that the will of God for us is more and more of life, love, truth, beauty, abundance, and wonderful experiences transcending our fondest dreams. This is real belief because you believe in the goodness and love of God which is true faith in the bliss, joy, wholeness, beauty, and perfection of God. Your faith is now in God and in all things good, and all things work together for good to them that love God. You are now of the true faith because you believe in the Truth about God, and you live in the joy of the expectancy of the best—only the best shall come to you.

(11) Now when Job's three friends heard of all this evil that was come upon him, they came every one from his own place; Eliphaz the Temanite, and Bildad the Shuhite, and Zophar the Naamathite: for they had made an appointment together to come to mourn with him and to comfort him.

These *three friends* represent tradition, doctrine, and dogma when undisciplined and running rampant. The undisciplined, untutored, and unregenerate mind of man splits up and becomes disorganized and completely confused under the dominance of the three so-called friends whose real names are fear, ignorance, and superstition. Job is really being tormented by his own split personality which reflects the opinions of the world rather than the truth which makes you free.

You must become reintegrated with faith and confidence in the God-Presence within, letting the spirit of wholeness, beauty, and perfection flow through you in transcendent loveliness, transforming your mind and body into God's perfect pattern on the mount. The mind must no longer be permitted to set up strange doctrines based on false theories and false gods, such as, the dichotomy of spirit and matter, flesh and spirit, God and a devil, etc. Mental invasions and intrusions of fear propaganda, sickness, disease, and the fears of the world must be met and disarmed by the awareness of the Presence of God in you—the only Cause and the only Power. You take your instructions and orders from Divine Intelligence rather than from the world and its false beliefs.

Begin now to think, speak, and act from the standpoint of God's Love and Wisdom within, rather than from the superimposed edifice of fear, doubt, and worry. In this way you will begin your trek back to God in the midst of you which is mighty to heal.

COMMENTS ON CHAPTER 3, THE BOOK OF JOB

(1) After this opened Job his mouth, and cursed his day. (2) And Job spake, and said, (3) Let the day perish wherein I was born, and the night in which it was said, There is a man child conceived. (11) Why died I not from the womb? why did I not give up the ghost when I came out of the belly? (12) Why did the knees prevent me? or why the breasts that I should suck? (13) For now should I have lain still and been quiet, I should have slept: then had I been at rest.

One of the purposes of the Book of Job is to explain the different opinions which people have of God. Here Job in his suffering regrets that he was born and wishes he were dead. Chapters three to thirty-two are all about the quarrel which goes on in us as we come to grips with the world beliefs and opinions (Satan); apparently whatever evils and misfortunes befell Job as regards his property, family, and health were all caused by this adversary called Satan. His misfortunes are enumerated in the order as they rank in the average man's estimation. It is customary for men to extol and sing praises to God for His benevolence and blessings when they are prospering and healthy, but when troubles come as described by Job, it is the reverse, murmuring and complaining of injustice; oftentimes execrations and maledictions pour forth from their mouths.

Satan is derived from the same root as seteh which means, "turn away"; it implies the notion of turning away or detaching your attention from a thief; fear thoughts if entertained will tend to turn you

away from your abiding faith in God and all things good. If you visit a sick friend and the thought of catching that disease comes to your mind, you must supplant it immediately with the belief in perfect health, for God cannot be sick, and what is true of God is the real truth about you. If you let the picture of the other's ailment dwell in your mind, you are being tempted to engage your mind on an image of sickness. The same idea is contained in the passage, *For the imagination of man's heart is evil from his youth.* Gen. 8:21.

Our thoughts come in pairs, such as health and sickness, wealth and poverty, peace and pain, love and hate. In ancient writings these are referred to as the two angels, or the good and evil inclinations in all people. The negative thought, the evil inclination, the adversary, and the angel of death mentioned in the Bible are identical in meaning. Every person is accompanied by two angels, one being on his right side, one on his left; this is like saying that every desire or wish you have brings with it a negative or opposing thought. For example, you are called on to meet the mortgage and you haven't the money; the desire for God's wealth is real and natural for you, but the negative factor arises in your mind reminding you of your limitation and difficulties. When you are in a quandary, perplexed, and confused, the negative thought is in your mind together with your positive desire. In prayer you hold up the fearful anxious thoughts to the Light, realizing that these negative thoughts are a conglomeration of sinister shadows and that a shadow has no power. You convince yourself that there is but One Power, and because it is omnipotent, it cannot have any antagonists, opposition, or challenger. Your mind then begins to move as a unity, and you ascribe all power to God, and He who gave you the desire will also reveal to you how to bring it to pass in Divine Order.

Judge Troward, in his writings on mental science, points out that your desire has its own mathematics and mechanics with it, and as you sustain it with faith, your desire will come to pass in the right time and in the right way. You bring suffering on yourself by your own wrong thinking, by misapplication and misinterpretation of universal laws. When we fail to pray aright and give attention to the eternal spiritual values of life, pain, misery, and suffering come to remind us of our negligence, indifference, apathy, or slothfulness. Our

limitations, problems, and difficulties cause us to seek answers, and in this way we discover the Divinity within.

If the cross word puzzle were all made out for you and all you had to do was to copy the answers, you would soon get bored and jaded. The thrill, the joy, the satisfaction comes in solving the puzzle in the same way as an engineer rejoices when he has successfully spanned the chasm which he was told was impossible. His joy was in overcoming the problem. The Book of Job is really a universally acclaimed classic because it portrays (like the Hindu *Bhagavad-Gita*) the battle which goes on continually in the field of your consciousness (visible and invisible). It is really your story helping you to get an objective view of yourself.

Job has lost the guidance of God and Divine Wisdom which automatically protected him in his youth.

(16) Or as an hidden untimely birth I had not been; as infants which never saw light. (17) There the wicked cease from troubling; and there the weary be at rest.

Job's friends are tradition, dogma, doctrine (customs, religion, and opinions), and in his mind they concur that he is a sinner because he is nearly dead and fit but to be buried. These arguments take place in the mind of Job in his search for God and His Truth. The questions and answers are repeated, mixed up, and interrupted by Job's description of his acute pain and troubles which had come upon him in spite of his righteousness, charity, and good acts. The answers which Job receives from his friends are exhortations to patience, and speeches intended to make him forget his grief.

COMMENTS ON CHAPTER 4, THE BOOK OF JOB

(1) Then Eliphaz the Temanite answered and said, (2) If we assay to commune with thee, wilt thou be grieved? but who can withhold himself from speaking? (8) Even as I have seen, they that plow iniquity, and sow wickedness, reap the same. (9) By the blast of God they perish, and by the breath of his nostrils are they consumed.

Eliphaz typifies the intellect and approach to God with its complete line of theories about God, existence, and justice. Job is really tormented and persecuted by his own fears, doubts, self-criticism, and self-condemnation which reflect the opinions of the world rather than the awareness of the Truth which would set him free.

(14) Fear came upon me, and trembling, which made all my bones to shake. (15) Then a spirit passed before my face; the hair of my flesh stood up; (16) It stood still, but I could not discern the form thereof: an image was before mine eyes, there was silence, and I heard a voice, saying, (17) Shall mortal man be more just than God? shall a man be more pure than his maker?

Here Job is asleep to wisdom and cries out for an explanation. He fears until the hair of his flesh stood up. Creed and dogma represented by Eliphaz are of no avail to Job in his suffering; he gets no answer. Eliphaz tells him that they that sow wickedness reap the same. Such a statement is no comfort to a man whose body is wracked with pain. Moral precepts are not enough.

The plot of Job is a test to see whether man really knows God, or when adversity and tragedy strike he will denounce and reject the

concept of God. This is really what the story is all about. A man may be very religious from a worldly standpoint; he may be a good Catholic, Protestant, Jew, or Buddhist, or any other religious faith, he may follow all the rites, rituals, ceremonies and be a regular attendant or communicant of the particular church, yet he may suffer the tortures of the damned.

I have just returned from a visit to a hospital to see a man who is crippled and suffering great pain. He told me how he taught Sunday school for forty years, how he worked for the Boy Scouts, helped the crippled children, and performed countless generous and magnanimous deeds, yet he had a so-called incurable disease, lost vision of one eye, and his hearing was almost gone. He said to me, "Why am I suffering? I am a good Christian, and have done a lot of good. Why is God punishing me?"

He cried out like Job and asked the same questions. In talking to him for over an hour, I discerned he had hated a business associate for thirty years. He was warped by a vengeful and malicious emotion and obdurate in his refusal to forgive; he invoked imprecations and maledictions on this associate. This state of consciousness was his real religion; your thoughts, feelings, and inner beliefs represent your religion or relationship to life which is always perfect and whole. It was done unto him as he believed.

The law of life is the law of belief, and belief is a thought in your mind. His thoughts of the other man were hateful, spiteful, and vengeful, which generated a destructive emotion in his subconscious mind where it was snarled up, and inasmuch as these emotions of hate, jealousy, and vengeance must have an outlet, they came forth in him as bodily disease. The reason why some people are sick and others healthy is due to the difference in their belief. It is your real inner subjective beliefs which are made manifest. Your real and true religion was explained thousands of years ago. *As a man thinketh in his heart, so is he.* An ancient sage said, "When you name it, you cannot find it, and when you find it, you cannot name it."

How can you place a sectarian label on peace, love, joy, wisdom, understanding, patience, kindness, good will, justice, illumination, divine wisdom and compassion? These are qualities, attributes, and potencies of God and they belong to all men. As you begin to

express these qualities of God, you are beginning to build the Kingdom of God on earth. Your external attachment to a particular church, group, or religious organization is not of primary importance; the acid test of your religious faith is the way you feel in your heart. If you are friendly with God, if you love the Truth, if you are loyal to God, if you radiate love and good will to others, if you are happy, joyous, and free, and living in the joyous expectancy of the best, you have a marvelous religion regardless of whether you belong to any church or not. *Go thy way, and as thou has believed, so be it done unto thee.*

What will you believe in? You are told to believe that God is Wonderful, the Mighty God, the Everlasting Father, the Counsellor, and the Prince of Peace; therefore you should begin now to believe that God is your loving Father who watches over you, guides, and directs you, sustains and strengthens you, and that His Love fills your soul. Believe that God is a lamp unto your feet and a Light on your path. Believe in the abundant life and that the will of God for you is something transcending your fondest dreams. The Bible is not telling you to believe in creeds, dogmas, traditions, churches, or a certain theology; on the contrary the truths of the Bible existed before any church ever existed or before any man ever walked the earth. The principles underlying radio, television, radar always existed. Moses and Jesus could have used loud speakers and jet planes in their journeys. The eternal verities, the qualities of God and His Law are the same yesterday, today, and forever. God and His Law change not, man is variable and inconstant. God and His Truth are immutable, changeless, timeless, and ageless. Love, Wisdom, Joy, Beauty, Intelligence, Harmony, Divine Order were never born and will never die. The only true religion in the world is to express the truth about God.

What is true of God is true of man for man and God are one. There is only One Being and man is that Being in expression; the qualities and powers of the Father must be in the son, therefore we should claim our sonship now and release the imprisoned splendor that is within. When someone asks you what is your faith, you should reply that you have faith in the infinite goodness of God, in His embracing Love, in Eternal Life, in perfect health, in God's

abundance and unfailing supply. Announce that you have implicit faith in the law of God which always responds to the nature of your thought (your request). You have faith that when you ask for bread, God your loving Father will not give you a stone; you know in your heart that when you ask for a fish, He, your Loving and Beneficent Father will not give you a serpent. You have faith in the good for God is infinitely good and perfect. Let this answer suffice.

I talked along the above lines to the aforementioned sick man, and he responded after a rather lengthy discussion. He entered into the spirit of forgiveness and invoked the blessings of the Almighty on his partner and on himself. For about ten minutes he called out loud affirming, "God's Love fills my mind and body." A remarkable mental and physical change has taken place, and I feel sure as I write this that he will experience God's grace and a perfect healing. Love in the heart carries love to all the cells of the body, and then only God dwells therein, and God is Love. Love within, Love without, Peace within, Peace without.

In verse sixteen Eliphaz, lost in form, ritual, and doctrinal concepts of God vaguely senses God as a dispenser of justice, he beholds an image surrounded by a silence from which emanated a voice which prates without wisdom.

COMMENTS ON CHAPTER 5, THE BOOK OF JOB

(7) Yet man is born unto trouble, as the sparks fly upward. (17) Behold, happy is the man whom God correcteth: therefore despise not thou the chastening of the Almighty:

Eliphaz sees but does not understand as he simply deals with externals and materialistic concepts of causation. He does not understand that all suffering is due to reaction of the subconscious mind to our negative thinking or our failure to think constructively, because if we fail to give harmonious and constructive patterns to our deeper mind, and if we neglect to feed our mind with premises which are true by dwelling on whatsoever things are lovely and of good report, we must needs suffer accordingly. If we do not choose and select our thoughts, ideas, and mental images, the race mind, or the newspapers, or other people will control our thinking and our moods.

(22) At destruction and famine thou shalt laugh: neither shalt thou be afraid of the beasts of the earth. (27) Lo this, we have searched it, so it is; hear it, and know thou it for thy good.

Choose your own thoughts and your own emotions, or the world with its vainglory, fears, doubts, hates and jealousies, intrigue and confusion will push you around, and you will be a slave and not a master. Ignorance rules where Wisdom is absent, and ignorance is Satan which is the despoiler of your soul. Idle and futile is the voice of fear when it clamors for peace. Love responds to the call of love for *deep calleth unto deep*.

COMMENTS ON CHAPTER 6, THE BOOK OF JOB

(1) But Job answered and said, (2) Oh that my grief were thoroughly weighed, and my calamity laid in the balances together! (6) Can that which is unsavoury be eaten without salt? or is there any taste in the white of an egg?

Job's reply is that Eliphaz is just preaching, he is saying in effect that he knows he is going in the wrong direction but he wants to be shown wherein he is wrong, and he lets it be known in a rather contentious and churlish fashion by saying to Eliphaz that his arguments are as insipid as the white of an egg.

(11) What is my strength, that I should hope? and what is mine end, that I should prolong my life? (12) Is my strength the strength of stones? or is my flesh of brass? (13) Is not my help in me? and is wisdom driven quite from me?

Here Job strikes spiritual fire when he says, "Is not my help in me? and is wisdom driven from me?" It is beginning to dawn in his mind that God is within him. Eliphaz, the traditional concept of an anthropomorphic being, believes in a God in the skies or somewhere outside. Of course, God is everywhere, inside and outside, for Life or God is omnipresent. When I was a boy studying catechism, I was told that an atheist was a man who did not believe in God, but when I asked the whereabouts of God, I was told he was on a throne in heaven and if I were a good boy and did not commit mortal sins, I might possibly go there and see Him some day and play the harp. I must have been an atheist when I was very young, because I did not believe in the answer, but I knew that some day I would get answers. I discovered that the teacher of catechism did not seem to know

anything worth while, that no one knew anything. They had words without meaning, prayers without understanding, religion without science, beliefs without knowledge, faith without feeling, God with a devil, and heaven with hell.

In verse twenty-four Job pleads, *Teach me, and I will hold my tongue and cause me to understand wherein I have erred.*

You ask for bread, and the world gives you a stone in the way of false information based on fear, ignorance, and superstition which are also representative of Job's three friends. You are told the reason you are sick is because you are a miserable sinner, or God is punishing you, or He is testing you, and this explanation makes you feel worse than before. You asked someone why your child died, and he said, "It is God's will." This you found hard to believe and perhaps you cursed God and deserted your church and became an atheist.

I have known cases where children died because parents were careless, indifferent, and unwilling to spend the money to call a physician who would have undoubtedly saved the lives of these children—these same people said it was God's will. To say that death for a child is the will of God is blasphemy. Life cannot wish death. God is Life and Life loves to manifest itself as bliss, harmony, joy, beauty, love, peace, order, and symmetry. The will of God is the nature of God, and His will for us must of necessity be something wonderful, miraculous, glorious, and ecstatic.

Job says to Eliphaz "teach me," which means that it is an argument between your lower self and your higher self or between you and your desire. You are Job trying to resolve the problem of suffering, sickness, and realize your heart's desire. You must reason with clarity of perception and the sword of spiritual awareness casting out all false theories, beliefs, and doctrines, and stand firm on the rock of One Spiritual Power—your own consciousness which is lord and master of your world. Cremate, burn up, consume incisively and decisively all negative thoughts, fears, doubts, anything and everything that challenges the realization of your desire. Realize omnipotence moves in your behalf and nothing can stay its power, therefore you wait joyously, patiently, and enthusiastically for the answered prayer.

COMMENTS ON CHAPTER 7, THE BOOK OF JOB

(11) Therefore I will not refrain my mouth; I will speak in the anguish of my spirit; I will complain in the bitterness of my soul.

Here Job touches the depths. This is the time to look up unto God and the things that are God's, that is dedicate your thought, your desires, your plans to God and claim divine order, harmony, and love are flowing through you. As you do this, the Spirit will take you forward to victory, freedom, and accomplishment. "Why? Why?" was Job's cry as you find generally when misfortune comes upon people. The familiar echo is, "Why did God do this to me? I have been so good."

COMMENTS ON CHAPTER 8, THE BOOK OF JOB

(1) Then answered Bildad the Shuhite, and said, (2) How long wilt thou speak these things? and how long shall the words of thy mouth be like a strong wind? (3) Doth God pervert judgment? or doth the Almighty pervert justice? (4) If thy children have sinned against him, and he have cast them away for their transgression;

Bildad means son of contention, the type of mind which believes you are being punished by God for your sins as set forth in many orthodox ecclesiastical theories. You are not punished for your sins but by your sins which is an automatic reaction of your subconscious to your habitual thinking. The word sin means to miss the mark or failure to get an answer to your prayer. Your sin is your failure to lead a full and happy life. When you fail to hit your mental target or the goal you set in life, you sinned, or missed your mark. Identify yourself mentally and emotionally with your ideal, exalt it in your mind, woo it, and claim it boldly, and the Almighty Power in you will respond and bring it to pass. All punishment and suffering are self-inflicted consciously or unconsciously.

There was a young boy, sixteen years old who constantly missed getting a job—there was always someone there before him. He missed his mark (job) about eight or nine times. He decided to pray about it, and on his next interview for a position he found there were fifteen other boys there. An idea emerged spontaneously from his subjective depths and he wrote it down on a piece of paper and gave it to the secretary who in turn gave it to the manager. He read the

message which said, "I am the fifteenth boy in line, be sure you don't hire anyone until you see me." He got the job.

I talk to people who are ill and they say, "Oh, it is my karma. It is being accelerated because I am developing spiritually." Some are quite adamant and disputatious about these peculiar beliefs. This specious type of reasoning is designed to take you in and fool you. Many of these people have a martyr complex, and believe that God has singled them out for punishment for some inscrutable reason. This type of reasoning is indeed a poor comforter, nevertheless it is all too prevalent. Everything we experience is a reaction of our habitual thinking and beliefs, whether conscious or unconscious. We can experience nothing that is not a part of our own consciousness. Your state of consciousness is the way you think, feel, believe, and whatever you give mental consent. You are immersed in the collective unconscious mind into which all the people in the world are pouring forth their thoughts, beliefs, fears, hates, hopes, and irritations. All the intrigue, jealousy, invidious and iniquitous schemes hatched in the fetid brain of man are being sent forth into this mass mind also; you are a receiving and broadcasting station, and being in the race mind, you must keep prayed up, otherwise the fears, doubts, anxieties of the race mind will fill your mind and reach a point of precipitation coming forth as sickness, disappointment, and troubles of all kinds. It is just as essential to cleanse your mind as well as your body, otherwise your mind will get full of the mental debris of the world.

COMMENTS ON CHAPTER 9, THE BOOK OF JOB

(16) If I had called, and he had answered me; yet would I not believe that he had hearkened unto my voice. (17) For he breaketh me with a tempest, and multiplieth my wounds without cause. (18) He will not suffer me to take my breath, but filleth me with bitterness.

J ob bemoans his fate and finds no comfort or light in the orthodox mouthings of formal creeds which to him seem to be nothing but an opiate putting people asleep to the truth that God dwells in him and all His Wisdom, Power, and Love are available to man through His thought and feeling. If you postulate powers outside the one Power, you are no longer loyal to God, you no longer love God. To love is to be faithful, loyal, giving allegiance to the one Presence, then the Holy Spirit will move through you as health, harmony, peace, abundance, and security. You are here to sing the song of triumph. *When the morning stars sang together, and the sons of God shouted for joy!*

COMMENTS ON CHAPTER 10, THE BOOK OF JOB

(8) Thine hands have made me and fashioned me together round about; yet thou dost destroy me. (9) Remember, I beseech thee, that thou hast made me as the clay; and wilt thou bring me into dust again? (10) Hast thou not poured me out as milk, and curdled me like cheese?

Here Job engages in a lot of self-pity and attributes all his misery to entire neglect on the part of God, and that after having created him, He does not take any notice of him. Dr. Phineas Parkhurst Quimby, the antecessor of mental and spiritual healing in this country, pointed out over a hundred years ago that your religious beliefs can cause diseases of all kinds. In analyzing the ailments of his patients, he discovered that their religious beliefs contained dangerous seeds of superstition, ignorance, and fear, all of which are highly detrimental to man's unfoldment.

Life is progression and all suffering and misery you have are due to Life's reaction to your failure to move onward and upward. Any mental retrogression or stagnation will bring about conflict and pain because you are here to grow, and if you are willful, self-satisfied, rebellious, and refuse to let life, love, truth, and beauty flow through you, pain is the result in order to remind you to remove the block and let the *healing forces* flow through you.

Dr. Quimby discovered that when false beliefs confine the God-Power, the phenomena known as disease occurs in the body forcing you to seek the cause of the trouble, and in so doing the process of growth is stimulated and carried on. The search like that of Job must forever continue until all men learn that the cause of all sickness and

unhappiness originates in man's own mind. As you keep on seeking the answer a light will break. Faith, the know-how in Spirit will gain victory!

When you are depressed, despondent, and gloomy you must proceed to build a new mansion in the mind. Draw on the qualities which are resident within you. Begin to become amiable, sociable, kindly, and radiate good will to all; have faith in an everlasting Law which causes the sun to shine and brings the stars nightly to the sky. When you draw out the qualities of love, good will, and humor, you are building a new structure in your mind and you will inhabit this new building just the same as the man who is building a new home with bricks and stone will live in it.

COMMENTS ON CHAPTER 11, THE BOOK OF JOB

(1) Then answered Zophar the Naamathite, and said, (5) But oh that God would speak, and open his lips against thee; (6) And that he would shew the secrets of wisdom, that they are double to that which is! Know therefore that God exacteth of thee less than thine iniquity deserveth. (7) Canst thou by searching find out God? canst thou find out the Almighty unto perfection?

Zophar means chirping, peeping, twittering; he is one of Job's three friends previously explained. We might elaborate a little further and say that these three friends, depicted as trying to comfort Job, merely represent phases of intellectual, traditional mental thought and false reasoning. This is why they fail to find any remedy for his afflictions. It is a case of the blind leading the blind, and they both fall into the ditch. They show Job that he is wrong, but cannot reveal the right way. Zophar is the type of mind that holds on to old, obsolete ideas and reasons from their standpoint he is seeking unto the dead.

The formal religionist will point out the evil appearances and condemn the sinner. Spiritual understanding alone gives the answer and shows you the way to peace, joy, and happiness. The enlightened or spiritually illumined mind holds up a spiritual standard for those he wishes to help instead of calling attention to and thereby magnifying apparent evil. Zophar reproves Job, saying in effect, "You are lucky it is not worse for God is exacting of you less than your sin deserves." What was Job's sin? He was using his mind wrongly,

permitting beliefs and opinions of the world to muddy his consciousness and tip the scale in the wrong direction. Trouble comes to Job for he does not know how to control the conscious mind.

Zophar holds that God's will is the cause of everything that happens; no further cause can be sought for His actions, and it cannot be asked why He has done this and why He has not done that. In other words the Zophar state of consciousness says, "Don't try to understand God. It is too much for you. Just accept your ill fortune." This attitude is the typical three-dimensional objective consciousness, a matter-of-fact concrete approach which says you must not try to go into secret matters. The worldly materialistic type of mind is suspicious of mind phenomena and hence fights shy of all such ideas. It is true, of course, that the finite mind of man cannot completely comprehend the nature of God, for God is Infinite Being. *Canst thou by searching find out God? canst thou find out the Almighty unto perfection?*

(8) It is as high as heaven; what canst thou do? deeper than hell; what canst thou know?

While we cannot know all about God with our finite mind, we can learn much about the way it works in our own life. We can learn that Infinite Intelligence responds to the nature of our thoughts, that thoughts are things, that what we feel we attract, that what we contemplate we become, that any idea which we charge with feeling and enthusiasm will become objectified in our own life. There is much to learn about our subconscious mind and the way it works, and the study of our inner nature and laws of our being is endless.

COMMENTS ON CHAPTER 12, THE BOOK OF JOB

(1) And Job answered and said, (2) No doubt but ye are the people, and wisdom shall die with you.

J ob answers the bombastic and verbose Zophar rather sarcastically in what amounts to these terms, “You think that you know it all and wisdom shall die with you.”

COMMENTS ON CHAPTER 13, THE BOOK OF JOB

(3) Surely I would speak to the Almighty, and I desire to reason with God. (4) But ye are forgers of lies, ye are all physicians of no value. (5) O that ye would altogether hold your peace! and it should be your wisdom.

In this chapter Job holds on desperately to his integrity (beingness). He would speak to the Almighty and desires to reason with God, but his friends (body, mind, and emotion) are forgers of lies. *O that ye* (fears, opinions, false beliefs) *would altogether hold your peace!* Be still, and it—this state of mental quietness and confidence in the presence of your good (God) should be your wisdom (right course of action). Job senses the very heart of spiritual demonstration, the secret of prayer which is to cleanse your mind of false beliefs, and what you need comes forth; for we must understand that in working with spiritual law we are bringing out concretely that which already is (as an idea, a seed which comes forth according to your mental acceptance). The sin of Job consisted essentially in magnifying obstacles, and so the thing he greatly feared came upon him.

(15) Though he slay me, yet will I trust in him: but I will maintain mine own ways before him.

Like a material scientist Job believes in the possibility of the execution of his idea; he is keeping up his search for the Great Cause—the One God who shall be his salvation.

COMMENTS ON CHAPTER 14, THE BOOK OF JOB

(1) Man that is born of a woman is of few days, and full of trouble. (2) He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not. (3) And dost thou open thine eyes upon such an one, and bringest me into judgment with thee? (4) Who can bring a clean thing out of an unclean? not one.

Job admits he does not understand the mystery of iniquity (how mind works). All those living in the race mind full of unknown fears, foreboding, false beliefs, etc., will be full of trouble until they awaken to the presence and power of God within them and redirect their thought life and emotions along Godlike channels. All of us are born into limitation, i.e., we are born into the traditional beliefs of our parents and all that our environment represents. The child is subject to the mental atmosphere and emotional climate of the home. All of us are in a vast mental sea called the collective unconscious or race mind which impinges on our mind regularly until we awaken to the spiritual truth of our own sovereignty and take charge of our own mind; then we are born again into new mental and spiritual world.

You are born of woman (worldly beliefs, feelings, and prejudices) and full of trouble when you are unawakened to your spiritual capacities. When you take over the government of your mind you will immediately eradicate and expunge from your consciousness all false beliefs, fears, hates, and bickerings—disease and misery will vanish away.

To change your mind is to change your world and you do this by trusting the One Spiritual Power which you can contact through your

thought rejecting completely all belief in powers outside your own consciousness. You will come to the conclusion that your consciousness is God relative to your world, and that everything you experience comes forth from your consciousness which is the sum total of your conscious and subconscious beliefs.

COMMENTS ON CHAPTER 15, THE BOOK OF JOB

(6) Thine own mouth condemneth thee, and not I: yea, thine own lips testify against thee. (7) Art thou the first man that was born? or wast thou made before the hills?

Cheer up,” says Eliphaz, “Don’t complain, others went through this before you were born.” The discourse of Eliphaz in chapter fifteen is banal, boresome, and didactic. He holds that the fate of Job was in accordance with strict justice, that Job was guilty of sins for which he deserved his fate. Eliphaz therefore says to Job, “Is not thy wickedness great, and thine iniquities infinite?”

(14) What is man, that he should be clean? and he which is born of a woman, that he should be righteous? (15) Behold he putteth no trust in his saints; yea, the heavens are not clean in his sight. (16) How much more abominable and filthy is man, which drinketh iniquity like water?

The blatant, iniquitous, and mordant mouthings of Eliphaz are repulsive to the Inner Self. No wonder Job, in chapter sixteen, verses one and two says, “I have heard many such things: miserable comforters are ye all.” These comforters are miserable because they do not know how to explain to Job the meaning of *Except ye repent, ye shall likewise perish*. Except you change your mind, get a new concept of God and a new interpretation of life, and begin to think in a new way, change your thought and keep it changed, you too, will be subject to the law of averages, or the importations from the race mind which reach a climax in our mind bringing all kinds of trouble in their train. You must keep prayed up and establish counter convictions to all the race mind beliefs. The word repent means to

think in a new way, to turn back to God, and to think God's thoughts after him.

COMMENTS ON CHAPTER 16, THE BOOK OF JOB

(4) I also could speak as ye do: if your soul were in my soul's stead, I could heap up words against you, and shake mine head at you.

Job says he could speak idly to no real purpose. He is weary of the explanation that his woes are due to his wickedness.

COMMENTS ON CHAPTER 19, THE BOOK OF JOB

(16) I called my servant, and he gave me no answer; I intreated him with my mouth. (17) My breath is strange to my wife, though I intreated for the children's sake of mine own body. (20) My bone cleaveth to my skin and to my flesh, and I am escaped with the skin of my teeth. (21) Have pity upon me, O ye my friends; for the hand of God hath touched me.

To his desperate appeal for help, Job perceives the invidious and specious type of reasoning and realizes it is nothing but pollyannish pratings about “God is Love,” and all will be right eventually. Leverage is lacking. Job still does not know the science of mind, and how it works.

He calls his servant (mind), and gets no answer. His mental attitude is not yet conditioned to confidence in the One Spiritual Power within him. His breath is strange to his wife. Your wife is the ideal you wish to marry mentally and emotionally unite with. Like Job you might like to marry or unite with the idea of perfect health. You have to get into the feeling of health, and as you begin to rejoice in the fact that the Infinite Healing Presence is now restoring you to perfection, you will get the feeling of health, and the feeling of health produces health in the same manner as the feeling of wealth produces wealth.

Job's breath (his life force, enthusiasm, faith) has not yet been infused into his idea or desire; he has not yet surrendered mentally to the Omnipotence of God. Hence, even his familiar friends—*My familiar friends have forgotten me*—verse fourteen—(sense of

security, health, peace) have forgotten him inasmuch as he is incapable of believing in these qualities of God in his heart.

(25) For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth.

Job senses intuitively now that his Redeemer (the Presence of God) liveth and that his awareness of the Intelligence and Wisdom of God within him and his faith in Its response to his prayer shall stand at the latter day upon the earth. All of which means that he shall experience on the outside (his body and environment) what he feels and claims as true on the inside.

(26) And though after my skin worms destroy this body, yet in my flesh shall I see God.

Job senses something is stirring toward objective manifestation in much the same way as in embryology the child may have been conceived though to fleshly sense no signs are as yet in evidence. You should walk in confidence that your desire (seed) has taken root in your subjective mind which contains the Presence and Power of God, and that it will come forth in divine order.

(27) Whom I shall see for myself, and mine eyes shall behold, and not another; though my reins be consumed within me.

In all this Job begins to sense that men's religious discourse is not practical philosophy but he still must secure a point of leverage so that his ideals (his friends, his brethren, his kinsfolk, his familiar friend, his wife) will no longer deem him an alien in their sight. Job is still in that stage of consciousness wherein he feels like a city besieged like an alien among strangers. The basic truth that God is his consciousness has not yet been gained by Job.

(28) But ye should say, Why persecute we him, seeing the root of the matter is found in me?

Job is making good progress for he senses that the root of the matter (his troubles) is found in him (a negative state embodied in his subconscious mind which is not as yet cleansed by scientific prayer which is to mentally and emotionally unite with the qualities and attributes of God—his Redeemer).

COMMENTS ON CHAPTER 20, THE BOOK OF JOB

(19) Because he hath oppressed and hath forsaken the poor; because he hath violently taken away an house which he builded not; (20) Surely he shall not feel quietness in his belly, he shall not save of that which he desired.

In verse nineteen *the poor* refer to the dreams, aspirations you have had but were left to starve for want of faith in the unseen potencies of the Spirit within you.

Verse twenty means your emotional life (belly) is disturbed because you failed to realize your desires and ambitions.

COMMENTS ON CHAPTER 22, THE BOOK OF JOB

(1) Then Eliphaz the Temanite answered and said, (5) Is not thy wickedness great? and thine iniquities infinite? (6) For thou hast taken a pledge from thy brother for nought, and stripped the naked of their clothing. (9) Thou hast sent widows away empty, and the arms of the fatherless have been broken. (10) Therefore snares are round about thee, and sudden fear troubleth thee.

Eliphaz contends that God is impartial; hence it is man's fault that he experiences troubles. But Eliphaz does not understand the essential meaning and significance of spiritual sinning—looking for solutions of problems externally instead of seeking your good through a psychological identification with God through feeling the reality of what you are praying for. Your *feelings* and *convictions* become inevitably the *garments* you will wear. Hence, do not take a pledge for naught, i.e., do not condition your good on the outside, but claim your good on the inside or secret place, and whatever you claim and feel as true in your prayer process, Spirit will validate and objectify. Then you will not strip the naked (your desires) of their clothing (feelings of conviction of their reality in your own consciousness).

Widows are lost ideals which we have given up hope of realizing. These ideals should have been husbanded by faith and love into outward existence. You can demonstrate anything you can enclose with your faith (feeling). Your desire must be married to your faith. Know that desire is God coming to you in form of your needs (your

bread). The crucial test in all this is the challenge to your spiritual understanding. God is your consciousness! Do you sense the reality of this metaphysical position? Hence, be about your Father's business (feel health, bliss, wealth, etc.), and the rest will follow in due course based on the law of mental acceptance which you have called into operation.

The word *man* in the Bible means mind, the measurer. This mind must cease being born of woman (race mind, irrational moods and fears) as explained previously. We shall experience plenty of trouble if we do not do our own planning, choosing, and directing. Our mind is born of God when Wisdom takes over and we base our spiritual standard on whatsoever things are true, lovely, just, and of good report. You must cease being one of the herd subject to the law of averages. Let the government of your mind be controlled by divine ideas; then you will be born of the true woman which is wisdom or intuition.

(21) Acquaint now thyself with him, and be at peace: thereby good shall come unto thee. (22) Receive, I pray thee, the law from his mouth, and lay up his words in thine heart. (23) If thou return to the Almighty, thou shalt be built up, thou shalt put away iniquity far from thy tabernacles. (24) Then shalt thou lay up gold as dust, and the gold of Ophir as the stones of the brooks.

You have to get acquainted with the fact that there is but one Creative Principle, and then realize that when you think the One Power is responding to you, as you contemplate the great truth that the Supreme Power is now functioning in your behalf, you are assured of success and triumph. When negative thoughts or opposing factors come to your mind, reject them completely by recalling that they are shadows of the mind, and a shadow has no real home. They are illusions of power; the power is in your own thought and consciousness. Fear, doubt, and worry are merely suggestions of power and cannot do any harm to you except you give them power.

There is a simple way in which you can acquaint yourself with this Power. A man in our class decided to give up smoking, and at night prior to sleep he said, "I am free from this habit, completely free through the Power of the Almighty which takes away all craving." He

repeated this phrase a few times to himself and then went off to sleep dwelling on the one word *freedom* which he repeated over and over again like a lullaby. He lost all desire for cigarettes. He became acquainted with the powers within him. His subconscious mind was reactive to thought, and when he definitely came to a decision in his conscious mind that he wanted to be completely free from the habit, then the Power of the Almighty was resurrected and flowed in response to his decision.

An actress who was out of work for six months, pictured herself singing before a microphone, felt the reality of it, gave her attention and devotion to this mental image exalting it in her mind until it began to fascinate and enthrall her. The idea began to captivate her mind, and she became emotionally attached to it, and went off to sleep feeling the contract in her hand. She repeated this technique regularly every night for about a week. Suddenly she had no further desire to pray about it for the simple reason she had succeeded in impregnating her subconscious mind. Her picture had jelled, she had built it up thought by thought, picture upon picture, mood upon mood until the mental image became a subjective embodiment.*

Thoreau said that any man could bring anything he wanted into his life by having a picture of it and by filling that picture with faith. Faith is simply an awareness that that which you are praying for already is; the mere fact you desire it proves that it exists. As you begin to acquaint yourself with this Power you will discover that when you call upon God, He will answer you; if you pray for right action, you will experience a reaction and deep response of well being within yourself. An All-Wise Being will take over and compel you to give a good account of yourself.

(23) If thou return to the Almighty, thou shalt be built up.

This means that the God-Presence in you is always responsive and reactive; if you want more energy, a healing, or what not, this Almighty Power which moves the world will restore, repay, and satisfy you according to the nature of your request. Einstein pointed out how he received answers from his deeper mind. He said, "I listened for an answer, for every bit of evidence, every bit of light, and every little thread of guidance, and I began to realize that these threads of thought and inspiration began to weave themselves

together, and as I continued to listen, the whole pattern was fabricated in my mind and I had the answer, I had the formula.”

(28) Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. (29) When men are cast down, then thou shalt say, There is lifting up; and he shall save the humble person.

If you are depressed, return to the Almighty and affirm that God is with you. Decree boldly that Almighty God is your silent partner, your invisible friend and that He is your divine companion, and that he careth for you. The reason you are cast down or depressed, disconsolate, or discouraged is because you wandered away psychologically from God, you went out into the periphery of life, and the shadows began to fall; the closer to God the fewer the shadows, and the more light in your mind. Instead of living in gloom, thou shalt decree, “I live with God.”

They have occupational therapy in many hospitals where they put morbid, depressed mental cases to work in weaving baskets, making leather bags, chairs, etc. Many of these people experience wonderful healings because this constructive type of work takes them out of their morbidity and their gruesome attitude into function, expression, and creativity; they are doing something for others and at the same time releasing their hidden talents.

COMMENTS ON CHAPTER 23, THE BOOK OF JOB

(8) Behold, I go forward, but he is not there; and backward, but I cannot perceive him: (9) On the left hand, where he doth work, but I cannot behold him: he hideth himself on the right hand, that I cannot see him:

Job is discerning higher truths in these verses; the *left hand* is the subjective or subconscious mind which responds to your prayer according to the impression made upon it. You do not see the working of your deeper mind, and you do not know how your prayer will be answered; that is the secret of the subconscious or subjective mind which is the creative medium or Law of God in you. The subconscious is not God, but it is a part of God or the law which responds to our imagery and mental acceptance.

In the prayer process you see the beginning and the end, but you do not see the manner or creative process of unfoldment. You place a seed in the ground, but actually you do not know how it grows, the acorn becomes the oak according to a subjective wisdom inherent in the seed. You cannot see the growth of the embryonic idea in your mind, but you know it has its own plan and power of expression, that its mathematics and mechanics come with it. All you do is nourish your seed (idea, desire) and water it with your contemplation, picturing the happy ending or glorious fulfillment.

The *right hand* mentioned in verse nine means the manifestation of your desire.

(10) But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.

Job senses his essential spiritual integrity for he shall come forth as gold (spiritual reality).

COMMENTS ON CHAPTER 24, THE BOOK OF JOB

(1) Why, seeing times are not hidden from the Almighty, do they that know him not see his days? (2) Some remove the landmarks; they violently take away flocks, and feed thereof.

Times are not hidden from the Almighty which represent the cycle of sequence from embryonic idea to manifest form. In other words, the sequence of action between cause and effect is known to your Deeper Mind. *Days* mean the positive effects or major objectives. So long as you are asleep to the Truth of Being, you cannot read the times in the sense that you must take what comes except you meditate, pray, and let God's Wisdom guide, direct, and watch over you in all your ways.

You will know what to expect if you plant wonderful seeds (thoughts) of peace, health, happiness, joy, good will, and humor in your mind regularly and systematically. The future is always the present grown up, the invisible thoughts we dwell on become visible in experience and events. When you meditate on whatsoever things are lovely and of good report, you are assured of a wonderful future. Cause is your mental action and effect is the automatic response of your subconscious mind called the Law.

In verse two, you remove your *landmarks* when you reject ideas which hold you in bondage. Your concept, your real estimate of yourself defines the state of mind or mansion in which you dwell. Change your concept of yourself, and you change your destiny.

COMMENTS ON CHAPTER 25, THE BOOK OF JOB

(1) Then answered Bildad the Shuhite, and said, (2) Dominion and fear are with him, he maketh peace in his high places. (3) Is there any number of his armies? and upon whom doth not his light arise? (4) How then can man be justified with God? or how can he be clean that is born of a woman? (5) Behold even to the moon, and it shineth not; yea, the stars are not pure in his sight. (6) How much less man, that is a worm? and the son of man, which is a worm?

Man is like a worm in the sense that he crawls along the earth being a victim of circumstances and conditions and a prisoner of fear, lack, and limitation. Man is born to soar aloft above all problems, to use the wings of disciplined imagination and faith, and transcend the difficulty. You must never permit your mind to crawl before facts and events of life, rather you must rise triumphantly, and imagine the desired end, and move toward it with faith and confidence thereby bringing you new life and happiness.

The eagle is a bird that soars aloft above the storm and looks directly into the face of the sun; this is why the eagle is a symbol for America, to remind you that you are to look to God, or the sun of your life, by contemplating the divine solution through the wisdom of the Almighty. *I bare you on eagles' wings, and brought you unto myself.*

Psychologically Bildad is right, for he (Job) is beginning to sense that man can be double-minded living with dominion or fear, and man is but a worm when he does not yet understand his oneness

with God. Bildad's quandary is significant. How can man (unillumined) be justified with God? or how can he be clean (in mind) that is born of a woman (receptive feeling to the fears, hates, jealousies, etc., of the world) wherein the subconscious mind becomes filled with the negative impressions from the world of opinions, ignorance, and falsehoods.

COMMENTS ON CHAPTER 26, THE BOOK OF JOB

(1) But Job answered and said, (2) How hast thou helped him that is without power? how savest thou the arm that hath no strength? (14) Lo, these are parts of his ways: but how little a portion is heard of him? but the thunder of his power who can understand?

Job now longs to ascend above mere manlike (wormlike) state of mind and wishes to understand the mystery of how *the arm that has no strength* can be saved. In verse fourteen, Job senses that he knows but parts of God's ways, the *thunder* (actions) of His power, who can understand?

Job now begins to strike fire in his meditations on the stirrings of the Spirit within him. He now feels that to know *Alpha* will initiate the sequence to *Omega* (manifestation). *Alpha* means your desire or the voice of God; the manner of manifestation is not for man to inquire. We must learn how to feel the reality of the wish fulfilled in order to possess or experience it on the screen of space. Your desire must be married to your feeling, and then there follows a subconscious embodiment resulting in the answer to your prayer.

COMMENTS ON CHAPTER 28, THE BOOK OF JOB

(1) Surely there is a vein for the silver, and a place for gold where they fine it. (2) Iron is taken out of the earth, and brass is molten out of the stone. (6) The stones of it are the place of sapphires; and it hath dust of gold. (7) There is a path which no fowl knoweth, and which the vulture's eye hath not seen.

In these verses the inspired writer is telling you of the sapphires and gold hidden in the depths of yourself. Your deeper mind contains the limit less treasures of the Infinite One. The jewels of eternity are locked within man such as Boundless Wisdom, Indescribable Beauty, Absolute Love, Absolute Harmony, Infinite Intelligence, Absolute Bliss. *Eye hath not seen nor ear heard, neither hath it entered into the heart of man the things which God hath prepared for those who love Him.* Never in eternity could you exhaust the glories and beauties that are within you. Contemplate the illimitable wonders that are within you, and you will be seized with a mystic awe—the wonder of it all.

In verse seven, *the path which no fowl knoweth* represents the nature of the boundless Wisdom within you. This subjective Wisdom has ways you know not of, and responds to you in a manner you expecteth not. The whole world could tell you that something you planned was impossible, but the boundless Wisdom within you knows the way and reveals the perfect plan. The vulture may see the dead body many miles away and is led to it by a subjective radar system, but there is a Wisdom within you that transcends the instinctual wisdom of all the birds and beasts of the field—that of the

Infinite Knower. All that is necessary is to trust and believe, and the answer comes forth like the sun in the morning.

(12) But where shall wisdom be found? and where is the place of understanding? (13) Man knoweth not the price thereof; neither is it found in the land of the living. (15) It cannot be gotten for gold, neither shall silver be weighed for the price thereof. (19) The topaz of Ethiopia shall not equal it, neither shall it be valued with pure gold. (20) Whence then cometh wisdom? and where is the place of understanding? (28) And unto man he said, Behold, the fear of the Lord, that is wisdom; and to depart from evil is understanding.

The greatest thing in all the world is wisdom. If a man possessed wisdom, he would not need wealth, health, or peace of mind; he would have the know-how of accomplishment. Wisdom is greater than a healing because if you had wisdom, you would not need a healing. You have wisdom when you are aware of the Presence and Power of God within you, and your capacity to contact and release limitless treasures into your experience and conditions of life. You possess wisdom when you know that thoughts are things, that what you feel you attract, that what you contemplate you become, that what you imagine and feel you create.

Wisdom transcends the intellect; the latter is used to carry out the dictates of the Divine. Wisdom is the Presence of God in you. It is the Healing Presence. Wisdom knows all and sees all. It knows all the processes and functions of your body and knows exactly how to heal. If you go into business you can call on the Infinite Wisdom to give you new creative ideas, to prosper and guide you, and if you simply trust and believe in Its responsiveness, you will receive a thousand fold.

The fear of the Lord that is wisdom. The word fear means to have a healthy reverence and respect for the power of God within, to give it your supreme allegiance and know no other. Know, therefore, that the Power that moves the world is back of you on no other condition than that you call cheerfully, optimistically, joyously on the God Wisdom within. You will receive lavishly and beyond your fondest dreams. You possess Wisdom, the Pearl of Great Price, when you place all your reliance upon the Spirit within knowing that because God knows the answer you, therefore, must also know the answer.

This attitude of mind will bring forth spontaneously from your subliminal depths the joy of the answered prayer.

Surrender yourself to the God-Wisdom and affirm boldly, "God leads, guides, governs, and prospers me in all my undertakings. I predicate my success, happiness, and achievements on the fact that Wisdom reigns supreme."

You will be amazed to discover that you will be possessed with a mental acumen, an amazing sagacity enabling you to bring order, symmetry, beauty, and balance into all phases of your life. You will be automatically led and protected in all your investments, and you will intuitively perceive tremendous potentialities where others see nothing.

Wisdom means you have chosen God and His Infinite Goodness to control your life and be your manager, counsellor, guide, and friend. You possess Wisdom when you allow God to be your Loving Father who cares for you and pours out His beneficent rays of love and light on you whether asleep or awake. When your thoughts are true and Godlike, you secrete love in your heart which is the chalice of His Love; when your emotions and feeling (nature) are controlled by God's ideas, you are at peace with the world; when you have Love for your mother or feeling (nature) your heart is full of understanding. You stand under the Law of Love—*to depart from evil is understanding*.

Stand on the platform of God is Love, and Love is the fulfilling of the Law. A man said to me recently that he had suffered obloquies and oburgations at the hands of his employer; he was very bitter and hostile saying that the duplicity and rapacity of his boss knew no bounds. This man was sick mentally and physically because of his odium for his employer. He began to acquire wisdom which has nothing to do with the accretion of facts and formula, but rather with the working of an Infinite Principle of Life within him. He recognized that he had the power to command his own mental reactions according to the Law of Harmony and Peace; he realized that the statements or criticisms of his boss continually heaped upon him could not possibly disturb him except through the medium of his thought. He took charge of his thoughts and kept them aligned with the Law of Love and the Golden Rule, and a healing followed.

He identified with his aim in life and refused to give any person, condition, or circumstance the power or prerogative to cause him to deflect from his aim. He made it a habit to identify with his aim which was peace, tranquility, serenity, joy, and harmony. This process is called the Wisdom of God operating in the mind of man. God's Love in you transmutes everything that touches your mind into love; this is why it is written that *all things work together for good to them that love God*.

COMMENTS ON CHAPTER 29, THE BOOK OF JOB

(1) Moreover Job continued his parable, and said, (2) Oh that I were as in months past, as in the days when God preserved me; (3) When his candle shined upon my head, and when by his light I walked through darkness; (4) As I was in the days of my youth, when the secret of God was upon my tabernacle; (5) When the Almighty was yet with me, when my children were about me; (6) When I washed my steps with butter, and the rock poured me out rivers of oil.

The secret which Job speaks of is joy. You can capture your youth by stirring up the gift of God within you. Every time you recognize the spirit within as Lord Omnipotent and reject the power of false beliefs of the world you are stirring up the gift of God within you. You can now feel the Miraculous, Healing, Self-Renewing, Ever-Living God moving through your mind and body. Feel and know that God is inspiring, rejuvenating, and strengthening you. As you continue to affirm these truths from the standpoint of the Infinite One, you will become recharged and revitalized spiritually, mentally, and physically. You can bubble over with enthusiasm and joy as in the days of your youth for the simple reason you can always recapture the joyous state mentally and emotionally.

The *candle which shines upon your head* is Divine Intelligence which reveals to you everything you need to know and enables you to affirm the presence of your good regardless of appearances. Where there is lack, you can see abundance, for the Light is in your mind, and you are here to let that Light shine through you in all your

undertakings. Where there is sorrow, you can see joy; where there is chaos and disorder, you in your mind's eye can see, know, and intuitively perceive God's order which reigns supreme. If the suggestion of impotency and other inhibitory thoughts come to your mind, you look above and beyond to the divine solution knowing that the Miraculous Power is now working, leading you to the place where your vision is. The intellect may not discover the answer, but your awareness of the creative Intelligence in you is the Light which you hold aloft. This Light is always a lamp unto your feet and a guide in the darkness. His candle is God's Wisdom which anoints your intellect, lighting up all the dark places of your mind, revealing to you the perfect plan and showing you the way you should go. You walk by His Light because you know the dawn appears and all the shadows flee away.

(14) I put on righteousness, and it clothed me: my judgment was as a robe and a diadem.

In verse fourteen you are always judging; your *judgment* is your thought, your decision, your conclusion. You choose that which is noble, lovely, and Godlike; then your judgment is true. There is always an automatic reaction of the Law of our subconscious to the conscious decision. Your judgment must be as the robe or Truth. The *diadem* is to realize beauty, order, symmetry, and proportion where the problem or difficulty is.

If your father is ill and you see him sick and hope he gets better, you have judged wrongly. If you see the Presence of God where he is and know that the Healing Presence is now saturating and penetrating every atom of his being and that the peace of God flows through his mind and body, your judgment is as a robe and a diadem. Your judgment is true, and as you continue to feel this mental and spiritual atmosphere of health, peace, and perfection for your father, you are seeing him as he ought to be, radiant, happy, and free.

You put on righteousness when you think right, feel right, do right, act right, and have the right relationship with God. You put on the garment or robe of righteousness when you claim Divine Order and Divine Right Action are now taking place, for Order is heaven's first Law.

Galvanize yourself into the feeling of being one with your desire and seal yourself in that conviction; you are now clothed in righteousness, and your judgment is as a robe and a diadem. It is wonderful!

(15) *I was eyes to the blind, and feet was I to the lame.*

You are *blind* Biblically speaking when you say that you cannot solve your problem or that there is no way out of your dilemma. Your spiritual awareness enables you to know that your changed consciousness changes conditions and circumstances, and that no matter what the problem or difficulty may be, you can visualize and contemplate the solution and see the way you want it to be. As you continue to dwell in this mental atmosphere, the dawn appears and the shadows flee away. Divine Intelligence will shine through you guiding and revealing to you the perfect plan. You are *lame* if you are afraid to move forward to your goal. Many people hesitate, halt, and retreat when they meet with obstacles and set backs.

Feet means understanding, and you become *feet to the lame* when you stand firmly on the rock of Truth knowing that what you accept, and agree within your mind must come to pass. Remain on the rock and refuse to be swayed, moved, or frightened; your position is unassailable, and victory is assured, for according to your faith (mental acceptance) is it done unto you.

The Creative Intelligence within you is the Light that lighteth every man that cometh into the world. This Light in your mind determines what you see, and you are always seeing tremendous potentialities for yourself and others.

COMMENTS ON CHAPTER 31, THE BOOK OF JOB

(1) I made a covenant with mine eyes; why then should I think upon a maid? (2) For what portion of God is there from above? and what inheritance of the Almighty from on high? (3) Is not destruction to the wicked? and a strange punishment to the workers of iniquity? (4) Doth not he see my ways, and count all my steps? (5) If I have walked with vanity, or if my foot hath hasted to deceit; (6) Let me be weighed in an even balance, that God may know mine integrity.

Job is still puzzled as to the causes behind all the evil happenstance and circumstances. This is truly a hard lesson for Job to learn. He does not yet know that his subconscious mind is no respecter of persons, and if he lies down in the bed of his mind and unites mentally and emotionally with evil thoughts and destructive concepts, he will spawn an evil progeny. Job must die to the old conception of the belief in the tree of good and evil (two powers or duality) and become acquainted with the One Power which through law manifests in the image and likeness of that which is planted therein by the unilluminated conscious mind.

(9) If mine heart have been deceived by a woman, or if I have laid wait at my neighbour's door.

Job's mistakes were in the last analysis not due to outer impropriety but to inner ignorance of the source of his integrity—God. He did not as yet see the truth, as Job must die psychologically by arriving at a point or place in consciousness where the conscious

mind ceases to be active in the squirrel cage of mere opinion and worry and become still in God and receptive to His Wisdom. Job must learn to let Infinite Intelligence lead, guide, and master his life.

(19) If I have seen any perish for want of clothing, or any poor without covering; (20) If his loins have not blessed me, and if he were not warmed with the fleece of my sheep.

Job may have *warmed the needy* in his geographical neighborhood with the fleece of his sheep, he did psychologically and spiritually speaking fail to *warm* emotionally in happy mood his ideals and desires. These poor ideas were indeed left to freeze for want of the warmth of the fleece of his sheep (moods of joy and expectancy of the best). He proved but a poor shepherd of his sheep (feelings and moods).

Job says that he has always *clothed the naked and clothed the poor*. You will always hear that familiar cry from people everywhere such as, "I have always given to the poor, contributed to charities. I go to church regularly. I have been kind to people, etc." You must remember that they have forgotten to clothe their desires, ideals, and the aspirations of their hearts. They failed to give attention, love, and devotion to the spiritual values of life, or they neglected to worship the One True God.

Many good people are good in the sense that they contribute to society and lead a good respectable life from a worldly standpoint, but their relationship to God may be very unfriendly, such as living in constant fear of reverses, or punishment by God for sins committed, or harboring secret fears, jealousies, and hates. You must worship, love, and make alive the qualities, attributes, and aspects of God. The fatherless and the widows are within because you have not fathered and mothered the cherished dreams of your heart and made a hospitable mental home for your inner urges and aspirations.

(24) If I have made gold my hope, or have said to the fine gold, Thou art my confidence.

Job should have made the *gold* of Wisdom his hope instead of the *gold* of intellect.

(27) And my heart hath been secretly enticed, or my mouth hath kissed my hand.

Job should not have *kissed his hand* in pride of self-conceit, but should have kissed or mentally united with his desire for perfect health. In this connection read Psalm 2:12. *Kiss the Son* (becoming one with your ideal) *lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.*

(40) *Let thistles grow instead of wheat, and cockle instead of barley. The words of Job are ended.*

The words of Job, the bound man, are ended. The old man of opinion who at times sees but through a glass darkly must now give way to a new Job, speaking in chapter thirty-two, through Elihu which means *Thy God Who Is*.

COMMENTS ON CHAPTER 32, THE BOOK OF JOB

(1) So these three men ceased to answer Job, because he was righteous in his own eyes. (2) Then was kindled the wrath of Elihu the son of Barachel the Buzite, of the kindred of Ram: against Job was his wrath kindled, because he justified himself rather than God. (3) Also against his three friends was his wrath kindled, because they had found no answer, and yet had condemned Job.

The words of Job are ended. Through the stage of consciousness denoted by the name or term *Elihu*, Job comes to himself, finds his integrity, wholeness or oneness with God, and kindles his wrath against the old Job who persisted usually in justifying and rationalizing his condition rather than seeking for the Infinite Healing Presence within him. Psychologically expressed—when the conscious mind (Job arguing and self-pitying) falls asleep; Elihu, the sense of being one with God, awakens. The name Elihu signifies the recognition by man that his Higher Self, the I AM, is God, and that when you say, *I AM* you are veritably announcing the presence and power of God as your inner reality.

(7) I said, Days should speak, and multitude of years should teach wisdom. (8) But there is a spirit in man: and the inspiration of the Almighty giveth them understanding. (9) Great men are not always wise: neither do the aged understand judgment.

You do not necessarily learn from experience, hence mere agedness does not always betoken wisdom. So long as you neglect to give attention to God and His Wisdom, you will be praying amiss.

The judgment spoken of in verse nine is your mental estimate, your conviction, your blueprint of yourself which you take into your own consciousness, and the impressions and awarenenses which comprise your state of consciousness are always reflected on the screen of space. When you do not know that your consciousness is the causation factor behind everything that takes place in your experience, you have no understanding whether you are ninety or nine chronologically speaking.

(18) *For I am full of matter, the spirit within me constraineth me.*

(19) *Behold, my belly is as wine which hath no vent; it is ready to burst like new bottles.*

The *wine* spoken of is the wisdom of God which illumines the intellect and causes you to praise and exalt God in the midst of you. This wine is your new interpretation of life whereby you become enthusiastic, exhilarated, and God intoxicated. You are bubbling over with a joyous enthusiasm, seized with a divine frenzy, a sort of mystic awe—the wonder of it all!

The Elihu state of consciousness will have no traffic but with God and His Omnipotence; hence Elihu is ready to burst like new bottles and give vent to love and freedom.

(21) *Let me not, I pray you, accept any man's person, neither let me give flattering titles unto man.*

Oftentimes in mediumistic and psychic trances you fail to contact the true Source of Wisdom and are often carried away by flattery and trickery. I AM or God gives no flattering titles unto man.

COMMENTS ON CHAPTER 33, THE BOOK OF JOB

(1) Wherefore, Job, I pray thee, hear my speeches, and hearken to all my words. (2) Behold, now I have opened my mouth, my tongue hath spoken in my mouth. (3) My words shall be of the uprightness of my heart: and my lips shall utter knowledge clearly. (4) The Spirit of God hath made me, and the breath of the Almighty hath given me life.

The voice of God (Elihu) now speaks from the subjective level and Job mentally and emotionally begins to feel the Presence of God—the Presence of harmony, health, peace, and joy in his heart. Job's life (conscious mind) utters knowledge clearly and is truly informed of the Spirit in man which giveth inspiration and understanding. Job does not have to listen to the tiresome and bombastic fulminations of his former comforters (false beliefs and opinions) because he has now awakened to the truth of Being. Like Job, your words are ended also when you reject and cast out of your mind all such beliefs that you are a victim of punishment, vengeance, or karma.

Silence the three comforters of creed, dogma, and tradition within yourself, let these old concepts no longer have any voice in you because they are forgers of lies. Let God alone speak in you, follow the orders of the Holy One, accept Holy Orders now, and yield yourself to God's Wisdom claiming, feeling, and knowing that you are a soldier of God carrying out His orders to bring beauty, order, love, harmony, and inspiration into your own life and that of everyone you meet. Be faithful to your assignment, and His Candle will shine

upon your head, and by His Intelligence you will go through all darkness, and come out into the Light, Love, and Freedom of the Spirit into the glorious liberty of the son of God.

(14) For God speaketh once, yea twice, yet man perceiveth it not. (15) In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; (16) Then he openeth the ears of men, and sealeth their instruction, (17) That he may withdraw man from his purpose, and hide pride from man. (18) He keepeth back his soul from the pit, and his life from perishing by the sword.

Verse fourteen is intended to remind you that God is always speaking, forever broadcasting His Truths to all men everywhere. The River of Infinite Mind full of Boundless Wisdom and Infinite Intelligence is flowing through you and all people everywhere at this moment and right where you are. You might be too busy to listen, but if you will still the wheels of your mind, you will hear what God has to say. Cease maundering and grumbling and asseverate—God knows the answer. and you are listening for it, and in the silence He speaks. How can you hear if you refuse to listen?

In verses fifteen and sixteen Job reminds you that you may get answers to your problems in a dream and in a vision of the night. The writer of this book has received many answers to prayer in the dream state. Every night you go to sleep you take your last waking concept with you into the deep where it is etched on the subconscious mind; in other words, the mood in which you go to sleep determines the experiences you shall have tomorrow and the next day and the next except you change your consciousness through prayer and meditation. Whatever you impress on your subconscious will be expressed as experience and events. Go to sleep feeling that your prayer is answered. Sleep brings counsel.

Dr. Bigelow of England did considerable research work on the mysteries of sleep, and he pointed out that in the sleep state nothing actually sleeps. Your heart, lungs, and all your vital organs keep on functioning as well as your optic, auditory, olfactory, and gustatory nerves.

The fourth Psalm says, *I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.*

Dr. Bigelow, in his research work, *Mystery of Sleep*, cites the case of Professor Agassiz, who received a remarkable answer to one of his perplexing problems in the sleep state.

“He had been for two weeks striving to decipher the somewhat obscure impression of a fossil fish on the stone slab in which it was preserved. Weary and perplexed, he put his work aside at last, and tried to dismiss it from his mind. Shortly after, he waked one night persuaded that while asleep he had seen his fish with all the missing features perfectly restored. But when he tried to hold and make fast the image it escaped him. Nevertheless, he went early to the Jardin des Plantes thinking that on looking anew at the impression he should see something which would put him on the track of his vision. In vain—the blurred record was as blank as ever. The next night he saw the fish again, but with no more satisfactory result. When he awoke it disappeared from his memory as before. Hoping that the same experience might be repeated, on the third night he placed a pencil and paper beside his bed before going to sleep.

“Accordingly, towards morning the fish reappeared in his dream, confusedly at first, but at last with such distinctness that he had no longer any doubt as to its zoological characters. Still half dreaming, in perfect darkness, he traced these characters on the sheet of paper at the bedside. In the morning he was surprised to see in his nocturnal sketch features which he thought it impossible the fossil itself should reveal. He hastened to the Jardin des Plantes, and, with his drawing as a guide, succeeded in chiselling away the surface of the stone under which portions of the fish proved to be hidden. When wholly exposed it corresponded with his dream and his drawing, and he succeeded in classifying it with ease.”

I will illustrate how the wisdom of your subjective self can instruct you and give you guidance relative to your request for guidance as you go to sleep. Many years ago I was assigned to a very lucrative position in the Orient, and one night prior to sleep I prayed as follows: “Father, Thou knowest all things, reveal to me the right decision. Thank You for Thy guidance.”

I repeated this simple prayer over and over again as a lullaby prior to sleep, and in a dream came the vivid realization of things to come two or three years hence. An old friend appeared in the dream

and said, “Read these headlines—do not go!” The headlines related to war. Occasionally, the writer dreams literally. Moreover, the subjective mind of man always projects a person whom you will immediately obey because you trust and love that person. To some a warning may come in the form of a mother who appears in a dream. She tells them not to go here or there, and the reason for the warning. Your subjective is all-wise. It knows all things. It will speak to you only in a voice that your conscious mind will immediately accept as true. It would therefore not be someone whom you distrusted or disliked. Oftentimes the voice of a mother or loved one may cause you to stop on the street, and you find, if you had gone another foot, a falling object from a window might have struck you on the head. Now, this is not the voice of your mother, or teacher, or loved one, it is simply the voice of your own subjective and it speaks in a tone or sound that you instantly obey. As proof of this I questioned my friend, and he assured me that he knew absolutely nothing about the warning he had given me subjectively.

No, it is man’s own subjective that is ever portraying the drama of its contents in the form of a dream or a vision of the night. If man suggests to himself that he will remember and understand the symbolism portrayed therein, he will know the outcome of many things, and he will also learn to change the dreams; for by changing his consciousness he changes the dream, and as he dreams, so shall he become.

Joseph was warned in a dream. God spoke to Solomon in a dream and offered him his choice of gifts. Solomon chose wisdom, and God added long life and riches. With all our getting, let us get understanding of this principle, and our pillars of strength will be the two great pillars, Boaz and Jachin—Wisdom and Understanding.

Possessing the wisdom which the Bible teaches and the understanding to apply the psychological principles therein, man’s inner righteousness will show itself in the outer, and he will need no man-made rules of conduct to guide him, for he will be led by the wise Power within him. If the thing that you now want will bless yourself and others, then truly it is the Divine Will. *I am come that you might have life, and have it more abundantly.* Heretofore, you have asked for nothing, now ask that your joy might be full.

In prayer realize the great oneness, and feel the end of the answered prayer. The Being within you sees the beginning and also sees the end. It shows you the end in a feeling, in a dream, in a vision, or by a voice. Listen to It. It will talk to you. Obey It because It is Wisdom speaking to you. *In a dream, in a vision of the night, when deep sleep falleth upon men in slumberings upon the bed; He openeth the ears of men and sealeth their instructions. He giveth to his beloved in sleep.*

The writer, in consequence of his dream, immediately cancelled the trip, cashed the tickets, and sought no reason. He was under subjective compulsion to do so. A subsequent event—the tragedy of Pearl Harbor proved the truth of the Inner Voice. *Trust in the Lord and do good. Thus shall ye walk in the land, verily ye shall be fed. Let Him be a lamp unto your feet.*

You are saved from the pit of sorrow, frustration, neuroses, mental aberrations of all kinds if you withdraw regularly and systematically from the vexations and strife of the day and commune regularly with God, seeking His strength, light, love, and peace. You save yourself from the tensions and anxieties of the world by calling on the Divine Intelligence to lead, guide, govern, and direct you in all your ways. You spend one third of your life asleep, and the purpose of it is that you might receive instruction and guidance from God, and that you might participate in the wisdom and glory of God.

Sleep is a divine ordinance and you cannot avoid it. Many answers are given you in sleep. Sleep is not just to rest the body, but is intended to withdraw your conscious mind from the worries, strife, and contention of the day, and seek solace, comfort, healing, and illumination in your union with God as you enter into the Holy of Holies each night. Every night of your life, as you go to sleep, you are going before the King of Kings and the Lord of Lords—God—the Living Spirit Almighty within you.

Be dressed for God mentally and emotionally. Go to sleep with the song of God in your heart, with love and good will for every living being in the world. Go into His presence clothed in the robes of love, peace, praise, and thanksgiving. You must be without spot or blemish when you visit God who is Absolute Love—the Immaculate Unblemished Presence. You must be all fair and no spot on thee.

Wrap yourself in the mantle of Love, and go off to sleep with the praise of God forever on your lips.

You must remember there are many degrees of sleep, and every time you pray you are actually asleep to the world and alive to God. When you abstract your five senses from your problem or difficulty and focus all your attention on the solution or answer knowing that the subjective wisdom of God is bringing about a solution in ways you know not of; you are practicing the art of sleep as mentioned in the Bible. You are asleep to the falsehood and hypnotic influence of the world when you accept as true what your reason and senses deny. When you hear of a person getting a nervous breakdown, you are reading of one who wandered away from God, and has cohabited mentally and emotionally with the false gods of fear, worry, ill will, resentment, remorse, and confusion.

Withdraw regularly and systematically to your Divine Center and think, feel, and act from the standpoint of God and not from the standpoint of the superimposed structure of fear, ignorance, and superstition. All nature sleeps—flowers, trees, dogs, cats, insects, etc. Sleep is nature's soft nurse; it knits up the raveled sleeve of care. Healing takes place much quicker when you are asleep. The conscious mind is no longer arguing, worrying, fretting, fussing, and fuming; it is subjugated, abrogated, and suspended, and the Healing Presence works without any hindrance or negative patterns from the conscious mind. Remember that the future is already in your mind except you change it through prayer; there is nothing strange in the dream I had wherein I saw the headlines of the New York newspapers long before the second world war occurred. The war had already taken place in mind, and all the plans of attack were recorded on that great recording instrument, the subconscious mind or collective unconscious of the race. Tomorrow's events are in the higher dimension of your mind, so is next week and next year, and may be seen by a psychic or intuitive person.

None of these things seen can happen if you decide to pray; nothing is predetermined, foreordained. Your consciousness determines your destiny and your consciousness is the sum total of what you believe consciously and subconsciously. You can, therefore, through scientific prayer, mold, fashion, shape, and direct

your own future, because you have decided to let God's Wisdom be your master, and His Wisdom leads you to ways of pleasantness and paths of peace. The mood in which you go to sleep tonight determines your tomorrow. Read a psalm prior to sleep. Dwell on these verses, *Bless the Lord, O my Soul and all that is within me. Bless His Holy Name.* You meet in life the affinities of the mood in which you went to sleep.

Dr. Emmet Fox, author of *Sermon on the Mount* and other popular books, told me that many of the greatest answers to his problems came to him in proverbs while he was sound asleep. He said the reason he probably received answers in his sleep was that he was at times too preoccupied with other things, and too busy objectively.

Tonight, as you go to sleep, feel that your prayer is answered and give thanks for the joy of the answered prayer for God knows only the answer. God giveth His beloved in sleep!

(23) If there be a messenger with him, an interpreter, one among a thousand, to shew unto man his uprightness: (24) Then he is gracious unto him, and saith, Deliver him from going down to the pit: I have found a ransom.

The messenger who acts as your ransom is your own awareness of the Indwelling God. The God Presence is submerged in your subconscious depths, and when you consciously contact the Infinite Intelligence and Boundless Love, you will heal the sick condition, overcome your sleeping infirmities, and banish fear and lack from your life. You will cease to sin or miss the target for which you aim, for you have discovered that the God Self in you cannot be sick, frustrated, or unhappy. You are already saved, and all you have to do is to participate through meditation in the Heavenly Presence, and you will discover the fields are already ripe to harvest.

Your awareness, belief, and confidence in your own I Amness will ransom you from fear, doubt, worry, sickness, or any kind of trouble. The price for freedom, happiness, and peace of mind is acceptance or belief. You must give up something to receive. To give is to receive. You must give up false beliefs in personal saviors and receive your Higher Self as your redeemer and liberator.

COMMENTS ON CHAPTER 34, THE BOOK OF JOB

(29) When he giveth quietness, who then can make trouble? and when he hideth his face, who then can behold him? whether it be done against a nation, or against a man only.

No one can make trouble for you or disturb you without your mental consent. All the water in the ocean cannot sink a ship except the water gets inside, likewise no person, condition, or event can disturb you except you participate mentally and choose to get angry or hateful. You can choose to identify yourself with the God of Peace and let His River of Peace flow through you, identifying with your aim which is God and His Infinite Goodness, and refuse to identify with gloom, worry, self-pity, and self-criticism.

COMMENTS ON CHAPTER 36, THE BOOK OF JOB

(3) I will fetch my knowledge from afar, and will ascribe righteousness to my Maker.

You are aware of the extraordinary powers of the Other Self in you. In Duke University and many other research laboratories throughout the world, they are demonstrating daily the powers of extra sensory perception, the capacity of your subjective mind to transcend time and space and reveal to you what is happening at a distance, and give you the answer to any problem, and fetch wisdom from afar, revealing to you anything you need to know at every moment of time and point of space.

(27) For he maketh small the drops of water: they pour down rain according to the vapour thereof: (28) Which the clouds do drop and distil upon man abundantly. (29) Also can any understand the spreadings of the clouds, or the noise of his tabernacle? (30) Behold, he spreadeth his light upon it, and covereth the bottom of the sea. (31) For by them judgeth he the people; he giveth meat in abundance. (32) With clouds he covereth the light; and commandeth it not to shine by the cloud that come betwixt. (33) The noise thereof sheweth concerning it, the cattle also concerning the vapour.

Many people look upon these verses as very difficult to interpret, yet they are extraordinarily simple when you meditate on their meaning. The best way to read any part of the Bible is to say to yourself, "What did I mean when, as the writer of Job, I wrote these verses thousands of years ago?" As you do this you are tuning in on the receptive nature of the One Mind which wrote all books, and its nature being responsiveness, you will be governed accordingly. The key to the interpretation of these passages is the mood which is

psychological vapor out of which rain, or the manifestation of your ideal is precipitated as indicated in verse twenty-seven.

Verse twenty-eight. According to the cloud types generated by your moods does *the rain drop and distil upon man abundantly*, that is to say, all concrete manifestations are determined by the quality of the vapor clouds (mental emotional atmosphere) which arise in man's consciousness (heavens).

Verse twenty-nine. *The noise of his tabernacle* reminds you that you are the tabernacle of the Living God, and the noise you experience is the sound of the answered prayer, or your deep conviction which like thunder presages what is coming, such as the precipitation of solids, or the external manifestation of your subconscious impregnation.

The great task for the student of truth is to translate physical things into their spiritual and psychological meanings. Fundamentally man is a microcosm in the area of which may be found even meteorological correspondences in the heavens (mind, consciousness, emotions). The spreading of the clouds is an allusion to mystic experiences when drawing nigh to the Holy One.

Verses thirty and thirty-one. Infinite Intelligence and Boundless Wisdom *covereth the bottom* (reside in your subconscious mind). The people referred to in verse thirty-one are symbolic of enthroned moods, attitudes, decisions, ideals. Your judgment is your mental decision or conclusion arrived at in your conscious reasoning mind. You hear the thunder, and then you see the rain. Hear the good news within yourself until you get the reaction which satisfies; this cloud or feeling covers or hides the manner of unfoldment or expression. You do not know how, when, where, or through what source your prayer will be answered. That is the secret of your Deeper Mind. It has ways you know not of, but you know it is going to rain for you because your consciousness is saturated and you are filled full of the feeling of being what you long to be.

Verse thirty-two reminds you that you are in the *clouds* when you are meditating, and whatever you qualify your consciousness with—that which is wonderful, noble, and Godlike, your Higher Self will pour out or rain blessings from heaven upon you. The two thunder gods are within you, James (righteous judgment) and John (love).

When you come to a definite conclusion or decision in your conscious mind that your desire is good and of God, and that He will back you up, you are Job loving your ideal, and all the power of the Godhead flows to that focal point of attention, and you experience the joy of the answered prayer.

Verse thirty-three. *The noise thereof* (inner convictions) *sheweth* (manifests) concerning it (the concrete manifestation) precipitated after the thundering of the emotions in the heavens (consciousness); the *cattle* also (group of moods) are conditioned by the vapor (emotional moods) which precede the precipitation into form of the saturated clouds (movements of consciousness).

COMMENTS ON CHAPTER 37, THE BOOK OF JOB

(1) At this also my heart trembleth, and is moved out of his place. (2) Hear attentively the noise of his voice, and the sound that goeth out of his mouth. (5) God thundereth marvellously with his voice; great things doeth he, which we cannot comprehend.

As a result of Elihu's deep wisdom, a complete change in consciousness is effected; the *heart* (subjective mind) is moved out of its place as the conscious mind lets go and allows the subjective wisdom to go into action. The voice of God is the feeling of peace that wells up with in you.

(7) He sealeth up the hand of every man; that all men may know his work. (8) Then the beasts go into dens, and remain in their places.

This means, as you go to sleep, assuming that God's Wisdom will solve your problem, then the *beasts will go into dens* meaning that all your troubles and worries will recede and be resolved peacefully through the wisdom and power of your subconscious mind. Before the *beasts* (worries and troubles) are liquidated you must learn to let go and let God act. You must not hang on to your negative experiences as the moth clings to the flame which consumes it if it be not redirected (by Law).

(9) Out of the south cometh the whirlwind: and cold out of the north.

The *south* means your emotional nature from which cometh the *whirlwind* (negative experiences), and cold out of the *north* (Higher Wisdom) which will resolve the difficulties. Your last waking concept

is sealed in your subconscious mind, and the Higher Wisdom which resides in your subliminal depths will present you with an answer oftentimes in the morning provided you go to sleep knowing that God has the answer. If, in the morning you awaken with confidence, it is a good sign that the Law is at work on your needs.

(22) Fair weather cometh out of the north: with God is terrible majesty.

Fair weather means harmony comes out of the north (wisdom). When your conscious mind ceases to fret and worry, and you turn over your request to the God Wisdom within, the stars of Truth resident in your subconscious mind will shine, and in the morning you are presented with an answer. You will be convinced inwardly and indifferent to outward appearances. You know in your heart that prayer is accepting as true what your reason and senses deny.

COMMENTS ON CHAPTER 38, THE BOOK OF JOB

(1) Then the Lord answered Job out of the whirlwind, and said, (2) Who is this that darkeneth counsel by words without knowledge? (3) Gird up now thy loins like a man; for I will demand of thee, and answer thou me. (4) Where wast thou when I laid the foundations of the earth? declare, if thou hast understanding. (5) Who hath laid the measures thereof, if thou knowest? or who hath stretched the line upon it? (6) Whereupon are the foundations thereof fastened? or who laid the corner stone thereof; (7) When the morning stars sang together, and all the sons of God shouted for joy?

This is not a question asked of God by Job, but it is really a question asked by man of his Higher Self. You have forgotten who you are, and you are trying to remember. You have forgotten your divine origin and accepted the opinion of man as truth; consequently, you sin or err because you do not know that your own I AMness is the God that you seek. You dwell, therefore, in the land of many gods, and the belief in many powers. You were in the absolute state before you were born, and when you were born it was God appearing as a child.

All of us were born into the race mind, and to all that our environment represents. Original sin has nothing to do with the physical, sexual act; it is man believing in the wisdom of the world, opinions of man, and using his intellect destructively. The man who

loves truth and practices the Presence of God is like a magnetized piece of steel. The man who is asleep to God is like a demagnetized piece of steel—the magnetic current is there, but it is asleep within him. When you contemplate the Presence of God, the electronic and atomic structure of your body reforms and vibrates accordingly. The real you within created the world and all things therein contained, and has a perfect memory of it. When you awaken to your divinity, you will realize that the whole world is within you.

Planets are thoughts, suns and moons are thoughts, and your own consciousness is the realization which sustains them all. Temporarily in space are moving the dreams of the dreamer, and the sun, moon, and stars are thoughts of the thinker. You come to the startling awareness that He is meditating and we are His meditations.

(32) Canst thou bring forth Mazzaroth in his season? or canst thou guide Arcturus with his sons? (33) Knowest thou the ordinances of heaven? canst thou set the dominion thereof in the earth?

Your Concordance gives you the key to these verses. *Mazzaroth* means the twelve powers or twelve faculties of mind within you. If you call forth these disciples or faculties and fully discipline them by prayer, meditation, and contemplation you will answer all the questions propounded in that wonderful thirty-eighth chapter of Job. You may call forth *Mazzaroth* by disciplining your twelve faculties as follows:

Reuben or *Andrew* means behold the Sun or God! *Andrew* means spiritual perception and is the first faculty of man. Spiritual seeing means understanding, illumination, and comprehension. This is not three dimensional seeing, but it is seeing the Truth about the outer fact. The spiritual person sees the law of cause and effect operating everywhere, and he knows there is a subjective pattern behind all manifestation in his body and affairs. He knows the realization of his desire is the Truth that sets him free.

We look at the atmosphere and we say that there is nothing there; yet it is teeming with life. We look into the heavens and we see stars, but when we look through the telescope, we see countless stars not discerned by the naked eye. Which is right, the telescope or the

eye? Many think the sun rises in the East and sets in the West, but spiritual seeing or understanding knows that this is untrue.

If someone is sick in your family, how do you see them? If you see them unwell, you are not disciplining Andrew. Your spiritual perception or knowing must be a perfect vision of their health or happiness.

Do you resist, resent, or fight conditions in your home or office? If you do, you are not calling Andrew to discipleship. If you detach yourself from the problem and focus on your good, you are on the way towards mastering this power.

Peter is the second disciple or faculty of mind. *Peter* symbolizes the rock of Truth—an immutable conviction of good. Peter is the faculty of mind that reveals to man: *Thou art that Christ, the Son of the Living God*. John 6:69. It reveals man's own I Amness is God, the Savior. Peter is faithful to the end. He is faithful every step of the way, knowing that Omnipotence is moving in his behalf, . . . *and that none can stay his hand, and say unto him, what doest thou?* Dan. 4:35.

Do you say to the ideal or desire murmuring in your heart, that, "I am too old. I do not have enough money. I do not know the right people"? Do you say, for example, that due to conditions, inflation, the present administration, events, or circumstances, it is impossible to realize your objective? If this is so, you are not disciplining Peter, but you are actually robbing yourself of the joy of experiencing your ideal. The faculty of faith (Peter) knows no obstacles and recognizes no master or Lord except his own I Amness. Do you pray for a little while, then give up and say, "I tried it, but it does not work"? If you do, you must begin now to call Peter to discipleship, and you will realize the cherished desire of your heart.

James is the righteous judge. *My judgment was a robe and a diadem*. Job 29:14. This means that when we begin to discipline the faculty called James, we decree wholeness, completeness, and perfection. Our judgment (conviction) is the robe (Truth) and the diadem (beauty and perfection). We ask ourselves, "How is it in God and heaven?" Our inner realization is the Presence of God where the other is; thus our verdict or decree is Harmony, Health, and Peace.

Do you now condemn, criticize, or dwell on the shortcomings of others? If this is true, you are not calling James to discipleship, but you are actually building these negative qualities within yourself. We become that which we condemn. Look around and you will see ample evidence of this.

Are you incapable of hearing unpleasant things about another? Do you hear and realize only the good for the other? The student of Truth disciplining James never gossips, reproaches, or finds fault with people. If he hears gossip and it is true, the student rejects it mentally and never breathes a word of it. *Let none of you imagine evil against his neighbour.* Zech. 8:17. Let us all call this faculty to discipleship.

John is the embodiment of love. Love is the spirit of God in action; love is also an emotional attachment. It is an at-one-ment with your ideal. *We know that all things work together for good to them that love God.* Rom. 8:28. Are you loving God now? God and good are identical and synonymous in all sacred scriptures. When we fall in love with these qualities and attributes, such as honesty, integrity, success, peace, forbearance, and justice, and when we love Truth for Truth's sake, we are loving God or Good.

Are you afraid of the future? Are you worried about your family, friends, or business? In short, are you unhappy? If you are, you can rest assured that you are not loving God or Good. You are loving limitations. Are you afraid of failure? If you have this fear, you will succeed in being a failure.

Do you hold a grudge towards any living being? If this is true, you are not controlling John. You must forgive the other, otherwise there is no love in your heart. Love the other by rejoicing that the person you say wronged you is living joyously and happily. Claim that the law of God is working for him, through him, all around him, and that peace fills his mind, body, and affairs. Can you now rejoice in hearing good news about your recent enemy? If you cannot, you are not in charge of this faculty. If you have failed to embody your ideal, you are not disciplining John.

Phillip means, spiritually, a lover of horses. A trainer of horses is firm but kind; he does not beat the horses, yet he lets the horses know he is master. The trainer is persistent; he has that quality which

so many of us lack, i.e., stick-to-it-ive-ness. Phillip, therefore, is the faculty of mind within you that enables you to use the power you have through love; thus you conquer any situation.

At a rodeo you see a horse which is unbridled and untamed; no one can stay on him longer than a few seconds; this is the way with many people. You contemplate a new idea; you become enthused about it; a delightful mood is engendered. However, some one may sway you, or you may hear some unpleasant news which throws you off the horse (mood).

For example, a girl was contemplating a beautiful trip to Florida during war time. She had planned to visit some relatives near Miami. In the meantime she heard some girls remark how awful conditions were, the food was very bad, there was no possibility of swimming, and the prices were outrageous, etc. This resulted in the cancellation of the trip. Later she discovered she had made a great mistake. Since she had contemplated a delightful trip, and had lived in that joyous expectancy—*as within, so without*—a wonderful trip was in store for her. She permitted the negative suggestions of others to throw her off the lovely horse (mood) that she was riding.

Let us ride the mood, which means let us sustain it, and we will reach Jerusalem (the city of peace) within ourselves. In other words, it is the sustained mood that creates. Be faithful every step of the way to the end. You are master! You have been given dominion. Can you now be swayed or made to change your mind? Can negative suggestions, ridicule, and criticisms of others throw you off your horse? If this is true, you are not disciplining Phillip.

Does the death of one of your dear ones cause you to feel despondent and gloomy, or do you rejoice in their new birthday? If you feel dejected and gloomy, you are not calling Phillip to discipleship.

Bartholomew means, according to the Concordance, son of the furrowed, or son of the plowed, i.e., prepared for seed; spiritually, it represents imagination. This faculty has the power to cast every idea that man can conceive onto the screen of space in substance and form. The disciplined imagination (furrowed land or son of the furrowed) is capable of picturing only lovely states and delightful

moods. Imagination and faith are the two pillars that lead to the Holy of Holies.

You call *Bartholomew* to discipleship when you imagine the reality of the fulfilled desire, and feel the joy of the answered prayer. If you are told of some evil prediction, it frightens you and you begin to imagine and conjure evil; you have not called forth this power. Do you imagine evil for another? Do you imagine that your son will fail in his examinations, or that something bad will happen to members of your family? If you have these negative patterns, you are failing to call this great faculty to discipleship. Let us imagine only the lovely, the beautiful, and the good qualities. Let our ideals be uplifted and let our judgment be as *the robe and the diadem*.

Thomas means jointed or conjoined. In the undisciplined state, it represents the double minded man, the doubter. It represents the understanding faculty of man. *Get wisdom and with all thy getting, get understanding.* Prov. 4:7. Wisdom is the knowledge of God; understanding is the application of this knowledge to solve our daily problems and grow spiritually.

Your reason and intellectual perception of the Truth becomes anointed by the Holy Spirit, and you go from glory to glory. The man who disciplines this faculty, Thomas, knows that his own consciousness or awareness is the God of his world and the seat of causation. He rejects, therefore, all rumors, lies, and suggestions that are unlike God or the Truth. He will contradict, reject, and refuse to accept any rumors or suggestions that oppose that which he knows to be true. How is it in God and heaven?

Does the polio scare that is given wide publicity disturb or frighten you? Do you send your children to some remote spot to escape the so-called peril? If this is true about you, you are full of fear, your faith is not in God or Good, and you do not believe in the Omnipresence of God. If you are calling Thomas to discipleship, you know that God is where you stand. He walks and talks in you. You are the very garment which God wears, as he moves through the illusion of time and space. Let us discipline Thomas; then we will touch Reality and know that God is.

Matthew means the gift of Jehovah, given wholly unto Jehovah; in short, Matthew means your desire. It is the cosmic urge within you

seeking to be expressed. Every problem has within it the solution in the form of a desire. If a man is sick, he automatically desires health. The desire (Matthew) is already knocking at this man's door; the acceptance of the desire is the answered prayer.

Do you say, "I am too old." "I lack the intelligence." "It is too late now." "I have no chance." Do you accept the verdict of the doctor or the race belief, or do you go within and say, like many of old, *My soul doth magnify the Lord?* Luke 1:46. Yes, do you go within the silence, and magnify the possibility of realizing it? If you do, you are calling Matthew into discipleship. When you reject your desire, the gift of God which would bless you and the world, you are not calling Matthew to discipleship.

James the Less Matt. 10:3, *Mark* 15:40, signifies the faculty of order, or a tidy mind. Order is heaven's first law. When we are at peace in our minds, we find peace in our home, business, and in the rest of our affairs. This faculty of the mind is also called discernment or discrimination.

Quimby, the father of New Thought in America, had this quality of discernment highly developed. He was able to diagnose and interpret all of the causes behind the ailments or maladies of his patients. He told them where their pains and aches were, and the mental patterns behind them. We go to a doctor and tell him all of our symptoms, their location, etc., but Quimby did the reverse; he told the patient. They marvelled at this great capacity; he simply tuned in on their subconscious minds and subjectively saw their mental patterns. His explanation was the cure. Quimby was clairvoyant. When this clairvoyant faculty is fully developed, one sees the Divinity behind the form, the Truth behind the mask. He contemplates Reality and sees the Presence of God everywhere.

Do you blame the Government, external conditions, family, employers, etc., for any problems or limitations you may be experiencing? It is easy to blame others. Are you capable of interpreting that which you see, or do you judge according to appearances? Objective appearance is not always true. Let us call James the Less to discipleship, and let our judgment be as the noon day—noon casts no shadow. I stand on my shadow, therefore, nothing comes in my way to deflect me from judging righteously. No

shadow must cross our path—the world of confusion shall lay rejected. Our judgment shall be righteousness, which is wholeness, peace, and perfection.

Thaddeus means of the heart, warm hearted, and praise.

Thaddeus represents the exalted mood, the happy, joyous state. *I, if I be lifted up from the earth, will draw all men unto me.* John 12:32. This is the attitude of mind of the man who is disciplining Thaddeus. You lift others up by rejoicing that they are now possessing and expressing all that you long to see them express.

You can praise the flowers in the pot, and they will grow luxuriously and beautifully. Ask the plant to bend over and kiss you; it will. It will grow towards you so that you may kiss it just as a dog will jump on your lap when you indicate you will pet and fondle him.

When you go into a restaurant and the waitress takes a long time to serve you, do you criticize her or suggest that she should be discharged, or do you lift her up in consciousness and see her as she ought to be?

Do you see men as beggars? If this is true, you have clothed them in rags. They are Kings walking the King's Highway! Let us clothe them with the garment of salvation and the robe of righteousness. The beggar will be transformed; he will not be at the street corner tomorrow. This is an example of calling Thaddeus to discipleship.

Praise radiates and gives glory and beauty to the inner powers of man. Let us emulate St. Thaddeus and walk the earth with the praise of God forever on our lips.

Another disciple is Simon of Canaan. Simon means hearing, hearkening. It means one who listens and obeys the voice of the One Who Forever Is. When you discipline this faculty, you look for and expect spiritual guidance and illumination direct from the fountainhead of God. You become still and listen for the still, small voice, the vibration or tone within you that wells up and says, *This is the way, walk ye in.*

Simon of Canaan may be summed up as receptivity to the inner voice of wisdom, truth, and beauty. This leads you to the land of Canaan—the promised land—the realization of harmony, health, and peace. You hear only the good news about ourselves and others;

you expect the best. The man who disciplines this faculty of mind lives in a state of joyous expectancy; invariably the best comes to him. The word of God goes before such a man as *a pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night.* Exod. 13:21.

Do you now gossip, dissect others, criticize them, and indulge in back-biting? These negative qualities would prevent you from controlling and disciplining this important faculty of mind. Do you hear and feel only the best for others? If you can, turn not aside; faint not; the Truth shall lead you to a land of plenty (Canaan) flowing with the milk of life eternal and the honey of unblemished wisdom.

Judas means limitation, the sense of need, desire, or the irredeemed life forces. We are all born with Judas, because we are born into a world where we are conscious of boundaries, time, distance, and other limitations. *Thou has been in Eden, the garden of God; every precious stone was thy covering.* Ezek. 28:13. Yes, we were in a desireless state! Now we are born into a three dimensional world; we have desires. Our failure to realize our desires, cherished hopes, and ideals is the cause of our frustrations and discord. Lack of understanding has caused men to lust, hate, and be greedy for other people's property, territory, possessions, and land; so it is said Judas carried the bag of money (sense of need, limitation). When we discipline this faculty, it is one of the greatest of all the disciples, as it reveals the Truth that sets us free.

We are told Judas betrayed Jesus. If I betray you, I must know your secret; the secret is Christ or Wisdom. Betray means to reveal. Every problem reveals its own solution in the form of a desire. Judas is necessary for the drama; as through our problems we discover the Christ within—the I Am, our own awareness—to be our savior. The joy is in overcoming our problems. When we accept our desire, symbolized by Judas (desire) kissing Jesus (act of love), Judas dies or commits suicide, and the savior (our answered prayer) is revealed or made manifest.

As long as you have the desire, you have not realized it. The moment, however, the desire dies by your acceptance or conviction of your good, a sense of peace steals over you; you are at rest. In the ultimate sense when man dies to all false beliefs, fears,

superstitions, racial prejudices, creeds, and color, Christ, which means the Presence of God individualized, is revealed because the distilled essence of man is God; then he is calling forth Mazzaroth. *Canst thou bring forth Mazzaroth?* Job 38:32. The Judas (sense of limitation and bondage), in you is transformed and redeemed when you die (detachment) to all sense evidence, belief in being of a certain race, age, nationality, etc.

You discipline Judas when you surrender yourself to the influx of Divine Love, and consecrate yourself to a purity of purpose. Divine Love overcomes all problems and transforms the sense man into his pure, original state. The Holy Spirit anoints you; you are resurrected, and the God-man is revealed.

Have you any religious or political prejudices now? Do you like to retain your prejudices? If this is true, you are not disciplining Judas because Judas means detachment which is a divine indifference. Indifference is the tie that severs.

Love is that which binds us to our good, which means that we take our attention away from that which we do not want and focus it on our good or our ideal. Love is wholehearted attention and devotion to the Truth; you must love no other power. You must kill Judas yourself. When you die to all false beliefs, you are back again in the garden of God. *Thou hast been in Eden, the garden of God; every precious stone was thy covering.* Ezek. 28:13.

Yes, truly you are the Christ. *In him there is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female.* Gal. 3:28. You were one with God when the foundation was laid; this foundation is God. The only begotten Son is every man because each man is begotten of the Only One. You must awaken to your true being and discover who you are—sons or expressions of God walking the earth.

You, the reader, represent Jesus and the twelve disciples. As the sun moves through the Zodiac in its cycle, in like manner, symbolically speaking, must your sun (the Holy Spirit) move through your twelve faculties inspiring and breathing into them the Light and Life of He Who Is. As you discipline these faculties as outlined in this book, you consciously become God's radiation dissolving barriers between men.

You must paint the true picture of the ideal man—Jesus the Christ, and not the hideous picture painted over two thousand years ago of a man of sorrows bleeding on the cross with a crown of thorns. Let us tell the youth of the nation the true psychological story of Jesus; then all boys and girls will want to emulate the victor. No boy wants to be the victim. We have been searching for “the lost word” not knowing and not realizing that when it is discovered, it would be in our own manger surrounded by the animals, and marked by a blazing star or burning bush.

The blazing star is I Am. You can find it and become Christed or awakened to your Godhood here and now, and go back to the glory which was yours before the world was. *I have glorified thee on the earths, I have finished the work which thou gavest me to do. And now, O Father; glorify thou me with thine own self with the glory which I had with thee before the world was.* John 17:4-5. Before the world was I Am. Before Abraham was I Am. When all things cease to be, I Am.

COMMENTS ON CHAPTER 40, THE BOOK OF JOB

(3) Then Job answered the Lord, and said, (4) Behold, I am vile; what shall I answer thee? I will lay mine hand upon my mouth.

Job now senses a Presence within his being and is ready now to become still, lay his hand upon his mouth, and give heed to Reality. As Emerson says in one of his essays, "Religion is the emotion of reverence which the presence of the universal mind ever excites in the individual."

The new Job, the illumined man who has awakened to his Indwelling God (Elihu) now comes forth out of the various stages of consciousness depicted in the unfolding of the drama of Job's life from five sense evidence and body consciousness to the new regenerated Job ready to hearken to the voice of Reality. Job now sees the Light and says, "I, the imperfect (as Job), adore my own perfect." Emerson.

(10) Deck thyself now with majesty and excellency; and array thyself with glory and beauty. (14) Then will I also confess unto thee that thine own right hand can save thee.

These verses point out that you must begin, and then God will respond. We call this the law of action and reaction. When you meet the necessary requirements or establish the proper mental receptivity, then there is always a response from the God Presence within your subliminal depths. God brings something wonderful into your world by working through your thought. He does nothing for you except through you. God has already given you everything. He has created your body, established the world, started your heart beat, and given you a conscious and subconscious mind. He controls all

the functions of your body automatically; however, in order for you to advance and grow spiritually you must from this point forward initiate all progress through your own thought.

(15) *Behold now behemoth, which I made with thee, he eateth grass as an ox.*

Some readers go off at a tangent in their interpretation of *behemoth*, and give you a lesson in the natural history of the hippopotamus and his habits. The behemoth is a symbol for unenlightened reasoning based on physical causation. You can build up quite a case for cancer, tuberculosis, and poliomyelitis, and unless you know the Truth you will not be made free from its terrors. Disease is not independent of the mind, and you must awaken to the fact that the germ of cancer is fear which disturbs the mind and the latter condenses down and takes the shape of any idea or mental image given to it.

(19) *He is the chief of the ways of God: he that made him can make his sword to approach unto him.* (20) *Surely the mountains bring him forth food, where all the beasts of the field play.*

He (reasoning, conscious mind, choice) is the chief of the ways of God in the sense that what you believe governs all your reactions and circumstances. He (behemoth) feeds on mere flesh opinions, suggestions, fears, etc.). You must be armored with the sword of spiritual insight and clarity of thought and destroy all false reasoning based on a suppositional opposing power. The belief or thought of an antagonistic power is a delusion and a snare.

(23) *Behold, he drinketh up a river, and hasteth not: he trusteth that he can draw up Jordan into his mouth.* (24) *He taketh it with his eyes: his nose pierceth through snares.*

So formidable is behemoth, the symbol of physical matter of fact causation that you must needs be firmly poised in the awareness that the Infinite Power is real only, and all else a lie. Evil seems to work as a power, but really is not a part of Reality. Your belief makes you crawl before the illusion and false beliefs of the world, and you play into the hands of the race mind beliefs.

COMMENTS ON CHAPTER 41, THE BOOK OF JOB

*(1) Canst thou draw out leviathan with an hook?
or his tongue with a cord which thou lettest
down? (2) Canst thou put an hook into his
nose? or bore his jaw through with a thorn?*

Leviathan, Isaiah's crooked serpent, is a symbol of belief in evil (duality, belief in two powers, or good and evil). Without *behemoth* (reasoning from false premises) leviathan could not exist. Ignorance breeds evil, for if you do not know God within, you must think He must be something outside or up in the skies. Knowing God is your I Amness, awareness and consciousness will melt down mountains of error.

(8) Lay thine hand upon him, remember the battle, do no more.

Do not resist evil. Do not wax angry at evil for this makes it more tenacious. Overcome evil with good or the contemplation of the Presence of God.

(15) His scales are his pride, shut up together as with a close seal. (16) One is so near to another, that no air can come between them. (17) They are joined one to another, they stick together, that they cannot be sundered.

Belief in physical causation is so closely interwoven, so plausible to senses that no air (enlightenment) can come into play unless you are aware of spiritual realities. Only he that made behemoth or leviathan can slay him. It is all a matter of consciousness of God. Right thinking is always miraculous—being the Power of God in man.

(22) In his neck remaineth strength, and sorrow is turned into joy before him.

Some people really enjoy bad health, and thank God that they are just a little better. Through the habit of self-pity they succeed in building a martyr complex.

(34) *He beholdeth all high things: he is a king over all the children of pride.*

He (leviathan—sense evidence, race mind beliefs, etc.) is a king over all the children of pride in this way, the sense of evil (sense evidence) is proud of his children (weapons of warfare, armaments, religious persecution, racial prejudice, etc.). The spawning of evil progeny would not be possible if you would recall the One Power and the One Presence within, and feel a deep sense of Its reality.

COMMENTS ON CHAPTER 42, THE BOOK OF JOB

(5) I have heard of thee by the hearing of the ear: but now mine eye seeth thee.

Job is now inwardly perceiving the truth about God. His outer senses cannot see the reason for fear any more, and he no longer fears the threatening voice of the world. The Light of faith in God is dawning in his mind, and he sees the great truths of God in the same way that a boy sees the truth of a chemical equation. Job has a conviction in the goodness and ever availability of the God-Presence at all times and in all emergencies. The Light of the Inner One is dawning in his mind, and he understands and inwardly sees the way God works. Job can now affirm the presence of all things good even though not discernible to the naked eye or the conscious mind. Divine Intelligence is now acting as his Light, and he walks in the faith of freedom, abundance, and peace of mind.

(7) And it was so, that after the Lord had spoken these words unto Job, the Lord said to Eliphaz the Temanite, My wrath is kindled against thee, and against thy two friends: for ye have not spoken of me the thing that is right, as my servant Job hath. (8) Therefore take unto you now seven bullocks and seven rams, and go to my servant Job, and offer up for yourselves a burnt offering; and my servant Job shall pray for you: for him will I accept: lest I deal with you after your folly, in that ye have not spoken of me the thing which is right, like my servant Job. (9) So Eliphaz the Temanite and Bildad the Shuhite and Zophar the Naamathite went, and did according as the Lord commanded them: the Lord also accepted Job.

In these verses the whole issue is drawn and the entire mental conflict solved. God approves and finds as his beloved son the new

Job and disowns his false friends who spoke from distorted creedal beliefs, misguided influence of race mind beliefs missing the thing that is right, or in other words, telling falsehoods about the nature of God.

In verse eight the essence of the Levitical law of sacrifice is set forth. The illumined reason of the new man is commanded to take all ideals formulated through the five senses plus the creative capacity of the conscious and subconscious mind (conceiving and creating), and make use of these seven senses or creative faculties (symbolized by seven bullocks, rams) in the right way by being aligned mentally with Infinite Power and Boundless Love, thereby consuming and burning up everything unlike God in the mind and body. In order to advance spiritually, we must give up the lesser for the greater. This is symbolized in these verses as the sacrifice of animals.

The sacrifice you make is to give up negative destructive thinking, all negative emotions, and to make a place in your soul (subconscious mind) for the higher qualities of goodness, love, and truth. The sacrifice of animals means the practice of the great law of substitution, such as giving love for hatred, bringing joy where there is sadness, bringing light where there is darkness, and entering into the spirit of forgiveness where ill will is.

Job's senses (Eliphaz), intellect (Bildad), and emotion (Zophar) are redirected and anointed spiritually, and are made ready to enter the Holy of Holies, the heart of the true temple, on the holy mountain. All of which means that you still the wheels of your mind, and you become aware that the Infinite Being is thinking in you, and His thoughts become harmony, peace, joy, ecstasy, and illumination. In the light of this new state of consciousness, philosophy (Eliphaz) is seen as the wisdom of God, theology (Bildad) as the true knowledge of God, and psychology (Zophar) as the soul or place of God bringing peace to the troubled mind.

(10) And the Lord turned the captivity of Job, when he prayed for his friends: also the Lord gave Job twice as much as he had before.

Your friends are health, happiness, peace, joy, and all the things that add to your inner security in life. You turn your captivity, or come out of the house of bondage, thralldom, and misery when you claim

the qualities, attributes of God as your own, and when you accept mentally all the blessings of heaven. What you affirm and claim as true the Spirit within will honor and objectify in your experience, and you discover that it is God giveth the increase, and He multiplies your good exceedingly. There are many people who suffer from arthritis, rheumatism, asthma and other afflictions, and they discover that when they pray for others similarly affected they have a wonderful healing themselves.

A good way to forget yourself and take your mind off your problems, difficulties, pains, and aches, is to pray for someone else. Do this sincerely and honestly as often as you are led to do so, or until the condition is cleared up. In this procedure you will find your own burden lifted, and the dove of peace will whisper in your ear, "Peace be still."

I have taught a great number of people suffering from acute depression and melancholia to pray for someone in the block, perhaps a person who had a heart attack or a notice of dispossession. I have also encouraged them to visit some friend who is troubled, and try and cheer him up in every way possible through prayer, oral suggestion, and a redirection of interest along constructive lines. Pray for your friends, and wonders will happen as you pray.

(11) Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they bemoaned him, and comforted him over all the evil that the Lord had brought upon him: every man also gave him a piece of money, and every one an earring of gold.

(12) So the Lord blessed the latter end of Job more than his beginning: for he had fourteen thousand sheep, and six thousand camels, and a thousand yoke of oxen, and a thousand she asses.

(13) He had also seven sons and three daughters. (14) And he called the name of the first, Jemima; and the name of the second, Kerzia; and the name of the third Keren-happuch. (15) And in all the land were no women found so fair as the daughters of Job; and their father gave them inheritance among their brethren. (16) After this lived Job an hundred and forty years, and saw his sons, and his

sons' sons, even four generations. (17) So Job died, being old and full of days.

These verses depict and portray the transfiguration scene in the life of Job. His seven sons (the regenerated and awakened senses) and the creative powers of his subjective mind such as desire (Jemima), decision, conception (Kerzia), and manifestation (Keren-happuch) are all fused into the mystic and magical rod of right identification with God's eternal verities (transfiguration process) which frees Job from all limitations and establishes him in his Father's House again in an advanced self-conscious power pattern seen only On The Mount or exalted state of consciousness arrived at through communion with God.

Let these great truths of the Book of Job expatiated on in these many chapters be like a sachet of myrrh, cassia, saffron, and cinnamon carried near your heart enabling you to release from the treasure house of eternity the sweet fragrance and perfume of Divinity now and forevermore.

TECHNIQUES IN PRAYER THERAPY

(1960)



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INTRODUCTION

WONDERS HAPPEN WHEN YOU PRAY

This book was written for the purpose of telling you how to reach the source of your good, and get desired results through praying effectively.

Do you know how to pray? How long is it since you prayed as part of your everyday activities? In an emergency, in time of danger or trouble, in illness, and when death lurks, prayers pour forth—your own and your friends. Just read your daily newspaper. It is reported that prayers are being offered up all over the nation for a child stricken with a so-called incurable ailment, for peace among nations, for a group of miners trapped in a flooded mine. Later it is reported that when rescued, the miners said that they prayed and sang while waiting for rescue; an airplane pilot says that he prayed as he made a successful emergency landing.

Certainly, prayer is an ever-present help in time of trouble; but you do not have to wait for trouble to make prayer an integral and constructive part of your life. The dramatic answers to prayer make headlines and are the subject of testimonies to the effectiveness of prayer. What of the many humble prayers of children, the simple thanksgiving of grace at the table daily, the faithful devotions wherein the individual seeks only communion with God?

My work with people has made it necessary for me to study the various approaches to prayer. I have experienced the power of prayer in my own life, and I have talked and worked with many people who also have enjoyed the help of prayer. The problem usually is how to tell others how to pray. Prayer is an intimate and personal communication. People who are in trouble have difficulty in thinking and acting reasonably. They need an easy formula to follow,

an obviously workable pattern that is simple and specific. Often they must be led to approach the emergency.

The Bible admonishes us to pray without ceasing. You can make prayer a constant, constructive factor in your life. Prayer can bring success into your life, it can sustain health, it will enable you to be more helpful to others. The forces that make prayer effective are universal. It is not alone the technique or process of prayer that causes the Infinite Intelligence to respond, rather *it is according to our faith* (or complete mental acceptance) *that it is done unto us*. All of us tap the same Healing Principle. Of course, a technique based on an understanding of what we are doing and why we are doing it will help us to bring about a subjective embodiment of our desires. This is why I am going to suggest in this book techniques of prayer and formulas that have worked.

Emerson defined prayer as “the contemplation of the truths of life from the highest point of view.” The Bible teaches us to devote our minds and attention to certain selected truths such as, *Whatsoever things are true, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things*. Phil. 4:8. Essentially, answered prayer is the realization of your heart’s desire.

Everybody prays because desire is prayer. All of us desire health, happiness, security, peace of mind, true expression, etc., but many fail to achieve clearly defined results. A university professor admitted to me recently, “I know if I changed my mental pattern and redirected my emotional life, my ulcers would not recur, but I do not have any technique, process, or *modus operandi*. My mind wanders back and forth on my many problems, and I feel frustrated, defeated, and unhappy.” This professor had a desire for perfect health; he needed a knowledge of mental and spiritual laws which would enable him to fulfill his desire.

In this book techniques and formulas are given which will enable men to prove the age-old Biblical truth, *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them*. Mark 11:24. Here Jesus states categorically, emphatically, and unequivocally that all we have to do is to believe; therefore the law behind answered prayer is the law of belief. This belief is not based

on a particular creed, dogma, institution, organization, church, or person, but is based on a realization of a Universal Creative Law which sustains the world and all things therein contained.

To believe is to accept something as true. Whatever man's conscious, reasoning mind accepts as true engenders a corresponding reaction from his subconscious mind which is one with Infinite Intelligence and the Infinite Power of God. The subconscious mind works through the creative law which responds to the nature of man's thoughts bringing about conditions, experiences, and events in the image and likeness of his habitual thought-pattern, proving the truth stated so succinctly in the Bible: *As a man thinketh in his heart, so is he.*

It is not the thing believed in that brings an answer to man's prayer; the answer to prayer results when the individual's subconscious mind responds to the mental picture or thought in his mind. This law of belief is operating in all religions of the world and is the reason why they are psychologically true. The Buddhist, the Christian, the Moslem, and the Hebrew all may get answers to their prayers, not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of belief or mental acceptance and receptivity about that for which they pray.

The law of life is the law of belief, and belief could be summed up briefly as a thought in your mind. As a man thinks, feels, believes so is the condition of his mind, body, and circumstances.

There is only One Creative Principle operating in the world. It is responsive to all men and is no respecter of persons. The nature of this Creative Principle is responsiveness. As you apply the simple techniques outlined in this book, you will discover a power within you which can lift you out of a state of frustration, illness, loneliness, discord, or poverty, and it can set you on the highroad to freedom, happiness, and radiant health. This Creative Intelligence existed before you and I were born, before any church or world existed; the great eternal truths of life antedate all religions. It is with these thoughts in mind that I urge you in the following chapters to lay hold of this wonderful, magical, healing, transforming power which will bind up mental and physical wounds, proclaim liberty to the fear-

ridden mind, and liberate you completely from the limitations of poverty, failure, misery, lack, and confusion. All you have to do is to unite mentally and emotionally with this Creative Power, and let wonders happen when you pray.

PRAYER ESTABLISHES CONSTRUCTIVE PATTERNS

There is nothing difficult about prayer. Whoever reads this book and applies the principles set forth will be able to pray effectively for himself and others. True prayer utilizes the Universal Law of action and reaction. Thought is incipient action; the reaction is the response from a Deeper Mind which corresponds with the nature of the thought. Think good, good follows; think evil, evil follows.

When you pray, you are implanting a certain thought pattern or mental image in the Universal Creative Mind which accepts what you consciously believe to be true. The Creative Law knows exactly how to change thoughts into things and will begin to execute the thought patterns given to it; the effects will be observable as form, function, experience, or event.

The following are examples of effective prayer:

HE TRUSTED IN GOD

An article appeared in our local newspaper about a boy in the Korean War who miraculously was saved from what seemed certain death by repeating the verses of the 23rd Psalm. Bullets were whizzing past him, his buddies were all killed, his knees were shaking as he prayed aloud, "The Lord is my shepherd, I shall not want, He leadeth me beside the still waters, He restoreth my soul . . ." An inner peace and confidence welled up within him; he was not touched as he found his way to safety and freedom. Infinite Intelligence within him had responded to his prayer of faith and trust.

THINKING OF GOD

An elderly woman who listens regularly to a radio program I have conducted in Southern California for the past twelve years wrote to me saying that she had learned to pray through our Sunday morning prayer-therapy instruction. She stated that she had jotted down on a piece of paper all that she had been taught about God—God is Infinite Intelligence, Boundless Love, Omnipotence, Infinite Wisdom, Indescribable Beauty, Absolute Harmony, the Creative Intelligence which had formed and vitalized her body with all of its organs. Every morning and evening for five or ten minutes she would think quietly and with singleness of interest on these qualities and attributes of God, silently claiming that these truths were being absorbed into her mentality. Within a month's time an entire tumorous growth had disappeared as proved by X-ray and physical examination by her physician.

This woman did not directly treat her tumorous growth which was the solidified effect of her previous thought patterns. As she filled her mind with statements of truth, a corresponding change took place in her body. She continued to “unthink” the negative thoughts by thinking of God and His love which finally corrected the condition.

THE ART OF PRAYER

If you would become a master of the art of prayer, begin immediately to attach yourself mentally and emotionally to an idea, a plan, or a purpose; it will not be long before you will begin to experience physical evidence of the physical reaction to your thoughts. However do not discontinue your prayers with the first evidence of results. You must keep on praying with the conviction that you are operating a mental and spiritual Law which responds to your mental activity which maintains you in peace. Remember that any idea on which you meditate and feel as true incubates in your subconscious mind and is expressed in your life. To know what you are doing and why you are doing it will give you faith and confidence in your prayer life.

PRAYER—A CHANGE OF MIND

In prayer you experience a change of mind as you discover what the truth is, and your mind begins to conform to that truth. Prayer reveals the truth that God is Supreme and Omnipotent to solve all human problems. No matter what kind of difficulty may be facing you, no matter how complicated the situation may seem, prayer can bring about a harmonious resolution and rearrangement of your affairs in accord with divine order.

Prayer is not an act of asking God for anything; neither is prayer an effort to change the will of God. Prayer merely changes the conditions in your own mind. Prayer is not a timid suppliant, begging, beseeching approach to a God in space for a favor; rather prayer is the positive effort of a man acting with a fervent belief and confidence that God, which is Infinite Intelligence, will respond according to the nature of the thoughts embodied in the mind. The answer to prayer is in man's own mind based on the truth, *According to your faith is it done unto you. Prayer Is the Practice of the Presence of God* in your life and all your affairs. It is a belief God is where you are and is speaking through you always.

You are praying whenever you are thinking of God and His Love and Wisdom and when you feel your oneness with God. Likewise you are praying whenever you are reading or meditating on the spiritual truths of the Bible or any other spiritual book.

Many people pray hundreds of times during the day by silently claiming as they go about their business that God is guiding, directing, and acting through them at all times, and that He watches over them in all their ways. Prayer is often referred to as *the practice of the Presence of God* which means that you realize that the Intelligence and Wisdom of God are working through you bringing about a harmonious solution where the trouble seems to be. This attitude of mind changes the difficulty into harmony. You can *practice the Presence of God* by doing everything from the standpoint of the Golden Rule and the Law of Love.

GOD ANSWERS

Wise action will follow wise thoughts. A *wise thought* is to know that God or Infinite Intelligence is guiding you now, and that He knows the answer; therefore you affirm boldly that you know the answer. *Before they call, I will answer!* In praying for an answer to your problem it is foolish to neglect or overlook the obvious and common sense thing to do; take whatever practical steps that seem necessary. Claim divine guidance, and the steps you take will be dictated and governed by Divine Wisdom which is the dominant belief of your mind. In prayer you make contact through your thought with the Divine Presence which dwells within you, and having consciously done that, you call forth His Wisdom, Power, and Infinite Intelligence to resolve the various difficulties or troubles in your life, taking them in due order by solving the most pressing problems first. The right way to pray for the answer to all your problems is to feel and know that the Indwelling God knows only the answer; because this is true, you will know the answer and recall the truth; *He never faileth*.

PRAYING TO GOD AND WHAT IT MEANS

The Bible says, *God is a Spirit: and they that worship him must worship him in spirit and in truth.* John 4:24. *To worship* means that you count worthy by giving supreme attention to something. This means that you are to give your supreme allegiance, loyalty, and devotion to the Spirit within, recognizing It as Supreme Power and the Cause and Substance of all things. Spirit is without face, form, or figure, timeless, shapeless, and ageless. The childish concept of a God as a grandfather in the skies, sitting on a celestial throne, must give way to the realization that God is Mind and Spirit within you which animates and sustains you. God is life. We do not see Life but we feel we are alive.

The good and evil we experience are simply due to our personal relationship through our thinking to the Life Principle which is forever Whole, Pure, and Perfect in Itself. Be sure not to give power to created things or effects; go to the cause of all, the Spirit within you. This Spirit or God is conditioned in your life according to the nature

of your thought-life. There is only one Creative Principle and It is forever flowing through your habitual thought-patterns and imagery. This is why you make or create all experiences, events, and conditions of your life after your own image and likeness. This is the basis of all prayer whether we use this law consciously or unconsciously.

Do not be confused by the Biblical references “He” and “Him” denoting God. In ancient times the Hebrew mystics used the word “It” when they were referring to God, but this has been discontinued as it seemed to lack the reverence and respect due to the Father of all. There are about seventy-six or more names given to God in the Bible, but all these names represent qualities, attributes, characteristics, and potencies of God.

ASSUMING CERTAIN POSTURES, ETC.

In some parts of the world people practice rigid discipline of the body, breathing exercises, physical gymnastics, assuming peculiar and absurd postures. It is wholly unnecessary to bow down, genuflect, or prostrate yourself before the Creative Law.

This Principle of Life is no respecter of persons, we cannot cajole, bribe, or flatter it. It is Impersonal Law. All forms of physical gymnastics and postures are a waste of time and effort, and do not lead anywhere from the standpoint of building confidence in your prayer-life. The path to God is always and only through the mind and heart, not by way of the body. Prayer is effective because of the soul's sincere desire to unite with God and to reproduce His qualities and attributes right here and now so that like Job we can say, *And yet in my flesh do I see God.*

Thus in the wisdom of the universe, man establishes constructive patterns in his affairs and body by praying and aspiring to realize the perfection of God in his own life. This process is an instinctive or natural way of praying. The reverent man thinks right and acts in accord with the good impulses he engenders.

TECHNIQUES OF PRAYER

When we come to analyze prayer, there are many different approaches or methods. We will not consider in this book the formal, ritual prayers used in religious services. These have an important place in group worship. We are immediately concerned with the methods of personal prayer for use in your daily life and in helping others.

Prayer is the formulation of an idea concerning something we wish to accomplish. Circumstances and individuals suggest different approaches, but all must establish a clear statement of the benefit, the healing, the purpose for which the prayer is offered.

THE VISUALIZATION TECHNIQUE

The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind's eye as vividly as if it were alive. We can see with the naked eye only what already exists in the external world; in a similar way what we can visualize in the mind's eye already exists in the invisible realms of our mind. Any picture which we have in the mind is the substance of things hoped for and the evidence of things not seen. What we form in our imagination is as real as any part of our body. The idea and the thought are real and will one day appear in our objective world if we are faithful to our mental image.

This process of thinking forms impressions on the mind; these impressions in turn become manifested or expressed on the screen of space as forms, functions, facts, and experiences. The builder visualizes the type of building he wants; he sees it as he desires it to be completed. His imagery and thought-processes become a plastic mold from which the building will emerge—a beautiful or an ugly one,

a skyscraper or a very low one. His mental imagery is projected as it is drawn on paper; eventually the contractor and his workers gather the essential materials, and the building progresses until it stands finished, conforming perfectly to the mental patterns of the architect.

VISUALIZATION TECHNIQUE FOR AN AUDIENCE

Each Sunday I use the visualization technique prior to speaking from the platform. I quiet the wheels of my mind in order that I may present to the subconscious mind my images of thought; then I picture the entire auditorium and the seats filled with men and women, and each one of them illumined and inspired by the Healing Presence. I see them as radiant, happy, and free.

Having first built up the idea in my imagination, I quietly sustain it there as a mental picture while I imagine I hear men and women exclaiming aloud, "I am healed," "I feel wonderful," "I've had an instantaneous healing," "I'm transformed," etc. I keep this up for about ten minutes or more, knowing and feeling that each person is a tabernacle of God's Presence, and that Divine Love saturates each mind and body making them whole, pure, relaxed, and perfect. I see to the point where I actually can hear the imaginary voices of the multitudes proclaiming the glory of God; then I release the whole picture and go onto the platform. Almost every Sunday some people stop and say that their prayers were answered.

MENTAL MOVIE METHOD

The Chinese say, "A picture is worth a thousand words." William James, the father of American psychology, stressed the fact that the subconscious mind will bring to pass any picture held in the mind backed by faith. "Act as though I am, and I will be."

A number of years ago I was in the Middle West lecturing in several states and I desired to have a permanent location. One evening in a hotel in Spokane, Washington, I relaxed completely on

the couch, immobilized my attention, and in a quiet, passive manner imagined that I was talking to a large audience, saying in effect, "I am glad to be here. I have prayed for this ideal church and opportunity." I saw in my mind's eye the imaginary audience and I felt the reality of it all. I played the role of the actor, dramatized this mental movie, and felt satisfied that this picture was being conveyed to my subconscious mind which would bring it to pass in its own way. The next morning on awakening I felt a great sense of peace and satisfaction, and in a few days' time I received a telegram asking me to take over a church in the East which I did, and enjoyed immensely for several years.

The method outlined here appeals to many who have described it as the "mental movie method." I have received numerous letters from people who listen to my radio lectures and Sunday morning talks, telling me of the wonderful results they get using this technique in the sale of their property. I suggest to those who have homes or property for sale that they satisfy themselves in their own mind that their price is right; then claim that Infinite Intelligence is attracting to them the buyer who really wants to have the property, and who will love it and prosper in it. After having done this I suggest that they quiet their mind, relax, let go, and get into a drowsy, sleepy state which reduces all mental effort to a minimum; then they are to picture the check in their hands, rejoice in the check, give thanks for the check, and go off to sleep feeling the naturalness of the whole mental movie created in their own mind. They must act as though it were an objective reality, and the subconscious mind will take it as an impression, and through the deeper currents of the mind the buyer and the seller are brought together. A mental picture held in the mind backed by faith will come to pass.

THE BAUDOIN TECHNIQUE

Charles Baudoin was a professor of Rousseau Institute in France. He was a brilliant psychotherapist, and a research director of the New Nancy School of Healing, who in 1910 taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy

state, or a state akin to sleep, in which all effort was reduced to a minimum; then in a quiet, passive, receptive way, by reflection, convey the idea to the subconscious. The following is his formula: "A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea which is to be the object of suggestion, to sum it up in a brief phrase which can be readily graven on the memory, and to repeat it over and over again as a lullaby."

Baudoin emphasized the fact that when we enter into "the state akin to sleep" (betwixt the waking and sleeping state), effort is reduced to a minimum, and we can focus our attention on our good with ease and without strain. We induce this state by feeling sleepy.

Innumerable experiments on persons have shown that the subconscious mind will accept any idea, suggestion, or mental picture which is felt as true by the conscious mind, and works out every suggestion to the minutest detail in the results which flow from it. The subconscious mind is entirely under the control of the conscious or objective mind. With the utmost fidelity it reproduces and manifests in the final consequences whatever the conscious mind impresses upon it.

THE PRACTICAL APPLICATION OF BAUDOIN TECHNIQUE

A lady in one of our classes last year was engaged in a prolonged, bitter family lawsuit over a will. Her husband had bequeathed his entire estate to her, and his sons and daughters were bitterly fighting to break the will. The Baudoin technique was outlined in detail to her, and this is what she did: She relaxed her body in an armchair, entered into the sleepy state, and as suggested, condensed the idea of her need into a phrase consisting of six words easily graven on the memory. "It is finished in Divine Order." The significance of these words to her meant that Infinite Intelligence operating through Law (the subconscious mind) would bring about a harmonious adjustment in Divine Order. She continued this procedure every night for about ten nights; after she got into a sleepy state she would affirm slowly, quietly, and feelingly the statement: "It is finished in Divine Order,"

over and over again, feeling a sense of inner peace and a letting go; then she went off into her deep, normal sleep.

On the morning of the eleventh day following the use of the above technique, she awakened with a sense of well-being, a conviction that *it was finished*. Her attorney called her the same day, saying that the opposing attorney and his clients were willing to settle. A harmonious agreement was reached, and litigation was discontinued.

THE SLEEPING TECHNIQUE

By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts which tend to neutralize your desire and so prevent acceptance by the subconscious no longer present themselves.

THE SLEEPING TECHNIQUE AND DESTRUCTIVE HABITS

Assume a comfortable posture, relax your body, and be still. Get into a sleepy state and in that sleepy state say quietly, over and over again as a lullaby, "I am completely free from this habit; sobriety and peace of mind reign supreme." Repeat the above slowly, quietly, and lovingly for five or ten minutes night and morning. Each time you repeat the above statement its emotional value becomes greater. When the urge comes, repeat the above formula out loud to yourself. By this means you induce the subconscious to accept the idea and a healing follows.

SOLVING PROBLEMS WHILE YOU SLEEP

During the course of an interview, a young man asked me how he could locate his father's will. His father had passed on and apparently had left no will. The young man's sister told him that their father had confided to her that a will had been executed which was fair to all. All attempts to locate the will had failed. I suggested he turn his request over to his subconscious mind at night before sleep. This is the method he followed: "I now turn this request over to the subconscious mind. It knows just where the will is. It reveals it to me." Then he condensed his request into one word, "Answer."

He repeated this prayer over and over again as a lullaby. He lulled himself to sleep for several nights with the word, "Answer." A few nights later he had a very vivid realistic dream. He saw the name and address of a certain bank. He went there and found a safe deposit vault registered in the name of his father. This was the answer to his prayer.

THE BIBLE TECHNIQUE

What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. Mark 11:24. Note the difference in the tenses. The inspired writer tells us to believe and accept as true the fact that our desire *has already been* accomplished and fulfilled, that it is already completed, and that its realization *will follow* as a thing in the future.

The success of this technique depends on the confident conviction that the thought, the idea, the picture is already a fact in the mind, and in order for anything to have substance in the realm of the mind, it must be thought of as actually existing there.

Here in a few cryptic words is a concise and specific direction for making use of the creative power of thought by impressing upon the subconscious the particular thing which we desire. Your thought, idea, plan, or purpose is as real on its own plane as your hand or your heart. In following the Bible technique you completely eliminate from your mind all consideration of conditions, circumstances, or anything which might imply adverse contingencies. You are planting

a seed (concept) in the mind which if you leave undisturbed will infallibly germinate into external fruition.

SHE LOST A RING

I am writing this chapter at the beautiful Wishing Well, Rancho Santa Fe, a few hundred miles from Los Angeles. One of the guests lost a very valuable diamond. She had gone horseback-riding and discovered the loss when she returned. At my suggestion she prayed as follows: "Infinite Intelligence knows where the ring is. There can be no loss except I admit the loss in my mind, as all experiences come through my mind. I know Infinite Intelligence will now reveal the whereabouts of the ring to me. I see it on my finger, I feel it, and I know it is mine. I believe I have it now. I accept it mentally, for my thought is as real as the ring."

She quietly affirmed the above for a few minutes, and immediately afterwards she had an inner feeling or urge to drive back along one of the paths she had taken. Her horse stopped at the very spot where her ring was. The subjective mind operates throughout all nature, and in the horse, also. The ways of the subconscious mind are not always obvious. This incident illustrates the law of belief and the results which must inevitably follow.

CAUSE OF FAILURE TO GET RESULTS

Our failure to achieve the desired result always is due to our distrust in the law of growth. If we place a seed in the ground, it will grow. If we give up hope, fret, worry, and get anxious, we are actually denying the germinating power of the idea planted in our mind. Our doubt or fear is a thought in opposition to our desire, which if indulged in neutralizes the one first formed and results in its complete disintegration. We must keep out those negative thoughts of doubt and fear which only result in the opposite of what we are praying for. The law of belief as expounded and elaborated on in the

Bible is to feel the pleasure and satisfaction in foreseeing the certain accomplishment of our desires.

THE “THANK YOU” TECHNIQUE

Paul recommends that we make known our requests to God with praise and thanksgiving. Some extraordinary results follow this simple method of prayer. The thankful heart is always close to the creative forces of the Universe, causing countless blessings to flow toward us by the law of reciprocal relationship based on a cosmic law of action and reaction.

A father promises his son a car for graduation; the boy has not yet received the car, but he is very thankful and happy, and is as joyous as though he had actually received the car. He knows his father will fulfill his promise, and is full of gratitude and joy even though he has not yet received the car, objectively speaking. He has, however, received it with joy and thankfulness in his mind. Oftentimes you have gone to a store and ordered a fur coat or hat, although they did not have exactly what you wanted. But you specified what you wanted and paid for it, and the clerk said they would send it. You thanked the clerk or owner and walked away without the coat or hat. You were absolutely sure of receiving the merchandise ordered in the near future because you trusted and believed in the integrity and honesty of the man who operated the business. How much more should we trust the Infinite and the Creative Law which never changes and responds with absolute fidelity to our trust and belief in It!

IT WORKED FOR MR. BROKE

I shall illustrate how Mr. Broke applied this technique with excellent results. He said, “Bills are piling up, I am out of work, I have three children and no money. What shall I do?” Regularly every night and morning for a period of about three weeks he repeated the words, “Thank you, Father, for the Law of Opulence,” in a relaxed, peaceful

manner until the feeling or mood of thankfulness dominated his mind. He imagined he was addressing the Infinite, knowing, of course, that he could not see God. He was seeing with the inner eye of spiritual perception, realizing that his thought-image of wealth was the *first cause* relative to the money, position, and food he needed. His thought-feeling was the substance of wealth untrammelled by antecedent conditions of any kind. By repeating, "Thank you, Father," over and over again, his mind and heart were lifted up to the point of acceptance, and when fear, thoughts of lack, poverty, and distress came into his mind, he would say, "Thank you, Father," as often as necessary. He knew that as he kept up this *thankful attitude* he would recondition his mind to the idea of wealth, which is what happened. Mr. Broke met on the street a former employer of his whom he had not seen for twenty years; the man offered him a very lucrative position and advanced him \$500.00 as a temporary loan. Today Mr. Broke is vice president of the corporation for which he works. His recent remark to me was, "I shall never forget the wonders of 'Thank you, Father.' It has worked wonders for me."

WHY HIS TECHNIQUE WORKED

All material things *must* have their origin in the Invisible or Spirit; all of creation is evidence of thought-images and ideas in the Mind of God which became form according to the Creative Law. There is only one Creative Process, and man through his thoughts sets in motion the Creative Law. We may be using it consciously or unconsciously; nevertheless we are always using the Creative Law for the simple reason that we are *always* impressing some sort of ideas and mental pictures upon It, whether we are aware of it or not. All our existing limitations result from our having habitually impressed upon our subconscious mind ideas of limitation, restriction, and bondage of all kinds. When we realize that our conditions and circumstances are never real *causes* in themselves, but only the result of prior thinking, we reverse our method of thinking and regard our ideal as real, and as we mentally and emotionally unite with the ideal in our mind, we change the outer

manifestations to agree with the inner thought-images and thus change our world.

AFFIRMATIVE METHOD

The effectiveness of affirmation lies in its intelligent application of definite and specific positives. For example, a boy adds three and three and puts down seven on the blackboard. The teacher affirms with mathematical certainty that three and three are six; therefore the boy changes his figures accordingly. Likewise when we affirm the Truth about a person, we must conform to the Principles of Truth regardless of appearances. The power of the affirmation process depends on the faith and understanding of the person affirming.

THE AFFIRMATIVE METHOD HEALS ACUTE GALL BLADDER TROUBLE

This method was chosen by the writer for use on his sister, who was to be operated on for the removal of gallstones, based on the diagnosis of hospital tests and the usual X-ray procedures. She asked me to pray for her. We are separated geographically about 6,500 miles, but there is no time or space in Mind. Spirit or Mind is present in its entirety at every point simultaneously. In prayer treatment for another, you withdraw all thought from the contemplation of symptoms and from the corporeal personality altogether, and think of the individual as pure spirit and expressing the vitality, wholeness, beauty and perfection of that Spirit. I affirmed as follows: "This prayer treatment is for my sister Kate. She is relaxed and at peace, poised, balanced, serene, and calm. Her mind and spirit are the Mind and Spirit of God. The Healing Intelligence which created her body is now transforming every cell, nerve, tissue, muscle, and bone of her being into God's Perfect Pattern. Silently, quietly, all distorted thought patterns are removed and dissolved, and the vitality, wholeness, and beauty of the Spirit are made manifest in every atom of her being. She is now open and receptive to this

Healing Presence which flows through her like a river, restoring her to perfect health, harmony, and peace. All distortions and ugly thought images are now washed away by the Infinite Ocean of Love and Peace flowing through her, and it is so.”

I affirmed the above several times a day, and at the end of two weeks my sister had an examination which showed a remarkable healing, and the X-rays proved negative.

To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer. Your thought can only affirm, for even if you deny something you are actually affirming the presence of what you deny. Repeating an affirmation, knowing what you are saying and why you are saying it, leads the mind to that state of consciousness where it accepts that which you state as true. Keep on affirming the Truth until you get the subconscious reaction which satisfies.

THE ARGUMENTATIVE TECHNIQUE

This method is just what the word implies. It stems from the procedure of Dr. Phineas Parkhurst Quimby of Maine. Dr. Quimby was a pioneer in mental and spiritual healing and lived and practiced in Belfast, Maine, about one hundred years ago. He studied mesmerism for about seven years in order to discover how the mind worked, and thereafter discarded it in favor of spiritual healing. He had most remarkable results in prayer-therapy in all kinds of so-called incurable diseases. A book called *Quimby's Manuscripts* edited by Horatio Dresser is available in your library. This book gives newspaper accounts of the man's remarkable results in prayer-treatment of the sick. Quimby duplicated many of the miracles of healing recorded in the Bible. Quimby used to ask patients sick with tuberculosis and other malignant diseases to let him plead their case before the Great Tribunal which is God, because if they had faith and confidence in him, he would prove that they were innocent of the charge.

In brief, the argumentative method consists of spiritual reasoning, where you convince yourself that the patient is a victim of false beliefs and groundless fears, and that the disease or ailment is due only to a distorted, twisted pattern of thought which has taken form in his body; this wrong belief in some external power and external causes has now externalized as sickness and can be changed through a knowledge of the Law, which shows there is only One Primary Cause—Living Spirit or God, and Spirit can't be sick, frustrated, or unhappy. Spirit is unconditioned, not hampered by conditions of any sort, and is not subject to illness.

The basis of all healing is a change of belief. You reason out in your mind that the Infinite Intelligence created the body and all its organs; therefore It knows how to heal it, can heal it, and is doing so now as you speak. You argue in the courtroom of your mind that the disease is a shadow of the mind, based on disease-soaked, morbid thought-imagery. You continue to build up all the evidence you can muster on behalf of the Power of the Healing Presence which created all the organs in the first place and has a perfect pattern of every cell, nerve, and tissue within It; then you render a verdict in the courthouse of your mind in favor of your patient. You liberate the sick one by faith and spiritual understanding. Your mental and spiritual evidence is overwhelming; there being but One Mind, what you feel as true will be resurrected in the experience of the other. There is but One Mind common to all individual men.

SHE WON THE ARGUMENT

Recently a listener of our radio programs in Los Angeles prayed for her mother in New York City who had a coronary thrombosis. She prayed as follows: "God is the only Presence and the only Power, the only Living Reality, the Living Spirit Almighty. This Presence and Power is right where my mother is. God is her Life, and that Life is her Life now. The bodily condition is but a reflection of her thought-life, like shadows cast on the screen. I know that in order to change the images on the screen, I must change the projection reel. My mind is the projection reel, and I now project in my own mind the

image of wholeness, harmony, and perfect health for my mother. The Infinite Healing Presence which created my mother's body and all her organs is now saturating every atom of her being, and His River of Peace flows through every cell of her being. The doctors are divinely guided and directed, and whoever touches my mother is governed over by the Overshadowing Presence. I know that disease has no ultimate reality; if it had, no one could be healed. I now align myself with the Infinite Principle of Love and Life, and I know and decree that harmony, health, and peace are now being expressed in my mother's body. There is no power to challenge Omnipotence. The Healing Presence of God is now flowing through her. It is wonderful!"

Her mother had a most remarkable recovery after a few days, much to the amazement of the specialist who complimented her on her faith in God. The argumentative method of prayer on the part of her daughter produced certain conclusions in her mind and set the Creative Law of Mind in motion on the subjective side of life, which manifested through her mother's body as perfect health and harmony. There is only One Mind, and what the daughter felt as true about her mother was simultaneously resurrected in the experience of the mother.

THE ABSOLUTE METHOD

The person practicing this form of prayer treatment mentions the name of the patient, such as John Jones; then quietly and silently thinks of God and His qualities and attributes, such as God is All Bliss, Boundless Love, Infinite Intelligence, All Peaceful, Boundless Wisdom, Absolute Harmony, and Indescribable Beauty and Perfection. As he quietly thinks along these lines, he is lifted up in consciousness into a new spiritual wave length, at which time he feels that the Infinite Ocean of God's Love is now dissolving everything unlike Itself in the mind and body of John Jones for whom he is praying. He feels all the Power and Love of the Godhead is now focused on John Jones, and whatever is bothering or vexing

him now is completely dissolved in the Presence of the Infinite Ocean of God's Love.

MODERN SOUND WAVE THERAPY

The absolute method of prayer might be likened to the sound wave or sonic therapy recently shown me by a distinguished physician in Los Angeles. He has an ultra sound wave machine which oscillates at a tremendous speed and sends sound waves to any area of the body to which it is directed. These sound waves can be controlled, and he told me of remarkable results in dissolving arthritic calcareous deposits and the healing and removal of other disturbing conditions.

To the degree that we rise in consciousness by contemplating the qualities and attributes of God, do we generate spiritual electronic waves of harmony, health, and peace. Many instantaneous healings follow the absolute method of prayer.

A CRIPPLE WALKS

Dr. Phineas Parkhurst Quimby, of whom we spoke previously, used the absolute method almost exclusively in the latter years of his healing career. He was really the father of psychosomatic medicine and the first psychoanalyst. He had the capacity to diagnose clairvoyantly the cause of the patient's troubles, pains, and aches. Quimby would tell the patient where the pain was and the cause behind it. In order to cure him Quimby said, "I must go to Him who sent me, and there I will contemplate your Divine Perfection; if I succeed, you will be healed." The phrase, "I must go to Him who sent me," is taken from the Bible. *Yet a little while I am with you, and then I go unto Him who sent me, You shall seek me and shall not find me: and where I am, thither you cannot come.* John 7:33, 34. You will see the wonderful meaning of this as we proceed.

Quimby was called on to visit a woman who was lame, aged, and practically bedridden. He states that her ailment was due to the fact

that she was imprisoned by a creed so small and contracted that she could not stand upright or move about. She was living in the tomb of fear and ignorance; furthermore she was taking the Bible literally and it frightened her. "In this tomb," Quimby said, "was the Presence and Power of God trying to burst the bars, break through the bonds, and rise from the dead." When she would ask others for an explanation of some passage of the Bible, the answer would be a stone; then she would hunger for the bread of life. Dr. Quimby diagnosed her case as a mind cloudy and stagnated due to excitement and fear caused by the inability to see clearly the meaning of the Scriptural passages she had been reading. This showed itself in the body by her heavy and sluggish feeling which would terminate in paralysis.

At this point Quimby asked her what was meant, *A little while I am with you and then I go to Him that sent me*. She replied that it meant Jesus went to heaven. Quimby explained what it really meant by telling her that *being with her a little while* meant his explanation of her symptoms, feelings, and their cause; *i.e.*, he had compassion and sympathy for her momentarily, but he could not remain in that mental state. The next step was *to go to Him that sent us*, which is the Presence of God in all of us.

Quimby immediately traveled in his mind and contemplated the Divine Ideal; *i.e.*, the Vitality, Intelligence, Harmony, and Power of God functioning in the sick person. This is why he said to the woman, "Therefore where I go, you cannot come for you are in your narrow, restricted belief, and I am in health." This prayer and explanation produced an instantaneous sensation, and a change came over her mind. She walked without her crutches! She was as if she were dead in error, and to bring her to life or truth was to raise her from the dead. "I quoted the resurrection of Christ and applied it to her own Christ or health; it produced a powerful effect on her." (*Quimby's Manuscripts*).

THE DECREE METHOD

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine

upon thy ways.

JOB 22:28.

Power goes into our word according to the feeling and faith behind it. When we realize the Power that moves the world is moving on our behalf and is backing up our word, our confidence and assurance grow. We do not try to add power to Power; therefore there must be no mental striving, coercion, force, or mental wrestling.

A young girl used the decree method on a young man who was constantly phoning her, pressing her for dates, and meeting her at her place of business; she found it very difficult to get rid of him. She decreed as follows: "I release ——— unto God. He is in his true place at all times. I am free, and he is free. I now release this word into the Ocean of Infinite Mind which is the Mind of the Almighty. Infinite Mind is the Only Power operating and It brings this to pass. I have decreed this, and it shall come to pass. It is so." She said he vanished and she has never seen him since, adding, "It was as though the ground swallowed him up."

HOW A MINISTER GOT A CAR

A young, struggling minister recently told me that he read the above-mentioned verse in the Bible, *Thou shalt also decree a thing . . .* He decreed as follows: "I am one with all the automobiles in the world. They are all God's ideas made manifest. I decree that Infinite Mind through the Law of Right Action reveals to me the ideal car suitable for my work. I trust the Deeper Mind implicitly. It knows how to bring it to pass in Its own way."

The sequel to this decree was most interesting. Secretly members of his congregation collected a sum of money and presented him with a new Chevrolet car after his church service. They said, "We have a surprise for you!" He was not surprised, because he knew the Deeper Mind has ways we know not of. The Infinite Intelligence acted on their mind causing them to fulfill what the minister had accepted as true in his own mind.

You can never know *how* your prayer will be answered. Man must never say, "I don't have the money to buy a car; therefore I must do without it." He can decree what he wants, and Infinite Mind will bring it to pass.

PRACTICING PRAYER THERAPY

SPIRITUAL HEALING AND FAITH HEALING

True spiritual healing requires serious thought and consideration on the part of the person who undertakes it. Spiritual healing is not the same as faith healing. A faith healer is one who heals without any scientific understanding of the powers involved. He may claim that he has a special gift of healing, and the sick person's blind belief in him or his powers may bring results. Spiritual therapy is the synchronized, harmonious, and intelligent function of the conscious and subconscious levels of mind specifically directed for a definite purpose. The spiritual therapist must know what he is doing and why he is doing it. He trusts the law of healing. The voodoo doctor in South Africa may heal by incantations, or a person may be healed by touching the so-called bones of saints or anything else which causes the patients to honestly believe in the method or process.

ONE HEALING PRINCIPLE

The subject of spiritual healing is creating a widespread interest all over the world at the present time. Man is gradually awakening to the healing powers resident in the subconscious mind. It is a well-known fact that all of the various schools of healing effect cures. The answer to all of this is that there is one universal healing principle, the subconscious mind, and one process of healing which is faith. That is why Paracelsus stated this great truth, "Whether the object of your faith be real or false, you will nevertheless obtain the same effects."

It is an established fact that cures have taken place in various shrines throughout the world, in Japan, India, Europe, and on the

American continent. You will find many widely differing theories, each presenting indubitable evidences of healing. Obviously, to the thinker there must be some underlying principle common to them all.

Regardless of the geographical location or the means used, there is only one healing principle, and the process of every healing is faith.

The first thing to remember is the dual nature of your mind. The subconscious mind is constantly amenable to the power of thought; furthermore, the subconscious mind has complete control of your body. We realize that remarkable healings take place through osteopathy, chiropractics, medicine, and naturopathy, as well as through the ministrations of the various churches, but we maintain that all of these healings are brought about through the subconscious mind—the only healer there is.

SUBCONSCIOUS MIND AND HEALTH

Notice how the subconscious mind heals a cut on your face caused by shaving; it knows exactly how to do it. The doctor dresses the wound and says, “Nature heals it.” Nature refers to natural law, the law of the subconscious mind. The instinct of self-preservation is the first law of nature; your strongest instinct is the most potent of all auto-suggestions.

THE BODY ACTS AS IT IS ACTED ON

It is a well-known fact that the symptoms of almost any disease can be induced in hypnotic subjects by suggestion. Disease can be artificially induced in your own body or that of another through suggestion in defiance of your natural instincts. It is perfectly natural and obvious that suggestions in harmony with instinctive autosuggestion would have greater power.

It is easier to maintain and restore health than it is to bring about sickness in the body. The faith that brings about healing is a certain mental attitude, a way of thinking, an inner certitude, an expectancy of the best.

Any method, technique, or process you may use which will bring about a change in the mind, or inspire a new mental atmosphere is legitimate; results will follow. Healing is due to a changed mental attitude, or to a transformation of the mind.

BLIND FAITH

Any method which causes you to move from fear and worry to faith and expectancy will heal. True, scientific, mental healing is brought about by the combined function of the conscious and subconscious mind scientifically directed. There are a great number who claim that because their theory produces results, it is, therefore, the correct one; this is as explained in this chapter, cannot be true.

You know there are many types of healing. Mesmer and others healed by claiming that they were sending forth a certain magnetic fluid; other men came along and said all this was nonsense, that the healing was due to suggestion. If you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will get results because of the powerful suggestion given to your subconscious mind; it is the latter that does the healing. The witch doctor with his incantations also heals by faith.

All groups, psychiatrists, psychologists, osteopaths, physicians, and churches, are using the one universal healing power resident in the subconscious mind. Each may proclaim that the healings are due to its theory. The process of all healing is a definite, positive, mental attitude, an inner certitude, or a way of thinking called *faith*. Healing is due to a confident expectancy which acts as a powerful suggestion to the subconscious mind releasing its healing potency.

One man does not heal by a power different from another. It is true he may have his own theory and method. There is only one healing power, your subconscious mind. Select the theory and method which you prefer. You can rest assured if you have the faith, you will get results.

PRAYER THERAPY AT REDLANDS UNIVERSITY

In the Los Angeles Examiner several years ago, John McDowell described tests being conducted in prayer therapy at Redlands University under the title "Psychosomatic Tests Bare Prayer's Power." He writes as follows:

"Dr. William R. Parker, 37-year-old director of the clinic, today revealed for the first time that early results of prayer therapy in a group of twenty arthritic, tubercular, ulcer, and speech impediment patients have been favorable.

"These patients, who agreed to practice prayer therapy in addition to the university clinic's regular group psychological therapy, have been making greater progress than the clinic's regular patients," Dr. Parker said.

"For example: A stomach ulcer patient, relying solely on prayer and group therapy, has reported that for the last three weeks, all symptoms of his ailment have disappeared.

A Redlands University professor, afflicted most of his life with a severe case of stuttering which years of various treatments failed to correct, today has no trace of speech impediment after six months of prayer therapy.

"Another teacher, forced into retirement a year ago because of tuberculosis, is now back at his teaching job, apparently cured.

"This man's doctor,—a tuberculosis specialist—recently gave him a sputum test,' Dr. Parker said. 'The test turned up negative, and the doctor was certain a mistake had been made. He immediately made another test, and that was negative too.'"

"Dr. Parker—a doctor of psychology, not medicine—stresses that prayer therapy is no 'quackish' miracle

cure-all, but a scientific approach to prayer and its effect on the subconscious mind.

“The subconscious mind in the eyes of the still-pioneering psychosomatic medicine world is the fountainhead of many of mankind’s afflictions, including arthritis, asthma, hay fever, multiple sclerosis, tuberculosis, ulcers, and high blood pressure.

“The psychomatic theory—hotly disputed by the medical profession—is that such ailments start as functional disorders in the subconscious and develop into organic disease, which doctors treat by attacking the symptoms rather than the cause.

“Prayer therapy according to Dr. Parker is a psychosomatic attempt to attack the causes of these disorders in the subconscious.

“Four basic personality difficulties are at the root of everything that goes wrong in the subconscious mind,” Dr. Parker said. *‘They are fear, hate, guilt, and inferiority.’*

“In the Redlands prayer-therapy experiments these basic difficulties are first ferreted out through a series of standard psychological tests given to patients participating in the project.

“Subsequently, the patients meet in a ninety-minute group session once a week to discuss their problems. At these meetings each patient is given a sealed envelope containing information on one detrimental aspect of his or her personality uncovered in the tests.

“Once at home the patients open the envelopes, learn a new, undesirable phase of their personality, and resolve that particular difficulty in prayer daily until the next group meeting.

“There is only one ‘must.’ Each patient is required to pray regularly each night before he or she retires.

“We insist on a prayer at that time, because the last thing that a person is thinking before going to sleep is most likely to penetrate to the subconscious,” Dr. Parker said.

“Dr. Parker, who first tried out his prayer theories himself during an onset of ulcers three years ago, said most of the patients have to be taught how to pray.

“The clinic’s prayer-therapy patients are taught a positive approach to prayer, stressing love, and an uplifting concept of God and the universe.

“Our prayers are not a begging for health, but are affirmations of the healing of the unhealthy element the patient wants to attack stated in such a positive, repetitious manner that eventually it sinks into the subconscious and becomes a part of that person,’ Dr. Parker said.

“In that manner, through prayer, destructive aspects within the subconscious can be attacked and eventually overcome, thus eliminating the basic causes of their physical ills.”

Dr. Parker has written a book called *Prayer Can Change Your Life* which explains his remarkable and marvelous results in prayer therapy at Redlands University. He has also given several series of immensely popular class-lessons with me at the Wilshire Ebell Theater, Los Angeles, which created widespread interest to students of all religious affiliations. We had over twelve hundred registered students in one of our special classes on prayer therapy.

HOW TO HEAL THROUGH PRAYER THERAPY

THE USUAL PROCEDURE IS AS FOLLOWS:

1. Take a look at the problem.
2. Then turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your treatment by saying, "I hope so!" or "It will be better!" The cellular set-up of your body will follow faithfully and honestly whatever blueprint the conscious mind hands over to it by way of the subconscious mind sometimes called the subjective or involuntary mind. Your feeling about the work to be done is "the boss." Know that health is yours! Harmony is yours! Become intelligent by becoming a vehicle for the infinite healing power of the subconscious mind. The reasons of failure are: Lack of confidence and too much effort. Pass on the idea of health to the subconscious mind to the point of conviction; then relax. Get yourself off of your hands. Say to conditions and circumstances, "This, too, shall pass." Through relaxation you impress the subconscious mind enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

THE TENDENCY OF THE SUBCONSCIOUS IS LIFEWARD

The body of man portrays the workings of his inner mind. Our real powers are resident in the subconscious mind. No one knows all of the workings of the subconscious mind for it is infinite in its scope. We learn what we can about how it works; then we use it accordingly. There is an intelligence which will take care of the body if we let it alone. The conscious mind always interferes with its five-sense-evidence based on outer appearances, leading to the sway of false beliefs, fears, and opinion. When fear, false beliefs, and negative patterns are made to register in the subconscious mind through psychological, emotional conditioning, there is no other course open to the subconscious mind except to act on the blueprint specification offered to it.

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Study the works of Edison, Carver, Einstein, and many others who, without too much education, knew how to tap the subconscious mind for its manifold treasures. Have a reason for faith in yourself. You cannot get very far if you do not believe in what you do not see. I do

not see love, but I feel it; I do not see beauty, but I see its manifestations. Our greatest failing is a lack of confidence in the powers of the subconscious mind. Get acquainted with your inner powers. Of what use is it to know in principle that you are perfect if you cannot bring it out? Self-realization, plus feeling, is the only key to healing. Know your mind, and how to use it.

EASY DOES IT!

A house-owner once remonstrated with a furnace repairman for charging two hundred dollars for fixing the boiler. The mechanic said, "I charged five cents for the missing bolt, and one hundred and ninety-nine dollars and ninety-five cents for knowing what was wrong."

Similarly, your subconscious mind is the master-mechanic, the all-wise one, who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and the subconscious mind will establish it; but relaxation is the key. "Easy does it." Do not be concerned with details and means, but know the end result. Get the *feel* of the happy solution of your problem, whether it is health, finances, or employment. Remember how you felt after you had recovered from a severe state of illness. Bear in mind that the feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state—not in the future—but as *now* coming about.

TAKING GOD'S PATTERN

The following is a prayer for perfect health. A minister I knew in South Africa applied this prayer and healed himself. Several times a day he would affirm slowly and quietly, first making certain he was completely relaxed mentally and physically, "The perfection of God is now being expressed through me. The idea of health is now filling my subconscious mind. The image God has of me is a perfect

image, and my subconscious mind recreates my body in perfect accordance with the perfect image held in the mind of God.”

This is a simple, easy way of conveying the idea of perfect health to your subconscious mind. In prayer therapy or spiritual healing our only tool is spiritual thought.

IMPRESSING THE SUBCONSCIOUS MIND

A wonderful way to impress the subconscious mind is through disciplined or scientific imagination. The subconscious mind is the builder of the body and controls all its vital functions. I told a man suffering from functional paralysis to make a vivid picture of himself walking around in his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. He lived the role and actually felt himself back in the office. I explained to him that as he imagined clearly the fulfillment of his desire, he was giving the subconscious mind something definite to work upon. The subconscious mind is the film upon which the picture is impressed. The subconscious mind develops the picture and objectifies it as an experience, condition, or event. One day after several weeks of frequent conditioning of the mind with this mental picture, by pre-arrangement the telephone rang and kept ringing while his wife and nurse were out. The telephone was about twelve feet away, but he managed to answer the telephone. His wife knew he was healed at that hour. The healing power flowed to the focal point of his attention, and a healing followed. Psychologically speaking, the mental picture was developed in the dark house of his mind, and a complete healing followed. This man had a mental block which prevented impulses from the brain reaching his legs: therefore he said he could not walk. When he shifted his attention to the healing power within him, the power flowed through his focused attention enabling him to walk. The Bible says, “Whatsoever ye shall ask in prayer, believing, ye shall receive.” To *believe* is to accept something as true, or to live in the state of being it; as you sustain this mood, you shall experience the joy of the answered prayer!

POTT'S DISEASE CURED

I read an article which appeared in the magazine *Nautilus* some years ago about a boy suffering from Pott's disease, or tuberculosis of the spine, who had a remarkable healing. His name was Frederick Elias Andrews of Indianapolis, now minister of Unity School of Christianity, Kansas City, Missouri. His physician had pronounced him incurable. He began to pray, and from a crooked, twisted cripple going about on hands and knees, he became a strong, straight, well-formed man. He created his own affirmation, mentally absorbing the qualities he needed. He affirmed over and over again many times a day, "I am whole, perfect, strong, powerful, loving, harmonious, and happy." He persevered and said that this prayer was the last thing on his lips at night and the first thing in the morning. He prayed for others also by sending out thoughts of love and health. This attitude of mind and way of prayer returned to him multiplied. His faith and perseverance paid off big dividends. When thoughts of fear, anger, jealousy, or worry came into his mind, he would start his affirmation going in his mind. His subconscious mind responded according to the nature of his habitual thinking. This is the meaning of the statement in the Bible, "Go thy way, thy faith hath made thee whole."

HOW PRAYER WORKS

WHY NO ONE CAN UPSET YOU

Many of you have heard these expressions frequently: "I'm deeply hurt, I can't get over it; I've been wounded to the quick; this is the last straw; I could forgive anything but not this." The only creative power is our own thought; consequently we are hurt by our own thoughts, by the movement of our own mind. Each individual has the power to react positively or negatively. It is not what the other person says or does that hurts you; it is your reaction to what is said or done. The suggestions and statements of others cannot create circumstances for us unless we accept these suggestions and give them mental consent; this process requires a movement of your own mind which, in the final analysis, is the only creative medium. You can think constructively or negatively, as you wish. You are free to choose how you will think and react.

THE CASE OF THE CRYSTAL-GAZER

One of the countries in which I have lived is India. A relative there told me about a friend of his who had gone to a crystal-gazer who told him that he had a bad heart and would die at the next new moon. It happened just as predicted. My relative also told me that this crystal-gazer was believed to have some strange occult powers and could do good or harm to a person. I suppose many of us have heard similar stupid, ridiculous, superstitious stories.

Let us look at what happened in the light of our knowledge of the way the subconscious mind works. Whatever the conscious, reasoning mind of man believes, the subconscious mind will accept and act upon. This is why the Bible says, "As a man thinketh in

his heart (subconscious mind), so is he,” or “It is done unto us as we believe.” In other words, the things we believe cause all our experiences. My relative’s friend was happy, healthy, vigorous, and robust when he went to see the fortuneteller. She gave him a very negative prediction which acted like a post-hypnotic suggestion. He became terrified and constantly dwelt upon the fact that he was going to die at the next new moon. He proceeded to tell everybody about it and got ready for the end. The activity took place in his own mind, and his own thought was the cause. He brought about his own so-called death, or rather destruction of the physical body, by his fear and expectation of the end.

The woman who predicted his death had no more power than the stones or sticks in the field. Her suggestion had no power to create or bring about the end she suggested. If he had known the laws of his mind, he would have completely rejected the negative suggestion and refused to give her word any attention, knowing in his heart that he was governed and controlled by his own thought and feeling. Like tin arrows aimed at a battleship, her prophecy could have been completely neutralized and dissipated without harming anyone. The suggestions of others in themselves have absolutely no power whatever over you except the power that you give them through your thoughts. You have to give your mental consent; you have to entertain the thought; then it becomes *your thought*, and you do the thinking. Remember, you have the capacity to choose. Choose life! Choose love! Choose health!

WHAT IT MEANS TO THINK

To think implies comparison of one thing with another, of one proposition with another. If the mental instrument of man can only say, “Yes,” comparison is obviously impossible. To think is to choose. *Choose ye this day whom ye shall serve*. You have a choice between two things; to one of them you say, “Yes,” to the other, “No.”

For example, when you ask, “Why,” you are seeking a reason. All reasoning involves selecting one thing and rejecting another. It would be impossible to select or reject unless your mind had the power of

affirmation and rejecting. You are truly thinking when your thoughts are positive, constructive, harmonious, and when you reject all fears and contemplate the reality of your desire, knowing that there is an Almighty Power lodged in your subconscious depths which responds to your thought, and this Power will bring your thoughts to fruition. You are truly thinking when you reason things out in your mind, rejecting all concepts unfit for a mind dedicated to peace and harmony. You are truly thinking when you realize that there is a solution, a way out, knowing that a subjective wisdom will respond to your creative thoughts when you are free from fear. If you are worried, fearful, or anxious, you are not thinking in the true sense of the word; it is the race mind thinking in you. Think on whatsoever things are lovely and of good report.

HOW SHE RECOUPED HER LOSS

A businesswoman in Los Angeles told me that she had attracted a charlatan who swindled her out of nearly fifteen thousand dollars. She became embittered, revengeful, hostile, and hateful toward all men and developed a martyr complex. She said that her misfortune was all due to bad luck. It was explained to her that her so-called misfortune was the silent unfolding of the bad thoughts of gloom and despondency which she had sowed in her deeper mind. What we sow, we reap, and our destiny depends on our choice of thoughts. The future is always the present grown up. We must remember that we are sowing seeds of thought in the garden of our mind every time we think. The good and bad seeds (thoughts) we deposit in our garden (mind) grow like the wheat and the tares until the harvest.

This woman admitted that she had been in a depressed and dejected state at the time she had attracted the confidence man. She was also quick to realize that her mood of despondency, grief, and self-pity, being a mood of loss, attracted to her someone who testified to her mental attitude of loss. Loss can come in many ways, and in her case it was a loss of joy, health, peace of mind, as well as money. This man could not have cheated her unless she had planted in the soil of her mind the seeds of loss, lack, and limitation. The law

of cause and effect is always operating to bring in the results of our choice.

This person overcame her mental anxiety and sense of loss by using the following prayer two or three times a day: "I know there is nothing lost in Infinite Mind; all things subsist in the One Mind. I know that whatever I accept and believe in my mind, I experience. I positively refuse to accept the loss of my wealth. I choose mentally and emotionally to identify myself with my wealth, and it comes to me in avalanches of abundance. I know definitely, positively, and absolutely that I cannot experience anything except through my mental acceptance and belief. I accept wealth and abundance now. I wish for everyone what I wish for myself, for I know that love is the fulfilling of the law of health, wealth, and peace of mind."

As she repeated this prayer frequently, she reconditioned her mind to wealth. Whenever the thought of the swindler re-entered her mind, instead of reacting negatively she said, "I wish him well." This meant that she wished for him all the blessings of health, wealth, happiness, and peace of mind. After a few weeks she was in an exalted frame of mind. She took a position as private secretary to a stock broker, and in a few months time she made ten times as much as she had lost. Through information on the movement of certain stocks the deeper mind recovered her loss for her. A knowledge of the laws of our mind is the truth which sets us free.

GETTING BACK ON THE BEAM

I knew a woman who hated her sister because the latter called her a slimy snake. She brooded over it for months, felt deeply hurt, and developed colitis as a result—all because of a few words uttered by her sister. She had to heal herself. In order to do this it was necessary for her to understand how her mind worked. The first thing she had to perceive was that the words uttered by her sister had absolutely no power whatsoever to affect her, as the only creative power was her own thought. A word is a thought expressed. The words which were thoughts expressed by her sister had no power to disturb her. They were not creative except as she entertained them

in her own mind and reacted negatively. She had yielded to the thought of resentment; that thought then generated a negative emotion, followed by the objective manifestation in her colon. All three steps thought, emotion, and manifestation took place in her own mind. *It is not what people say and do that hurts us, it is our reaction and response.* In other words, the good and evil we experience are simply movements of our mind. The doctor told this woman that her ulcerative colitis was due to an emotional upheaval and he advised her to become loving and forgiving.

This is how she got back on the beam: She radiated thoughts of love, peace, and good will to her sister frequently during the day by affirming as follows, "I sincerely wish for my sister peace, health, and happiness, and I know that God's river of peace and love flow through her now and forevermore." This changed mental attitude on her part released the Infinite Healing Power which is within all, and in a few weeks' time she was completely whole, and all tests were negative.

THE HEALING OF AN ULCER

Mr. Jones had feelings of strong resentment, hostility, and anxiety. He said to me, "The doctor says I have a peptic ulcer. Do you think my resentment caused it?" In our discussion I discovered he was really suffering from an emotional reaction toward a business associate. It seems that his associate had ridiculed his suggestions at one of the board meetings, and he had been brooding over the ridicule at length. Our emotions, when suppressed, must find an outlet in disease such as ulcers, migraine, arthritis. Mr. Jones allowed this man to rob him of inner peace, health, joy, and mental efficiency.

The healing process he followed was to see clearly that he had to cremate, burn up, destroy, and annihilate ruthlessly all the negative thoughts in his mind which were causing the trouble. He realized that his business associate had no power to irritate, annoy, or disturb him. He said to me, "I shall never again in the whole course of my life give to others the prerogative or capacity to hurt me. I know now

they do not possess any such power.” This statement coming from him was, as you can readily see, fifty-one percent of the healing process; the rest was easy. He knew he had been entertaining mental gangsters, murderers, assassins, and marauders which robbed him of peace, tranquillity, and inner peace. His negative, destructive thoughts produced his peptic ulcer. His thoughts were the thieves who robbed him. He healed himself by praying in the following manner several times a day until he got the inner reaction which satisfied, “My associate, John, is loving, kind, and cooperative. He did not hurt, upset, or confuse me. I forgive myself completely for harboring revengeful, hateful thoughts about John. John is full of peace, joy, and love. There is harmony, peace, and understanding between us. Whenever any negative thought about John or anyone else arises, I immediately remind myself that the peace of God flows through me.”

HOW HIS SPECIFIC PRAYER WORKED

These spiritual thoughts released a tremendous, potent, therapeutic vibration which radiated throughout his mind and body, and all the cells of his body took on a new tone. Moreover, the spiritual vibrations destroyed the negative pattern lodged in the subconscious area of his mind, and he experienced a remarkable change for the better. In a few months’ time he was discharged by his physician as cured and was free to eat his customary food.

TAKING A PERSONAL INVENTORY

Are you experiencing friction, misunderstanding, and resentment in your relationship with others? These unsatisfactory personal adjustments are due to the bad company you are keeping in your mind. When you were young, mother warned you to keep away from bad company, and if you disobeyed, you were probably soundly spanked. In a somewhat similar manner you must not walk down the dark alleys of your mind and keep the company of resentment, ill will,

hostility, and hatred; these are the thieves of your mind which rob you of poise, balance, harmony, and health. You must positively and definitely refuse to walk and talk with them in the galleries of your mind. On the contrary you must make it a practice to walk the sunlit streets of your mind, associating with lovely, spiritual companions called confidence, peace, faith, love, joy, good will, health, happiness, guidance, inspiration, and abundance. You can choose your companions in the objective world, and I feel sure that when you do you will select them according to the criteria of honesty and integrity. You select your clothes, work, friends, teachers, books, home, and food. You are a choosing, volitional being. When you choose something, you portray a preference for one thing over another; it may be a hat or a pair of shoes. The Bible says, "Choose ye this day whom ye shall serve." Choose health and happiness in your mind.

ACHIEVING UNDERSTANDING

Man has to give up his false beliefs, opinions, and theories and exchange them for the truth which sets him free. He must learn that he is not a victim of his five senses; neither is he controlled by the external conditions or environment. He can change conditions by changing his mental attitude. His own thought and feeling create his destiny and determine his experience. Therefore, man no longer can blame others for his misery, pain, or failure. When a man sees clearly that which he thinks, feels, believes, and gives mental consent to, consciously or unconsciously, determines all happenings, events, and circumstances in his life, he ceases to resent, condemn, and blame others. He discovers there is no one to blame but himself.

THOUGHTS ARE THINGS

For countless centuries man has looked outside of himself and has filled his mind with jealousies, hates, resentment, and depressions due to his belief that others were marring his happiness and causing

his troubles. He has believed that he is the victim of fate, chance, accidents, and that there are other forces and powers inimical to his welfare. These beliefs, with others of a similar nature, are false for the simple reason that man's thoughts are things, and man is what he thinks all day long. His mind is full of all sorts of weird ideas, superstitions, fears, anxieties, and complicated philosophies about devils, evil entities, and malicious powers. Man's thought is creative; his thoughts become his ulcer or his poverty. Man must divest himself of all his erroneous and false concepts and realize that he makes his own hell and his own heaven here and now. A man can influence his subconscious positively or negatively. The subconscious mind is always amoral, impersonal, and has no ethics or sentiments. Hence, if man's thoughts are of an evil nature, the law of his subconscious mind will automatically bring these thoughts into form and experience. If man's thoughts are good, wholesome, and constructive, the law of his subconscious will bring forth good experiences and happy circumstances. This is neither more nor less than the law of cause and effect which is a universal and impersonal law.

WE PUNISH OURSELVES

The cause is thought, and the effect is the automatic reaction of the mind to the thought. Our retribution or reward depends on how we use our mind. If a man makes an erroneous decision in his mind, he invokes the mathematical and just response of the law and experiences loss as a result of his erroneous judgment or decision. The law of action and reaction is universal throughout nature. If man's thoughts are wise, his actions will be wise. God is not vengeful, but the impersonal laws of our own mind reacting according to their nature because of our thought-life produce what seems to look like vengeance to the man unawakened to the laws of his mind. Actually it is a natural law of action and reaction which is always equal, exact, and precise. There is no point in blaming the lake if a man should happen to fall in when he lacks the ability to swim. We would not accuse the lake of vengeance; the water was

completely impersonal. Think good, good follows; think evil, and evil follows.

“I sent my soul through the Invisible—
Some letter of that after-Life to spell,
And by and by my soul returned to me
And answered, ‘I myself am Heaven and Hell.’”

OMAR KHAYYAM.

THE TRANSFORMING POWER OF PRAYER

It is important to recognize and use the power of prayer to transform all negative attitudes that precipitate the unfortunate circumstances in our daily activities and health. We are inclined to permit too many transient emotional reactions to upset the plans and hopes for the events of our lives, to disturb our relations with people, to cause us to rebel against the conditions of our environments. You will find many constructive changes in your relationship with the world when you come to know the power of prayer to sustain the warm kinship we should feel for friends and acquaintances, protecting us from the chilling changes of emotional uncertainties.

HIS ATTITUDE WAS ALL WRONG

A young engineer said to me some months ago, "The boss is an ignoramus, so I walked out. I just got another job, but I went from the frying pan into the fire. This place is worse." The young man had a domineering, tyrannical, puritanical sort of a father typical of his New England traditions. The youth had resented his father and had not written him for several years. Slowly but surely he began to see that he was rebelling against authority in the same way that he had been rebelling inwardly against his father. It began to dawn on him that he was actually transferring the blame for his own shortcomings, mistakes, and misdeeds to others and also was attributing to others his unacceptable impulses and thoughts.

HIS NEW ATTITUDE

He decided to pray morning and evening as follows: "I wish for everyone in the plant where I work health, happiness, peace, and promotion. My employer congratulates me on my work; I paint this picture in my mind regularly and I know it will come to pass. I am loving, kind, and cooperative. I practice the Golden Rule and I sincerely treat everyone in the same way that I would like to be treated. Divine Intelligence rules and guides me all day long; I am prospered in all my ways." As he saturated his mind regularly and systematically with these spiritual thoughts, he succeeded in bringing about a new mental attitude of a constructive nature which changed everything for the better in his life.

FIVE POSITIONS IN FIVE MONTHS

I gave advice to a young man one time who had lost five positions in five months. He drank excessively, was irresponsible, shiftless, lazy, indolent, crude, lacking in understanding, zeal, and application. I explained to him that his dominant attitude of mind colored everything, and that his gloomy outlook on life caused him to look at everything from the dark or negative side. The good news he received from his family from time to time brought about only an occasional mood of cheerfulness which was drowned out in a few minutes by his dominant, gloomy, depressed attitude.

BECOMING A NEW MAN

At my suggestion this young man took a course in public speaking and another course at night school where with diligence, personal initiative, and application he learned the rudiments of the commercial world. He began to pray for guidance and prosperity by claiming these qualities. Gradually he commenced to die to the "old man" and to put on the "new man." He developed enthusiasm, perseverance, stick-to-it-ive-ness, and became the foreman of the shop where he worked. He became happy and joyous and began to express health, harmony, and true living. He learned that practically all teaching,

whether institutional, religious, or secular, has for its real purpose the inducement of a changed mental attitude towards life, people, and events. The first step in this young man's onward march was correcting his attitude towards life.

A MURDERER BECOMES A TEACHER

I knew a murderer one time who confessed to me that he had killed a man. He had an intense desire to transform himself and be reborn mentally and spiritually. He had a very receptive attitude of mind and believed that "with God all things are possible." At my suggestion he started to still the wheels of his mind for fifteen or twenty minutes several times daily; then he would silently, quietly, and lovingly claim and feel that he was now a channel for God's love, peace, beauty, wisdom, and intelligence, and that his mind and heart were being cleansed, purified, healed, and restored. As he did this regularly, sincerely, and enthusiastically, he began to become more loving, more peaceful, and more kind in all his ways. An inner sense of peace welled up within him.

One night this man had an inner experience sometimes called conversion. He said that he seemed to be immersed in a blaze of Light. Actually he was blinded like Paul by the Light for a while. All he could remember was that he felt the ecstasy and rapture of God's Love. His feeling was indescribable. He was a changed man in his mind and heart and began to teach others how to live; he is still doing it.

ATTITUDES CONDITIONED BY IMAGINATION

Whatever you imagine a thing to be, there is a corresponding emotional reaction. A prominent eastern teacher of oriental philosophy while walking the streets of London in the twilight of the evening looked at a coiled rope on the street and imagined it to be a snake; he became paralyzed with fear. When he discovered his mistake, his true picture of the rope induced a new mental attitude

and emotional response. What do you imagine yourself to be? What do you imagine Life to be? According to your imagination will it respond to you.

HOW SHE GOT A NEW ATTITUDE

A young lady had a music degree and wanted to teach music, but she had the attitude of mind that she would fail, that students would not come to her because she was unknown. She adopted a new attitude and began to realize and affirm boldly, "I can be what I want to be. I can do what I want to do through the Power of the Almighty within me." She came to the decision that a great number of students could be benefited by what she had to offer. Her basic trouble was fear and she overcame it through the frequent repetition of the above prayer and the disciplined use of her imagination. Twice daily she imagined herself teaching students and saw them happy and pleased. She was the actress in the drama. "Act as though I am, and I will be." She felt herself as the successful teacher, acted the role in her imagination, and focused her attention on her ideal. Through her persistence she became one with the idea in her mind until she succeeded in objectively expressing what she subjectively imagined and felt. What she imagined her life to be, she *felt* it to be, and according to her new feeling or mental attitude was it done unto her.

HOW A NEW ATTITUDE SAVED HIS LIFE

During a series of lectures in Capetown, South Africa, a brilliant lawyer listening to one of my lectures gave me a clipping dealing with forgiveness from a newspaper called *Argus*. I quote a few pertinent paragraphs. "Lieutenant Colonel J. P. Carne told of his life as a prisoner in Korea. During his eighteen months solitary confinement he did not have a bitter word for the action of his Chinese captors in imposing a sentence so harsh that doctors were amazed at his survival. When walking around his garden (in England) listening to the church bells welcoming him home,

Lieutenant Colonel Carne said, 'The mental picture of this glorious place (his loved ones, his garden, his home) forever kept my mind alive. Not for one moment did I let it slip away.'" The caption of the article was *A Garden Gave Him Courage*.

This example is a beautiful lesson in the art of forgiving. Instead of resenting, hating, or indulging in mental recriminations, he gave himself a constructive vision. He imagined himself at home with his loved ones; he felt the thrill and joy of it all. Visualizing his garden in full bloom, he saw the plants grow and bring forth fruit. It was all vivid and real. He felt all this inwardly in his imagination. He said other men would have gone insane or perhaps have died of a broken heart, but he saved himself because he had a vision. "It was a vision I never let slip away." His great secret was a new mental attitude in the midst of privation, misery, and squalor. He was loyal to his mental picture and never deviated from it by destructive inner talking and negative mental imagery.

THIS IS THE LAST STRAW

John was boiling and seething with resentment, saying to himself, "This I can't take after all my years of faithful service." He added that he had been smarting from a letter received from his general manager. His attitude was, "This is the last straw!" I explained to this young man that he was poisoning his whole system by his destructive mental attitude and that he had to reverse his mental picture. Here is a very old formula or technique which I gave him: Compose a letter, written as from the general manager to yourself, which would make you happy and satisfied if you received it. Put into this letter the words you would like the general manager to write or say to you. At night prior to sleep he imagined the general manager had written him a letter which praised him and his work and which made him happy and satisfied in every way according to the Golden Rule and the spirit of good will. He saw the words on the imaginary letter and rejoiced in reading them. As he said to me, "I kept it up every night. I would read that letter over and over again and look at the general manager's signature." All hatred left him as he continued

to do this. To quote him again, "The queerest thing in all the world happened!" The general manager actually wrote him a letter praising and promoting him. The letter contained the essence of what he had been imagining and feeling for several days. Here is shown clearly what a new attitude of mind will do, substituting the mood of love and good will for the feeling of ill will and hostility. His new harmonious and cooperative attitude of mind was subconsciously felt by the general manager, causing him to respond in kind. He gave love and he received love. *Forgive (give for), and you shall be forgiven.* Luke 6:37.

WHY SHE SUFFERED FOR YEARS

I interviewed a young woman in Perth, Western Australia, some years ago, who suffered for years from migraine headaches, sinusitis, stomach trouble, and severe asthmatic attacks. She told me a sordid tale of bitterness, hostility, and hatred towards her mother. I asked her where her mother was, and she said, "Oh, she died ten years ago." It seems the mother left the estate to her sister in New Zealand. All this time she had been poisoning herself with that mental poison called hate. It is a real "killer."

LET US REASON TOGETHER

In talking the matter over and reasoning it out, this young woman realized that her mother had acted according to her lights. Her mother had done what she felt was right according to her mental attitude. She learned that it was necessary to get a new mental attitude and pray for her mother, thereby blessing herself and her mother. She wept copiously, which was good. It was a release. She said, "God bless my mother, and His Love be with her wherever she is." This was the healing balm necessary; this was love and good will speaking. We prayed together for her mother, realizing that her mother was surrounded by love, peace, and beauty, that God's river of peace filled her soul, and that she was illumined and inspired by

God. A wonderful change came over her. A light came into this woman's eyes, a smile appeared on her countenance, a radiance seemed to surround and envelop her. All hatred was melted in the sunshine of His Love.

Be ye transformed by the renewal of your mind.

ROM. 12:2.

HOW TO PRAY FOR GUIDANCE

The power that moves the universe is the unlimited reservoir of the creative power within every individual. By learning to pray for guidance, man learns to tap these forces freely by simply decreeing the objectives for which he prays. However it is yet a mystery of the Infinite Mind as to *how, when, where, or through what source* the answers to prayer will come. The finite mind of man simply implants the thought in the subconscious mind through which agency the Infinite Mind works. Man in his prayers must learn not to limit the effectiveness of the reaction by attempting to make demands as to time, place, way.

GUIDANCE COMES TO DOCTOR AT END OF HIS ROPE

The subconscious mind guided Dr. A. J. Cronin, the well-known author of *The Cital*, *A Thing of Beauty*, and many other novels. He wrote an article in one of our local newspapers wherein he stated that after his health had broken down, he had to take a year's rest because he had been told that he might never again be fit to stand the wear and tear of medical life. At that time Dr. Cronin was on the threshold of achieving his highest ambition, that of becoming a specialist in Harley Street, London. A friend encouraged him with the thought, "You know, doctor, we have a saying in Ireland, if the good God shuts one door, He opens another."

Dr. Cronin wrote that some time afterward, while he was resting in the West Highlands, he was seized with an impulse to write. The result was *Hatter's Castle*. He sent the manuscript to a publisher and it was accepted. One door had been closed, but the wisdom of the subconscious mind had opened another to a very successful and

lucrative career. It revealed to him special talents which he didn't know he possessed. Your subconscious mind will do the same for you when you trust it and believe that it has the answer.

YOUR WISHES HAVE A WAY OF COMING TRUE

The urge of everybody is to be, to do, and to have. Perhaps you are saying to yourself, "I wish to be an actor, actress, writer, engineer, or a great musician."

There was an article published in the *This Week* section of the *Los Angeles Times* a few years ago written by a leading musical star entitled "Watch Your Wishes."

In the article she says that wishes are thoughts vibrant with life and eager for action. They have the power to produce light and beauty. Everything she has wished for all her life has come to pass to the point where she "watches her wishes" to make sure they are of value.

. . . Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life . . . (Allen).

A DETECTIVE GETS HIS MAN

Some months ago I told a prominent detective that he could solve his difficult case through the subconscious mind. I began my explanation in this way.

If, when you retire, you will tell your subconscious mind to awaken you at six a.m., it will do so. The reason is that you are thinking about six o'clock in the morning. Whenever you are definite in your conscious reasoning mind, you are automatically calling forth a

response from the subconscious mind. When your thought is clear-cut and definite, and you believe in the power of the subconscious mind to answer, the response from your own subconscious mind will come quickly. I assured this detective that the subconscious mind knew where all the participants in the crime were, the whereabouts of their hideout, and the way to find them.

Everything that man has ever thought, a memory of everything that has ever transpired or occurred on this planet is recorded faithfully in the Universal Subconscious. And every man's personal subconscious is one with the Universal Subconscious, or as Carl Jung calls it, the collective unconscious of the race. I am using the word subconscious in this book in its broad sense, acknowledging that while we can use the subconscious mind two ways, negatively or positively, nevertheless lodged within the subconscious mind is the wisdom, power, intelligence, and love of the Infinite One or the God-Self.

Here is the simple technique I gave this outstanding detective: "Quiet your mind; still your body; tell your body to relax; it has to obey you. Your body has no volition, initiative, or intelligence of itself. It is an emotional disc which records your beliefs and impressions. Immobilize your attention; focus your thought on the solution to your problems. Try and solve them with your conscious mind. Think how happy you would be about the perfect solution. If your mind wanders bring it back gently. In this sleepy, drowsy state, say quietly and positively, 'The answer is mine now; I know my subconscious mind knows the answer.' Live now in the mood of the solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. You may fall asleep sooner than you expected, but you were thinking about the answer; the time was not wasted. When you awaken and yet you do not have the answer, get busy about something else. Probably when you are preoccupied with your work, the answer will come into your mind like toast pops out of a toaster."

He followed these simple instructions, which may be used every night to solve any problems. On the morning of the fourth day following this procedure, the answer came into his conscious mind while he was shaving. The reason for this was that while he was

shaving he was relaxed; then the wisdom and intuition of the subconscious mind came to his surface or conscious reasoning mind. The subconscious will give you guidance, but you must come to a definite conclusion or judgment in your conscious mind. *You must not vacillate or waver.* In other words you must make up your mind like the above-mentioned detective, and think and know that the answer or solution is yours because that which knows all and sees all is within you.

HOW TO STOP BLOCKING THE ANSWER

Men and women are constantly seeking solutions and answers to everyday problems such as the following: "Shall I accept this new position or stay where I am?" "Shall I invest in this property?" "Shall I keep or sell my home?" "Shall I dissolve partnership or enter into this new partnership?" "Shall I marry this person?" "I must get an answer before midnight, what decision shall I make?"

Many people unknowingly block the answers to these and other perplexing questions by failing to understand the workings of their deeper or subconscious mind. We must remember that whenever the subconscious *accepts* any idea, it immediately begins to execute it. It uses all its mighty resources to that end and mobilizes all the unlimited mental and spiritual powers in our depths. This law is true for good or bad ideas. Consequently, if we use it negatively, it brings trouble, failure, and confusion. When we use it positively, it brings guidance, freedom, and peace of mind. The right answer is inevitable when our thoughts are positive, constructive, and loving. From this it is perfectly obvious that the only thing we have to do is to get the subconscious to accept an idea by feeling its reality now, and the law of our mind will do the rest. We turn over the request with faith and confidence and the subconscious takes over.

We block our progress and answers to our problems by such statements as: "Things are getting worse." "I will never get the answer." "I see no way out." "It is hopeless." "I don't know what to do." "I'm all mixed up." When we use such statements, we get no response or cooperation from the subconscious mind. Like soldiers

marking time, we neither go forward nor backward, in other words we don't get anywhere. If we should get into a taxi and give half a dozen different directions to the driver in five minutes, he would become hopelessly confused and probably would refuse to take us anywhere. It is the same when working with our subconscious mind. There must be a clear-cut idea in our minds. We must arrive at the definite decision that there is a way out, a solution to the vexing problems. The Infinite Intelligence within the subconscious knows only the answer. When we come to that clear-cut conclusion in our conscious minds, our minds are made up, and according to our belief is it done unto us.

Belief is simply a thought or concept held in the mind, and whatever the nature of that thought, a corresponding response shall come forth. If our concept is "There is no way out," or "I can't get an answer," we will call forth a definite response of confusion and chaos. If our thought is wise, the reaction or response will be wise. We all know that an action is only the outer expression of a thought. Our constructive action or decision is but the manifestation of a wise or true thought entertained in our mind. Common sense is an expression of inner guidance or wisdom. After asking for guidance or an answer, we do not neglect obvious and convenient stepping stones to our goal. We avoid blocking our answer when we simply think about the solution, knowing that our thought activates the subconscious which knows all, sees all, and has the "know how" of accomplishment.

YOU CAN CHOOSE CONFIDENCE, TRIUMPH, AND VICTORY

The Bible says, *Choose ye this day whom ye shall serve*. The key to health, happiness, peace of mind, and abundance lies in the capacity to *choose*. When we learn to think right, we will stop choosing pain, misery, poverty, and limitation. On the contrary we will choose from the treasure house of Infinity within us. Each one will say incisively and decisively, "I choose happiness, peace, prosperity, wisdom, and security." The moment we come to that definite

conclusion in our conscious mind, our subconscious mind, backed by the Power and Wisdom of the Infinite, will come to our aid. Guidance will come, and the way or path of achievement will be revealed to us. Claim definitely and positively without the slightest hesitation, doubt, or fear, "There is only one power of creation and it is the power of my own deeper self. There is a solution to every problem. This I know, decree, and believe." As we affirm these truths boldly, we will receive guidance, and the steps we should take will be revealed to us.

LOST IN THE JUNGLE, AND HOW TO GET OUT

In using the subconscious mind we must remember it reasons deductively. It sees the end only, thereby bringing to a logical, sequential conclusion the nature of the premise in the conscious mind.

When I was about eleven years old, I was lost in the jungle. At first I was terrified and then I began to claim that God would lead me out. I was seized with an overpowering hunch to travel in a certain direction. This inner push or tendency of the subconscious, which I followed, proved to be correct and I was miraculously led into the arms of a searching party after two days time. This lead was the prompting of the subconscious mind which knew the way out of the jungle.

Many people live in a mental jungle of confused, fearful, and neurotic thoughts. The way out of this jungle is very clear. Claim very strongly that the subconscious wisdom within is bringing order, peace, and harmony into your life. As you do this regularly and systematically, right results follow inevitably because the wisdom, power, and love of the infinite resources of the subconscious are moving on your behalf. The omnipotent powers of the subconscious cannot fail.

PLANT ORCHIDS IN THE GARDEN OF MIND

Think of a garden, then you will understand the twofold aspect of mind and subjective law by which it operates. The conscious mind plants the seeds in the soil. It decides what kind of seeds shall be planted. As you know, the soil will grow whatever is planted in it, be it grapes or thorns.

Similarly, look upon the subconscious mind as the soil. It contains all of the elements essential for growth. Again let us realize it is the nature of the soil to bring forth, but as you know it is not concerned in the slightest with what it brings forth. It does not care whether it brings forth poison ivy or an orchid. All of the laws of nature would be violated should the soil refuse to produce or grow poisonous plants, if this is what the conscious mind elected to grow.

Exactly the same thing is true of the subconscious mind. It is a doer; it never questions or talks back. It accepts what is deposited and produces it in your experience whether it is good or bad. Plant *whatsoever things are true, just, pure, lovely, noble, and of good report*, and orchids will blossom in the garden of your mind, body, and experience.

THE SECRET OF RIGHT ACTION

Devote yourself mentally to the right answer until you find its response in you. The response is a feeling, an inner awareness, an overpowering hunch whereby you know that you know. You have used the power and wisdom of the subconscious to the point where it begins to use you.

I was praying for a boy in the last World War. His mother told me that she had received a telegram stating he had been killed in action. I felt that this was untrue and told her so. I couldn't prove it objectively, but subjectively I had an overpowering conviction that he was alive. Subsequent events verified this conviction. There had been an error. He was and is very much alive.

You cannot possibly fail or make one false step while believing in and operating under the direction of the subconscious wisdom within you. You receive guidance in accordance with your habitual thinking. If you think and dwell upon fears, troubles, and failures, you will be

guided in the wrong direction, and more chaos and confusion will be experienced.

Take this great thought and dwell upon it. There is nothing to fear in all of the universe! You have the power and control through the wise use of your subconscious mind. Make up your mind once and for all that within you is the answer to all problems. This conviction activates the subconscious power and sets its wisdom and beneficence into operation for you.

Sit down quietly now and imagine a beautiful lake in the mountains. On the surface of the quiet lake you see mirrored the stars, moon, and the nearby trees. If the lake is disturbed you will not see the reflection. *Similarly, quiet your mind, relax, and let go.* Think of peace and stillness. *Know the true answer always comes in peace.* Then over the mirrored waters of your mind will move the answer to your question.

HOW PRAYER REMOVES THE ROAD BLOCKS

Mr. Block said that he had been making an annual income of \$20,000, but for the past three months all doors seemed to jam tightly. He brought clients up to the point where they were about to sign on the dotted line, and at the eleventh hour the door closed. He added that perhaps a jinx was following him.

In discussing the matter with Mr. Block, I discovered that three months previously he had become very irritated, annoyed, and resentful toward a dentist who, after he had promised to sign a contract, had withdrawn at the last moment. He began to live in the unconscious fear that other clients would do the same, thereby setting up a history of frustration, hostility, and obstacles. He gradually built up in his mind a belief in obstructions and last minute cancellations until a vicious circle had been established. "What I fear most has come upon me." Mr. Block realized that the trouble was in his own mind, and that it was essential to change his mental attitude.

His run of so-called misfortune was broken in the following way: "I realize I am one with the Infinite which knows no obstacle, difficulty, or delay. I live in the joyous expectancy of the best. The deeper mind responds to my thoughts. I know that the work of the Infinite cannot be hindered. God always finishes successfully whatever He begins. God works through me bringing all my plans and purposes to completion. Whatever I start, I bring to a successful conclusion. My aim is to give wonderful service, and all those whom I contact are blessed by what I have to offer. All my work renders full fruition. I thank God for this."

He repeated this prayer every morning before going to call on his customers and he prayed also each night prior to sleep. In a short time he was back in his old, accustomed stride as a successful salesman.

CAUSE AND EFFECT

Mr. Block removed the mental road blocks after he realized that whatever he experienced in his life was really the outpicturing of his own thought and belief. When he changed his thought, the outer picture changed also. He found that the story of his life was really the story of the relations between himself and God.

THE ALCOHOLIC'S ROAD BLOCK

Mr. Barleycorn visited me one day when I was giving some lectures in Auckland, New Zealand. A chronic alcoholic, he had tried all the "cures" to no avail, asserting that an uncontrollable passion seized him periodically to drink. He was a victim of a habit, and because the acts leading to intoxication were repeated so often, he had established a subjective pattern in his subconscious mind.

Because the alcoholic has yielded so many times to his craving, he fears that he will yield once more; this contributes to his repeated falls due to the suggestions given to his subconscious mind. It is his imagination which causes the alcoholic to return to drinking intermittently. The images which have been impressed on his subconscious mind begin to bear fruit. He imagines a drinking bout in which glasses are filled and drained; then he imagines the following sense of ease and enjoyment, a feeling of relaxation. If he lets his imagination run wild, he will go to the bar or buy a bottle.

The drinker uses effort and will power to overcome the habit, or "cause," as he is likely to call it. But the more effort or will power he uses, the more hopelessly does he become engulfed in the quicksand of good intentions.

LAW OF REVERSED EFFORT

Effort is invariably self-defeated, eventuating always in the opposite of what is desired. The reason for this is obvious. The suggestions of powerlessness to overcome the habit dominate his mind; the

subconscious mind is always controlled by the dominant idea. The subconscious mind will accept the strongest of two contradictory propositions. The effortless way is the best.

In 1910 the French School of Therapeutics explained what they termed the law of reversed effort. When your desire and your imagination are in conflict, the imagination invariably gains the day. For example, you will hear an alcoholic say, "I took a lot of pains, I tried so hard, I forced myself, I used all the will power I had." He has to be made to realize that his error lies in the effort; then he begins to conquer the habit.

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the same plank were placed twenty feet up in the air between two walls, would you walk it? Your desire to walk it would be counteracted by your imagination—your mental road block would be your fear of falling. The dominant idea would conquer. Your desire, will, or effort to walk would be reversed, and the dominant idea of failure would be reinforced.

If a man says, "I want to give up alcohol, but I cannot," he may wish to give it up, but the harder he tries the less he is able to do so. Never try to compel the subconscious mind to accept your idea by exercising will power. Such attempts are doomed to failure. The subconscious mind accepts the dominant of two contradictory statements. It is like the man who is poverty-stricken saying, "I am wealthy." In most instances his statement makes him poorer. The simple reason for this is that his belief in poverty is so much greater than his belief in abundance that he is suggesting more lack to himself each time he makes the statement. This illustrates the law of reversed effort. In other words his subconscious mind reacts with the opposite result from that which was intended.

CAUSE FOR REPEATED FAILURES

I told Mr. Barleycorn about an alcoholic in Rochester, New York, whom I had treated some years earlier. That man said to me, "I would not drink a drop of liquor for six months and I would

congratulate myself. All my friends would pat me on the back telling me what wonderful will power I had.”

“Then,” he added, “an uncontrollable urge would seize me, and I would be drunk for two weeks.” This had happened time and again with this man. The efforts of his will would suppress his desire temporarily, but his continued efforts to suppress the many urges made matters worse. His repeated failures convinced him that he was hopeless and powerless to control his urge or obsession. This idea of being powerless operated, of course, as a powerful suggestion to his subconscious mind, increased his impotence, and made his life a succession of failures.

I taught him to *harmonize the functions of the conscious and subconscious mind. When these two cooperate, the idea or desire implanted in the subconscious mind is realized.* His reasoning mind admitted that if he had been conditioned negatively, he could be conditioned positively. His mind entertained the idea that he could succeed. He ceased thinking of the fact that he was powerless to overcome the habit. Moreover, he understood clearly that there was no obstacle to his healing other than his own thought; therefore, there was no occasion for great mental effort or mental coercion. To use force is to pre-suppose that there is opposition. When the mind is concentrated on the means to overcome a problem, it is no longer concerned with the obstacle.

THE POWER OF HIS MENTAL PICTURE

This man made a practice of relaxing his body, getting into a relaxed, drowsy, meditative state; then he filled his mind with the picture of the desired end, knowing that the subconscious mind would bring it about in the easiest way. He imagined his daughter congratulating him on his freedom, saying to him, “Daddy, it’s wonderful to have you home!” He had lost his family through drink. He was not allowed to visit them; his wife would not speak to him.

Regularly, systematically, he used to sit down and meditate in the way outlined. When his attention wandered, he brought it back to the picture of his daughter with her smile, and the scene of his own

home enlivened by her cheery tonal qualities. All this brought about a reconditioning of his mind. It was a gradual process. He kept it up; he persevered knowing that sooner or later he would succeed in impregnating his subconscious mind with the mental picture. I had told him that the conscious mind was the camera, and his subconscious mind was the sensitive plate on which he registered and impressed the picture. This had made a profound impression on him; his whole aim was to impress the picture and develop it in his mind. Films are developed in the dark; likewise, mental pictures are developed in the darkroom of the subconscious mind.

FOCUSED ATTENTION

Realizing that his conscious mind was simply a camera, he used no effort. There was no mental struggle. He quietly adjusted his thought and focused his attention on the scene before him until he gradually became identified with the picture. He became absorbed in the mental atmosphere, repeating the mental movie frequently. There was no room for doubt that a healing would follow. When there was any temptation to drink, he would switch his imagination from any reveries of drinking bouts to the feeling of being at home with the family. He was successful because he confidently expected to experience the picture he was developing in his mind. Today he is the president of a multimillion dollar concern and is radiantly happy.

CAUSE OF ALCOHOLISM

The real cause of alcoholism is negative and destructive thinking; for as a man thinketh so is he. The alcoholic has a deep sense of inferiority, inadequacy, defeat, and frustration, usually accompanied by a deep inner hostility. He has countless alibis as to his reasons for drinking, but the sole reason is in his *thought life*. If you are an alcoholic, admit it; do not dodge the issue. Many people remain alcoholics because they refuse to admit it.

Your disease is an instability, an inner fear. You are refusing to face life and so you try to escape your responsibilities through the bottle. The interesting thing about an alcoholic is that he has no free will; he thinks he has; he boasts about his will power. The habitual drunkard says bravely, "I will not touch it any more," but he has no power to back up his statement.

There are many people who find themselves in the same condition as Mr. Barleycorn. As soon as they are made to realize that the problem of alcoholism is of their own making and that they are living in their own psychological prison of fear, false beliefs, resentment, hostility, they are ready to recondition themselves to react in a constructive way. The minute they express a keen desire to free themselves from previous habits, they are fifty-one per cent healed. Now they can follow a program of prayer to remove the mental blocks.

TECHNIQUE OF HEALING USED

There is nothing new about the following technique which Mr. Barleycorn used. It is as old as man. The most ancient wisdom available said, "As a man imagines and feels, so is he."

The first step: Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state. In this relaxed, peaceful, receptive state you are preparing for the second step.

The second step: Take a brief phrase which can readily be graven on the memory and repeat it over and over again as a lullaby. (Nancy School Technique). Use the phrase, "Sobriety and peace of mind are mine now, and I give thanks." To prevent the mind from wandering, repeat it aloud or sketch its pronunciation with the lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response from the subconscious mind.

The third step: Just before going to sleep, practice what Goethe used to do: Imagine a friend, a loved one in front of you. Your eyes are closed; you are relaxed and at peace. The loved one is subjectively present and is saying to you, "Congratulations!" You see

the smile; you hear the voice. You touch the hand and the face; it is all so real and vivid. The word *congratulations* implies complete freedom. Hear it over and over again until you get the reaction which satisfies.

Use the above technique three or four times a day and at night prior to sleep. Imagine the end—victory. See fulfillment and accomplishment and maintain this faith every step of the way, knowing that having imagined and felt the end, you have willed the means to the realization of the end.

I am now thinking of a married man with four children, supporting and secretly living with another woman during his business trips. He was ill, nervous, irritable, cantankerous, and could not sleep without drugs. He had pains in numerous organs of his body which doctors could not diagnose. He was a confirmed alcoholic when I saw him. The reason for his periodic sprees was a deep, unconscious sense of guilt. He had violated the ancient code and this troubled him. The religious creed he was brought up on was deeply lodged in his subconscious mind; he drank excessively to heal the wound of guilt. Some invalids take morphine and codeine for severe pains; he was taking alcohol for the pain or wound in his mind. It was the old story of adding fuel to the fire.

He listened to the explanation of how his mind worked, he faced his problem, looked at it, and gave up his dual role. He knew that his drinking was an unconscious attempt to escape. The hidden cause lodged in the subconscious mind had to be eradicated; then the healing followed.

When he began to look at his problem in the light of reason, it was dissipated. He began to use this treatment three or four times a day. "My mind is full of peace, poise, balance, and equilibrium. The Infinite Power lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. Infinite Intelligence leads, guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit; my mind is full of inner peace, freedom, and joy. I forgive myself; then I am forgiven. Peace, sobriety, and confidence reign supreme in my mind."

He repeated this frequently, knowing what he was doing and why he was doing it. Knowing what he was doing gave him the necessary faith and confidence. I explained to him that as he spoke these statements out loud, slowly, lovingly, and meaningfully, they would gradually sink down into his subconscious mind; like seeds, they would grow after their kind. I explained to him that his subconscious mind was like a garden; by planting lovely seeds he would reap a wonderful harvest. It is the nature of an apple seed to bring forth an apple tree. These truths on which he concentrated went in through his eyes, his ears heard the sound, the healing vibrations of these words reached his subconscious mind and obliterated all the negative mental patterns which caused all the trouble. Light dispels darkness; the positive thought destroys the negative. He became a transformed man within a month.

KEEP ON KEEPING ON

When fear knocks at your door or when worry, anxiety, and doubt cross your mind, behold your vision. Think of God, believe in Him, and an Almighty Power will be generated by your subconscious mind, giving you full confidence and strength. Keep on keeping on "Until the day breaks and the shadows flee away."

HOW TO FORGIVE THROUGH PRAYER

Essentially we must make our peace with our fellowmen before we can pray effectively. But I have found that some definite formulas of prayer help people to resolve the frictions and misunderstandings that occur daily in the home and at business. A constructive restatement of the problem can hasten the reestablishment of harmony between all parties concerned.

A man recently came to my office in a very angry mood. A fellow-employee had been circulating a rumor that he had been falsifying some records. He denied emphatically that there was any truth to the report.

I assured him that what his fellow-employee was saying amounted to a lie, and that a lie cannot stand in the presence of the truth. I advised him to become calm and quietly claim that there existed perfect harmony, peace, and understanding between him and his associate.

He was quick to see the point. He affirmed that his associate knew the truth, spoke the truth, and that understanding reigned supreme between them. When, in due course, there developed a very happy relationship between the two men, the first man found that the trouble had originated in his own ridicule of a suggestion the other had made at an earlier conference. When he understood this, my friend decided to temper any criticism with tact and diplomacy; he had suffered from the backfire of ridicule. Freed from the feelings of anger and resentment, he enjoyed the moods of understanding and good will.

LEARNING TO BE GRATEFUL FOR CRITICISM

I was talking to a teacher the other day. Someone had written her a critical letter saying she spoke too fast, she swallowed some of her words, she couldn't be heard, her diction was poor, and her speech ineffective. This teacher was furious but she had to admit that the criticisms were just. Her first reaction was childish; then she agreed that the letter was really a blessing and a marvelous corrective, so she proceeded immediately to supplement the deficiencies in her speech by enrolling for a course in public speaking at City College. She wrote and thanked the writer of the note for her interest, expressing appreciation for her conclusions and findings which enabled the teacher to correct the matter at once.

HOW TO BE COMPASSIONATE

Suppose none of the things mentioned in the letter had been true of the speaker, the latter would have realized that her class material had upset the prejudices, superstitions, or narrow sectarian beliefs of the writer of the note, and that a psychologically ill person was simply pouring forth her resentment because a psychological boil had been hurt. To understand the fact is to become compassionate; the next logical step would be to pray for the other person's peace, harmony, and understanding. No criticism can affect you without your mental consent. You always should be master of your thoughts, reactions, and emotions. Emotion follows thought, and you have the power to reject all thoughts which may disturb or upset you.

STOP BLAMING GOD

A man said to me one time that he would be all right if God would only leave him alone. He thought God was punishing him and putting obstacles in his way, and that this was the reason for his sickness and business failure. I asked him, "What is God?" He replied, "The Bible says 'God is love.'" A God of love is the answer to all our problems.

WHAT IS GOD AND WHERE IS GOD

Jesus called God “Our Father,” which means that he taught that all of us have a common Father, that we are all brothers and sisters. God is Life; all of us and all things come forth from the One Life Principle. The word *father* denotes love, care, protection, provider. The word *father* means also the Creator, the Creative Principle of Life, the Infinite Power, the Supreme Being from which all things flow. Jesus said that “God is Spirit.” You cannot see spirit; it is formless and shapeless. You do not see your mind, your spirit, which is God in you. God is inside and outside of everyone for God or Life is Omnipresent. God is in our own mind or consciousness. Locate God within you. When you say, “Heaven,” it means the Invisible Spiritual Power without face, form, or figure. “It is the Father within which doeth the works.” For instance, when you push a chair aside, it is not your body doing it, it is the Spirit within, the Creative Power, or God. When you walk, or lift the receiver, it is the Invisible Presence in you acting in the body, telephone, or typewriter, as the case may be. The Unmoved Mover of all is within you. Our Father is the name given to this God-Power or Presence within us to remind us It is a Beneficent, Kindly Power. The finite mind can never fully comprehend the Infinite, but one can certainly learn about the inner powers. We can learn the power of our thoughts and feelings, our actions and reactions, and there is much we can learn about the laws of our own being.

HEALING THROUGH FORGIVENESS

I spoke to the above-mentioned business man as follows: “If you think of God as cruel, tyrannical, and vengeful, you experience the results of your negative thinking. If you think God is punishing you or testing you, your own negative thought and imagery impressed in your subconscious mind cause you to suffer accordingly. You are actually punishing yourself.”

When he saw the point, he made it a habit to pray several times a day as follows: “I know God is a Loving Father, the Life of me, who

watches over me, cares for me, guides me, and inspires me. This Spiritual Power responds as a blessing and benediction to me. God is prospering me in all my ways, and I am divinely expressed. I know the Kingdom of Heaven is within me which means Infinite Intelligence, Boundless Wisdom, Absolute Harmony, Infinite Love, Omnipotence, and all the qualities and attributes of God are in my subconscious depths. I am now reproducing all the qualities and potencies of God by thinking of God and His Love, and I am moving onward, upward, and Godward.”

He prayed along these lines several times a day. By enthroning this new concept of God in his mind and living with it, his whole world magically melted into the image and likeness of his habitual concept. By mentally dwelling on this concept of God, he experienced the reaction as love, peace, inspiration, and energy. He now looked upon God as a Father who loved, cared, and sent good things into his life. His business began to prosper, the organs of his body were restored to normal functioning, and he is now experiencing the joy of living. He *forgave* himself; he gave himself a new concept of God for the old idea of an inscrutable, tyrannical, despotic monarch living in the skies somewhere.

CEASE BEING DOUBLE MINDED

No man can serve two masters. A man cannot expect to realize the desire of his heart if he believes there is a power which thwarts that desire. This creates a conflict and his mind is divided. He stands still and gets nowhere. His mind must move as a unity. Infinity cannot be divided or multiplied. The Infinite must be one—a unity; there cannot be two Infinities, as one would quarrel with the other; they would neutralize or cancel out each other. We would have a chaos instead of a cosmos. Unity of the spirit is a mathematical necessity, and there is no opposition to the One Power. If there were some power to challenge God or the Infinite One, God would cease to be Omnipotent or Supreme.

You can now see what confusion and chaos reign in the minds of people who believe in two opposing powers. Their minds are divided

because they have two masters; this belief creates a conflict, causing their power and strength to be divided. Learn to go in one direction only by believing that the God who gave you the desire will also show you how to fulfill it. The Bible speaks emphatically about the One Power when it says, "Hear, O Israel: the Lord our God is one Lord."

HOW MUCH DO YOU WANT WHAT YOU WANT?

A young man asked Socrates how he could get wisdom. Socrates replied, "Come with me."

He took the lad to a river, pushed the boy's head under the water, held it there until the boy was gasping for air, then relaxed and released his head. When the boy regained his composure, he asked him, "What did you desire most when you were under water?"

"I wanted air," said the boy.

Socrates said to him, "When you want wisdom as much as you wanted air when you were immersed in the water, you will receive it."

The man who *really* wants peace of mind and inner calm will get it. Regardless of how unjustly he has been treated, or how unfair the boss has been, or what a mean scoundrel someone proved to be, all this makes no difference to the spiritually-minded man. He knows what he wants, and he refuses to let the thieves of hatred, anger, hostility, and ill will rob him of peace, harmony, health, and happiness. He knows the ideal way. He ceases to become upset by people, conditions, news, events, by identifying his thoughts immediately with his aim in life. His aim is peace, health, inspiration, guidance, love, good will, harmony, and abundance. It is not difficult to mentally identify with peace and silently affirm that "God's river of peace flows through me now." Man's thought is the immaterial or invisible power, and he chooses to let it bless, inspire, and give him peace.

SHE GOT ANOTHER BOY FRIEND

I was interested and amused in observing the reaction of Robert, a student of physics, to a telephone call from his girl friend. She informed him that she had another boy friend, and would not see him any more. He wished her happiness and good luck; then he said to me, "Shall I waste my energy by getting irritated and upset over this girl, or shall I apply my energy to the study of physics for the examination tomorrow?" He chose the latter idea.

This is an excellent way to forgive (give for) yourself. You can become calm, cool, and objective like that. It makes good sense. (Incidentally, I might add that Robert attracted another very beautiful girl the next day).

LEFT AT THE ALTAR

Some years ago I visited a church to perform a marriage ceremony. The young man did not appear, and at the end of two hours the bride-to-be shed a few tears; then she said to me, "I prayed for God's guidance; this is indeed His answer for He never faileth." That was her reaction—faith in God which healed her instantaneously. Someone else having a similar experience would have gone into a tantrum, have had emotional fits, required sedation and perhaps hospitalization.

Tune in with the Infinite and His Love, trusting the God-Power in the same way that you trusted your mother when she held you in her arms. This is how you can acquire poise and mental and emotional health.

PEOPLE DON'T TREAT ME RIGHT

Man must look in the right place to find the cause of his troubles; that place is within himself. The conversation of an emotionally immature person usually runs to explanatory excuses. "Others are antagonistic toward me." "People don't treat me right." "People are mean and unkind."

The sign of an adult, or an emotionally mature person, is that he does the best he can where he is. He knows that when others are cantankerous, irritable, crotchety, and cynical they are psychologically ill. He has compassion, understanding, and adjusts himself to people. He knows that many people are mentally ill and that he has no right to condemn ill people; therefore he blesses them and reacts positively and affirmatively.

We must really take an honest look at ourselves when we say that others annoy, upset, and don't treat us right. A good thing to do would be to see if we have been thinking of or expecting difficulties, delays, obstructions, and impediments. Perhaps we have been picturing resistance and opposition to our plans and purposes. If we are indulging in this type of mental imagery and patterns, we must expect the projection of such states into our business and social world. The result of this will be the unpleasant reactions of others. We learn to forgive when we learn there is really no one to blame but ourselves.

SAN FRANCISCO VERSUS LOS ANGELES

A sales manager here in Los Angeles told me about one of his men in San Francisco who wrote and said that the people up there were very difficult to sell; he added that the price of the product was too high and that he wanted a transfer. The sales manager gave him a transfer to Los Angeles and sent another salesman to the same district in San Francisco. The second man got immediate results and wrote saying that the product was selling very well. The man who was transferred back to Los Angeles was amazed when he was confronted with the successful reports of the other salesman.

All this illustrates that our disturbed, hostile, resentful attitudes are reflected in our business, social life, financial life, as well as in our body and environment. The sales manager told me that envy and jealousy were the reasons for the poor showing of the first salesman. He was deeply resentful of the promotion of other men over whom he claimed seniority. He pointed out the length of his service; he criticized the management, arguing that you had to know the right

people in order to get ahead. Yet all the time his inner upset condition was the cause of the decline in his sales.

TO UNDERSTAND ALL IS TO FORGIVE ALL

When man understands the creative law of his own mind, he ceases to blame other people and conditions for making or marring his life. He knows that his own thought and feeling create his destiny; furthermore, he is aware that externals are not the causes and conditioners of his life and his experiences. To think that others can mar his happiness, that he is the football of a cruel fate, that he must oppose and fight others for a living—all these and others like them are untenable when he understands that *thoughts are things*. The Bible says the same thing. *For as he thinketh in his heart, so is he.* Prov. 23:7.

HOW PRAYER SOLVES MARITAL PROBLEMS

Friktion between husband and wife can be solved through prayer. By praying together they start together. Love unites and hate divides. The contemplation of divine ideals, the study of the laws of life, a common plan and purpose, and personal freedom bring about that harmonious marriage, the wedded bliss, that holy union where the two become one. Each is mentally and emotionally united with God. God is Love. To be real, marriage must first be spiritual, marriage must be of the heart. The *heart* is the chalice of God's presence. If both hearts are moved by love, sincerity, and honesty, God's love unites husband and wife; truly theirs is the marriage made in heaven.

HOW TO PRAY FOR RIGHT MATE

The best time to prevent divorce is before marriage. A man or woman desiring to marry should pray to attract the right mate. The following prayers will prove very effective.

HOW TO ATTRACT THE IDEAL HUSBAND

I know that I am one with God now. In Him I live, move, and have by being. God is Life; this life is the life of all men and women. We are all sons and daughters of the one Father.

I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There is mutual love, freedom, and respect.

There is one mind; I know him now in this mind. I unite now with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in Divine Mind. I see the God in him; he sees the God in me. Having met him *within*, I must meet him in the *without*; for this is the law of my own mind.

These words go forth and accomplish whereunto they are sent. I know it is now done, finished, and accomplished in God. Thank you, Father.

HOW TO ATTRACT THE IDEAL WIFE

God is One and Indivisible. In Him we love, move, and have our being. I know and believe that God indwells every person; I am one with God and with all people. I now attract the right woman who is in complete accord with me. This is a spiritual union, because it is the spirit of God functioning through the personality of someone with whom I blend perfectly. I know I can give to this woman love, light, and truth. I know I can make this woman's life full, complete, and wonderful.

I now decree that she possesses the following qualities and attributes; i.e., she is spiritual, loyal, faithful, and true. She is harmonious, peaceful, and happy. We are irresistibly attracted to each other. Only that which belongs to love, truth, and wholeness can enter my experience. I accept my ideal companion now.

As you think quietly and with interest on the qualities and attributes which you admire in the companion you seek, you will build the mental equivalent into your mentality; then the deeper currents of your subconscious mind will bring both of you together in divine order.

STEPS IN PRAYER TO PRESERVE MARRIAGE

The first step: Never carry over from one day to another accumulated irritations arising from little disappointments. Be sure to forgive each other for any sharpness before you retire at night. The moment you awaken in the morning, claim Divine Intelligence is guiding you in all ways. Send out loving thoughts of peace, harmony, and love to your marriage partner, to all members of the family, and to the whole world.

The second step: Say grace at breakfast. Give thanks for the wonderful food, for your abundance, and for *all* of your blessings. Make sure that no problems, worries, or arguments shall enter into the table conversation; the same applies at dinner time. Say to your wife or husband, "I appreciate all you are doing, and I radiate love and good will to you all day long."

The third step: Husband and wife should alternate in praying each night. Do not take your marriage partner for granted; show your appreciation and your love. Think appreciation and good will, rather than condemnation, criticism, and nagging. The way to build a peaceful home and a happy marriage is upon the basis of love, beauty, harmony, mutual respect, faith in God, and in all things good. Read the 23rd, 91st, and 27th Psalms, the 11th Chapter, Hebrews, the 13th Chapter, I Corinthians, and other great texts of the New Testament before going to sleep. Say quietly, "Thank you, Father, for all the blessings of the day. God giveth his beloved sleep."

The above prayer therapy and belief in a Divine Intelligence develops strength, power, and love in the marriage relationship, as well as in all other phases of life. Husbands and wives will find themselves refreshed, rejuvenated, and invigorated by charging their batteries regularly and systematically with spiritual medicine.

I spoke to a woman some time ago who told me that her husband showered gifts upon her and brought toys home almost every night to their two children; yet he was irritable, ill-tempered, cursed the children, and snapped at her about the least thing. In talking to the man, I discovered that he wanted to be "free," as he called it, and wanted to avoid the responsibilities of marriage and fatherhood. Furthermore, he had a deep-seated guilt complex because he was having an affair with another woman and paying all the expenses for her apartment and clothes. The gifts which he brought to his family

every night were his way of compensating for his guilty feelings and inner hostility which he felt toward them.

FEAR OF PUNISHMENT

This man had high blood pressure and ulcers of the stomach which undoubtedly were due to his feelings of guilt and self-condemnation over forbidden behavior. He had a hidden fear of punishment for his actions. His obsessive thought resulted in considerable self-demotion, and his gifts to his wife and children were his way of expiation and atonement.

TURNING DISCORD INTO HARMONY

This man was open and receptive to the explanation which I offered and he began to realize that he had some mental work that had to be done immediately. He had to give up his resentment, hostility, and ill will, and build a more harmonious and peaceful existence. He cut off relations with the other woman and began to pray along these lines several times a day: "Infinite Intelligence rules and guides me and I radiate love, peace, joy and good will to my wife and children. I surround my wife and children with the circle of God's love, knowing and believing that His love, peace, harmony, and joy fill their minds and hearts. I forgive myself and I feel free. I mean this, I am sincere, and I know the peace of God reigns supreme in my home, in my heart, and in my family."

By practicing this simple phase of the laws of mind, he replaced his inner turmoil with peace and good will. His new attitude dissolved his bodily ailment and brought peace to his troubled mind. He and his wife prayed together every night. Love was now ruling his home-life, and love dissolves everything unlike itself, for God is Love.

THE OUIJA BOARD AND THE EXPLANATION

A husband said to me that he was being sued for divorce because the Ouija board told his wife he was unfaithful. At my request she came to see me. I explained to her in detail that it was her own subconscious mind which was confirming her suspicion and resentment toward her husband. She began to see clearly that it was her deeper mind which, through imperceptible movement of her fingers, operated the Ouija board. In other words, she was simply talking to herself. In talking to her husband I found out that he was impotent and was taking a series of hormone injections from a physician. This woman was honest enough with herself to see her error and both of them agreed to send thoughts of love, peace, and kindness to one another. This dissolved the negative attitude and brought peace where discord and suspicion reigned. The explanation was the cure.

EMOTIONAL BLACKMAIL VERSUS A NEW HONEYMOON

A woman was about to break up her home because, as she said, her husband no longer loved her. She wanted a home, but he preferred to live in an apartment. They couldn't agree. She told him that he didn't love her or care for her because he would not get the home. Also, she told me that she knew he didn't care any more because he smoked constantly, even though he knew that she was allergic to cigarette smoke.

SHE WANTED TO CHANGE HIM

It takes two to make a quarrel. In this instance the woman was certainly emotionally immature. The reason she nagged him was that she wished to change his habits and make him feel guilty for going against her deep desires and wishes. I asked to see her husband and I found he was deeply resentful. He had a guilt-complex and responded to his wife by cutting, critical, and angry remarks over trivial and inconsequential things. It never pays to try and coerce

another into going your way by subtly trying to make him or her feel guilty and hurt by not pleasing you.

THE PRICE OF RESENTMENT

Resentment is one of the most expensive things in the world. It robs man of peace, health, vitality, and a sound mind, leaving him a mental and physical wreck. If continued or indulged in over a long period of time, the person becomes, cold, hard, callous, ossified, petrified, and he begins to resent everyone.

SAVING THE MARRIAGE

In my presence the husband and wife talked over their difficulties, resentments, and hostilities, and learned to look at the facts. Each one looked at the situation objectively and they agreed that they had been childish. They also realized that by calmly talking out their difficulties in the spirit of love and harmony, agreement could be reached along all lines.

THE WIFE'S ASTHMA

She discovered that her asthma was not caused by cigarette smoke, but by a deep hatred embodied in her subconscious mind. In psychosomatic circles there is a term, *organ specificity*, which means that resentment or hatred will cause asthma in one individual, high blood pressure in another, arthritis in a third, and perhaps migraine in still another. The fact is that any mental and emotional disturbance may influence practically any physiological process, and the symptoms and organs of the body affected depend on the sensitivity and constitutional make-up of the individual.

THE HAPPY ENDING

The wife's asthma disappeared shortly after harmonious relations with her husband were established. They have become a happy couple through the elimination of grudges and emotional blackmail. The wife said, "We tossed a coin about the house in the country. My husband lost, but he is a good sport and he loves the new home."

NO NEED FOR THIRD MISTAKE

Recently a teacher said to me, "I have had three husbands and all three have been passive, submissive, and dependent on me to make all decisions and govern everything. Why do I attract them?" I asked her whether she had known that her first husband was the effeminate type and she replied, "Of course not; had I known I wouldn't have married him." Apparently she had not learned anything from the first mistake. The trouble was with her own personality make-up. She was very masculine, domineering, and unconsciously wanted someone who would be submissive and passive so that she could play the dominant role. All this was unconscious motivation, and her subconscious picture attracted to her what she wanted. She had to learn *to break the pattern by adopting the right prayer process*.

GETTING WHAT WE WANT

We do not get what we want. We attract that which we are, and we are that which we feel ourselves to be. We have to build into our mentality that which we want; in other words, we have to establish the mental equivalent in our mind; then results follow.

HER IDEAL PICTURE

This woman learned a simple truth: When you believe you can *have* the man you idealize, it is done unto you as you believe. The following is the specific prayer she used to break the old

subconscious pattern and attract to her the ideal mate: "I am building into my mentality the type of man I deeply desire. The man I attract for a husband is strong, powerful, loving, harmonious, and kind. He is spiritually minded, very masculine, successful, honest, loyal, and faithful. He finds love and happiness with me. I love to follow where he leads. He wants me, and I want him. I have these qualities to offer to a man: I am honest, sincere, loving, and kind. I have wonderful gifts to offer him; they are peace, good will, a joyous heart, and a healthy body. He offers me the same; it is mutual. I give and I receive. Divine Intelligence knows where this man is and the deeper wisdom of my subconscious mind is now bringing us together in its own way, and we recognize each other immediately. I release this request to the Infinite Intelligence within which knows what I want and how to bring it to pass. I give thanks for the perfect answer."

She prayed in the above manner night and morning, affirming these truths and knowing that through frequent occupation of the mind she would reach the mental equivalent of that which she sought.

THE JOY OF THE ANSWERED PRAYER

Several months went by. She had a great number of dates and social engagements, none of which was agreeable to her. When she was about to question, waver, doubt, and vacillate, she reminded herself that the Infinite Intelligence was bringing it to pass in its own way and that there was nothing to be concerned about. Her final decree in her divorce proceedings was granted, which brought her a great sense of release and mental freedom. Shortly afterward she went to work as a receptionist in a doctor's office. She told me that the minute she saw this physician she knew he was the man she was praying about. Apparently he knew it too, because he proposed to her the first week she was in the office, and they are ideally happy. This physician was not the passive or submissive type, but was a real man, a former football player, an outstanding athlete, and was a deeply spiritual man, though he was completely devoid of any creedal or denominational affiliations or attachments. She got what

she wanted because she claimed it mentally until she reached the point of saturation. In other words, she mentally and emotionally united with her idea, and it became part of her in the same way that an apple becomes a part of her blood stream.

SHOULD I GET A DIVORCE?

Divorce is an individual problem; it cannot be generalized. In some cases, of course, there never should have been a marriage. In some cases, divorce is not the solution, no more so than marriage is the solution for a lonely man. Divorce may be right for one person and wrong for another. A divorced woman may be far more sincere and noble than many of her married sisters who perhaps are living a lie.

For example, I once talked with a woman whose husband was a dope fiend, an ex-convict, a wife beater, and a non-provider. She had been told it was wrong to get a divorce. I explained to her that marriage is of the heart. If two hearts blend harmoniously, lovingly, and sincerely, that is God or Love joining two people in a holy covenant or marriage. The pure action of the heart is love, and God is Love. Marriage for any other reason or by any other motivation is a lie, a farce, and a masquerade.

Following this explanation, she knew what to do. She knew in her heart that there is no Law of God which compelled her to be browbeaten, intimidated, and beaten because someone said, "I pronounce you man and wife." If you are in doubt as to what to do, ask for guidance, knowing that Infinite Intelligence will respond to you. Follow the lead that comes in the silence of your soul. It speaks to you in peace.

DRIFTING INTO DIVORCE

Recently a young couple married for only a few months were seeking a divorce. I discovered that the young man had a constant fear that his wife would leave him. He expected rejection, and he believed that she would be unfaithful. These thoughts haunted his

mind and became an obsession with him. His mental attitude was one of separation and suspicion. She felt unresponsive to him; it was his own feeling or atmosphere of loss and separation operating through them. This brought about a condition or action in accordance with the mental pattern behind it. There is a law of action and reaction, or cause and effect. The thought is the action, and the response of the subconscious mind is the reaction. His wife left home and asked for a divorce, which is what he feared and believed she would do.

WHERE DIVORCE TAKES PLACE

Divorce takes place first in the mind; the legal proceedings follow later. Each one was cohabitating with resentment, fear, suspicion, and discouragement in the mind; these attitudes weaken, exhaust, and debilitate the whole being. They learned that hate divides and that love unites. They began to realize what they had been doing with their minds. Neither one of them knew the law of mental action and they were misusing their minds and bringing on chaos and misery. These two people went back together at my suggestion and experimented with prayer therapy. They began to radiate love, peace, and good will to each other. Each one practiced seeing the God in the other, and they alternated in the reading of the Psalms every night. Their marriage is growing more blessed every day.

HONOR THY FATHER AND THY MOTHER

Boys need a father or a father-image, and the image must be vital, strong, and vigorous. The Bible says, *Quit you like men, Be strong.*

Mothers should put fathers back as head of the house. The father must discipline the boy and see that he obeys. The father is a symbol of authority to the child. The child who honors and respects his father and mother, too, will automatically respect his employer, his professor, the policeman, the laws of his country, and his flag. The wife must never override or undermine the father, as this lowers

the authority of the father in the eyes of the child. Mothers should cease practicing “smother love” or over-indulging their children. Fathers should take an interest in their son’s activities, play games with them, and pray with them.

THE FATHER IS A HERO

The father is looked upon as a hero by the young boy, and the child wants to imitate him. When the father takes no interest in him and spends his time drinking, golfing on Sundays, or on weekends with other women, the feminization of the boy by his sisters and mother is facilitated. Do not let your son be denied masculine behavior patterns. If his father is dead, get him to associate with an uncle, a relative, or some spiritually-minded man in the neighborhood. The rabbi, priest, or minister will always be glad to take an interest in him and oversee his reactions and moods. His teacher will do the same thing. If you have been divorced, you can attract a wonderful man who will love your son as though he were his own. His father, in that respect, will be the man who impresses him with the great truths of life and nourishes them in his soul. *Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.*

PRAYER CASTS OUT FEAR

One of the greatest enemies of man is fear. Prayer, which is faith in God and all things good, casts out fear. Fear is the cloud that hides the sunshine of God's Love. Men have made personal devils of fear of the past, the present, and the future. Fear causes man to fail. It is fear that makes man angry and jittery, causes him to rub others the wrong way, and creates bad human relations. Men fear criticism so much that many of their most beautiful thoughts never see the light of day.

A BIBLE PRAYER

One of the most beautiful and practical prayers in the Bible for the overcoming of fear is this: *The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?* Psalm 27:1. This verse might well be indelibly printed in the mind of every man and woman who walks the earth.

Contemplate for a moment what it says. It postulates clearly that the Living Presence of God is within you. *Know ye that the Lord he is God.* Psalm 100:3. Another meaning for the word *Lord* in the Bible is *Law*, meaning your subconscious mind.

Learn the powers of your subconscious mind, and you will have light, salvation, and strength, which means understanding, power, and solutions to all your problems. Master the prayer processes elaborated in this chapter. Your subconscious mind will respond, and you will be free of all fears.

OVERCOMING THAT FEAR

Emerson said, "Do the thing you fear, and the death of fear is certain."

There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to appear before the audience; do the thing I was afraid to do, and the death of fear was certain. When you affirm positively that you are going to master your fears, and come to a definite decision in your conscious mind that you are going to overcome, you release the power of the subconscious mind which flows in response to the nature of your thought.

One of our students told me that he was invited to speak at a banquet. He said he was panic stricken at the thought of speaking before a thousand people. He overcame the fear this way: For several nights he sat down in an armchair for about five minutes and said to himself slowly, quietly, and positively, "I am going to master this fear. I am overcoming it now. I speak with poise and confidence. I am relaxed and at ease." He operated a definite law of mind and overcame his fear.

The subconscious mind is amenable to suggestion and controlled by suggestion. When you still your mind and relax, the thoughts of your conscious mind sink down into the subconscious through a process similar to osmosis, whereby fluids separated by a porous membrane intermingle. As these positive seeds or thoughts sink into the subconscious area, they grow after their kind, and you become poised, serene, and calm.

BANISHING STAGE FRIGHT

A young lady was invited to do an audition. She had been looking forward to the interview. However, on three previous occasions she failed miserably due to stage fright.

Here is the very simple technique which I gave her. Remember this young lady had a very good voice, but she was certain when the time came for her to sing that she would be seized with stage-fright. The subconscious mind takes your fears as a request, proceeds to manifest them, and bring them into your experience. On three

previous auditions she sang wrong notes and finally broke down. The cause, as previously outlined, was an involuntary auto-suggestion; *i.e.*, a silent fear-thought emotionalized and subjectified.

She overcame it by the following technique. Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled the mind and body as best she could. Physical inertia favors mental passivity, and renders the mind more receptive to suggestion. She counteracted the fear suggestion by its converse, saying to herself, "I sing beautifully, I am poised, serene, confident, and calm." She repeated this statement slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep. At the end of a week she was completely poised and confident, and gave a remarkable, wonderful audition. Carry out the above procedure with assurance and conviction, and the death of fear is certain.

CAN'T REMEMBER THE ANSWER

Occasionally young men from the local university come to see me, and also school teachers, who seem to suffer from suggestive amnesia at examinations. The complaint is always the same—"I know the answers after the examination is over, but I can't remember the answers during the examination."

The idea which realizes itself is the one to which we invariably give concentrated attention. I find that each one is obsessed with the idea of failure. Fear is behind the temporary amnesia and is the cause of the whole experience.

One young medical student was the most brilliant in his class; yet he found himself failing to answer simple questions at the time of written or oral examinations. I explained to him that the reason was he had been worrying and fearful for several days previous to the examination; these constant negative thoughts became charged with fear. Thoughts enveloped in the powerful emotions of fear are realized in the subconscious mind. In other words, this young man was requesting his subconscious mind to see to it that he failed, and

that is exactly what it did. On the day of the examination he found himself stricken with what is called in psychological circles “suggestive amnesia.”

A French psychologist named Baudouin said, “What we have to work for in overcoming fear is education of the imagination.”

Here is how the young man overcame his fear. He learned that his subconscious mind was the storehouse of memory, and had a perfect record of all that he had heard and read during his medical training. Moreover, he learned that the subconscious mind was responsive and reciprocal; the way to be en rapport with it was to be relaxed, peaceful, and confident.

Every night and morning he began to imagine his mother congratulating him on his wonderful record. He would hold an imaginary letter from her in his hand and read congratulatory words. He would also feel the letter in his hand. As he began to contemplate the happy result, he called forth a corresponding or reciprocal response or reaction in himself. The all-wise and omnipotent power of the subconscious took over, dictated, and directed his conscious mind accordingly. He imagined the end. When he imagined and felt the end, he willed the means to the realization of the end. Following this procedure he had no trouble passing subsequent examinations. In other words, the subjective wisdom took over, compelling him to give an excellent account of himself. The law of the subconscious mind is compulsion.

SHADOWS IN THE MIND

There are many people who are afraid to go into an elevator, climb mountains, or even swim in the water. It may well be that the individual had unpleasant experiences in the water in his youth, such as having been thrown forcibly into the water without being able to swim.

I had an experience when I was about ten years of age. I fell accidentally into a pool and went down three times. I can still remember the dark water engulfing my head, and my gasping for air

until another boy pulled me out at the last moment. This experience sank into my subconscious mind; for years I feared the water.

An elderly psychologist said to me, “Go down to the swimming pool, look at the water, and say out loud in strong tones, ‘I am going to master you, I can dominate you;’ then go into the water, take lessons, and overcome it.” This I did. I learned that when you do the thing you are afraid to do, fear disappears.

It was only a shadow in my mind. When I assumed a new attitude of mind, the omnipotent power of the subconscious responded, giving me strength, faith, and confidence, enabling me to overcome my fear. I used the subconscious mind to the point where it began to use me.

Following is a process and technique for overcoming fear which I teach from the platform—it works like a charm. Try it! Suppose you are afraid of the water, or a mountain, an interview, an audition, or you fear closed places. If afraid of swimming, begin now to sit still for five or ten minutes, for three or four times a day, and imagine you are swimming. Actually you are swimming in your mind; it is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It is all real, vivid, and a joyous activity of the mind. It is not idle day dreaming, for you know that what you are subjectively experiencing in your imagination will be developed in your subconscious mind; then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind; this is the law of the subconscious.

As you continue to discipline your mind this way, you are mentally immersed in the water and happy in it; consequently the fear passes, and you will enter the water physically. I might say you will be compelled to give a good performance. You have consciously called upon the wonderful power of your subconscious mind which is all wise and powerful; this power controls you and governs you according to the nature of your call or request.

NO BOOGIE MAN

The president of a large organization told me that when he was a salesman, he used to walk around the block five or six times before he called on a customer. The sales manager came along one day and said to him, "Don't be afraid of the boogie man behind the door, there is no boogie man; it's a false belief."

The manager told him that whenever he looked at his own fears he stared them in the face and stood up to them looking them straight in the eye; then they faded and shrank into insignificance.

Go out now and face that thing you are afraid of. If you are afraid to take a new position, take it. Say to yourself, "I can accomplish; I will succeed!" You will find a corresponding emotion or feeling generated by your subconscious. You will induce the mood or feeling of confidence, faith in yourself, and the joy of accomplishment. Fear is a thought in your mind, but confidence is a far more powerful thought; it fills your mind with a positive, constructive feeling and drives out fear.

NORMAL AND ABNORMAL FEAR

A chaplain told me of one of his experiences in the second World War. He had to parachute from a damaged plane and land in a jungle. He said he was frightened, but he knew there were two kinds of fear, normal and abnormal. Normal fear is good; it is the law of self-preservation. It is the subconscious mind telling you something must be done. It is sort of an alarm system that tells you to get out of the way of an oncoming car.

The chaplain said, "I began to talk to myself, saying, 'John, you can't surrender to your fear; your fear is a desire for safety or security, for a way out.'"

He said that he knew there was a subjective intelligence which led the birds to their food and told them where to go in summer and winter. He began to claim, "Infinite Intelligence which guides the planets in their course is now leading and guiding me out of this jungle."

He kept saying this out loud to himself for ten minutes or more. "Then," he added, "something began to stir inside me, a mood of

confidence began to seize me, and I began to walk. After a few days I came out miraculously, and was picked up by a rescue plane.”

His changed mental attitude saved him. His confidence and trust in the subjective wisdom and power within him was the solution to his problem. He said, “Had I begun to bemoan my fate and indulge my fears, I would have succumbed to the monster *fear*, and probably have died of fear and starvation.”

Whenever fear comes, go to the opposite immediately in your mind. To indulge in fear thoughts constantly and to engage your mind constantly with negative thoughts result in abnormal fear, obsessions, and complexes. To engage the mind with all the difficulties of your problem will only instill more fear until it assumes a size of catastrophic proportions. Finally there comes a sense of panic and terror, weakening and sickening you. You can overcome fear of this nature when you know that the power of your subconscious can always change the objective conditions. Go within, claim and feel your good—the solution. Know there is an Infinite Intelligence which responds and reacts to your thought and feeling.

Imagine the end; feel the thrill of victory. What you subjectively feel and imagine as true is the inner evidence of what will take place objectively. Your subconscious can free you. When fear thoughts come, contemplate the solution, the happy ending. Never fight negative or fearful thoughts. Always turn on the lamp of love, peace, and confidence within you. Most of our fears are imaginary.

THE THING HE FEARED DID NOT EXIST

The general manager of an organization told me that for three years he feared he would lose his position. He was always imagining failure. The thing he feared did not exist, save as a morbid, anxious thought in his own mind. His vivid imagination dramatized the loss of his job until he became nervous and neurotic. Finally he lost his position; he was asked to resign.

Actually he dismissed himself. His constant, negative imagery and fear suggestions to his subconscious mind caused the latter to respond and react accordingly. It made him make mistakes and

foolish decisions which resulted in his failure as a general manager. The thing this man feared did not exist. His dismissal would never have happened had he immediately moved to the opposite in his mind.

No thought or concept, constructive or negative, can ever manifest except we emotionalize such concepts. The thoughts, concepts, and ideas have to penetrate the subconscious before they can affect us for good or evil.

If you look back in your life, you will agree with the writer that most of your fears, worries, and anxieties never came to pass. The reason for this was that you did not retain them long enough; likewise, you did not charge them with a deep emotion. The general secret of banishing fear is to constantly fill your mind with constructive and positive thoughts. Fill the mind with thoughts of love, peace, and harmony. Give attention to your goal, ideal, the positives, the things you wish to experience in life. As you do this, an inner invisible movement of your subconscious mind will take place, changing your world into the likeness of your inner imagery and contemplation.

ACQUIRING INNER PEACE

During a recent round the world lecture tour, I had a two-hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturbs him. His practice is to sit still for fifteen minutes in the morning and realize that in the center of himself is a deep, still ocean of peace. Meditating in this way, he generates tremendous power which overcomes all manner of difficulties and fear.

Some months ago, a colleague called him at midnight and told him that a group were plotting against him. This is what he said to his colleague, "I am going to sleep now in perfect peace. You can discuss it with me at ten A.M. tomorrow."

Notice how calm he was, how cool, how peaceful! He didn't start getting excited, tearing his hair, or wringing his hands. At his center

he found the still water, an inner peace, and there was a great calm.

Your mind is composed of two areas, the conscious mind where we reason, and the great unconscious or subconscious depths which somewhat resemble the ocean into which many forgotten fears and false beliefs are lodged.

UNKNOWN FEARS

I met a man who came to my hotel in New Delhi, India, for consultation. He was from the British Isles. He had acute sinusitis, a deep sense of grief, and was haunted by unknown fears. I found in talking to him that he had hated his father for many years, because the father had bequeathed all his estate to his brother. This hatred developed a deep sense of guilt in his subconscious mind; because of this guilt he had a deep, hidden fear of being punished; this complex expressed itself as migraine and sinusitis in his body.

Fear means pain. Love and good will mean peace and health. The fear and guilt which this man had were expressed as disease, or lack of ease and peace. The mucous membranes of his nose were always inflamed.

This young man realized that his whole trouble was caused by his own sense of guilt, self-condemnation, and hatred. His father had long since passed on to a higher dimension of life. Actually he was poisoning himself through hatred. He began to forgive himself. *To forgive* is to give something for. He practiced saying, "I completely forgive my father. He did what he believed right according to his light. I release him. I wish him peace, harmony, and joy. I am sincere, I mean it."

Then he cried for a long time. That was good. He lanced the psychic wound, and all the psychic pus came forth. His sinusitis disappeared. I have had a letter from him saying that the migraine attacks have ceased altogether. The fear of punishment which was lurking in his subconscious mind has now disappeared.

Use this perfect formula for casting out fear. "I sought the Lord, and He heard me, and delivered me from all my fears." The *Lord* is an ancient word meaning your subconscious mind.

Learn the powers of your subconscious, how it works and functions. Master the techniques given you in this chapter. Put them into practice now—today! Your subconscious will respond, and you will be free of all fears.

“I sought the Lord, and He heard me, and delivered me from all my fears.”

*The Lord is my light and my salvation; whom shall I
fear? the Lord is the strength of my life; of whom shall I
be afraid?*

PSALM 27:1.

HOW TO PRAY AND STAY YOUNG IN SPIRIT FOREVER

During the many years of my public life, I have had occasion to study the biographies of the famous men and women who have continued their productive activities into the years well beyond the normal span of life, some of them achieving their greatness in old age. At the same time it has been my privilege to meet and know countless individuals of no prominence who in their lesser sphere belonged to those hardy mortals who have proved that old age of itself does not destroy the creative powers of the mind and body.

A few months ago I called on an old friend in London who was very ill. He was over eighty and obviously yielding to his advancing years. Our conversation revealed his sense of frustration, his physical weakness—almost lifelessness. His cry was that he was useless and that no one wanted him. With an expression of hopelessness he betrayed his false philosophy. “We are born, grow up, become old, good-for-nothing, and that’s the end.” This mental attitude of futility and worthlessness was the chief reason for his sickness. He was looking forward only to senescence, and after that—nothing. Indeed, he had grown old in his thought life.

AGE IS THE DAWN OF WISDOM

Unfortunately many people have the same attitude as this man. They are afraid of what they term old age, the end, and extinction which really means that they are afraid of Life; yet Life is endless. *Wisdom teaches that age is not the flight of years, but age is the dawn of wisdom.* Spirit in man was never born and can never die. Spirit is God, and God has no beginning or end. Man’s body is really the garment God wears when He takes the form of man. In order to

manifest Itself, Spirit needs a form. Man's body is the instrument through which the Spirit functions on this plane. The Spirit and the body are not separate; man's body is Spirit or Life reduced to the point of visibility. Matter and Spirit are not different—they are the same. Spirit is the highest degree of matter, and matter is the lowest degree of Spirit. Man will always have a body. When he leaves this plane, he will put on a fourth-dimensional body, and so on to infinity; for there is no end to the glory which is man's.

Life is progression; the journey is a constant unfoldment of our Divinity. All formed things in the universe are gradually returning to the formless life, and the formless life is forever taking form. Anything that has a beginning has an end. Our body had a beginning; it will again return to the formless primordial substance, and we will put on a new body for every end is a beginning.

WELCOMING THE CHANGE

Old age is not a tragic occurrence. What we call the aging process is change. It is to be welcomed joyfully and gladly as each phase of human life is a step forward on the path which has no end. Man has powers which transcend his bodily powers; he has senses which transcend his five physical senses. Scientists today are finding positive, indisputable evidence that something conscious in man can leave his present body and travel thousands of miles to see, hear, touch, and speak to people even though his physical body is on a couch thousands of miles away. Man's life is spiritual and eternal; he need never grow old for Spirit or Life cannot grow old. Life is self-renewing, eternal, and indestructible. God is Life, and Life is the reality of all men. The evidence of the immortality of man is overwhelming. The scientist cannot see an electron with his eyes, yet he accepts it as a scientific fact because it is the only valid conclusion which coincides with his other experimental evidence. We cannot see God or Life; however we know we are alive. Life is, and we are here to express It in all Its Beauty and Glory.

MIND AND SPIRIT DO NOT GROW OLD

The Bible says, This is life eternal, that they might know Thee the only true God. John 17:3. The man who thinks or believes that the earthly cycle of birth, adolescence, youth, maturity, and old age is all there is to life, is indeed to be pitied; such a man has no anchor, no hope, no vision, and to him life has no meaning. This type of belief brings frustration, stagnation, cynicism, and a sense of hopelessness resulting in neurosis and mental aberrations of all kinds. If you can't play a fast game of tennis or swim as fast as your son, or if your body has slowed down, or you walk with a slow step, remember Spirit is always clothing Itself anew. What men call death is but a journey to a new city in another mansion of our Father's house.

I say to men and women in my lectures that they should accept what we call old age gracefully. Age has its own glory, beauty, and wisdom which belong to it. Love, beauty, peace, joy, happiness, wisdom, good will, and understanding—these qualities never grow old and never die. Emerson said, "We do not count a man's years until he has nothing else to count." Your character, the quality of your mind, your faith, and convictions are not subject to decay.

LOVE, PEACE, ZEAL, AND JOY HAVE NO AGE

I met a surgeon in England who operates every morning, visits patients in the afternoons, and writes in the evening. He is young at 84, full of life, zeal, enthusiasm, love, and good will. He has not surrendered to advancing years; he knows that he is immortal. He said to me, "If I should pass on tomorrow, I would be operating on people in the next dimension, not with a surgeon's scalpel, but with mental and spiritual surgery."

Our own President Herbert Hoover is very active and performing monumental work on behalf of the government at the age of eighty-three. He is healthy, happy, vigorous, and full of life and enthusiasm. I have listened to him speak over the radio; his mind is clear and decisive. I believe his mental acumen and sagacity are much greater

now than when he was forty. He finds life interesting and fascinating. I read recently that he spends all the time available in writing a biography of former President Woodrow Wilson. Mr. Hoover is a very religious man with a full faith in God, life, and the universe. He was subjected to a barrage of criticism and condemnation in the years of the depression, but he weathered the storm and did not grow old in hatred, resentment, ill will, and bitterness. On the contrary he went into the silence of his soul and communing with the Indwelling God he found the peace which is the power at the heart of God.

The greatest of all shock absorbers and preventatives of decrepitude and mental and physical disorders is peace at the Divine Center within you. Tune in and feel it now. All the barbs of criticism, anger, and hate aimed at you will be absorbed, neutralized, and lost in the great ocean of God's love and peace within you; this is the secret of remaining young forever.

HIS MIND ACTIVE AT NINETY-NINE

My father learned the French language at sixty-five and became an authority on it at seventy; he also made a study of Gaelic when he was over sixty and became a famous teacher of the language. He actively assisted my sister in a school of higher education and continued to do so until he passed away at ninety-nine. His mind was as clear at ninety-nine as it was when he was fifty; moreover, his handwriting and his reasoning powers had improved through the years. Cato learned Greek at eighty. Mme. Schumann-Heink reached the pinnacle of her musical success after she became a grandmother.

There is an old saying which has an underlying truth that a man is as old as he feels. You are as old or as young as your thought. Reason it out for yourself. Ask yourself a simple question such as this: "When was my mind born? When will it die? Has mind and spirit a beginning? How could there be an end to that which has no beginning or end?"

STAY YOUNG FOREVER

Life was never born, and it will never die. Water wets it not, fire burns it not, wind blows it not away. You know these things to be true. How could you say, "I am old, I am useless, I am unwanted." Never in Eternity could you exhaust the glories and beauties that are within you, for Infinity is within you. There is no end to man since there is no end to God. To maintain this concept will keep you forever young, vital, keen, alert, alive, and full of the Light that never grows dim.

Your gray hairs can be a great asset to you; they symbolize wisdom, understanding, forbearance, and strength of character. Many clergymen receive all manner of wonderful offers when they are over sixty; people believe that they know something by that time. One man said to me recently, "The only reason I come to see you is because you have gray hairs; I believe you have been through the mill, and that you are talking from experience." Ministers find it very easy to get a good position at forty-five. A retired priest recently informed me that he has been receiving fabulous offers from many sources; he was seventy. Truth, Love, and Wisdom have no age. It is possible for a boy of twelve years of age who studies the laws of mind and the ways of the spirit to have a greater knowledge of God than his grandfather who refuses to open his mind to the Truths of God.

YOUR GRAY HAIRS ARE AN ASSET

Don't ever quit a job and say, "I am retired, I am old, I am finished." That would be stagnation, death, and you would be finished. Some men are old at thirty while others are young at eighty. The mind is the master weaver, the architect, the designer, the sculptor. George Bernard Shaw was quite active at ninety, and the artistic quality of his mind had not relaxed from active duty.

I meet men and women who tell me that some employers almost slam the door in their face when they say that they are over forty. This attitude on the part of these employers is to be considered cold, callous, evil, and completely void of compassion or understanding.

The total emphasis seems to be on youth; i.e., you must be under thirty-five to receive consideration. The reasoning behind this is certainly very shallow. If the employer would stop and think, he would realize that the man or woman was not selling his age or gray hair, rather he was willing to give of his talents, his experience, his wisdom gathered through years of experience in the market place of life. Because of practice and application the man's age should be a distinct asset to the organization. His gray hair, if he has any, should stand for greater wisdom, skill, and understanding. A man or woman with emotional and spiritual maturity is a tremendous blessing to any organization. A man should not be asked to resign when he is sixty-five; that is the time of life when he could be most useful in handling personnel problems, making plans for the future, shaping decisions, and guiding in the realm of creative ideas based on his experience and insight into the nature of the business.

BE YOUR AGE

A motion picture writer in Hollywood told me that he had to write scripts which would cater to the twelve-year-old mind. This is a tragic state of affairs if the great masses of people are not expected to have become emotionally and spiritually mature. It means that the emphasis is placed on youth in spite of the fact that youth stands for inexperience, lack of discernment, and hasty judgment.

I am now thinking of a man sixty years of age who is trying frantically to keep young. He swims with young men every Sunday, goes on long hikes, plays tennis, and boasts of his prowess and physical powers saying, "Look, I can keep up with the best of them." He should remember the great truth: *As a man thinketh in his heart, so is he*. Diets, exercise, and games of all kinds will not keep this man young. It is necessary for him to observe that he grows old or remains young in accord with his processes of thinking. The Spirit is conditioned by thought; if his thoughts are constantly on the beautiful, the noble, and the good, he will remain young regardless of his chronological years.

Job said, "The thing which I greatly feared is come upon me." There are many people who fear old age and are uncertain about the future because they anticipate mental and physical deterioration as the years advance. What they think and feel comes to pass. We grow old when we lose interest in life, when we cease to dream, to hunger after new truths, and to search for new worlds to conquer. When the mind is open to new ideas, new interests, and when we raise the curtain and let in the sunshine and inspiration of new truths of God and His universe, we will always be young and vital.

If you are sixty or ninety-nine, realize you have much to give. You can help stabilize, advise, and direct the younger generation; you can give the benefit of your knowledge, your experience, and your wisdom; you can always look ahead for at all times you are gazing into Infinity. You will find that you can never cease to unveil the glories and the wonders of the Infinite One. Veil after veil is lifted, and Its Face becomes revealed as more august and wonderful. Try to learn something new every moment of the day and you will find your mind will always be young.

I was introduced to a man in Bombay who said he was one hundred ten years old; he had the most beautiful face I have ever seen. He seemed transfigured by the radiance of an inner light. There was a rare beauty in his eyes indicating he had grown old in years with gladness and with no indication that his Spirit had dimmed its lights.

YOU MUST BE A PRODUCER

The newspapers are taking cognizance of the fact that the voting population of the elderly in California elections is increasing by leaps and bounds; this means that their voice will be heard in the legislature of the State and also in the halls of Congress. I believe there should be a federal law enacted prohibiting employers from discriminating against men and women because of age. A man of sixty-five may be younger mentally, psychologically, and physically than many men at thirty. It is stupid and ridiculous to tell a man he can't be hired because he is over forty. It is like saying to him that he

is ready for the scrap heap or the junk pile. What is a man of forty or over to do? Must he bury his talents and hide his light under a bushel? Men who are deprived and prevented from working because of age must be sustained by government treasuries at county, state, and federal levels; the very organizations who refuse to hire them and benefit from their wisdom and experience will be taxed to support them. This is a form of financial suicide.

Man is here to enjoy the fruit of his labor and is here to be a producer and not be a prisoner of a society which compels him to idleness. Man's body slows down gradually as he advances through the years, but the mind can be much more active, alert, alive, and quickened by the Holy Spirit. Man's mind does not have to grow old. Job said, *Oh that I were as in months past, as in the days when God preserved me; When his candle shined upon my head, and when by his light I walked through darkness; As I was in the days of my youth, when the secret of God was upon my tabernacle.* Job 29:2-3-4.

SECRET OF YOUTH

The *secret* which Job speaks of is joy. All of us can capture our youth by stirring up the gift of God within us. Every time we recognize the Spirit within as Lord Omnipotent and reject the power of false beliefs of the world, we are stirring up the gift of God within us. *In Him there is fulness of Joy. The joy of the Lord is my strength.*

THE PRAYER OF REJUVENATION

To recapture the spirit of youthfulness, feel the Miraculous, Healing, Self-Renewing, Ever-Living God moving through your mind and body. Know that you are inspired, lifted up, rejuvenated, revitalized, and recharged spiritually. You can bubble over with enthusiasm and joy as in the days of your youth for the simple reason that you can always recapture the joyous state mentally and emotionally. The *candle* which shines upon your head is Divine Intelligence which reveals to you everything you need to know and enables you to

affirm the presence of your good regardless of appearances. You walk by His Light because you know that as the dawn appears all the shadows will flee away.

Instead of saying, "I am old," say, "I am wise in the ways of God." You are never a failure for you know that "He never faileth." You can always travel in your mind and conquer new fields. Don't let the race mind, corporations, newspapers, or statistics hold a picture before you of old age, declining years, decrepitude, senility, and uselessness. Reject it for it is a lie. You can rise above the race mind and refuse to be hypnotized by such propaganda. Affirm Life—not death. Realize you live forever, and Spirit is your reality. Get a vision of yourself as happy, radiant, successful, serene, and full of the Light of God. If you are retired, get interested in the Bible, especially its inner meaning. Do something you have always wanted to do, study new subjects, investigate new ideas. Then pray as follows: *As the heart panteth after the water brooks, so panteth my soul after thee, O God.* Psalms 42:1.

RETIREMENT—A NEW VENTURE

Be sure that your mind never retires. It must be like a parachute which is no good unless it opens up. Be open and receptive to new ideas. I have seen men of sixty-five and seventy retire; they seemed to rot away and in a few months pass on; they obviously felt that life was at an end. Retirement can be a new venture, a new challenge, a new path, the beginning of the fulfillment of a long dream. It is inexpressibly depressing to hear a man say, "What shall I do now that I'm retired?" He is saying in effect, "I am mentally and physically dead. My mind is bankrupt of ideas." All this is a false picture. The real truth is that you can accomplish more at ninety than you did at sixty because each day you are growing in wisdom and understanding of God and His universe through your new studies and interest.

THE FRUITS OF OLD AGE

His flesh shall be fresher than a child's: he shall return to the days of his youth. Job 33:25. Realize that you will never have an old mind unless you think you have. Learn to give all allegiance and devotion to the Indwelling God which is Supreme, the only Cause and Power. To give power to the race mind, to senescence, to sickness, to people, to conditions, and to events divides your allegiance and instills conflict and fear. You might be eighty years old chronologically speaking, but if you are cranky, irritable, irascible, petulant, and cantankerous, you are really old regardless of the number of years you have accumulated whether thirty or ninety. Old age permits the contemplation of the Truths of God from the highest standpoint. This brings you to the well of God where you may drink of the waters of life which will keep you forever refreshed and God-intoxicated.

Look forward to a greater degree of spiritual awareness and realize that you are on an endless journey, a series of infinite steps in the ceaseless, tireless, endless, ocean of God's Love; then with the Psalmist you will say, *They shall still bring forth fruit in old age; they shall be fat and flourishing.* Psalms 92:14. *The fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance: against such there is no law.* Gal. 5:22-23.

You are a son of the Infinite which knows no end and you are a child of Eternity.

MAKING PRAYER MORE EFFECTIVE

If your mind is to be stilled, it must be sheltered from the physical disturbances of noise and discomfort, from the winds and storms of the emotions, and from the anxieties and tensions of the day.

The ideal stillness achieved by holy men is a goal for most of us. But in some small measure, each time you withdraw into your prayer room, your mind, you can create a tranquil atmosphere sufficient to make your prayers effective.

Your prayers will never be effective until you cease to battle discords, grief, passion, anger, resentment, and the host of petty emotions that fill too many thoughts. The discipline is for you to release your attention from these disturbances and contemplate the Presence and Power of God within you.

Untroubled by distractions, you can begin to think about a clear understanding of such abstractions as beauty, love, peace, and harmony. When you begin to know the nature of harmony, you can begin to project that quality into the affairs and activities of your life.

KEY TO PRAYING EFFECTIVELY

The Bible gives the perfect formula for making prayer more effective. Consider what it says: *Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.* Psalms 19:14. Answers to your prayers will happen in your life when your inner thought and feeling agree with the words of your mouth.

LONG DELAYED LAWSUIT

A friend of mine was involved in a legal battle which had cost him considerable time, legal fees, etc. He was exasperated, bitter, and hostile toward the opposition and his own attorneys. His inner speech which represents his inner, silent, unexpressed thoughts was more or less as follows: "It's hopeless! This has gone for five years, I am being sold down the river. It is useless to go on. I might as well give up." I explained to him that this inner speech was highly destructive and was undoubtedly playing a major role in prolonging the case. Job said, *For the thing which I greatly feared is come upon me.* Job 3:25.

He changed his inner and outer speech completely when he fully understood what he had been doing to himself. Actually he had been praying against himself. I asked him a single question as follows. "What would you say if I told you this minute that there had been a perfect, harmonious solution reached and the whole matter was concluded?"

He replied, "I would be delighted and eternally grateful. I would feel wonderful knowing that the whole thing was finished."

He agreed from that moment on to see to it that his inner speech would agree with his aim. Regularly and systematically he applied the following prayer which I gave him: "I give thanks for the perfect, harmonious solution which came through the Wisdom of the All-Wise One." He repeated this to himself frequently during the day, and when difficulties, delays, set-backs, arguments, doubt, and fear came to his mind, he would silently affirm the above truth. He ceased completely making all negative statements verbally and also watched his inner speech knowing that his inner speech would always be made manifest. It is what we feel on the inside that is expressed. We can say one thing with the mouth and feel another in our heart; it is what we feel that is reproduced on the screen of space. We must never affirm inwardly what we do not want to experience outwardly. The lips and the heart should agree; when they do, our prayer is answered.

We must watch our inner psychological state. Some people mutter to themselves, are envious, jealous, and seething with anger and hostility. Such a mental attitude is highly destructive and brings chaos, sickness, and lack in its train. You are familiar with the person

who justifies himself; he tells himself that he has a perfect right to be angry, to seek revenge, and try to get even. He is playing an old subconscious record which recites all the alibis, excuses, and justification for his inner boiling state. In all probability he does not know that such a mental state causes him to lose psychic energy on a large scale, rendering him inefficient and confused. Man's negative inner speech is usually directed against some person.

HOW TRUTH SET HIM FREE

I talked to a man recently who told me that he had been treated shabbily; how he planned to get even and how hateful he was toward his former employer, etc. This man had ulcers of the stomach as a result of his inner turmoil and irritation. I explained to him that he had been making very destructive impressions of anger and resentment on his subconscious mind which always expresses what is impressed upon it. These destructive emotions must have an outlet and they came forth as ulcers and neurosis in his case.

He reversed his mental processes by releasing his former employer into the boundless ocean of God's Love and wishing for him all the blessings of Heaven. At the same time he filled his mind with the Truths of God by identifying himself with the Infinite Healing Presence, realizing that the Harmony, Peace, and Perfection of the Infinite One were saturating his mind and body, making him every whit whole. These spiritual vibrations permeating his mind were transmitted throughout his entire system, and the cells of his body took on a new spiritual tone resulting in a healing of his discordant condition.

THE SUBCONSCIOUS RECORDING MACHINE

The Bible says, *If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.* Who are these two? It means you and your

desire; i.e., if you accept your desire mentally, the subconscious mind will bring it to pass because your conscious and subconscious have agreed or synchronized. The two agreeing represent your thought and feeling, your idea and emotion. If you succeed in emotionalizing the concept, the male and female aspect of your mind have agreed and there will be an issue or mental offspring, namely the answered prayer.

It must be recalled that whatever we accept or feel as true is impregnated in our subconscious mind. The subconscious is the creative medium; its tendency, as Troward points out, is always life-ward. The subconscious controls all your vital organs, is the seat of memory, and the healer of the body. The subconscious is fed by hidden springs and is one with Infinite Intelligence and Infinite Power.

It is very important to give the proper instruction to the subconscious. For example, if a man dwells on obstacles, delays, difficulties, and obstructions to his program, the subconscious will take that as his request and proceed to bring difficulties and disappointments into his experience; hence, feed the subconscious with premises which are true.

What kind of inner talking goes on in you all the time which is not being expressed audibly? It is your inner talking that the subconscious listens to and obeys. Your subconscious records your silent thought and feeling, and it is a very faithful recording machine. It records everything and plays the record to you in the form of experiences, conditions, and events. You do not have to travel psychologically with fear, doubt, anxiety, and anger. There is no law which says that you have to travel with gangsters, assassins, murderers, intruders, and such thieves and robbers in your mind; they rob you of health, happiness, peace, and prosperity, and make you a physical and mental wreck.

YOU ARE THE ONLY THINKER

A woman had a blood pressure of over two hundred accompanied by severe migraine attacks; the cause of all this was destructive inner speech. She felt that someone had not treated her right and she

became very negative toward that other person. She justified herself in being hostile and antagonistic toward this other person, allowing this condition to go on for weeks and was in a deep emotional stew. This negative attitude drained force from her bringing about psychological changes in her blood stream. She was ready as she said, to explode with anger. This inner pressure, mounting tensions, and seething hostility was the cause of her high blood pressure or hypertension plus the migraine.

This woman began to practice the wonders of prayer therapy. She realized she had been poisoning herself and that the other woman was in no way responsible for the way she was thinking or feeling about her. She was the only thinker in her universe, and she had been thinking vicious, destructive, malicious thoughts which were poisoning her whole system. She began to comprehend and see that no one could possibly touch her except through her own thought or the movement of her own mind. All she had to do in order to practice the wonders of true spiritual inner speech was to identify with her aim. Her aim was peace, health, happiness, joy, serenity, and tranquillity. She began to identify with God's River of Peace and God's Love flowing through her like a golden yellow river soothing, healing, and restoring her mind and body.

She prayed for fifteen minutes three or four times a day. Her inner thoughts and feelings were as follows: "God is Love, and His Love fills my soul. God is Peace, and His Peace fills my mind and body. God is Perfect Health, and His Health is my Health. God is Joy, and His Joy is my Joy, and I feel wonderful." This kind of prayer therapy which represented her inner thoughts of God and His qualities brought about a complete sense of balance, poise, and harmony to her mind and body. When the thoughts of the other woman came to her mind, she would immediately identify with her aim—God's Peace. She discovered the wonders of real effective prayer where her lips and heart united in identifying with the Eternal Truths of God, thereby rendering her impermeable to the impact of negative ideas and thoughts.

How do you meet people in your mind? That is the acid test for the Truth which sets you free. If you meet them and see the God in them, that is wonderful; then you are practicing the wonders of inner

speech from a constructive standpoint because you are identifying with your aim which is God or the good. Ouspensky, author of *New Model of the Universe*, pointed out that your inner speech should always agree with your aim.

HOW HE GOT AGREEMENT

A young man had an aim for perfect health; however his conscious mind reminded him that he had been sick with a blood disorder for years. He was full of anxiety, fear, and doubt. His relations kept reminding him that it would take a long time and that he might never be healed. His subconscious was, of course, receiving all these negative impressions, and he could not get a healing. His inner speech had to agree with his aim. In other words, the two phases of his mind had to synchronize and agree. This young man began to talk in a different tone to his subconscious. I told him as he listened carefully and avidly to affirm slowly, quietly, lovingly, and feelingly several times daily as follows: “The Creative Intelligence made my body and is creating my blood now. The Healing Presence knows how to heal and is transforming every cell of my body to God’s pattern now. I hear and I see the doctor telling me that I am whole. I have this picture now in my mind, I see him clearly, I hear his voice, and he is saying to me, ‘John, you are healed. It is a miracle!’ I know this constructive imagery is going down into my subconscious mind where it is being developed and brought to pass. I know my subconscious mind is in touch with the Infinite One, and Its Wisdom and Power are bringing my request to pass in spite of all sensual evidence to the contrary. I feel this, I believe it, and I am now identifying with my aim—perfect health—this is my inner speech morning, noon, and night.”

He repeated this prayer ten or fifteen minutes four or five times daily, particularly prior to sleep. Due to habit he found his mind running wild at times, fretting, fussing, worrying, recounting the verdict of others and his previous repeated failings in the healing process. When these thoughts came to his mind, he issued the order, “Stop! I am the master. All thoughts, imagery, and responses

must obey me. From now on all my thoughts are on God and His Wonderful Healing Power. This is the way I feed my subconscious, I constantly identify with God, and my inner thought and feeling is 'Thank you, Father.' I do this a hundred times a day or a thousand times, if necessary."

The young man had a healing of the blood condition in three months. His inner speech became the same as it would be if he had already been healed. *Believe that you have it now and you shall receive.* He succeeded by repetition, prayer, and meditation to get his subconscious mind to agree with his desire; then the Creative Power of God responded according to the agreement. *Thy faith hath made thee whole.*

WHY CAN'T I SELL IT?

Here is an example of wrong inner speech: A member of our organization was trying to sell a home for three years. She would decree, "I release this beautiful home to Infinite Mind. I know it is sold in Divine Order to the right person at the right price, and I give thanks now that this is so." This was her prayer and there is nothing wrong with it, but she constantly neutralized it by silently saying to herself, "Times are slow, the price is too high, people don't have that kind of money. What's wrong with me? Why can't I sell it?" You can see that she was rendering her prayer null and void.

As a man thinketh in his heart so is he. Her inner speech was very negative and that was the way she really felt about the whole matter; therefore that mental state was manifested for three years. She reversed the procedure and every night and morning she would close her eyes for five or six minutes and imagine the writer congratulating her on her sale. During the day her inner speech was: "I give thanks for the sale of my home. The buyer is prospered and blessed because of this purchase." The repetition of these prayers were impressed on her subconscious mind and made manifest. A week later a man who sat next to her in church the following Sunday bought her home and was very satisfied. She realized you can't go in two directions at the same time.

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.
Psalms 19:14.

HOW PRAYER BANISHES GRIEF AND SORROW

Prayer is a great refuge in which to soften the grief and sorrow that trouble us during the various crises and events that shock us. In the communion of prayer we can resolve true values from the many false values we are apt to place upon the things and associations of this world. The most dramatic crisis is usually the problem of death because with a limited vision we become attached to personalities and we are disturbed by the sharp and apparently final separation of death. It takes the quiet thoughts of prayer to help us realize that death is but a transition between two states of the same life, and to readjust our thinking about our various relationships.

WHAT IS SO-CALLED DEATH?

Thousands of years ago Job asked, "If a man die, shall he live again?" This question has been asked millions of times since then. The truth is there is no death in the sense of oblivion. God is Life and that Life is our Life now. Life, or God, had no beginning and It has no end. Man being Life in manifestation cannot die. The body had a beginning and the body has an end. Actually we are creating new bodies every moment of the day. Man's body is the vehicle for the expression of life. When the vehicle or body is no longer a fit instrument, it is laid aside. Spirit then clothes Itself in a new body.

DEATH IS A BEGINNING

Life is a progression. The journey is from glory to glory; man goes onward, upward, and Godward. Where something ends, something else begins. Usually we admit renewal, resurrection, and fruition processes in the seasons, birds, flowers, and insect life, but when it comes to man, we are struck numb and dumb with fear. We are timid about taking the position that death and birth are but the two sides of the shield of life and should not be feared. Basically it is Life in the process of changing. Something old given up for something new is the transaction consummated in the so-called death process.

THERE ARE NO DEAD

And this is life eternal, that they might know thee the only true God. John 17:3. To know or to acquaint yourself with the fact that God is the Life of you, the reality of you, is to know that you are immortal, which means the continuity and on-going of your individual life forever expanding into higher mansions of our Father's house. We have our entire being in the Universal Mind of God; this is where all things exist, and whatever abides in the mind of God will never cease to be. A rose that blooms once blooms forever. You are immortal because God is immortal.

WHEN DEATH TAKES HER BOYS

One of the greatest tests of character and faith in God and in immortality is to lose loved ones through what man calls death. I chatted with a woman on a recent polar flight to Europe. She told me that she had lost two sons in the war, one was nineteen and the other twenty years of age. The news of their transition was an agonizing mental blow at first, but she added that she quickly regained her composure by quietly affirming to herself, "He is not a God of the dead but of the living, for in His sight all are alive."

She looked at me with a rare radiance in her eyes as she said, "Do you know what I felt?" Her words came slowly and with majestic calm. "Suddenly I felt a wave of inner peace come into my heart and

all sense of grief disappeared. I knew and felt that they were alive and I could sense their presence and kindly touch. It was a wonderful experience.”

A NEW BIRTHDAY

This woman said that her boys had been very religious, full of love, joy, and vitality, and she continued, “I know God is just and God is good, and I realize that while I miss them, at the same time they are building another home for themselves in the next dimension where they have new bodies and new tasks to accomplish. I asked myself, ‘How can I help them?’ The answer came quickly: ‘Pray for them!’ I prayed and reasoned as follows: ‘My boys were loaned to me from God, the Source of all Life and the Giver of all gifts. I knew I could not have my boys forever and that some day they would leave me, get married, perhaps go to foreign lands, or move to another city. I loved them while they were with me, I gave them everything I could in the way of love, faith, confidence, and trust in God. My mission now is to help them build a new home, and I radiate love, peace, and joy to them. God’s Light, Love, Truth, and Beauty flow through them. His peace fills their souls. I rejoice in their onward journey, for Life is progression. Whenever I think of them I say, ‘God is with them and all is well.’”

The above prayer which she repeated several times a day for a few weeks brought a complete sense of peace and tranquillity to this woman. She helped her sons through her prayers, and she helped herself also. *There are bodies celestial and bodies terrestrial; so also is the resurrection of the dead.* I Cor. 15:40.

THE OIL OF JOY FOR MOURNING

To give the oil of joy for mourning is interpreted this way: We must teach all men that they should never grieve or mourn for loved ones. By radiating the qualities of love, peace, and joy to the loved one who has passed over to the next dimension, we are praying for the

loved one in the right manner. We are lifting the other up in consciousness. This is truly giving the “oil of joy for mourning.” We rejoice in his new birthday, knowing the Presence of God is where he is. Where God is there can be no evil. In order to pray for the so-called dead, we realize that the loved ones who have passed on are dwelling in a state of beauty, joy, and love; then we are lifting them up because they feel our prayers, and thereby they are blessed. We make them happy by our sincere prayer. Instead of feeling that they are dead and gone, and that their bodies are where the graves are, by an inner mood let us see them dwelling in a state of indescribable beauty. We must never dwell in the mood or feeling of lack, limitation, or regret.

OUT OF THE DEPTHS

I knew an actor in New York who received a cablegram that his wife and three children were killed in India only five or ten minutes before he had to go on the stage. He had to sing, dance, and tell jokes. He said to me, “I forced myself to think of God and His Love; I knew the pendulum of life which had swung to tragedy and despair in my life had to swing to the opposite at once. I began to claim that God would give me strength and power and that I would give the greatest performance of my life. Somehow I knew that is what my wife and children would want; as the tears ran down my cheeks, I remembered God and I claimed He was helping me and wiping away all my tears. I offered a prayer for my loved ones claiming that ‘He leadeth them beside the still waters’ and His Love was there with them.” He said his heart was breaking, but he raised his voice in triumphant song and danced as he had never danced before; the house applauded him again and again. He said it was the greatest thrill of his life. He felt God with him all the way. Out of the depths of his sorrow he forced himself to think of God and His Goodness, and God answered him. He invoked the Power which is the greatest thing we know. The Power miraculously took over, elevated him, and gave him strength. He turned his eyes upward; he looked for a solution. *Out of the depths have I cried unto thee, O Lord. Lord, hear*

my voice: let thine ears be attentive to the voice of my supplications.
Psalms 130:1-2.

LOYAL TO HIS IDEALS

I attended a funeral service recently of a man who died suddenly at fifty years of age. He had an only daughter aged thirteen; his wife had passed on when the girl was born. She said to me, "Daddy always said that death was on-going and before he died he said, 'Pray for me, I shall always pray for you and watch over you.'" I was amazed and delighted to hear her say, "I know Daddy heard every word you said. I saw him clearly; he smiled at me. I know he doesn't want me to mourn, cry, or brood over the grave. He wants me to be happy, joyous, go to college, and learn to become a good physician. I know that would make him so happy. I don't owe Daddy tears or sorrow; I owe him loyalty, love, and devotion to the truths he taught, and to make something of myself."

She had solved the tragedy of so-called death in her heart, and it didn't hurt too much. She had the sense of a Divine Companionship which comforted her plus her spiritual knowledge with the principles of happy and constructive living which are kindness, love, growth, confidence, amiability, a sense of trust in the laws of God and His Love for all his own children.

Like this young girl you can rise above your gloom, discouragement, and misery. Rise above it and redeem it now. Come out of your hole of sorrow, grief, and loneliness by emphasizing in yourself the qualities of love, friendship, confidence, trust, and fruitful activities, plus an intense desire for a heightened capacity to love and give of your talents to the world. As you are projecting these qualities while still continuing in loneliness and sorrow, you are building another house in your mind in which you will dwell shortly—if you faint not and keep on trusting in Him, for *He never faileth*. Endure your present trouble while praying for the future state because of the great joy that is set before you.

THERE IS NO FEAR IN DEATH

I have been at the bedside of many men and women during their transition. I have never seen any one of them show any signs of fear. Instinctively and intuitively they feel that they are entering into a larger dimension of life. Thomas Edison was heard to say to his physician before he died, "It is very beautiful over there." All of us have a natural wistfulness regarding the state of our loved ones when they leave this plane of life. We must realize that they are living in another mansion of our Father's House and only separated from us by a higher frequency.

The so-called dead are all about us, and we must cease believing that they are dead and gone. They are alive with the Life of God. Radio and television programs fill the room where you are living though you cannot see or hear them without an instrument. Man is under a hypnotic spell of belief in death, but when he lets the scales of centuries of false beliefs fall from his eyes, he will realize that we have an existence beyond time and space as we know it, and he will see and feel the presence of those whom he now calls "dead."

RELEASE YOUR LOVED ONES

It is unwise to hold on to your loved ones in your thoughts. Be sure to release them through prayer; let them go. We must not hamper or restrict their on-going in any way by gloomy, despondent, and dismal thoughts. They are entitled to your thoughts of joy, peace, and love. Millions of people all over the world intuitively feel and know that their loved ones still live, move, and have their being, and moreover they have had a very definite feeling of the near presence of those whom they dearly loved on this plane. The intuitions, insights, and intimations from your subliminal depths which transcend your intellect are constantly reminding you of the deathlessness and eternity of your loved ones.

The *Book of Revelation* contains a beautiful, inspiring, and magnificent passage which touches on life after death. *Therefore are they before the throne of God, and serve him day and night on his*

temple: and he that sitteth on the throne shall dwell among them. They shall hunger no more, neither thirst any more, neither shall the sun light on them or any heat, For the Lamb which is in the midst of the throne shall feed them, and shall lead them to fountains of living waters: and God shall wipe away all tears from their eyes. Realize in your heart that they are fed with wisdom, truth, and beauty; their thirst is always satisfied with inspiration from On High and they are flooded with the Radiance of the Light Limitless.

A SPIRITUAL ADVENTURE

I look on death as a birthday into the fourth dimension where we go from mansion to mansion in an ascending scale. About thirty-six years ago I had a severe illness and was unconscious for about three days. All this time I was outside my body and talked with relatives long since gone from the face of the earth; I recognized them clearly. I knew I had a body but it was a different body which enabled me to go through closed doors, and whenever I thought of any place such as London, Paris, or Belgium where my sister was, I was there instantaneously and could see and hear everything that was going on. I spoke to friends and loved ones in the next dimension, yet I used no language; everybody communicated with everybody else by thought. There were no boundaries. Everything seemed to be alive, and I had no sense of time. I felt free, exalted, and rapturously ecstatic. I saw the doctor come into the room where my body was and heard him say, "I think he is dead." I felt him touching my eyes and testing my responses, and I tried to tell him I was alive, but he didn't seem to know I was there. I touched him and said, "Let me alone, I don't want to come back," but there was no perceptible recognition of my touch or voice. The doctor gave me an injection which seemed to be a heart stimulant of some kind. I was furious as I did not want to come back—it was so beautiful in the transcendent state. I was just beginning to enjoy myself, my new acquaintances, and studies in the next dimension. I was being restored to life, and I felt myself going back into my body like going into a sleeping body. Suddenly everything seemed to pass away and

I felt I was in prison. When I awakened, I was suffering from shock, undoubtedly due to the anger expressed in the fourth-dimensional body before it entered its three-dimensional counterpart. As far as I know I had experienced what the world calls death, and according to our sense of time I was unconscious seventy-two hours. When men call us dead, we are merely functioning in a higher dimension of mind.

WHERE IS THE FOURTH DIMENSION?

We are living in the fourth dimension now. Actually we are living in all dimensions because we are living in God Who is Infinite. Your loved ones who have passed on are carrying on their lives right where we are but at a higher frequency or vibration. It is possible to have a fan in your room which oscillates at such a high speed that to you it is invisible. Likewise we can send fifty different voices over a cable, and the reason they do not interfere with each other is due to different frequencies. Radio and television programs do not interrupt or collide with each other due to different wave lengths. We interpenetrate all planes, and our journey is ever onward, upward, and Godward.

And so beside the Silent Sea
I wait the muffled oar;
No harm from Him can come to me
On ocean or on shore.
I know not where His islands lift
Their fronded palms in air;
I only know I cannot drift
Beyond His love and care.

WHITTIER

Our birth is but a sleeping and a forgetting;
The Soul that rises with us, our life's star,
Hath had elsewhere its setting

And cometh from afar;
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, Who is our home.

WORDSWORTH

Near shady wall a rose once grew,
Budded and blossomed in God's free light
Watered and fed by morning dew,
Shedding its sweetness day and night
As it grew and blossomed fair and tall,
Slowly rising to loftier height,
It came to a crevice in the wall,
Thru' which there shone a beam of light.
Onward it crept with added strength
With never a thought of fear or pride,
It followed the light thru' the crevice's length
And unfolded itself on the other side.
The light, the dew, the broadening view
Were found the same as they were before,
And it lost itself in beauties new,
Breathing its fragrance more and more.
Shall claim of death cause us to grieve,
And make our courage faint or fall?
Nay! Let us faith and hope receive,
The rose still grows beyond the wall.
Scattering fragrance far and wide,
Just as it did in days of yore
Just as it did on the other side
Just as it will for evermore.

ANON.

Never the Spirit was born; the
Spirit shall cease to be never;
Never was time it was not; End and

Beginning are dreams!
Birthless and deathless and shapeless
Remaineth the Spirit forever;
Death hath not touched it at all,
Dead though the house of it seems!
Nay, but as one who layeth
His worn-out robes away,
And, taking new ones, sayeth
“These will I wear today!”
So putteth by the Spirit
Lightly its garb of flesh,
And passeth to inherit
A residence afresh.

THE SONG CELESTIAL

YOU CAN CHANGE YOUR WHOLE LIFE

(1961)



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CHAPTER 1

BANISH THAT FEELING OF GUILT

But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die. All his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live.

EZEKIEL 19:21-22.

The wicked are the bewitched and means anyone who thinks negatively and destructively. Life holds no grudge against any living being in the world. God is Life, and this Life-Principle is moving in you now animating, sustaining, and strengthening you. If you are wondering where God is, the Life-Principle in you is God. You are alive with the life of God.

Life is forever forgiving us. We must let the scales of superstition fall from our eyes and become aware of simple truths which were always known. Truth has been distorted, twisted, and prostituted beyond recognition. This is why guilt is universal. In all ages people have been told to banish this sense of guilt, and they employed various ceremonies and rituals for this purpose. In olden days they sacrificed their bullocks and doves to propitiate the gods of wrath. When storms came, crops ruined, or a great drought prevailed, the people believed the gods were angry. The jungle priest had to give the people an answer. If he did not give the people an explanation,

they killed him. Therefore, the jungle priests gave answers which satisfied the superstitious imaginings of these people.

In remote parts of the world, people have sacrificed their children to appease the so-called angry gods of flood, fire, and famine. This is somewhat like paying a gangster, giving him tribute every week so he will not throw a bomb into your store in order to curry favor with him.

If you burn your hand, life forgives you, reducing the edema, giving you new skin, tissue, and cells. Life does not hold a grudge against you. If you injure your hand, cutting it severely, life forgives you. New cells build bridges over the cut. Life is always forgiving you. Life is givingness and forgiveness. If you take some bad food, life forgives you, too, and causes you to expel and regurgitate it. Life has no ill-will against you.

We must learn to use the Life-Principle the right way and cease going against the stream of life. When a child is born, it is Universal Life individualizing Itself and appearing in your home; rejoice! The child has no discrimination nor discernment; it has not begun to use its reason as yet; therefore it is subject to the mood of parents. Every child wants to follow its own inner inherent drives, and it thinks nothing evil about these things, but the father or mother who does not understand says, "You little brat, you are a sinner. You are a naughty boy. God is going to punish you. You are going to suffer for this." The child is baffled; he cannot reason out what is wrong as he lacks discernment. He, therefore, feels cut off from love, protection, and security for that is what the mother represents to him. He feels that his mother is angry, and he reacts perhaps by micturating at night, indicating the child wants to drown his mother in resentment. The child may also react in this way by becoming timid, weak, and inferior, showing a deep sense of rejection.

A young boy might react to a cruel tyrannical father by becoming hostile, belligerent, and resentful. He knows his father is a big man, so he suppresses his anger. His rage is suppressed and it becomes a festering sore. Later on he finds himself opposed to authority because he has been against his father all his young life. He gets in trouble with the policeman, the professor at school, and other

symbols of authority. He is always fighting his father, and he does not know it because no one has ever taught him how his mind works.

The President of the United States is subject to authority. Congress has power over him. We have to live and adjust to authority. Wherever we go, there is authority. We must learn to establish control over our thoughts, feelings, and responses. We must take charge of our own minds. When we do take charge of this motley crew in our minds and say to them, "I am the master, I am going to order my thoughts around and tell them what to give attention to," we will be like an employer ordering his employees to execute his instructions.

Man must take charge of his own mind and not permit others to govern it for him. Creed, dogma, tradition, superstition, fear, and ignorance rule the mind of the average man. The average man does not own his own mind. It does not belong to him. It is often ruled over and governed by the rank superstitions of others.

We must realize that a great sense of guilt comes from what is called conscience. A great number of people think that the voice of conscience is that of God. It is not. Conscience is your inner feeling and the voice of someone else. Often it is the voice of fear, superstition, and weird concepts of God. I knew a boy who feared that he would be punished by God because he did not go to church on Sunday. This is the inner voice of superstition and false belief implanted in his subconscious by his parents or teachers. This belief on the part of the boy gave him a sense of guilt, and he felt that he must be punished.

When you were young, you were given taboos, restrictions, homilies, and a series of don'ts. You were perhaps told that you were evil, a sinner, and that God would punish you. Perhaps you were told of a lake of fire waiting for you, if you did not behave and believe in a particular creed. The minds of children are contaminated and polluted with all kinds of strange notions and false doctrines.

A young boy said to me, "If I ride my bicycle without lights, I would feel that I must be punished, that I must fall because my mother said, 'You will fall. You are going to be hurt. You are naughty. You are going to be punished.'"

What a disastrous thing to tell a child. It would be so much better to tell him that he should not ride a bicycle at night without lights. Mother and father should explain thoroughly to the boy that the instructions are for his own good, for his own self-preservation. It is much better to tell a boy that God's Love will always take care of him rather than frighten him with dreadful, hypnotic suggestions of danger.

Children should never be told that they were born in iniquity and conceived in sin. They should be taught that they are children of God, that God is their real Father, and that God is Love. They also should be taught that Love cannot do anything unloving. Of course, there is the good conscience where the boy is taught the Golden Rule, love of others, and that honesty is the best policy. When a boy is about to steal, there is that within him which tells him, "No, you shouldn't do that."

The mother and father are there to teach the child the difference between rat poison and butter, the difference between the skunk and the cat, the difference between what is right and what is wrong. The child has to go to school. He must learn manners; be indoctrinated properly. He learns what is right, true, noble, and God-like. Yet how many are taught these qualities today?

Everyone wants self-esteem, wants to feel worthy, wants to be recognized by his neighbors as honest, sincere, and good. You want your children and your wife to love you. You want the respect of the community. When a man falls short of expressing himself in doing the right thing, he feels a sense of guilt and proceeds to punish himself.

I knew a man who worked every night until about one o'clock in the morning. He paid no attention to his two boys or his wife. He was always too busy working hard. He thought people should pat him on the back because he was working so arduously and persistently past midnight every night. He had a blood pressure of over two hundred and was full of guilt. Unconsciously, he proceeded to punish himself by hard work and completely ignored his children. A normal man does not do that. He is interested in his boys, etc. He does not shut his wife out of his world.

I explained to him why he was working so arduously, "There is something eating you inside, otherwise, you would not act that way. You are punishing yourself." He did have a sense of guilt. It was toward a brother. Then he realized what he had been doing to himself.

I explained to him that God was not punishing him. If we misused the laws of life, we would suffer accordingly. If a man puts his hand on a naked wire, he will get burned. Electricity itself is not evil. The only sin is ignorance of the law, and the only punishment is the automatic reaction of man's misuse of the law.

If a man misuses the principle of chemistry, he may blow up the office or the factory. If he strikes his hand on a board, he may cause his hand to bleed. The board is not for that purpose. Its purpose may be to lean upon or to support your feet.

This man realized that God does not condemn or punish anyone, and that all his suffering was due to the reaction of his subconscious mind and to his own negative and destructive thinking. He had cheated his brother at one time, and the brother had now passed on. Still he was full of remorse and guilt.

I asked him, "Would you do that now?"

He said, "No."

"You felt that it was the right thing to do at that time?"

His reply was, "Yes."

"But you would not do it now?"

He added, "No. I am helping others to know how to live."

I added the following comment, "You have a greater reason and understanding now. The past is dead, nothing lives but this moment. As you change this moment, you change your destiny. Forgiveness is to forgive yourself. You cannot forgive another without first forgiving yourself. Forgiveness is getting your thoughts in line with the Divine Presence and the Divine Law of Harmony. Self-condemnation is hell, forgiveness is heaven." This man was completely healed and became free.

Self-condemnation is one of the most destructive of all mental poisons sending psychic pus all over your system. It destroys your vitality, enthusiasm, energy, and may affect all the organs of your body.

If you have a glass of dirty water, you may condemn, resent, and curse it indefinitely, but you will not get clean water. However, if you continually pour clean water into the glass, you will have clean water.

A man who murdered his brother in Europe came to see me in Los Angeles some years ago. He was suffering from great mental anguish and torture believing that God must punish him. He explained that his brother was having an affair with his wife and that he shot him on the spur of the moment. This had happened about fifteen years ago. In the meantime, this man had married an American girl and had three lovely children. He was in a position where he helped many people and was a transformed man.

My explanation to him was to the point that physically and psychologically he was not the same man who shot his brother, as they say every cell of our bodies changes every year. Moreover, mentally and spiritually he was a new man. He was full of love and goodwill for humanity. The old man who committed the crime was dead and gone. Actually he was condemning an innocent man!

This man understood and realized that death and resurrection are constantly taking place in our lives. Man must die to that which he is before he can live to that which he wants to be. This man realized the significance of the following Truths in the Bible: *Come now, and let us reason together, saith the Lord; though your sins shall be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.* Isaiah 1:18. *And their sins and iniquities will I remember no more.* Hebrews 10:17. *I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.* Isaiah 43:25. *Behold, I make all things new.* Rev. 21:5. *And the Spirit of the Lord will come upon thee, and thou . . . shalt be turned into another man.* I. Samuel 10:6.

Let us suppose that a man misused the law of his mind for fifty years. By trial and error and study he learns how to use his mind by giving constructive imagery, life-giving patterns, and God-like ideas to his subconscious mind. This process would be analogous to pure water flowing into dirty water. By filling his mind with the Truths of God, he would be giving life-giving thoughts to his deeper mind. Then the past mistakes are changed, wiped out, obliterated, and remembered no more.

Begin with God and you end with God. Begin with Love and you end with Love. A new beginning is a new end. Begin now to use your subconscious the right way, and you will no longer experience the negations of the past because the subconscious is changed through prayer. The Healing Presence of God is within you. Let it flow through you and become a channel for His Love, Truth, and Beauty.

To teach children that they are born with the stain of original sin, because Adam and Eve sinned is ecclesiastical verbiage and out of place altogether in the modern interpretation of the Bible. Original sin really means that man has forgotten his Divine Origin and takes the commandments and superstitions of men for the Truths of God. Every child in the world is born into the race mind and all that his environment represents—that is also one of the meanings of original sin.

When you learn the laws of your mind, and your own divinity, you are no longer subject to the taboos, restrictions, false beliefs, and the corrupt indoctrination you received in your youth. If you want to cleanse your children's minds, practice the Presence of God in the home. Think God-like thoughts, then the home will be saturated with a lovely mood or atmosphere. You will see the child grow in the image and likeness of the dominant mood of the home. This is the real meaning of baptism.

Jesus said to the woman caught in adultery, "Woman, where are thine accusers? hath no man condemned thee? Neither do I condemn thee; go, and sin no more."

Truth does not condemn. When we cease accusing ourselves, we are free. God has always forgiven man, but man must forgive himself. Cease mentally stoning and flagellating yourself. Focus your attention on your ideal and with faith in God move forward in the Light.

I will restore to you the years that the locust hath eaten.

The locust represents grief or some other negative state of mind which irritates and annoys you inside. The negative emotion is called the meal of the locust.

Many people are full of guilt because they failed to visit their father or mother prior to their transition to the next dimension. Their statements are somewhat as follows: "Oh, I mistreated my mother

before she passed on.” “My husband died, and I was out at the time.” “I did not forgive my father, and now he is dead and gone.” “Etc.”

The Bible gives you the answer and teaches you how to forgive yourself and others. The first thing you must realize is that there is no time or space in the Mind-Principle. This very moment you can relax mentally and think of your mother whom you believe you wronged in some way. Imagine that you are talking to her, tell her how lovely and beautiful she is and how much you love her. Exalt her in your mind and realize the Presence of God is there and that His Love, Light, Truth, and Beauty are flowing through her. Realize also that she is alive with the Life of God. Live in this imaginary scene until you get the fragrant reaction which fills your soul with joy. Continue to dramatize this mental scene, and the reaction will come, and you will feel free; your mother also will be free. The action of God has taken place, your mother will forget all about the incident, and so will you. A complete healing will follow this procedure.

If you made a recording of your talk on a tape machine, you could erase it. In the same manner you can erase these psychic traumas from your subconscious mind by impressing on your subconscious the spiritual truths of God. The new vibratory tone of your thoughts erase the old negative patterns of thought lodged in your subconscious.

A man said to me recently, “My conscience is my guide.” He was writing vitriolic articles attacking a certain religious group. I explained to him the working of his deeper mind. He realized that his biases, hatreds, and superstitious patterns were planted in his subconscious mind when he was young and that his mental conditioning was the reason for his resentment, hostility, and antagonism to other religious groups.

Many people have become victims of ruthless superstition and ignorant biases. Following the voice of conscience has ruined the lives of many people. One man I knew said, “I hear a voice inside me urging me to kill my mother-in-law.” The voice he heard was real enough, like the voices and scenes you hear in your dreams. The subconscious mind is always dramatizing the impressions we make upon it. It is our Book of Life which keeps a record of all our thoughts, feelings, and beliefs. I explained to him that his constant

hatred and resentment of his mother-in-law was murder in his own heart and that his evil and destructive thoughts were constantly sinking down into his mind and would eventually saturate the subconscious with the idea of murder. The subconscious acts by reacting, and the law of the subconscious is one of compulsion; therefore, he would eventually commit the murder. The voices he heard were those of his own subconscious talking back to him. My explanation was the cure. He blessed and prayed for his mother-in-law; they became good friends, and she calls him "my son."

Those who put thousands of Protestants to death in the days of the Spanish Inquisition did so in the name of conscience. This conscience represented religious hatred and bigotry. Research scholars and archaeologists have definite evidence that parents in ancient Babylon stoned children to death because of some minor infraction of certain laws and rules which they promulgated.

Many people walking the streets of Los Angeles are victims of a neurotic conscience. The patterns of conscience vary with different religions, racial and social influences. You must learn to differentiate between what you call conscience and the voice of God. God always speaks in peace and never in confusion. The voice of God is always constructive, harmonious, and peaceful. The voice and intimations of the Divine are always lifeward, tending toward the life more abundant. Whenever you have an urge to go against the laws of life such as the Golden Rule, the Ten Commandments, or Paul's Love Epistle in the thirteenth chapter of Corinthians, you know very well it cannot be the voice of Truth or God.

Some time ago I talked to a young lady aged twenty-two. She was taught it was a sin to dance, to play cards, to swim, and to go out with men. She was threatened by her mother who told her she would burn eternally in hell-fire if she disobeyed her will and her religious teachings. This girl wore a black dress, black stockings. She wore no rouge, lip-stick, or any form of make-up because her mother said that these things were sinful. Her mother told her that all men were evil and that sex was of the devil, simply diabolic debauchery.

This girl was full of guilt. When she went out with young men in the office where she worked, she had a deep sense of guilt and

thought that God would punish her. Several eligible young men proposed to her but she said to me, "It is wrong to marry. Sex is evil and I am evil." This was her conscience or early conditioning speaking. Actually it was not her own feeling but the voice of her mother lodged in her subconscious depths.

She came to me once weekly for about ten weeks, and I taught her the workings of the conscious and subconscious mind. I gave her my book *The Miracles of Your Mind* and also *Love Is Freedom* which deals with marriage and divorce. She studied these books carefully and systematically. This young girl realized that she had been completely brain-washed, mesmerized, and conditioned by an ignorant, superstitious, bigoted, and frustrated mother. She broke away completely from her family and started to live a wonderful life.

At my suggestion she dressed up, had her hair attended to. She took lessons in driving from a *man*, and she also took dancing lessons. She learned to swim, play cards, and had a number of dates. She began to love life. She prayed for a divine companion by claiming that Infinite Spirit would attract to her a man who harmonized with her thoroughly. This came to pass. As she left my office one Monday evening, there was a man waiting to see me and I casually introduced them, which is something I rarely do in my office. She said to me on leaving, "I saw that man in my dreams; I know we will get married," and they did. They harmonize with each other perfectly.

My experience with people of all religious persuasions is that conscience, as it is usually found, has been the curse of curses in thousands of lives. What about your conscience? Do you think it is a sin to smoke, to take a glass of wine, to dance, or to go to the movies? Do you think it is a sin to laugh and enjoy yourself? If so, you are very sick psychologically and are a victim of brainwashing. The young child is indoctrinated with father's and mother's ideas and in addition perhaps the weird and superstitious concepts of uncles and aunts, teachers and others who do not always instill and inculcate the Truths of God.

It is shocking and diabolical to inculcate into the minds of children that there is a hell-fire waiting for them if they sin, that there is a devil tempting them, that God will punish them, and that they are here to

suffer. It is no wonder that the offices of psychiatrists are full of so-called religious people.

A young girl came to see me stating that she had to wash her hands about one hundred times a day and that she was always afraid of some infection. This girl was a Catholic and her husband was of the Jewish faith. They were quite happy together until she began receiving letters from her mother that she had done great evil and added religious threats plus moral condemnation. I explained to this girl that Love knows no creed, race, or sectarian group. Love transcends all creeds. Furthermore, she realized that no one could break up her marriage when Love reigned supreme. She learned to laugh at herself for being so upset. She understood why her mother wrote these foolish letters. She realized that her mother was brain-washed with religious taboos, prejudices, and strictures of all kinds, and that she was writing from the standpoint of superstition, bias, and ignorance, and not from the standpoint of God or Truth. In God there is no Greek or Jew, no bond or free, no Catholic or Protestant, Hindu or atheist. God has no religion and knows nothing about creeds, dogmas, and man-made opinions. This young lady learned to pray and imagined that she had a letter from her mother which was full of love, kindness, and good will.

I told her the story of Orage, a disciple of Ouspensky, who taught his students as follows: "Compose a letter written as from your friend to yourself which would completely satisfy you if you received it. Put into exact words what you would like your friend to write or say to you."

Every night she would embrace her mother in her imagination and radiate love, peace, and joy to her, and then she would read the imaginary letter from her mother which filled her soul with joy. She continued to do this for about three weeks every night, and at the end of that time, she received a letter from her mother apologizing for her previous letters and containing almost the exact words which she had been picturing, feeling, and rejoicing in each night.

In many parts of the world men have several wives; this is their religious custom or tradition. Our Bible teaches that love is an at-one-ment or a union of two souls seeking their way back to the heart of reality. If an American or Englishman had several wives, his

conscience might destroy him because of his sense of guilt. A woman in this country would not want to be one of several wives; she would feel guilty and probably get seriously ill mentally and physically.

Howbeit in vain do they worship me, teaching for doctrines the commandments of men. For laying aside the commandment of God, ye hold the traditions of men . . .

In these few verses tersely put, we have the answer to the guilt complexes of millions of supposedly religious and intelligent people. Do the dead thoughts and doctrinal wrappings and trappings of your parents and grandparents rule and govern you, or are you controlled by God and His Spiritual Truths? Learn the great Law of Life. God is Life, and this Life seeks expression through you as beauty, harmony, joy, love, order, rhythm, and abundance. The Kingdom of God is within you. Infinite Intelligence will lead and guide you in all your ways when you turn to It and call upon It.

You can be inspired from On High by claiming that "God thinks, speaks, and acts through me now, and I feel the influx of the Holy Spirit animating and sustaining me in all my ways." Life cannot wish death. God is Love, and Love cannot wish anything unloving. God is Peace, and Peace cannot wish pain. The will of God for you is always something wonderful, magnificent, and glorious. It is something transcending your fondest dreams. Life feels Itself to be beauty, joy, peace, love, wisdom, intelligence, and harmony. It seeks to express all these qualities through you. These are the murmurings and whisperings of your heart-strings. This is the true voice of conscience which urges you to rise higher, to move to higher levels of awareness.

The Center of Divine Inspiration which inspired the illumined seers who wrote the Bible, speaks through the great poets, artists, and writers, and it is within you and can be contacted at the Divine Center in your own mind. Your conscience should be guided by the great Truths of God, the spiritual values of life by an understanding of the principles and laws of life. Get acquainted with the Indwelling Presence. *Acquaint now thyself with Him, and be at peace, therefore good shall come unto thee.*

It was the voice of conscience which caused the people two thousand years ago to say to Jesus that he should not heal on the Sabbath. These thoughts, traditional beliefs are contrary to the laws of life and are definitely evil and destructive. Do you say to your children: "Your parents have the only truth, you must believe what we say. You must never think for yourself. You must accept our dogma." This is disastrous and utterly dictatorial and a totalitarian attitude. It may well be the case that everything you are teaching them is a lie, and they will grow up so conditioned that when they violate any of these foolish and grotesque taboos which you gave them, they will have a guilt complex and be seized with fear, and then proceed to punish themselves.

The morals of people vary throughout the world and are of a geographical nature. These are based on the mores and traditional concepts of the particular country or race. The moral standards of the various cultures are true only when they conform to the Principle of Life which is forever seeking to express Itself through us as harmony, health, peace, joy, love, symmetry, and the life more abundant.

There are women and men who live in hatred of one another and who are hopelessly incompatible because they are afraid to get a divorce due to religious beliefs. They are full of guilt and believe that God would punish them. They are victims of early training and superstitious dogma implanted in their minds by the bigoted propensities of parents and others. They would rather live the lie than have the decency to break up the lie. They say, "Whom God hath joined together, let no man put asunder." God is Love, and if the heart is the chamber of God's Presence and if Love does not unite the two hearts of the man and woman, the marriage is a mockery, a farce, a sham, and a masquerade.

Many people are full of guilt because they accept as right that which is actually wrong. God condemns no one. God has already forgiven you. Forgive yourself. Change your thought and keep it changed. Think on whatsoever things are true, just, lovely, noble, and of good report. Think from the standpoint of the Golden Rule and the Law of Love. Would you think of disobeying the principles of chemistry, physics, mathematics, and engineering? Would you build

a wheel off center? Are you believing in antiquated, dead, grotesque, ignorant superstitions and prejudices in the name of religious beliefs, or have you made a serious inquiry into the workings of your subconscious and conscious mind? The modern scientist has to conform to natural law; he cannot change it. Your religion must also conform to natural law. The result is con-science *with knowing*. The Law of Life is the law of health, happiness, peace, order, beauty, right action, and abundance. Divine Order is Heaven's First Law.

Remember ye not the former things, neither consider the things of old. Isaiah 43:18.

Forgetting those things which are behind, and reaching forth unto those things which are before, press toward the mark for the prize. Phillippians 3:13-14. And enter into the glorious liberty of the sons of God.

CHAPTER 2

YOUR WILL AND GOD'S WILL

Nevertheless, not my will, but thy will be done.

Is this resignation or blind fatalism? It is not! Every man wants to experience God's will because God's will for him is always something wonderful, glorious, magnificent, and joyous.

. . . And his name shall be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace. Isaiah 9:6.

The name of God means the nature of God. God is Love, and therefore God cannot wish for you anything unloving. God is Absolute Peace, and He cannot wish for you discord, chaos, and confusion. God is Life, and Life cannot wish death; that would be a contradiction of its own nature. God is Absolute Joy and cannot wish grief or sorrow. God is Absolute and Unalloyed Harmony and cannot wish sickness or disease. God is Infinite Riches of All Kinds and cannot wish poverty; to think so would be a form of insanity.

God's will for you is something transcending your fondest dreams. The will of God, as Judge Troward, author of *Edinburgh Lectures* and other works on Mental Science, so eloquently puts it, is the tendency of God, and God being Life cannot wish anything detrimental to Itself. Life feels Itself to be Love, Joy, Peace, Beauty, and Its tendency is to express Its own nature which is the same yesterday, today, and forever. When a man says, "I am poor; I am sick; I am weak; I am tired; I am broke; etc.," he brings these conditions on himself by his negative destructive statements.

The name of God is given as I AM in the third chapter of Exodus. I AM is a nameless name. It means Existence, Being, Life, Awareness, Unconditioned Consciousness. It is the Only Presence,

the Only Power, and the Cause of All. God creates all things by first imagining Himself to be these things, and then He feels Himself to be that which He imagined Himself to be—this is the way all things are made. Man creates the same way God creates, but he should follow God's pattern of harmony, health, peace, wholeness, beauty, order, symmetry, and right action. Whatever man imagines and feels to be true is brought forth in his life. This is why man should imagine only whatsoever things are lovely and of good report. Whatever man attaches to the I AM within him, he becomes. Therefore man should never say, "I am inferior; I am a failure; etc." To do so is to manifest such states.

The Life Principle as it flows through you takes the shape of the mental mold which you prepare for it. Let us take the analogy of water, which will take the shape of any vessel into which it is poured, yet it ever remains the same H₂O, regardless of the shape and size of the container. Your thoughts, imagery, and mental patterns mold, fashion, and shape your life.

You are here to grow, expand, and unfold, and if all your faculties were fully developed when you were born, you would never discover yourself. If, for example, you were compelled to love your husband or wife, you would have no free will. This is why you say, "I choose from all the women in the world to be my lawful wedded wife." You are not an automaton, you have freedom to give love or retain it. You have the capacity to choose, select, and arrive at a decision through your capacity to reason. In the beginning, man looks out at the three-dimensional world and is governed by appearances and conditions until he awakens to the fact that, through the medium of his own thought and feeling, he can control and direct his life. Gradually man awakens to the Truth that circumstances and conditions are effects and not causes. All outer conditions are subject to change. As man changes his mind he changes his body, environment, and conditions.

Thy will be done on earth as it is in Heaven.

A wonderful prayer! Realize that God's will is always being expressed through you at all times. Make a habit of affirming that God's will is being expressed in all departments of your life, making

certain, of course, that you know what you mean when you say, "God's will be done."

God is Boundless Love, Absolute Bliss, Indescribable Beauty, Infinite Intelligence, Absolute Harmony, Omnipotent, Supreme, and Absolute Peace. There are no divisions or quarrels in the absolute. God is Infinitely Good, Perfect, and the Author only of Perfect Good. Pray aright in this way, "God's will is being made manifest in my life as harmony, perfect health, happiness, peace, joy, abundance, love, and perfect divine expression. It is wonderful!"

If you meditate on the above prayer regularly, your present environment and circumstances will magically change and be transformed into the likeness of what you are contemplating. Now, when you say, "God's will is operating in my life," it has a magnificent and beautiful significance full of spiritual precious stones. When you say, "God's plan is made manifest in my life," that too, has a new and wonderful meaning. God's plan is God's will, and His plan can only be beauty, order, symmetry, love, health, and all the good things of life. God's plan for you could only be to express more of Himself through you moving ever onward, upward, and Godward. *Jesus said, As thou has believed, so be it done unto thee.*

It is a magnificent prayer and superb spiritual strategy to say, "God's will be done," particularly when you understand the spiritual significance of these words. If you enthrone in your mind the definite idea that God's will is operating in all your affairs, this constructive belief in your mind will govern your life and cause you to act and express yourself as you believe. Your dominant conviction dictates, governs, and controls your entire life. It is a wonderful thing to know, as Quimby expressed it, that "man is belief expressed." When you know that the Light and Love of God are guiding and governing you in all your ways, you are automatically protected from making errors in judgment, unwise decisions, and wasting your time and efforts along useless lines of endeavor.

A British pilgrim to Lourdes, who was staying with his boy in the hotel where I was said, "If it is God's will, my boy will be healed." I said to him, "God's will for the boy must, by the nature of God, be perfect health for the boy." *I am come that they might have life, and that they might have it more abundantly.* John 10:10. *Therefore I say*

unto you, what things soever you desire, when ye pray, believe that ye receive them, and ye shall have them. Mark 11:24. And notice, *whatsoever* is the word. It does not designate anything limited. This marvelous promise of the Bible says, *Whatsoever things you desire, believe you have received them, and you shall have them.*

This man seemed to think that God's will for his boy must be something unpleasant or evil. What a monstrous concept of God! When you say, "If," it means you are full of doubt, fear, and anxiety. There is no "if" in prayer. Cross it out! Never, never say, "If it is God's will," or "If it is right for me." What isn't right for you? Do you have two Gods or one? When you pray for right action, there is only right action. If you are thinking wrong action, you have two powers, God and a devil. Begin to place the true God back on the throne of His glory in your mind.

This father realized immediately what prayer really meant and he said, "I now know what God's will for my boy is, and I am going to claim it, feel it, and believe it until it becomes a part of my consciousness. When I reach a conviction in my mind, my will or desire becomes God's will or the conviction that 'It is done.'"

A remarkable change took place in the boy as the father began to pray meaningfully and with deep understanding, "God's Healing Power is made manifest in the mind and body of my son, and God walks and talks in him."

I have heard this expression frequently, "I want it if God wants me to have it." If you really believe that God is the Divine Presence or Life within you and is Infinite Intelligence and All-Powerful, and is Boundless Love, why should you think that God did not want you to have it, whether it is health, peace, joy, true place, abundance, new home, marriage, or what not?

Many people utter another superstitious phrase, "Maybe it isn't good for me." When people use such an expression, they are living in a world of duality, of two powers. They have God and a devil, they are double-minded. Isn't happiness good for you? Surely, you must agree that God wants you to be happy. If you pray for right action, why would you begin to think of wrong action? There is only a Principle of Right Action in the world. There is no principle of wrong action. There is a Principle of Joy, none of sadness. There is a

Principle of Love, none of hatred. There is a Principle of Truth, and none of error. There is a Principle of Harmony, and none of discord.

What kind of a God would you have that did not want you to be joyous, free, radiant, and illumined? You are here to reproduce all the qualities, attributes, potencies, and aspects of God and to move from glory to glory.

And he said unto him, Son, thou art ever with me, and all that I have is thine. Luke 15:31.

If you have a desire for healing, for true expression, for greater wisdom and spiritual understanding, or for greater wealth and expression to do the things you want to do, surely there is not a doubt in your mind but that God wants you to have all these things. If you think that God wants you to be sick or is testing you in some strange way, or if you think that God could create sickness, such a God is not worthy of your consideration and attention, and the belief is only a false, superstitious concept in your mind.

God wants you to be prosperous as well as healthy. Many people, because of false theological beliefs implanted in their subconscious minds when they were young and impressionable, believe that there is some virtue in lack and limitation. You must eradicate that false belief from your subconscious mind and realize that the Infinite Riches of God are all around you. You cannot count the sands on the seashore or the stars in the heavens above. Did you ever try to count the flowers by the wayside as you drive along the road? Everywhere you look you see a profusion of God's wealth. God's ideas are infinite, and you can have an idea now that could put a million men to work. Ideas are wealth. An invention is an idea in the mind, so is a book, a new business venture, a new real estate project. Men today are proving that they can look at a vast desert and make it rejoice and blossom as the rose. Nature is lavish, extravagant, and bountiful. Man in his greed and lust creates an artificial shortage, but there is no shortage of God's wisdom or creative ideas in the mind of man, if he will become open and receptive to the Divine Influx, which is always ready and available.

Believe that your supply is from God and that He supplies all your needs at every moment of time and point of space. The external world, economic conditions, stock market fluctuation, inflation or

deflation, or opinions of man cannot touch you when you are lifted up in consciousness—that dimension of spiritual awareness, where you believe in your heart that your supply is truly and literally from God and nowhere else. The channels through which you receive your wealth are not the source, and you should not confuse the two. You should be completely free in your economic living and prospered in all your ways.

You are not glorifying God when sick, frustrated, neurotic, unhappy, and poverty stricken. You are here to dramatize, portray, and express in your life that which is true of God. To believe in a God of Love is to express love, and to believe in a God of Abundance is to express the abundant life. *According to your belief is it done unto you.* If you have a desire to write a play, write a novel, build a new house, would it not be extremely foolish for you to think that God did not want you to write the play or novel, or build the house? God is within you and your desire to express is from God. God gave you your brain, your mind, the hands to write, also the urge to achieve and express, plus the intelligence and capacity to do all these things.

Imagine saying, “If God wants me to write a play, He will let me know.” This would be the quintessence of absurdity. *It is the Father within, He doeth the works.* Your idea or desire must be appropriated in consciousness and felt as true, and when it is accepted subconsciously, then the subconscious will bring it to pass. Your conscious wish or desire has now passed from mere wishing and desiring to a subconscious conviction. The law of the subconscious is one of compulsion, and the will of the subconscious comes to pass. *Not my will* (idea, desire, plan), *but Thy will be done* (my conviction or consciousness) which automatically comes to pass. Our subconscious convictions and beliefs dictate and control all our conscious actions. The subconscious is the power that moves the world.

The dictionary defines will as choice, intention, inclination, determination, tendency, and in order to make it the will of Omnipotence you must animate it, make it alive within you by enthusiasm, feeling, and animation until it becomes embodied in the subconscious mind. When man learns to choose wisely, he will choose happiness, peace, security, joy, health, abundance, and all

the blessings of life. He will enthrone the spiritual values and truths of God in his mind and busy his mind with these eternal verities until they become a part of his consciousness in the same manner as an apple becomes a part of his blood stream.

Choose Divine Guidance, Right Action, Divine Order, and Divine Success in your life. What is true of God is true of you for God indwells you. God is always successful, whether making a star, planet, tree, or cosmos. Therefore you were born to succeed as the Infinite cannot fail. The worldly minded man who is a victim of the race mind unconsciously chooses sickness, misfortune, lack, and limitation of all kinds. He fails to realize that thoughts are things, that what he imagines, he becomes, and what he feels he attracts. If man does not do his own thinking, the newspapers, the neighbors, and the race mind will do his thinking for him, and his life will be a mess.

Choose ye this day, whom ye will serve. Joshua 14:15.

Choose Life, Love, Truth, and Beauty. Choose Wisdom, and you will find that all Its ways are pleasantness, and all Its paths are peace. You can misuse and misapply any law. You can misuse electricity, chemistry, or any force in nature. The good and evil you experience are the movements and actions of your own mind relative to the Life-Principle, which is forever pure and perfect in Itself.

A man came to see me some time ago. He was an alcoholic and said that if he took one drink he should be compelled to keep on drinking until he fell unconscious on the floor. In other words, he had lost control and was compelled by the law of his subconscious mind to drink. His story was a familiar one. His wife divorced him because of his infidelity. He resented her action and hated her because she refused to take him back. Then he turned to drink to relieve the psychic pain in the same way you might take aspirin for a headache. He repeated this act over and over again, and each time he took a drink to bolster up his spirits, he was rejecting the Power of God within him and suggesting weakness and inferiority to his subconscious mind.

Habits are formed by repeating certain thought patterns or actions over and over again until they establish patterns in the subconscious mind, where they grow until they reach the point of saturation. He now has a psychic bartender established in his subconscious mind

that reminds him repeatedly, "You need a drink." When he takes one, he is off to the races; in other words, he has lost control. His wish or conscious will is not to drink, but the will of the subconscious now takes over and says, "You must drink." He has lost control. His choice to drink, which he repeated over and over again until it became an established habit pattern, is now in control.

He can reverse the pattern and be free by the use of the same law which made him a compulsive drinker. Regularly and systematically he contemplates freedom and peace of mind, claiming that his food and drink are God's ideas, which constantly unfold within him, bringing him harmony, health, and peace. He runs a movie in his mind several times daily by imagining himself free, happy, and joyous. He pictures himself doing what he longs to do and hears a friend congratulate him on his freedom and sobriety. Whenever he is tempted, he flashes the movie in his mind and knows that the Power of the Almighty is flowing through his mental movie, and that by a process of mental and spiritual osmosis the mental image is sinking down into his subconscious, where it is being developed in the dark room of his mind. Impressions are made in the subconscious by repetition, faith, and expectancy, and as he continues faithfully imagining his freedom and peace of mind, the day breaks and the shadows flee away. His will (desire for complete freedom from the destructive habit) has become God's will (his deep abiding conviction lodged in the subconscious mind), and he is compelled to express freedom, for the Law of the subconscious is compulsion. The law which held him in bondage is the same law which freed him, enabling him to enter into the glorious liberty of the sons of God.

Thy will be done on earth as it is in Heaven is a wonderful prayer as you now realize. *Heaven* means your own mind or mental and spiritual awareness. What you feel as true in the heavens of your own mind, you shall experience on earth or the objective plane (body, world, environment, circumstances).

Your *will* is your capacity to define your objectives, to choose your goal, ideal, or plan. Live with it mentally by loving it, nursing it, giving it your attention and whole-souled devotion. Finally, it becomes jelled

within you and *your will has become God's will*, or the joy of the answered prayer. It is wonderful!

CHAPTER 3

THE LOVE THAT CASTS OUT FEAR

We are told in the Book of Proverbs that *The fear of the Lord is the beginning of wisdom.*

When you learn the laws of electricity, you are very careful how you apply them because you know the consequences. You know if you put your hand on a naked wire or cause a short circuit what will happen. You learn the theories about insulation and conductivity resulting in a healthy respect and reverence for these laws, and you will follow the nature of the principles.

Likewise, when you learn the principles of chemistry, you have a very healthy respect for the combination of chemicals, their atomic weight, etc., because you also know the disastrous consequences of mixing things together when you do not know the results. For instance, if you mix nitric acid and glycerine together, you will have a powerful explosive.

Fear is a reverence, a healthy respect. You have a healthy respect for the law when you learn the consequences of misusing it. You have a healthy respect for fire, so you do not put your finger into it. Similarly, when men know that their mind is a principle, like the principle of chemistry and physics, they have a very healthy respect for the subconscious mind. They learn that they can use it two ways.

A principle is the way a thing works. We realize that God also is principle. Principle does not change. God is Boundless Love, Infinite Intelligence, and has all the elements of personality. Nevertheless, God works by Law; therefore, we have to work by Law. This Law never changes.

Water runs down hill. It expands when frozen, taking the shape of any vessel into which it is poured. These, and many other characteristics, determine the principle by which water operates. Therefore, we learn that it runs down hill. Your mind operates in the same way. If you think good, good follows. If you think evil, evil follows. If you say, "God can heal me now, God can help me out of this situation," your words betray you. You should say and know, "God is helping and solving my problem now." You would never make the former statement if you knew the way God works.

Man sometimes uses his mind to oppose his good. He has a vivid imagination of things that he does not want. Oftentimes man is looking at obstacles, delays, and difficulties in his mind and he is vividly picturing these things. Then he turns around and says, "God can help me out of this problem." It does not work that way.

Pray this way, "God is helping me now, for God is the solution." Creative Intelligence is the Way, the Truth, and the Life.

If you say to me, "God can heal me," what are you saying? You are saying, "I am now identified with sickness, pains, and aches," and the pain goes on for years. Instead say, "God is healing me now, this very moment. The Creative Intelligence which made me is healing me now."

You must have a healthy respect for the Law and realize that if you say, "I can't do this," you have faith in failure. Faith is an attitude of mind. Faith is the use you make of your mind. Many people have faith in a devil, that he is going to tempt them and bring harm to them. Others have faith in a hell and in a lake of fire that is waiting for them. This is an attitude of mind, an expectancy, a belief of the mind. How can a man believe in a good future if he fears death, torture, and torment? He cannot. If a man thinks that God is cruel, that God is punishing him, and God has created a hell waiting for him because he has sinned or erred (when he could not help himself anyway, since he has to err for that is the way he grows), that man cannot love God, or the Good. It is impossible because he is fearing the future and after-life. He has a God of fear, but God is a God of Love. Such a man cannot banish fear out of his mind, since he must come back to the unity of the One Power.

Basil King, who wrote *Conquest of Fear*, tells that he was going blind. He took a trip to France. He was a young man, depressed, dejected, feared the future, blindness, old age, and all the rest of it. He said he recalled something that a teacher said years previously: "The Life Principle is in-destructible, invulnerable, and eternal. It always brings about the expedient which is an answer to the particular need of any man." He used to think that nature was cruel and raw, and that evil abounded in the world. He had strange concepts of God.

This man said a woman asked him, "What do you think God is?"

He replied in his naivete, simplicity, and immaturity, "There are three supernal beings in the sky and three thrones." She laughed at him.

"I knew," he said, "that moment, I had a wrong concept." Then he began to think the Life Principle within him had overcome every obstacle in the world, whether it was a flood, volcanic eruption, war and destruction of all kinds. The Life Principle goes on invulnerable, eternal. Nothing can destroy it. The Life Principle gives fur to the animals in the North. In the South, in the Temperate Zone, it gives them hair, covers others with shells to preserve them. Others are given a poisonous fluid which they emit when attacked. It takes care of all forms of life, such as those that came out of the sea. It gave them legs, made them stand upright, etc., and gave some wings to fly in the air. Always, the Life Principle met the particular need. When primitive man met the tiger, he was frozen with fear. Gradually there came to his aid the dawn of reason, imagination, and memory. (There was a time when man had no memory). Later, man began to think, and this Power within him responded to his thought.

Basil King, in meditating and musing on the Power within, discovered that the Natural Principle, or Life, or Nature is not cruel, but when he combined or united with this Principle in thought, mighty forces came to his aid. He no longer believed in three supernal beings sitting on a throne, but he perceived that God was the Life Principle in him. The average man has pigeon-holed God and brings him out on Sundays, holidays, in cases of death, birth, and marriage, but the rest of the time He is put away in a corner. Some men are afraid to use the term "God". Others look askance when God is

mentioned as they begin to think of God in terms of religious connotations because each has a different concept of God, like the blind men of old describing an elephant.

Basil King discarded all the sentimental, preternatural connotations associated with the name of God, and began to realize that God was the Life Principle within him, operating through him, and when he united with this Presence, mighty forces came to his aid. He found God the answer to every problem. He said, "This realization was the beginning of the process of casting out fear which was blinding me and paralyzing me." No man can conquer fear until he comes back to the fact that there is only One Power.

If you want to conquer fear, you have to come back to the Truth that there is One Power, indivisible, and Its source is Love. It has no opposition. It is the Life Principle that has overcome every opposition in this world and goes on conquering and to conquer. There is nothing to oppose It, for It is omnipotent.

Realize you are one with this God Power. You are aligned with It now, and mighty forces will come to your aid. You are one with God, with life, and with all things. *Thou shalt compass me about with songs of deliverance. I will fear no evil for Thou art with me. Thy rod and Thy staff, they comfort me.*

When we are fearful or indulge in negative thoughts, we are vibrating at a very low level. When you meditate on a psalm and say, *The Lord is my shepherd, I shall not want*, or "The Presence of God is right here where I am," or "I will fear no evil for God is with me," or "I dwell in the Secret Place of the Most High," and "God is guiding me now, the Presence of God is with me," you are thinking spiritually.

These spiritual thoughts are of a very high frequency and are of a very high vibration. What happens to the evil negative thoughts of fear, destruction, and disaster? These are destroyed and neutralized. You are now vibrating at a higher level. You are vibrating at a spiritual frequency, and just like you put your finger on a tuning fork, that is the end of the negative vibration. That is the end of the evil because evil is a false belief about God and His Infinite Goodness.

When we are full of fear, we have greater faith in evil than in God; this is shocking, but it is true. Fear is God upside down. Fear is faith in the wrong thing. You have faith that the sun will rise in the

morning. You have faith that you can drive your car. You have faith that you will get an answer to your prayer when you pray for guidance, but many people have faith in the wrong thing. There are people who are looking forward to misfortune. There are people working in offices who are afraid of their jobs, afraid they are going to lose their money, and of what is going to happen to them when they grow old, instead of realizing, "I am always in my true place, for God is my employer. I am working for Him and I live forever."

A pilot said to me, "I am never afraid when I navigate a plane, whether I go north, south, east, or west, for I am a pilot for God. I am flying for Him, and I am as safe in the sky as on the earth. Nothing can happen to me. It is impossible."

That man has faith in the Goodness of God, in the right action of God, in the guidance of God. He has faith in the Eternal Principle, and in the immutable, changeless Laws of God. Faith is your attitude of mind, what you expect, what you are focusing on, the things that you are vividly imagining.

Some people are afraid of old age, some are afraid of death, but that which they are afraid of does not exist. You are alive; you are alive with the Life of God. You are alive now. God is Life Eternal. Because God lives, you live. God cannot die; therefore, you cannot die.

Realize God is your employer. He is always taking care of you, loves you, and you are always in your true place. When someone makes negative statements about you, begin to dwell on the above Truths, and you will always be taken care of. "I will fear no evil for Thou art with me. Thy rod and Thy staff, they comfort me." "Perfect Love casteth out fear, for fear has a torment. He that feareth is not made perfect in love."

Dr. Brunt of Capetown, South Africa, told me about a frail woman about eighty years of age. A little granddaughter came to live with her. Her parents were killed out in the jungle somewhere. She said this woman loved this little child, and would go through fire and water for her because that is what you do when you are in love. There was a poisonous snake about to hypnotize the child (for that is what a snake does, it hypnotizes you), and this frail woman seized some branches of a tree and killed the snake. Her fear of the snake was

swallowed up in victory and triumph. Love casts out fear. She had that all-embracing mood of love to save that child at all costs which cast out her fear.

Love is always outgoing. It is an emanation. Fear is turning within in morbid introspection, believing someone is going to hurt you or that evil spirits can possess you. When any person believes in external powers, he denies the one God. God is within you, and moves as a Unity. It is the Life Principle within you forever seeking to express Itself as Love, Peace, Bliss, Joy and Right Action.

When we are fearful, we are very selfish in the wrong way. Fear is a morbid introspection. Cease building a wall around yourself saying, "I am going to get hurt. These people are against me. God is against me." Many people are over-concerned with themselves. To say, "I won't go anywhere, I might get hurt" is morbid selfishness.

Love is always outgoing. Love must have an object. You can fall in love with music, art, a great project, etc. You can fall deeply in love with the Truths of the Bible. You can become absorbed and engrossed in science and many other things.

Einstein loved the principle of mathematics. He said, "It reveals to me all its secrets." That is what love does. You can fall in love with astronomy, and it will reveal to you all its secrets.

You can readily see, therefore, what love is. It is an outgoing. It must have an object. How much do you want what you want? Do you want to leave your old self with your false concepts and old ideas? Are you willing to get new ideas, new imagery, new viewpoints? Are you open and receptive? Do you want good digestion? If you do, you must give up resentment. You must give up your grudges and peeves. To be made whole, release your fears and hates. You have to leave Los Angeles to go to Denver. Likewise, you have to leave your jealousies, hates, plus your false concepts of God in order to enter into the joy of health and happiness.

How much do you want what you want to be? How much do you love this new ideal? Emerson said, "Do the thing you are afraid to do, and the death of fear is certain." By example, if you are afraid to talk before an audience, get up and talk. After a while you will overcome that fear. Do it again, again, and again.

If you are afraid to swim, look at the water and say, "I am going to conquer you. God is love, and I am in charge of my own thoughts, my own feelings, and my own responses." You are a king; you are the master. Are the thoughts, ideas and images in your mind going to master you, or are you going to master them? Are you the employer? Yes, you are. You can order your thoughts around and tell them to give attention to your ideal and the Truths of God which were always true.

Focus your attention on that which is good, that which is true, that which heals and blesses you. You can determine your own response to whatever happens, to the headlines in the newspapers, and to what people say. You are the master. You are a king in charge of your mind, responses, thoughts, ideas, and imagery. You are the absolute master. You are the God over your own realm. "I will make you God, to Pharaoh."

You mold and fashion your own destiny. There are no external forces. You are the absolute monarch over your own world, and you are in complete charge. You can enter into the glorious liberty of the sons of God, but you must know how. Where is the fear if you are a god in your own world, which you are?

The thing man fears does not exist. It exists only as a thought in his mind. An actor was saying to himself, "I am going to fail. I am going to strike the wrong note. I am going to say the wrong thing." His vivid imagination was on failure. He had to fall in love with a new concept of himself, and he became the great artist that he now is. He fell in love with the new concept, the new estimate, the new blueprint of himself. Fear means you are wrapped up in your own shortcomings and thinking too much about your inadequacies.

Think of the Greatness within you. All fear is based upon the fact that you are thinking from the standpoint of inferiority, weakness, and inadequacy, instead of thinking from the standpoint of the Infinite God within you which is the Power that moves in the world. When you are presented with an assignment, realize, "I do this through the Power of God which moves through me." Tremendous powers will come in response to that attitude. "Act as though I am, and I will be." Act as though you believe that this Power is here, and that It will come to your aid.

This actor had to fall in love with a new estimate of himself. Love is a fascination. You become entranced, fascinated, and absorbed; moreover, you become emotionally involved because love is an emotional attachment. Therefore, you become attached to the ideals and goals of life. You can fall in love with your goal, and all fear will go away. Fall in love with something now.

Fall in love with a nobler, sweeter, grander concept of yourself. Fall in love with the Greater Self within you. Dwell on Its tremendous potentialities and qualities. Let God's Power captivate your imagination. Let it thrill you through and through, for love causes you to unite with your ideal. You don't try to hold the ideal; it holds you entranced. That is love; then all fear goes away. Fear is swallowed up in love. Love and fear cannot dwell together. The reason people hate and are jealous is that they have a false concept of God. If anyone thinks that there is a lake of fire, and that God is judging him, or is punishing him, or that the stars are governing him, I want to say frankly, categorically, and incisively, such a concept is atheistic. It is the denial of the Presence, the Power, the Omnipotence, and the Love of God.

We know there is no power but God, and there are no divisions or quarrels in It; therefore, let us align ourselves with God. We do not try to change God. God is constant; God is invariable. Man is variable and inconstant. The Truths of God remain the same yesterday, today, and forever. "Who shall hurt you if you are a follower of that which is good?" "No evil shall befall the just." "If God be for you, who can be against you?" "There is no fear in love. Perfect love casteth out fear."

You are told over and over again in Genesis that *The Lord giveth the increase*, and whatever you give attention to, negative or positive, your subconscious mind magnifies and multiplies it beyond your imagination. Therefore, if you dwell on loss, loss comes to you. Perhaps it comes in loss of prestige, health, finances, family, or in business. And if you continue with this negative pattern, of course, what you fear most comes upon you. If your faith is in loss, that is inverted faith, isn't it? Do not have faith in the gloomy, morbid aspect of things instead, have faith in the real Truths of God.

Isn't it far more interesting, fascinating, alluring, and captivating to contemplate the things which are good? Eat the blessed bread of the Blessed God by imagining perfect health and happiness, and by contemplating the Truths of God which are also true of you. Practice the Love that casts out fear.

Fall in love. Love is a principle of life. When fear comes, move to the opposite. Fear is a signal to do something. When you are cold, you build a fire; therefore, do not stay frozen at this end of the pendulum. Affirm, "God is here. God is with me now." Realize His Presence, His rod—the Power, His staff—your authority, to wield this Power. It is right there with you.

A girl taking an examination in school said that her knees were shaking with fear. She decided to overcome the fear and said to herself, "The Lord is my shepherd. God is right here. God is my peace. The Peace of God flows through me. The Love of God is here, and there is right action. I am at peace. The poise and the harmony of God are here." She moved to the opposite. That is the Law of Substitution. Begin to think of the Eternal Verities. Impress them on your mind. You do it with feeling and with understanding; then the fear goes away. You have supplanted it; it is the Law of Substitution.

Probably you read about the soldier in the Korean War. He said bullets were falling all around him, and he was all alone. He was shaking with fright, and all he could remember were a few passages from the Psalms. *Under His wings shall I rest*, and *The Lord is my light and my salvation. The Lord is the strength of my life, of whom shall I be afraid?* As he dwelt on these Truths he said, "Faith and an inner sense of peace and poise came to me." He found his way to safety and back to his company. Had he remained frozen at that point of fear, he would have been doomed, paralyzed, and unable to flee; but he moved to the opposite.

When fear comes, it is the Divine Self in you telling you there is something wonderful waiting to come into your experience. It means the end of the old condition, and the birth of the new.

All parents should find out what their children are being taught, because they must not permit teachers to brainwash, mesmerize, and hypnotize their children with devils, demons, and falsehoods

which bedevil them. They should be taught about a God of Love. They should be instructed to release the Imprisoned Splendor, that they are children of God, that God never deserts His creation, that He cares for them and loves them, that He is the Life Principle within them, and that God loves to manifest Himself through all men. That is why you have Divine impulses and the reason why you want to conquer, explore, sing, and dance, because it is God seeking to express beauty, harmony, rhythm and wisdom through you.

Fear thoughts, worry thoughts, negative thoughts, thoughts of war, etc., will not hurt you unless you entertain them for a long period of time, and except you emotionalize them deeply; otherwise, they will not hurt you in the slightest. They are potential trouble for you, but they are not actualized. Remember that whatever idea you emotionalize becomes impressed in your subconscious, and the subconscious brings it to pass.

Wives sit at home and fear that they are going to lose their husbands. Husbands are afraid they are going to lose their wives. Mothers are afraid they are going to lose their sons, their jobs, and everything else under the sun. All these things do not exist. They are morbid pictures in the mind. There is no law on earth which compels people to think of these negative things. This negative imagining is a distorted, twisted, diabolical perversion of their God-given faculty of imagination.

Why should any mother in the world think evil of her own son? Why should she think because he is late getting home that he has been run over by a truck, that he is in the hospital being operated on, that he has fallen into a pool? Why not surround him with the Presence of God and say, "Where he is, God is, and God's Love surrounds him. Where God is, there is no accident or death; there is only Love, and the whole Armour of God is where he is." Nothing can ever happen to that child because his mother loved him.

Prayer is a realization of the Presence of God where the person is, and that is the Presence of Harmony, Peace, Love, Bliss, and Joy. You do not pray for protection, for if you do, you have a God of fear. I do not pray that a person is protected because if I do, it means that I have another power opposing God. I realize the Divine Presence is where the person is, and realize the Love of God is there.

If a man will sit down frequently and go back to the simple Truths that God is guiding him, that there is right action in his life, and that the Love of God is flowing through him, then the Wisdom of God will reveal to him what to do. The Healing Presence of God will be released in his body, and Infinite Intelligence will give him all the ideas necessary to handle the problems of the day. This is resting in God. He is asking for guidance and direction, and when he communes with the Divine Presence, Mighty Forces come to his aid. Man will no longer be anxious or disturbed when he thinks from the standpoint of the Infinite One, the Power that moves the world. Cease thinking from the superimposed standpoint of fear, ignorance, doubt, anxiety, and false concepts.

The answer to all fear is to realize that God is, that He is right where you are, that there is no power to challenge God, that one with God is a majority, and if God be for you, who can be against you? No one!

Realize that there are no enemies outside, that the universe is friendly, that God is friendly. When you are friendly with God and when you love the Source which created you, and when you are grateful, you can hate no man. Fall in love with the Truths of God, and you will find that the whole universe responds to you. Come back to the simple Truth which an ancient mystic discovered in silent meditation: "Let nothing disturb you. Everything in this world passes away, but God. God alone is sufficient."

CHAPTER 4

REMOVING MENTAL STUMBLING BLOCKS

The solution lies within the problem. The answer is in every question. If you are presented with a difficult situation, and you cannot see your way clear, the best procedure is to assume that Infinite Intelligence which knows all and sees all has the answer and is revealing it to you now. Your new mental attitude that Creative Intelligence is bringing about a happy solution will enable you to find the answer. When you begin—God begins. Rest assured that such an attitude will bring order, plan, and meaning to all your undertakings.

The Bible says, *Behold I send an Angel before thee, to keep thee in the way, and to bring thee into the place which I have prepared.* Exodus 23:20. This means that your mood of faith and confidence in an Almighty Power moving on your behalf goes before you to make straight, joyous, and perfect your way.

I will lift up mine eyes unto the hills, from whence cometh my help. Psalm 121:1. Cease whining, crying, complaining, and moaning; this attitude will only add to your misery, suffering, and lack. Instead, envision your good, the way that you want things to be. Rehearse your knowledge about the Great Truths of Life. Rise up mentally above the hardships and difficulties and think of God and His Wisdom. Then you will generate a tremendous liberating, healing force which will inspire you, open doors, reveal new ways, plans, and supply you with all your needs for the accomplishment of your goals.

You can change your whole life, if you really want to. You must give up resentment and ill will in order to have good digestion and perfect health. You must give up the lesser for the greater if you want to advance and move forward in life.

I knew a young lady who had a beautiful singing voice, but she was constantly demeaning, demoting, and criticizing herself by saying, “I do not have a chance. I am too old. I do not know the right people.”

She had to cease condemning herself in order to get what she wanted. She decided to fall in love with a new concept of herself. She imagined that she was singing before an audience and she became entranced, fascinated, and absorbed in the joy of it all. A new door of expression opened for her because she gave up her old way of thinking and affirmed the Truth about herself.

How much do you really want to be a new person? Do you really want to change conditions, experiences, and your whole personality? The first requirement is that you must come to a clear-cut, definite decision in your mind that you are going to transform your life. You must desire to change with all your heart and cease being a propaganda machine idly repeating all the old stereotyped concepts, ideas, and beliefs implanted in your subconscious mind since birth.

A woman wrote me to the effect that she was about to divorce her husband because he was so tyrannical in the home and that her children were terrified of him. In talking to him, I discovered that he was the victim of long repressed fears. Moreover, his father was unduly harsh and strict with him. He resented his father very much even though the latter had long since passed on to the next dimension of life.

He understood my diagnosis which was that I believed he was unconsciously trying to retaliate with his own father by his despotic, tyrannical attitude toward his own children. The man had to desire to change himself in order to save his marriage.

He released his father through prayer by wishing for him peace, and all the blessings of life. He continued in this manner until all the roots of hatred were withered. He adopted a pattern of prayer by meditating at three specific periods—morning, afternoon, and evening. Finally, he discovered that prayer was a good habit. He changed his thoughts and kept them changed. As a result, his home is peaceful and happy, and his children love him. It is possible to unwind that tangled skein and get at the significant core.

A husband started divorce proceedings against his wife. His main complaint was that she was too extravagant. In talking to her, I discovered that she had never received any appreciation, understanding, or approbation from her husband. She felt very insecure and was actually trying to purchase with money the deep inner sense of security which she had always lacked. They decided to become real partners. He shared a complete knowledge of his business assets with her and showed her that she was well provided for in case something should happen to him. They began to pray together every night for harmony, health, peace, God's guidance, right action, and all their difficulties were dissolved in the light of God's Love.

Let God's Love come into your thoughts, words, and actions, and your whole world will magically melt in the image and likeness of your inner contemplation. You will sometimes find that the seeming problems of gargantuan proportions can be reduced to a size so infinitesimal that it seems laughable.

There are alcoholics who do not want a healing; they do not want to give up their mental stumbling blocks, such as grudges, peeves, self-condemnation, resentments, and ill-will. When an alcoholic admits to the fact that he is an alcoholic and has a strong, healthy desire for freedom and peace of mind, he is fifty-one per cent healed. As he envisions his freedom-state, his advancement, and enlargement in the right way, the Power of the Almighty will back him up; then the shakes and the cravings are automatically eliminated for the joy that is set before him.

All of us should begin to remove the old, accepted viewpoints, opinions, and false beliefs implanted in our minds when we were young and impressionable. The average man thinks and expresses the thoughts of dead men; the dead past seems to rule in the minds of millions of people. I talk to men who have not had a new idea or a new viewpoint in fifty years.

Are you a victim of propaganda, or do you think for yourself? A woman told me that she knows exactly how her husband is going to respond to headlines in the paper, to columnists, to certain politicians, and she can even repeat almost word for word his reactions to religious subjects. He is like the children in Red China

who are conditioned to think, speak, act, and react according to a prescribed pattern. These children become like a phonograph which reproduces whatever is on the record. The recording machine is the subconscious mind which faithfully reproduces whatever is impressed upon it.

You are not born to be an automaton. You should think for yourself. Cease letting others think and speak in you and for you. Refuse to let others despoil and pollute your mind with thoughts of fear, sickness, and misfortune. If you have a ready ear and listen to the prejudices and fears of other people, you may contaminate yourself with the same.

The following is an instance where the “dead” spoke and acted through a young father. He was about to divorce his wife because she did not make the children kneel down and pray every night before retiring. His mental block was that he happened to be the son of an overly fastidious city-bred mother who was also somewhat of a religious fanatic. She had insisted on his kneeling down and repeating by rote certain prescribed prayers every night prior to sleep. As a boy he had resented this bedtime procedure and had repressed into his subconscious mind a rebellion against his mother’s “punishment.”

Psychologically speaking, this young father was trying to get even with his mother by imposing on his two boys the same religious ritual which he as a young boy was compelled to follow. His wife’s custom was to teach the two boys a few simple prayers when they were in bed, emphasizing that God was a God of Love and that He would watch over them like a loving father.

I explained to the young father the reason for his resentment toward his wife, pointing out and elucidating on the facts that she had unwittingly frustrated his desire for revenge, thereby incurring his hostile feelings which were projected on her. He realized that the mental block to marital happiness was within himself, consequently he willingly accepted the interpretation.

Some years ago Lord Northcliffe who took over the London Times told about a man who came to the Times Building every Saturday afternoon, entered a certain room which was a bedroom, and remained there until the following Monday morning. Lord Northcliffe

questioned the man and asked why he was there. He said that he brought twenty-five pounds of gold for the week-end in case the bank needed it. The amazing fact is that when Lord Northcliffe phoned the bank, they said that other men with the bag of gold had been occupying that room on week-ends for about one hundred years.

The reason for all this was due to an order issued by the owner of the Times during the battle of Waterloo, 1815, which happened to be on a Sunday. At that time the newspaper editor wanted to send men to cover the story and he could not raise sufficient money to cover the expedition. The following day he made an arrangement with a London Bank to send one thousand pounds in gold regularly to the Times Building when the bank closed on Saturday noon. This is an example of a thought of a dead man governing a big banking institution for one hundred years resulting in waste of time, money, and effort.

Are you repeating the same old patterns of thoughts, going through the same mental movements and reactions as you did thirty or forty years ago? Have you asked yourself about your prejudices, fears, biases, and jealousies? Why are they in your mind? Why have you not consulted someone about your abnormal fears? If you did, you would discover that they were a conglomeration of sinister shadows in your mind, and there is no power in a shadow.

Do you say that you have a personal saviour and that you are saved by the blood of the lamb? Where did this weird concept come from? You should check into your religious beliefs and find out their source and origin. Make a definite decision now and that is: Believe nothing that you do not understand. Learn about your subconscious mind and the power of your own thought, and you will discover that the Saving Principle is within yourself.

You do not ride a mule to go to San Francisco like some of your grandfathers did; neither do you send a message to Chicago by pony express. In the same way, you should not permit the dead, superstitious, ignorant beliefs of antecedents to govern, rule, and manipulate your mind. There are many people who think that by the repetition of an incantation their circumstances can be changed

without changing their mentality; consequently they are doomed to disappointment.

A business man complained to me that he could not keep employees; therefore he had a constant turnover. I discovered that he had an atrociously bad temper which had driven all his clerks away. He realized that the stumbling block was within himself and he decided to change his thoughts and keep them changed.

He prayed that Infinite Intelligence would attract to him employees who would appreciate and love the work, and also feel that they were adequately compensated. He adopted a pattern of prayer whereby he prayed for the peace, prosperity, and happiness of each employee. He began to radiate love and goodwill to all his customers, his wife, and his children. He made a habit of this, for prayer is a habit. This man has no more trouble with his employees and close business associates.

A man wrote me saying that he had been praying for prosperity in his business for two years, but he had not achieved any results. He had had some glimmerings of spiritual truth, but his attitude of mind of deep-seated resentment toward a business associate who was very prosperous financially automatically and necessarily expressed itself in financial difficulties, sickness, and frustration.

I asked him how much he really wanted what he wanted. Did he desire it enough to give up his hostile attitude? There is no transaction without an exchange. He began to see that he could not attract wealth by condemning what he was praying for and resenting the affluence of his competitor. Frankly I inquired, "Do you prefer resentment and jealousy to prosperity and peace of mind?" Seeing the light, he began to pray for greater success and prosperity for his competitor. Prayer always prospers.

The stumbling block to our health, happiness, and achievement is always in our own mind, and spiritual understanding will cause our circumstances to improve in every respect. Per contra, a want of true spiritual understanding expresses itself in all sorts of difficulties in our life.

If there seems to be an undue delay in getting an answer to your prayer, it may be that the difficulty is deep-seated in your subconscious mind, requiring more prayer work; or you are not

praying in the right way. In this case, ask Infinite Intelligence to reveal to you what you need to know.

When a man says that he must have a demonstration by Monday or Tuesday of next week, otherwise the judge will rule against him, or that he will lose his business unless there is an immediate answer, he must remember that God never fails, God is never late, and God is independent of time and space.

Time does not really matter, for prayer gets results irrespective of what the court said on a certain day. You trust God to put everything right regardless of what happened last Monday or Tuesday. You continue knowing that prayer always wins out irrespective and regardless of what may have happened.

“Great peace have they who love thy law and nothing shall offend them.” As you love the law that your thought is creative and that the Spirit flows through the patterns of your thought is creative imagery, you will move away from all morbid introspection and negative concepts. When the impulse to despondency comes, it will stimulate you to think of true goals and ideals whereby you give your energy to your desires, aspirations, and ambitions rather than to conditions and circumstances.

Love your ideal until you are absorbed and engrossed in it. Let the old and worthless thoughts die. Love the new, the appealing, and elevating patterns of life. The outside world may argue with the inside world of your dreams and ideals. Remember the outside is effect, not cause. Be sure to see to it that the energy, vitality, and power of your belief run with the ideal you seek. Then you are on the way to spiritual maturity. In every adversity is the seed of opportunity.

Emerson said, “Whilst man sits on the cushion of advantages, he goes to sleep. When he is pushed, tormented, defeated, and harassed, he has a chance to learn something. He has been put on his wits, on his manhood. He has gained facts, learned of his ignorance, and is cured of his insanity of conceit.”

Stand up to your problems, decide now with equanimity and faith in God to solve them. The door will open, and the way will be shown you.

I would like to mention an experience many seem to have. They start some desirable project, or they set out to accomplish an

assignment for an employer, and they find that they are unable to complete it. They say something happens at the last minute, that the man who was to sign dropped dead, or he changed his mind at the eleventh hour. An actress said to me recently that everything went smoothly until she was called to sign the contract, and the producer had a heart attack one half hour previously, so the contract was postponed. Others complain that the sale falls through the moment they are about to sign.

The delay and block is in our own mind. What we fear, we attract. What we expect, we experience. Break the so-called jinx this way: Affirm boldly, "I and my Father are one. God thinks, speaks, and acts through me. There is only One Power, and that Power moves as a unit. No person, place, or thing can interfere with God's work, and my work is God's work, for God works through me. In Him I live, move, and have my being. In me God lives, moves, and expresses Himself fully. God's work cannot be delayed. God is always successful and completes all His undertakings. What is true of God is true of me. I bring all my undertakings to divine fulfillment and fruition in Divine Order through Divine Love."

You must want what you want with sufficient zeal and enthusiasm to take the trouble to learn how to think clearly, lucidly, and spiritually, since thought is the only cause.

Tune in with God, and you will rise triumphantly over all problems for, "He never faileth."

"I bore you on eagles' wings, and brought you unto myself."

CHAPTER 5

TO BE, TO DO, AND TO HAVE

Whatsoever ye shall ask in my name, that I will do.

To be, to do, and to have—these are God’s gifts to you. God is seeking to express Himself through you as your desire. Desire is the gift of God. As Browning said, “Tis thou, God, who giveth, ’tis I who receive.” Desire pushes man. It is the goad of action. It is behind all progress. Desire for health, happiness, true place, abundance, and security—all these are messengers of God, saying to each one of us, “Come on up higher!”

Desire is behind all progress. It is the push of the Life-Principle. Desire causes us to jump out of the way of an oncoming bus. We do this because we have a basic desire to preserve our life. The farmer plants seed due to his desire to attain food for himself and his family. Man builds airplanes and space ships, due to his desire to collapse time and space and explore the world. Desire is an angel of God telling us of something which, if accepted by us, will make our life fuller and happier. The greater the expected benefit from the desire, the stronger is our desire. Where there is no expected benefit, gain, or advancement accruing, there is no desire; consequently, no action is found.

Failure to realize our desires to be, to do, and to have over a long period of time result in frustration and unhappiness. You are here to choose happiness, peace, prosperity, and all the blessings of Heaven. Your desire enables you to say, “This is good, therefore I choose it; however this is negative, so I reject it.” All choice implies the perception of something preferable over what is rejected.

The idea which some schools of thought have of annihilating and suppressing desire is disastrous in its consequences. If man succeeded in this, good and evil would be alike to him, for nothing has any power to raise any desire in him. He would become dead to all feeling and to all motive of action. Your desire means you choose one thing in preference to another. Where desire is extinguished, no such capacity to choose can exist.

Troward, author of many mental and spiritual textbooks, points out that Indian devotees, who, in pursuance of their resolve to crush out all desire, both for good and evil alike, become attenuated human forms, hopeless wrecks of what were once living men. Troward points out that extinction of desire means apathy, no feeling, and no action. Desire is the cause of all feeling and action, and is the moving principle of the universe. Desire is the creative power and must be channeled and directed wisely. Desire and its fulfillment take place in your own mind.

There are no evil desires in the true sense. You may misdirect or misinterpret the desire which wells up within you. For example, if you are poor, you desire wealth. If you are sick, you desire health. If you are in prison, you want freedom. You may desire love, companionship, or perhaps true place. The man who desires wealth may, in his ignorance, fulfill his urge or desire by killing a banker or robbing a store. This is misdirection of his desire, and he finds himself in jail and charged with murder. Teach a man that there is an Infinite Intelligence within him which can fulfill his desires, and he overcomes his sense of opposition and frustration. Man's desire for food is legitimate and normal, but killing someone in order to get a loaf of bread breeds violence, opposition, guilt, and self-destruction.

There is a Power within man which will lift him up, set him on the high road to happiness, health, peace of mind, and the realization of his fondest dreams without depriving any other person of God's limitless blessings. A man who was broke, out of work, and frightfully frustrated came to one of our Sunday lectures some time ago and listened to the four steps of prayer. He went home and applied it. He had never heard a lecture on the mind, but he said, "This makes sense." He made a list of three things he wanted; you might call

them material, but they were his needs. The items on the list were true place, an automobile, and all the money he needed.

He chose these concrete things to see if his thoughts were things. He wanted to prove to himself that the idea of the thing was the thing itself. I said in the lecture that the idea was the reality back of the form. He established a definite method of working and practiced it conscientiously every day, sticking to it long enough to give it a fair chance. This man knew that you do not learn to swim after one or two attempts.

He prayed for true place as follows: "I know Infinite Intelligence responds to me. It is now revealing my true place to me. I am aware of my hidden talents. I am receiving a wonderful income. I know the idea of true place and its manifestation are one in Divine Mind. I follow the lead which comes."

Within two weeks from the day his experiment began he signed a contract for a job in San Francisco. He gave thanks and rejoiced in the Law of God. Then he went on to the next objective—a new car. He said to me, "I know I have the idea of a car. It is real, and I am going to remain faithful to it. It must manifest." He won a car in a raffle contest. Now he *knew* the secret of the subconscious that if he identified himself mentally and emotionally with the idea, the subconscious would bring it to pass. He was very thankful. The next request was more wealth. Each morning and evening during his prayer period he gave thanks for God's wealth circulating in his life claiming that his idea of wealth was fulfilled. He fell in love with a wealthy widow in San Francisco, and she financed his new business.

This man established a definite method of working, claiming each of his desires as already fulfilled. He claimed each one separately, but all at the same time during his morning and evening meditative period. If you pray like the above mentioned man, and if no improvement at all shows itself within a couple of weeks, scrap that method and adopt a new one. Remember, there is an answer. That is as certain as the rising of the sun.

Cultivate simplicity and spontaneity, knowing that whatsoever ye shall ask in prayer, believing, ye shall receive. Decide now that you can do what you long to do and that you can be what you wish to be. No enlightened person today believes that a cruel fate condemns us

to sickness, misery, or suffering. There is nothing holding us in mediocrity, in ill health, or in a miserable condition, but our own thoughts and false belief.

Come out of the prison of fear, want, and loneliness. Cease thinking that God visits illness upon you for some strange reason, or that you must endure the sickness or be resigned to it. It is blasphemy to say that God is punishing you. It is also blasphemy to blame God for your sickness. Your mind and body are one. In the field of psychosomatic medicine they realize it is impossible to tell where the mind begins and the body ends. Research work today reveals that the hidden, underlying causes of physical maladies lie in the tangled depths of the mind, in frustrated rages, in baffled desires, in jealousies, and anxieties. Don't blame God for troubles we bring on ourselves by our own wrong thinking or our failure to think at all.

A girl said to me that all she desired was Wisdom. That is the over-all desire of everyone, but our terminology is not the same. When you have Wisdom, you are expressing yourself fully here and now. An automobile is a spiritual idea in front of your door. A ham sandwich, when you are hungry, is an answer to your prayer and also is spiritual. If you sing well on the stage, it is just as spiritual as a man singing the 23rd Psalm in the choir. The man who repairs the roof of your house is performing spiritual labor just as well as a minister, priest, or rabbi who may be reading a text from the Bible or broadcasting a sermon.

Realize that the spirit and body are one. Cease looking down your nose at material things. Stop once and for all, separating the Spirit of God from the flesh and blood of the world. Every physical act, no matter how base you may consider it, is the Living Spirit within you animating material form. You are not degraded or demeaned when you scrub a dirty floor or clean stables. If you are condemning anything in this world, you are demoting and depreciating yourself.

Good and bad are in your own thought, and you color everything in the universe by the way you think and feel. Do not criticize, condemn, or despise your body or the world. Your body is the temple of the Living God, and the whole wide world is the body of God. The world is the Dance of God and the Song of God.

A man in Los Angeles had an ulcerated leg for five or six years. It would heal up for a time and then break out again. He said his father had the same thing, and that he supposed it was hereditary, and that he had resigned himself to it. He learned that was the wrong thing to do. He became aware of the fact that the Creative Intelligence which made his body never loses interest in that which It creates. He learned that the Healing Presence is within him and that the process of digestion, assimilation, and circulation are carried on by this Healing Presence. This man stopped fearing and expecting a relapse. For about five or ten minutes in the morning and evening he affirmed with deep understanding, "I have a Silent Partner, a Healing Presence who knows how to heal, and His Healing Presence is bringing about the beauty of wholeness now. I believe now that my Silent Partner is saturating my whole being with Its love, beauty, and perfection."

This slight alteration in his approach led him out of the lameness and pain into radiant health. God wants your best performance. Adopt a pragmatic standpoint and affirm boldly, "The Infinite Intelligence which created me knows the process of healing. It is healing me now in Divine Order. I believe, I accept, and I rejoice because my Silent Partner is responding now."

This attitude is sound, and it will work. We follow the desire which captivates and holds our attention. All of us find ourselves moving in the direction of the idea which dominates our mind for the time being. A burning desire to be and to do will start you off on the high-road to success and achievement. John Bunyan had an intense desire to reveal the truth about religion, and his deeper mind responded. Though he was in prison at the time and sorely punished, he brought forth the masterpiece, "Pilgrim's Progress."

The oak sleeps in the acorn. The bird waits in the egg, and God is waiting in you to be expressed and reproduced on the screen of space. Edison was a "tramp" telegraph operator, and though he was deaf and expelled from school, he had an intense desire to light up the world. The Living Intelligence within him responded to his faith and belief.

Dress up your desire, exalt it in your own mind, beautify it, magnify it, let it captivate you so much that you yearn for it. Fall in

love with your desire. The mental picture you have in your mind backed up by faith will be manifested by the subconscious mind.

A woman in our audience had tried unsuccessfully to sell a home in another state for over three years. One Sunday morning in this service she got into a drowsy, sleepy state, a state akin to sleep. In this relaxed, quiet, peaceful state of mind, she focused all her attention on the sale of the home. She was in a state of physical immobility which increased the power of concentration. In this state she imagined she had the check for the full price in her hand, she gave thanks for the check, and rejoiced in its possession. She was looking backward at the goal, at the fulfilled desire. She rejoiced, gave thanks, and was filled with the feeling, "It is done!" In this mental attitude all effort was reduced to a minimum. That same day in Ohio the broker sold her home. It was about the same time as she was giving thanks for the sale. She said to me, "I knew I let it go this morning because I had a great sense of relief."

There is an old saying in the Tarot Teaching which says, "Man is what he imagines himself to be." Your idea is an image which comes forth spontaneously from your subliminal depths or from the world without. Your faculty of imagination clothes all ideas and projects them on the screen of space. This is why thoughts are things. One is the inside and the other is the outside of the same reality. Quimby said, "Man moves as he is moved upon. Man acts as he is acted upon."

Your ideas govern you and master you. Your idea this morning is tending to execute itself. The primal faculty of man is his imagination. Use it wisely, judiciously, and constructively. Imagine what is lovely and of good report. *Let us make man in our image.* Genesis 1:26. God imagines Himself to be the sun, moon, stars, world, and man. He then feels Himself to be what He imagined Himself to be. The idea and the feeling unite (male and female), and the cosmos comes forth. God imagined Himself to be man. Then through feeling He became what He imagined Himself to be.

Give life and confidence to your image, and it will become alive in your experience. This is how you become what you want to become. Troward said, "Whatever you affix to I AM you become." I AM is the Name of God which means pure Being, Awareness, or Life. If you

say, "I am sick," you will become sick. If you say, "I am poor," you will become poor. Why unite yourself with the feeling of poverty? Begin to affirm, "I am strong, whole, perfect, powerful, radiant, illumined, and inspired." Feel the truth of what you affirm, and wonders will happen in your life. Do not permit your feeling to unite with an image of limitation as you will generate the consequences of your unholy alliance.

Let us restate some of the salient points of these important truths. You do not put vitality into the seed, but you must deposit it in the soil. You water the seed regularly, thereby accelerating its growth. Let us look at our mind. The seed is your desire to be, to do, or to have. You must deposit it in the receptive soil of your mind, use no force nor mental coercion, and cease trying to make it come to pass. Your job is to keep out the negative thoughts of doubt and fear which tend to neutralize your affirmative prayer. Enter into the feeling of pleasure and satisfaction in imagining the fulfillment of your desire.

Your desire or idea is the substance of things hoped for, and the evidence of things not seen. Your desire is as real as your hand or heart, and has its own form, shape, and substance in another dimension of mind. "Believe that ye have it now, and ye shall receive it." Regard your mental creation or idea as a spiritual reality. Then implicitly trust the Law of growth to bring it to pass and walk in the Light that it is so, until the day breaks and the shadows flee away.

CHAPTER 6

THE MYSTERIES AND WONDERS OF SLEEP

For God speaketh once, yea twice, yet man perceiveth it not. In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; Then he openeth the ears of men, and sealeth their instruction, That he may withdraw man from his purpose, and hide pride from man. He keepeth back his soul from the pit, and his life from perishing by the sword.

JOB 33:14-18

You spend approximately one third of your life asleep. This is an inexorable law of life. This also applies to the animal and vegetable kingdoms. Sleep is a Divine ordinance, and many answers to our problems come to us when we are sound asleep upon the bed.

Many people have advocated the theory that we get tired during the day and that we go to sleep to rest the body, and that a reparative process takes place while asleep. Nothing rests in sleep. Our hearts, lungs, and all the vital organs function. Our nails and our hair grow while asleep. If you eat prior to sleep, the food is digested and assimilated; also the skin secretes perspiration.

Dr. Bigelow, in his research work on sleep, demonstrated that in our dreams we receive impressions showing that the optic, olfactory, and gustatory nerves are active during sleep, and also the cerebral nerve centers are active. We must remember that there are qualities within us which never grow old, decay, or die. We cannot say that Love, Beauty, Peace, Joy, Patience, Veracity, Justice, Goodwill

become fatigued or tired. Our body is composed of a confluence of atoms and molecules which comprise our cells, nerves, tissues, muscles, and bones. What we call matter is Invisible Energy reduced to the point of visibility; matter is characterized by inertia. It moves as it is moved upon. It acts as it is acted upon. The substance of your body is made of the same substance as the planets which have been dancing to the music of the spheres for myriads of years. The planets do not get tired or exhausted as they continue to move along their appointed orbits.

You go to sleep not just to rest your body, but to receive and participate in the Wisdom of God. Your conscious mind, busy in the workaday world, gets involved with the vexations, strife, and contentions of the day, and it is very necessary to withdraw periodically from sense evidence and the objective world and commune with the Indwelling God, thereby being replenished spiritually with wisdom, strength, and guidance enabling you to overcome all difficulties and solve your daily problems. Job reminds you that you may get answers to your problems in a dream and in a vision of the night.

Every night when you go to sleep you take your last waking concept with you into the deep where it is etched on the subconscious mind. In other words, the mood in which you go to sleep determines the experiences you shall have tomorrow, the next day, and the next, except you change your consciousness through prayer and meditation. Whatever you impress on your subconscious mind will be expressed as experience and events. Go to sleep every night feeling that your prayer is answered. Sleep brings counsel.

Dr. John Bigelow of England says, "No part of man's life deserves to be considered more indispensable to its symmetrical and perfect spiritual development than the whiles he is separated from the phenomenal world in sleep."

All of us know that in the sleep process our conscious mind is suspended temporarily, and we are sheltered from the distractions and fascinations of the phenomenal world, without which spiritual growth and development would be impossible.

The late Professor Agassiz, in one of his scientific works, relates a dream which solved his problem. He had been two weeks striving

to decipher the somewhat obscure impression of a fossil fish on the stone slab in which it was preserved. Weary and perplexed, he puts his work aside at last, and tried to dismiss it from his mind. Shortly after, he awakened one night persuaded that while asleep he had seen his fish with all the missing features perfectly restored. But when he tried to hold and make fast the image it escaped him. Nevertheless, he went early to the Jardin des Plantes, thinking that on looking anew at the impression he should see something which would put him back on the track of his vision. In vain—the blurred record was as blank as ever. The next night he saw the fish again, but with no more satisfactory result. When he awoke, it disappeared from his memory as before. Hoping that the same experience might be repeated, on the third night he placed a pencil and paper beside his bed before going to sleep.

Accordingly, towards morning the fish reappeared in his dream, confusedly at first, but at last with such distinctness that he had no longer any doubt as to its zoological characteristics. Still half dreaming, and in perfect darkness, he traced these impressions on the sheet of paper at the bedside. In the morning he was surprised to see in his nocturnal sketch features which he thought it impossible for the fossil itself to reveal. He hastened to the Jardin des Plantes, and with his drawing as a guide, succeeded in chiselling away the surface of the stone under which portions of the fish proved to be hidden. When wholly exposed it corresponded with his dream and his drawing, and he succeeded in classifying it with ease.

If you are seeking an answer to a perplexing problem, cease maundering and asseverate quietly and firmly prior to sleep: “God knows the answer; I accept the answer now and give thanks.”

You will recognize the answer by the inner silent knowing of your soul, by an inward sense of touch, or a spontaneous idea which may well up from your subliminal depths like toast pops up out of a toaster. When you talk to God, you expect an answer and you listen quietly, lovingly, and knowingly for Him. How can you hear if you refuse to listen? This is well expressed in Alfred Tennyson’s “The Higher Pantheism.”

“Speak to Him thou for He hears,

And Spirit with Spirit can meet—
Closer is He than breathing, and
Nearer than hands and feet.”

The nature of Infinite Intelligence is responsiveness. It responds to you when you call upon It. Let me illustrate how the subconscious answers you. A young lady who comes to our Sunday morning lectures told me that she had been offered, a few months ago, a lucrative position in New York City at twice her present salary. She was wondering whether to accept or not and prayed as follows prior to sleep: “Father, thou knowest all things, reveal to me the right decision. Thank you for Thy guidance.”

She repeated this simple prayer over and over again as a lullaby prior to sleep, and in the morning she had a persistent feeling that she should not accept the offer. She rejected the offer and subsequent events verified her inward sense of knowing, because the company went bankrupt in a few months following their offer of employment to her.

The conscious mind may be correct on the facts objectively known, but the intuitive faculty of the subconscious mind saw the failure of the concern in question and prompted her accordingly. We read in Acts 16:9 of instructions given to Paul when he was asleep. *And a vision appeared to Paul in the night; There stood a man of Macedonia and prayed him, saying, Come over into Macedonia and help us.* This changed the whole course of Paul’s life.

During the month of May I gave a series of lectures in Town Hall, New York, under the aegis of the Church of Religious Science, New York. One night I had a dream in which a man said, “Get up and write this down, you are seeing my daughter Anna tomorrow.” I awoke and went to the desk in the Algonquin Hotel and rustled through the drawer for a sheet of hotel stationery. He dictated to me as I wrote. I am sure that these instructions were not written by Joseph Murphy even half asleep, even by my subconscious in a half-dream world in which I was. I believe that it was the father of the girl whom I was to see the following day.

I definitely feel that it was the personality of her father, surviving so-called death, that gave me the instructions which explained in

detail where a certain large sum of money was hidden, and also of holdings in the Bahamas with explicit instructions to his daughter whom to contact, etc., all of which was subsequently verified.

The following day Anna visited me at the Church of Religious Science Headquarters. I knew her because I had seen her in my dream the night previously. She knew me, and everything in the office was familiar to her. I believe that our dreams explain a great many of the statements and experiences of people who say, "I've been here before." "I've seen him before." "I've heard that voice." "I have walked this path." There are times when a shining facet of our mind reflects the memories of things unseen objectively but seen subjectively, that which was not consciously known, but was subconsciously perceived and known. All of us dream, but we may not remember our dreams.

All prayer is a form of sleep whereby we become asleep to the world and its appearances and alive to the Presence and Power of God. Prayer means to withdraw and abstract your attention from the problem, difficulty, and evidence of senses, and focus your faith and confidence in God to guide, heal, and reveal the answer. In the prayer process you definitely reject the power of external conditions, and you affirm the supremacy and sovereignty of the Spirit within.

A young man had difficulty locating his father's will, and at night prior to sleep he prayed as follows: "Infinite Intelligence knows where the will is, and it is revealed to me now." He had a dream in which the location of the will was revealed to him.

In sleep there is a complete dissociation from the world in which we live, and our conscious attention to matters which engross our relations during the day are severed. Sleep is the inexorable master and is no respecter of persons. "The morning hour," says a German proverb, "has gold in its mouth."

If you have been upset, harassed, and worried during the day, and at night perhaps you read a psalm praying for peace, entering into the feeling of goodwill and the spirit of forgiveness to all, notice how you awake refreshed, with strength renewed, your mind serene and clear, your passions calmed, your animosities soothed, and kindlier feeling toward all.

The Bible says: *Remember the Sabbath day, to keep it holy.* Ex. 20:8. The Sabbath means rest in God, a stillness born of the conviction of the ever availability of the God-Presence at all times everywhere. We are in the Sabbath when we have complete trust and faith in God, knowing it is impossible for our prayer to fail. It is a feeling of inner certitude which follows true prayer.

Every night when you go to sleep feeling the joy of the answered prayer, you are in the Sabbath which means you have turned over your request to the Deeper Mind which is full of wisdom and intelligence. It knows the answer and will bring it to pass. There is always an interval of time between the impregnation of the subconscious and the external manifestation, and that is also called the Sabbath, or period of mental pregnancy.

When we are asleep the spiritual side of our life is in the ascendant. We are free from the world's hold upon our thoughts and feelings, and we are actually one with the Universal Life of God, and the Healing Currents of Eternity flow through our whole being while we are asleep.

The Mosaic Law set apart one day in seven for our spiritual reflection, and enjoined upon us to do no manner of work. It is for the same reason we are directed, when we pray, to enter into the inner chamber and shut the door, that we be not distracted by externals while we commune with our Father within. In sleep we are united by abstraction to our Higher Self, and we participate in His Healing Presence.

Yet the Lord will command his lovingkindness in the daytime, and in the night his song shall be with me . . . Psalm 42:8.

The processes of spiritual growth and development are more than ordinarily active during sleep. Job says that, while sleeping, God openeth the ears of men and sealeth their instruction. We are divinely instructed while asleep; moreover, whatever we take into the Deep as we go to sleep is etched in the subconscious mind which determines how it is to be expressed or made manifest. The many visions, prophetic dreams mentioned in the Bible were apparently given to the illumined men as they slept; perhaps because a Divine Truth was more sure of receiving attention and was less liable to

encounter worldly obstruction and distractions during the sleeping than during the waking hours.

Sleep withdraws you from your purpose and hides pride from you, by showing you that while asleep, the whole world continues to function perfectly and that God is running the show.

He keepeth back his soul from the pit, and his life from perishing by the sword. Job 33:18.

You can always avoid the pit of sorrow, grief, despondency, and the piercing sword of jealousy and anger by surrendering to God prior to sleep. Forgive everyone by pouring out God's love, peace, and joy upon them until there is no sting in your mind. Then talk to God, your Counselor and Guide, and affirm lovingly as you go off to the deep of sleep: "Father, thou knowest all things. Reveal to me the answer, heal me, guide me, comfort me, and let your river of peace flood my mind and heart."

Do this humbly and reverently every night, and you will never sit on a psychiatrist's couch, neither will you ever become neurotic, frustrated, or mentally deranged.

Lack of sleep can cause you to be irritable, moody, and depressed. Dr. George Stevenson of the National Association for Mental Health says, "I believe it can safely be said that all human beings need a minimum of six hours sleep to be healthy. Most people need more. Those who think they can get along on less are fooling themselves."

Medical research scholars investigating sleep processes and deprivation of sleep point out that severe insomnia has preceded psychotic breakdown in some instances. Remember, you are spiritually recharged during sleep, and adequate sleep is essential to producing joy and vitality in life.

Robert O'Brien, in an article, "Maybe You Need More Sleep" in an issue of "Reader's Digest" reports the following experiment on sleep:

"For the last three years experiments have been in progress at Walter Reed Army Institute of Research in Washington, D.C. Subjects—more than 100 military and civilian volunteers—have been kept awake for as long as four days. Thousands of tests have measured the effects on their behavior and personality. Results of

these tests have given scientists astonishingly new insights into the mysteries of sleep.

“They now know that the tired brain apparently craves sleep so hungrily that it will sacrifice anything to get it. After only a few hours of sleep loss, fleeting stolen naps called ‘lapses,’ or micro-sleeps, occurred at the rate of three or four an hour. As in real sleep, eyelids drooped, heartbeat slowed. Each lapse lasted just a fraction of a second. Sometimes the lapses were periods of blankness; sometimes they were filled with images, wisps of dreams. As hours of sleep loss mounted, the lapses took place more often and lasted longer, perhaps two or three seconds. Even if the subjects had been piloting an airliner in a thunderstorm, they still couldn’t have resisted micro-sleeps for those few priceless seconds. And it can happen to you, as many who have fallen asleep at the wheel of a car can testify.

“Another startling effect of sleep deprivation was its attack on human memory and perception. Many sleep-deprived subjects were unable to retain information long enough to relate it to the task they were supposed to perform. They were totally befuddled in situations requiring them to hold several factors in mind and act on them, as a pilot must when he skillfully integrates wind direction, air speed, altitude and glide path to make a safe landing.”

Every night of your life, as you go to sleep, you are going before the King of Kings and the Lord of Lords, the Living Spirit Almighty. Be dressed for God mentally and emotionally. Go to sleep with the song of God in your heart, with love and goodwill for every living being in the world. Go into His presence clothed in the robes of love, peace, praise, and thanksgiving. You must be without spot or blemish when you visit God who is Absolute Love—the Immaculate Unblemished Presence. You must be all fair and no spot on thee. Wrap yourself in the mantle of Love, and go off to sleep with the praise of God forever on your lips.

You must remember there are many degrees of sleep, and every time you pray you are actually asleep to the world and alive to God. When you abstract your five senses from your problem or difficulty and focus all your attention on the solution or answer, knowing that the subjective wisdom of God is bringing about a solution in ways

you know not of, you are practicing the art of sleep as mentioned in the Bible. You are asleep to the falsehood and hypnotic influence of the world when you accept as true what your reason and senses deny. When you hear of a person getting a nervous breakdown, you are reading of one who wandered away from God, and has cohabited mentally and emotionally with the false gods of fear, worry, ill will, resentment, remorse, and confusion.

Trustful relaxation is the remedy for insomnia. When you retire at night, let go of every worrisome and anxious thought. Cast out all burdens from the mind. Know that God is with you and that He has the answer. Abandon yourself to the thought that "underneath are the everlasting arms." Say over and over in quiet confidence: "I now relax and rest in God. I yield myself to God's river of peace. His peace and love pervade my whole being, and I sleep in peace. God giveth His beloved in sleep."

CHAPTER 7

NOT RESIGNED, BUT RECONCILED

Troward says, “There are two ends to a stick.” Emerson says, “We meet polarity or action and reaction in every part of nature.” All of us know that our thoughts come in pairs. When you think of wealth, the thought of poverty comes into your mind also, and when you think of health, the thought of the opposite rears its head. Let us enumerate some of these opposites such as matter and spirit, negative and positive, darkness and light, evil and good, disease and health, pain and pleasure, misery and happiness, ebb and flow, male and female, in and out, subjective and objective, fear and love, heat and cold, rest and motion, yes and no.

The opposites are the expressions of the cosmos. They are dual expressions of the same principle. We are here to reconcile the opposites and bring harmony, health, and peace into our world. When it is cold you build a fire, when hungry you seek food, if sick you align yourself with the Healing Presence and establish wholeness and perfect health again. When fear strikes you, the thing to do is to mentally unite with the Source—God which is Love. You could read the 27th Psalm slowly, quietly, and lovingly, and as you do you are moving mentally to the opposite which is faith in God. Fear is a denial of the power of God and the goodness of God. Fear is faith upside down. Fear is a shadow in the mind, and there is no power in a shadow. “Perfect love casteth out fear.” Fall in love with the good, become emotionally attached to the great truths of God, and all fear will go away.

If you are fearful, you can rest assured there is a desire within you for that which is opposite to the thing feared. Place your attention on the thing desired, and you will begin to reconcile the opposites. Desire is the angel of God, the messenger of the Divine saying to

each one of us, "Come on up higher." Desire is behind all progress. Let your desire captivate and hold your attention. You move in the direction of the idea which dominates your mind. The greater the expected benefit from the desire, the stronger our desire.

I should like to tell you of a singer who failed to get a contract because his voice cracked on three occasions during an audition. Fear was his enemy, and he discovered he could move to the opposite which was faith and confidence through prayer. He stilled the wheels of his mind two or three times a day. He imagined he was singing before a microphone. He saw the imaginary audience. "Act as though I am, and I will be." He began to feel the joy of it all and the thrill of accomplishment. He continued to do this at regular intervals until he got the reaction which satisfied. He succeeded in planting his desire in his subconscious mind, and he felt a great sense of peace and satisfaction. He loved his desire to the point of acceptance and proved to himself that "perfect love casteth out fear."

Love is an emotional attachment, being loyal and devoted mentally to your ideal. As you do this the fear or the negative thought dies, and the ideal becomes real. This man is successful today because he learned how to reconcile the opposites in his life and bring peace where discord was. Give yourself wholeheartedly to your ideal, be loyal to it by mentally and emotionally uniting with it, you are loving it.

A soldier told me that he was cut off from his battalion in the last war and was in the midst of a hail of bullets. His knees were shaking with fear. He repeated the 23rd Psalm and a wave of peace came over him, and he found his way to safety. This soldier realized that if he remained at the extreme of fear he would be frozen to the spot, and the result would have been death and destruction. He let the pendulum of his mind swing to the opposite pole which was faith in God as his shepherd and protector from all harm.

The Bible says, *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good*

gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him? Matthew 7:7-11.

These verses from the book of Matthew represent some of the greatest truths of the Bible, and set forth a wonderful formula for prayer. You are clearly told to ask, and you shall receive. To ask in Bible language is to claim your good, and then the Spirit within will honor and validate your claim. In these passages you are told God is your Heavenly Father, and you are to expect from Him all the blessings of Heaven. Look upon God as a loving father, a kindly father who watches over you, cares for you, guides and directs you, and provides for your welfare. As you make a habit of this you will discover that you will always be prospered, guided, and you will find yourself in your true place doing what you love to do, divinely happy, and divinely blessed in countless ways. God is to you what you conceive Him to be.

As long as man thinks that God is punishing him, testing him, or ruling over him with a rod of iron, a sort of jealous, cruel, or capricious tyrant, he will be confused, muddled, perplexed, and in mental conflict. Such thoughts being chaotic, the result is chaos and misery in his life. Man is what he thinks all day long.

Jesus states categorically, definitely, and unequivocally that God is our Father, and that we are His children. Your relationship with God should therefore be on the most friendly and loving terms, that of father and son. Never again during the whole course of your life look upon God as a God of wrath, indiscriminate in his vengeance. Such a concept held in the mind brings untold misery and suffering to the individual who entertains such a belief. Our beliefs are our masters, and all beliefs tend to manifest themselves in our lives.

Believe only that which is true of God; accept that which is lovely and of good report. Believe in the goodness of God, in the love of God, in the guidance of God, in the harmony of God, in the wisdom of the Almighty. Believe in the joy of God, and His abundance. Believe and expect all the blessings of Heaven here and now. *According to your belief is it done unto you.* Recognize the Fatherhood of God—God is your Loving Father; He loves you, and He cares for you. God wants you to be happy, joyous, and free. You

are here to express the joy of living and to reproduce all the qualities, attributes, aspects and potencies of God.

I have said ye are gods, and all of you are sons of the Most High. It is fundamental and foundational to say that the offspring must be of the same nature and species of the parent. *I and my Father are one.* This means you and God are one mentally, spiritually, and physically. Infinity is within you, and therefore there is no end to the glory which is man. The journey is ever onward, upward, and Godward. You are capable of infinite growth and spiritual development.

Your greatest prayer is to still the wheels of your mind every morning, and for five or ten minutes feel that you are a channel through which God flows through you as harmony, health, peace, joy, wholeness, beauty, love, companionship, security, true place, and expression. Praying humbly and reverently in this manner you will expand in spiritual awareness until you have transcended even your fondest dreams.

Your glorious destiny is to be united with God and experience the glory which was yours before the world was. Cease being a serf, a slave, a doormat. Never say, "I have to resign myself to my fate." "I must put up with this." "This is God's will and I must put up with my illness." "I'm incurable." "It's hopeless." "Etc." If you make such statements or have the mental attitude that you are here to suffer and that God is punishing you for your sins, you are placing yourself in thralldom, bondage, and degrading your Divine destiny as a son of the Living God here on earth to enjoy the inheritance of your Father.

Ask and ye shall receive is your passport and enfranchisement to freedom, health, supply, beauty, joy, and life more abundant. It could not be stated more emphatically or compellingly. It is absolutely wrong for you from every standpoint to remain in any kind of bondage whether physical, mental, or material. There is absolutely no virtue whatever in resignation or being satisfied with your lot. To resign yourself to sickness or poverty is to sin or miss the mark of perfect health and abundance. Resignation is a mixture of ignorance, fear, superstition, and indolence. Refuse to accept ill-health, discord, poverty, loneliness, or unhappiness.

God's beloved intention for you is the life more abundant, happiness, and peace of mind. You are here to let the Light of God shine in your mind, body, and environment. This is the only way you glorify God here and now. God is always successful in all His undertakings. What is true of God is true of you because you are His son and heir to all His riches. It is your sacred task out of love for God to positively and definitely refuse to accept anything less than peace of mind, true place, abundance, and security. Keep on asking and knocking until the day breaks and the shadows flee away. *Knock and it shall be opened unto you.* This means that when you have a definite desire or idea in your conscious mind and have come to a clear-cut and definite decision in your conscious mind, you will then gain a response from your deeper mind which is full of wisdom and power. You refuse to take "no" for an answer because you believe implicitly in the promises of God: *Ask, and ye shall receive.* Keep on claiming your good continuously and untiringly until your prayer is answered.

A tragic and egregious blunder made by orthodox religious people is to think that the will of God for them is bound to be something tragic or evil or downright unpleasant. If the will of God for you were sickness, then all the doctors, psychologists, and nurses in the world would be working contrary to the will of God—this, of course, is the quintessence of absurdity. It is very unfortunate that millions of people look upon God as a hard, cruel, despotic taskmaster. Others believe in a devil that is tempting them. This belief in two powers results in endless confusion and a mental conflict accompanied by all kinds of strange fears and fixations.

Hear, O Israel, the Lord thy God is one Lord. There is only one Power which moves as a unity—this is a mathematical and spiritual necessity. Infinity cannot be divided or multiplied; there cannot be two powers, as one would cancel out the other, and there would be nothing but discord and chaos everywhere. Good and evil are the movements of our own mind relative to the One Being forever Holy, Pure, and Immaculate in Himself.

"I sent my soul into the Invisible, some letter of the after-life to spell. And bye and bye my soul returned to me, saying I myself am Heaven and Hell." The will of God is the nature of God. God is Life,

and Life cannot wish death. God is Peace, and Peace cannot wish pain. God is Love, and Love cannot hate and build a fire where man burns for eternity.

There are many things God cannot do. He cannot violate His own Nature. Life cannot wish death, sickness, misfortune, or accident. We bring these things on ourselves by our own wrong thinking. Your heart would have to be full of hatred if you longed to see others suffer in a fire forever because they didn't belong to your creed or church, or because they erred and made serious mistakes. God is Love, and God is Absolute Harmony, and Harmony cannot wish discord. It is a fact that you can hate, but God is Love—that is the Truth which changes not, the same yesterday, today, and forever. It is a fact that you can create discord by misusing and misdirecting your subconscious mind, but the changeless Truth is that God is Absolute Harmony. It is a fact that you can lie, cheat, and defraud, but God is Absolute Truth, and the Universe is scrupulously honest, and God is Absolute Justice. There is a great difference between a fact and the Truth. The word fact comes from the Latin *factum*, your ability to create, manufacture in the factory of your mind.

You can use your mind two ways. Learn to use it the right way, and tune in on the Infinite Ocean of God's Love, Peace, Beauty, and Joy, and let these qualities flow through you. You do not create Harmony, Peace, Beauty, Joy, Love, or Health—you align yourself with these qualities of God by mentally tuning in with the Infinite, and letting His Splendor flow through you, in you, and all around you. The Will of God for you is greater freedom, greater self-expression, true place, perfect health, abundance, and blessings transcending your fondest hopes.

If you are a square peg in a round hole, and unhappy, you are not expressing the will of God. Inharmony and confusion will be the result. Resolve to express more and more of God's Love, and you will go from glory to glory. You and your desire are present now—these are the eternal two mentioned in the Bible. Your desire is whispering within you, and fear and doubt arise also. You must determine to resolve the quarrel in your mind so that peace is restored. Our early conditioning, fixed beliefs, and religious training

impede and thwart our faith in God and all things good, and we find our mind is a battleground.

Your desire, as we said earlier, is of God and has its own mathematics and mechanics with it. Conditions, circumstances, and environment are not causative—these are effects and are subject to change. The fear thought that challenges your desire must die, and your desire must live. Take your attention completely away from the thought of opposition. This will starve it to death, and mentally and emotionally feast on your ideals. The latter is good, constructive, and wholesome, and will bless you. Your loyalty, devotion, and attention must be given to your goal, ideal, desire. Your thought-image is the first cause relative to the thing you are praying for, and is real on its own plane of reference.

Lift your mind and heart up beyond the problem or difficulty, and picture the fulfillment of your desire, the happy ending irrespective of opposition. Fear and false beliefs must die. Starve them to death by refusing them attention; give confidence and life to your ideal. This is the way of reconciling the opposites.

A famous space scientist, Dr. Von Blenk-Schmidt, who is doing research work on space travel, told me he is always running up against the devil, which simply means resistance, difficulties, and problems. Sometimes fear of failure enters in. He resolves these problems by prayer. He gets still and quiet and asks for the answer, and the creative ideas necessary for the solution come to him sometimes spontaneously out of the blue (the subconscious mind). Engineers, chemists, physicists working with him are trying to overcome atmospheric friction and resistance with various alloys of metals and new designs. There is always a way out, a solution, a happy ending. It is through difficulties and problems that we discover our Divinity. The joy is in the overcoming. If the crossword puzzle were all made out for you, life would be insipid, dull, and uninteresting.

You are here to discover your God-Self. If all your faculties functioned automatically, you could not discover your God-given powers and attributes. You can use your powers two ways, enabling you to deduce a law of life. Man is under the thralldom and bondage of the five senses until he awakens to the Creative Power of God.

Realize your thoughts come in pairs. The fear thought is not real, it denies that which is actual. Be a spiritual paratrooper. Fly over the obstacle with the wings of faith and imagination, and feel, rejoice, and give thanks for the joy of the answered prayer.

Love is the fulfilling of the Law of Health, Happiness, Abundance, and Security. Wish for everyone what you wish for yourself, and fall in love with your ideal. Be faithful and loyal to your ideal, and it shall come to pass, and the Light of God will shine upon you.

CHAPTER 8

THE MASTER SECRET OF THE AGES

And the angel of the Lord appeared unto him in a flame of fire out of the midst of a bush: and he looked, and, behold, the bush burned with fire, and the bush was not consumed.

And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt.

And when the Lord saw that he turned aside to see, God called unto him out of the midst of the bush and said, Moses, Moses. And he said, Here am I.

And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.

EXODUS—CHAP. 3 VERSES 2-3-4-5.

And Moses said unto God, Behold, when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is his name? what shall I say unto them?

And God said unto Moses, I AM THAT I AM: and he said Thus shalt thou say unto the children of Israel, I AM hath sent me.

EXODUS—CHAP. 3 VERSES 13-14.

an is looking everywhere for God, not knowing that when he says "I Am" he is announcing the presence of the Living God within himself. This is called the master secret of the ages, sometimes referred to as the lost word. "I Am" means Being, Life, Awareness, The Presence of God in man. It is the nameless one.

In ancient times, the secret was given only to the initiated, never to the profane, because the ancient seers said with this knowledge, or awareness, a man can rise to the heights of spiritual illumination or he can sink to the depths of degradation. Hence, it was given only to those who were spiritually awakened and stood the tests that were given them.

This is how a woman applied the master secret in her own life. She attends my lectures at the Wilshire Ebell Theatre on Sunday and wrote as follows: "I am sixty five years old, a widow with a grown family. I am living alone and am on a pension. I heard you say one Sunday that whatever you attach to I Am, you become and if a woman is lonesome and wishes companionship that she should affirm with feeling 'I am wanted, I am happily married to a wonderful man and I am secure.' I began to affirm slowly, quietly, and lovingly, 'I am wanted, I am loved, I am happily married to a loving, kind and spiritual minded man. I am secure.' I kept on doing this every night and morning for about three weeks. A few days ago I went to the corner drug store. The druggist introduced me to a man who was a retired pharmacist. After a few days acquaintanceship he proposed to me and next month we are going on our honeymoon to Japan. He gave me a wedding present of \$15,000."

Her prayer was felt as true in her heart and her affirmation sank down by osmosis into the subconscious mind, which is the creative medium. The moment she succeeded in bringing about a subjective embodiment, the subconscious brought about the answer through the law of attraction. The deeper mind full of wisdom and intelligence brought both of them together in Divine order.

Many are sound asleep because they do not know about this gold mine of Infinite Intelligence and Boundless Love within themselves. Whatever you want you can draw forth. A magnetized piece of steel will lift ten times its own weight. Demagnetize this piece of steel, and it will not even lift a feather. There are two types of men. There is the

magnetized man who is full of confidence and faith in an Almighty Power to lead and guide him; he knows that he is born to win and to succeed. Therefore his deeper mind responds to Him. There is the other man who is demagnetized; he is full of fears and doubts. Opportunities come, and he says, "I might fail. I might lose all my money. People will laugh at me." This type of man will not get very far in life, because if he is afraid to go forward, he will simply stay where he is.

The magnetized man says, "I am going to succeed. The Power will back me up. I will prosper. There is nothing to stop me." The God Power moves through that man at his focal point of attention. Cease being demagnetized by doubts, fears, anxieties, and demoting yourself by saying, "I don't know the right people. I am too old. I haven't got the right politician," and so forth and so on.

The electrons, the atoms and the molecules are all the same in the magnetized and the demagnetized steel, but in the magnetized steel all the atoms and molecules are marshalled. They are focused in a certain direction. That is why it is a magnet. In the demagnetized steel, molecules move about at random and are not focused.

The ancients discovered that there was a Power with man, and that when man had confidence and faith in this Power, Lady Luck seemed to bless him in all his undertakings. When he was full of fear (of sickness for example that some germ would attack him), and he lived in that fear, he would create the disease. They realized that there was nothing external that could affect man except it affected him inside in his own mind. Nothing can touch you from the outside without your mental consent.

If you believe Lady Luck is with you, good fortune will smile on you. If you believe a jinx is following you, all kinds of trouble will come upon you. You begin to become suspicious of people and everything goes wrong and awry in your life because of your belief. Man's inner belief creates his personal good and evil. Man is belief expressed. The law of life is the law of belief. The Spirit within man is God. Spirit has no form, shape or substance. Spirit is timeless and ageless.

This unconditioned Being called God, becomes conditioned by conceiving Itself to be something. The whole world is simply this

Being conceiving Itself to be all these things.

The whole world is a dramatization of God's ideas whether they are trees, suns, moons, stars, or continents. They are all God's ideas. God dramatizes Himself by conceiving and feeling Himself to be all these things. Everything in this world is alive, and the world that we see is not really solid at all. This is a world of intensities, frequencies, and densities, and the only difference between one substance and another is the number and rate of motion of the electrons revolving around a nucleus. The whole world is a world of vibrations.

The electron we speak of cannot be seen. The whole world is simply Spirit in differentiation. Matter is energy reduced to the point of visibility. Your thought is energy and it takes form. This is why thoughts are things. You are what you think all day long.

A little boy, fourteen years old, listens to my lectures on Sunday mornings. His father died some years ago and his mother couldn't afford a home. The little boy got a hammer, nails and some wood and built a miniature home. He put this small model on the mantelpiece of their home. The mother said, "What is that?" He said, "Mom, we want a home. If we look at this home, the picture of a new home will go into our subconscious." A man, for whom the boy works occasionally, donated him a home, so that he and his mother could live comfortably. This is the way the Law of Mind worked for this boy.

One day during the course of conversation, the man said, "Why don't you buy a home?" The boy said, "My mother hasn't the money." The man said, "I am going East to live with my son. I am not coming back to California any more. I have all the money I need. I have never done anything for anyone, but you are a nice boy and you deserve a break. You take this deed and give it to your mother." That is the way they got the home. The man never had seen the mother. He liked the boy and he gave them the home.

Strange? There is nothing strange about it. There are people in this country who give millions away.

He saith unto them, But whom say ye that I am? Who do you say this I AM within you is? What is your concept of God? What is your real belief? I am not talking about your intellectual assent. I am talking about your real belief, your deep functioning, abiding faith

about this God-Power. Your concept, your blueprint and estimate of God is your whole concept of yourself, and your concept of yourself determines your entire future.

The answer you give to the question, *But who say ye that I Am?* determines your health, environment, social life, financial life, and all phases of your life, because your belief about God determines your whole life.

“I Am the Way.” Yes, I Am is the Power that resurrects and makes alive the things that you are seeking, that which you want to be. This is the only Power and Presence, the only cause, the only Intelligence, the only Wisdom, the only Substance.

When you say, “I am poor,” and so forth, you are making a poor mental arrangement in your own mind. Chant the beauty of the good and claim, “I am wealthy. I am happy. I am prosperous. I am healthy. I am secure. I am loved, I am illumined, and I am inspired.” Watch the wonders in your life as you pray in this affirmative manner.

We have a new body every eleven months. Your thoughts are things and, as you fill your mind with the Truths of God, the electrons and the molecules of your body will undergo a transformation. There will be a dispersal of the old molecules, and the old electrons, which were diseased. “In my flesh shall I see God.” You change your whole body through your thought and your feeling, and through your constant identification with the eternal verities.

There is no law compelling you to be depressed, dejected, vindictive, or to have destructive thoughts of poverty, lack and limitation.

You can be engulfed in the sea of despair, lack, ill will and gloom, because you have no inner bulwarks to man the ramparts. Learn where the God Presence is. Then you can say, “I am whole. I am watched over by the Love of God. I am surrounded by the whole armor of God and where I Am, God is.” This attitude will render all your fears and doubts null and void. The waves of despair and despondency will go back to the seas, and you will walk over to dry land.

Your faith and confidence in God will lift you up and set you on the highroad to freedom, happiness, and peace of mind.

“I AM hath sent me unto you.” Wouldn’t it be wonderful if you went back to business tomorrow, to your factory, or to your conference and said, “God sent me here to solve all problems, to disperse anxiety, to bring peace where discord is, love where hatred is, joy where sadness is and to bring forth new ideas.” Go forth with that attitude, and you can’t fail. All the power and wisdom of God will flow through your focused point of attention—and this is called touching the hem of His garment.

The best way to realize your desire is to claim, feel and know that, “God gave me this ideal, this goal, this objective, and I am giving my attention and devotion to it now. I picture the end. I feel it and know that all the power of the Godhead is flowing through my mental image, and I am at peace.”

There is an acid test for Truth. The fruits of Truth are joy, happiness, peace, love, goodwill, patience, and perfect health. This is the “Melody of God” which man plays. What good is any teaching, any religion? What good is man himself except he becomes an instrument through which these Eternal Melodies are played.

The burning bush is within you, and you can lead your children (ideals, dreams and aspirations) out of Egypt, out of the darkness and into the Light of the Promised Land which means the realization of your desires. You are Moses, because you have the capacity to draw out the Wisdom and the Power that is within you.

Ye are the light of the world. This light is the Infinite Intelligence of God, that will illumine your pathway and will reveal to you everything you need to know. “A city that is set on a hill cannot be hid.” You are the city of God, and all the thoughts and ideas in your mind are the people who live in this city.

If you are full of faith and confidence in God’s Wisdom and believe with conviction that God will guide you, then that Light in you cannot be hid. Everyone will see it, because you are announcing the Presence and Power of God within yourself. You are announcing the presence of peace, of joy, of happiness.

The healing Rays of God flow through your eyes, your ears, and all your organs. You are suffused and submerged in the Holy Omnipresence and feel that God is vitalizing every cell and nerve of

your body, so that your whole body dances to the rhythm of the Eternal God.

Feel a transfusion of God's grace flowing through you. Feel and know that this Holy Spirit which created you is now taking over all the processes and functions of your body.

"I Am the Way," "I Am the Truth," and "I Am the Life." "I Am the Door." Your own consciousness is the door to all expression, because what you claim and feel as true within yourself, the Spirit in you will honor, validate, execute and bring to pass. This is the way all things are made, and there is nothing made that is not made that way.

A wonderful sense of peace fills your soul. Let this Light of God be a torch to you. Lift up your eyes and behold that Light. Affirm, "God shows me the way. He is a lamp unto my feet; He is a light on my pathway." And that is exactly what God will be to you, because that which you believe God to be, He will be that to you. You live in the joyous expectancy of the best. His candle shines upon your head, and by His Light, you walk through darkness.

When the whole world says it can't be done, you will go inside, into the silence of your soul, and say, "It is done." You create the way God creates, by self contemplation of the Spirit, and what you conceive as true, you can give it conception.

I Am the way. Your own *I Amness* is the power that resurrects, that guides, that heals, makes alive whatever you feel to be true in your heart.

Your body is acted upon by the Creative Intelligence. You are Divine, you are Spiritual. You are joyous. You are surrounded by the Peace of God. The Spirit of God pervades every atom of your being, your children, your home, your business. There is Divine Right action in your life. You are instantaneously healed by the Presence and Power of the Almighty.

There is Divine equilibrium in your body, which you sense and feel, and you rejoice that there is but One Presence and One Power and It is moving as a unity and as a harmony through you. You live, move, act, and have your being in God. You feel that it is impossible for your prayer to fail. The answer comes to pass in due season, in

God's own way, and in God's own time, for God is bringing it to pass now in His own way.

When fear or worry comes into your mind, you do not entertain these thoughts. You chant the Beauty of the Good, and affirm, "God is guiding me now. God is taking care of me, and all is well. The Creative Intelligence of God, which is regnant and supreme, brings all my requests to pass in Divine Order. According to my faith is it done unto me. It is wonderful!"

CHAPTER 9

YOU ARE WHAT YOU EAT

These are the beasts which ye shall eat; the ox, the sheep, and the goat.

The hart, and the roebuck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois.

And every beast that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud among the beasts, that ye shall eat.

Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; as the camel, and the hare, and the coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you.

And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you: ye shall not eat of their flesh, nor touch their carcase.

These ye shall eat of all that are in the waters; all that have fins and scales shall ye eat:

And whatsoever hath not fins and scales ye may not eat; it is unclean unto you.

Of all clean birds ye shall eat.

But these are they of which ye shall not eat: the eagle, and the ossifrage, and the ospray.

And the glade, and the kite, and the vulture after his kind,

And every raven after his kind,

*And the owl, and the night hawk, and the
cuckow, and the hawk after his kind,
And the little owl, and the great owl, and the
swan,
And the pelican, and the gier eagle, and the
cormorant,
And the stork, and the heron after her kind,
and the lapwing, and the bat.
And every creeping thing that flieth is unclean
unto you: they shall not be eaten.
But of all the clean fowls ye may eat.
Ye shall not eat of any thing that dieth of
itself: thou shalt give it unto the stranger that is
in thy gates, that he may eat it; or thou mayest
sell it unto an alien: for thou art an holy people
unto the Lord thy God. Thou shalt not seethe a
kid in his mother's milk.*

DEUT. CHAP. 14:4-21

All of us have heard the expression, "You are what you eat." If a thing is true, there is a way in which it is true. There is a way in which the verses in the fourteenth chapter of Deuteronomy are true. They are true psychologically and spiritually and represent many of the most profound truths in the entire Bible.

The Bible is a textbook on psychology and the science of living and it cannot be taken literally. The spiritual key to the Bible does away with all superstitions, literalisms and rescues us from all the seeming contradictions, inconsistencies and historical dilemmas. Except we have the inner meaning of the Bible, we really do not have any Bible.

I have known people who have had the choicest food and a perfectly balanced diet, according to the laws of nutrition, and yet they developed ulcers, cancer and other destructive and degenerative diseases. The food we eat is transmuted by the Creative Intelligence within us into tissue, muscle, bone, blood, hair, etc.

If we are hateful, envious, jealous and full of hostility, the food we eat may well be transformed into various diseases of a psychomatic nature. Our moods and attitudes of mind determine whether our food will build health or disease. If we are full of good-will and eat our food with joy and thanksgiving, it will be transmuted into beauty, vitality, wholeness and strength. The bread or meat which you eat, after a few hours, becomes your flesh and blood. This is essentially the doctrine of transubstantiation, when shorn of its superficial wrappings and trappings.

Food for the body is very important. Today some of our foremost research physicians are pointing out the dangers of excessive fat which interferes with the mechanical efficiency of all our vital organs, such as the heart, lungs, liver, and kidneys. We know that many physical and mental diseases can result from lack of certain vitamins and chemicals. Beriberi, a disease characterized by multiple inflammatory changes in the nerves, producing great muscular debility, is brought about by insufficiency of vitamin B. Research experiments on animals depriving them of manganese and other elements bring on mental and physical deterioration and degeneration. We are all familiar with the necessity of sufficient calcium for the pregnant mother. Deficiency of Vitamin A has deleterious effects on the eyes and a sufficient amount of protein is essential for our well being. All this is most important, but our own mental and spiritual diet is of the greatest importance.

The Bible says, *Thou shalt not eat any abominable thing*, which means that you should not entertain or enthrone in your mind negative thoughts such as resentment, ill will, cynicism, hate or anger. Animals in the Bible represent animated states of consciousness. Emotions follow your thoughts. If you think hateful thoughts, you will generate a destructive emotion, which is one of the animals you should not eat of. Emerson said, "You are what you think all day long." The Bible says: *As a man thinketh in his heart so is he*. Distinguished research physicians and other scientists point out that we have a new body every eleven months. You are creating new cells all the time, and if you fill your mind with the eternal verities and spiritual values of life, your brain will send these spiritual vibrations through the medium of your nervous system all over your

body, and all the new cells will take on the vibration of these spiritual overtones, so that, like Job, you will be able to say: *Yet in my flesh shall I see God.*

You are eating of the truths of God when you mentally and emotionally dwell on whatsoever things are just, honest, lovely, and of good report.

Eating in Biblical language refers to our mental and spiritual diet. We are fed daily through the five senses by an avalanche of sights, sounds, sundry concepts—good and bad, but most of this food is highly unsavory. We must learn to turn inward to God and be replenished from the standpoint of Truth. For example, affirm frequently—with feeling, “God is guiding me now, God’s Love fills my soul, God inspires me, God’s river of peace floods my mind and heart. I hear the Truth, I love the Truth and I radiate love and goodwill to all.” This prayer is wonderful spiritual food for your mind. You will find yourself guided in all your ways and that will also refer to the food you select because the Nature of Infinite Intelligence is responsiveness and It responds to the nature of your thought.

You are told you may eat the beasts that parteth the hoof and cleaveth the cleft into two claws, and cheweth the cud such as the cow, the sheep, the goat, etc.

The hoof is a wonderful symbol which means understanding, our capacity to choose, divide and select. The Bible says, *Choose ye this day whom ye shall serve.* Choose the concepts and ideas which are true. Use your reasoning faculty to discern and discriminate between what is true and false. When you learn to choose correctly, you will no longer choose sickness, accident, poverty, pain, misery or lack. You may eat of the choicest food and be hungry in your heart for peace, joy, love, happiness, and inspiration. Every day of your life, mentally eat of God’s ideas of wisdom, truth, and beauty. You choose the bread of Heaven whenever you turn away from the world and sense-evidence, and mentally feast on the Truth that there is only One Power operating through the thoughts, feelings and imagery of your mind.

When you read the newspapers, listen to the radio and press reports, you read of suffering, war, injustice, crime, poverty, and lack of all kinds. Shakespeare said, “Man’s inhumanity to man makes

countless thousands mourn.” You may feel the strains and stresses of your business or profession. Perhaps the vexations, arguments and difficulties of the day have unduly upset you. If so, divide the hoof and chew the cud. You must choose the Truth and chew on it in the sense that you appropriate it by meditating on it and absorbing it until the true ideas become a part of you in the same way that a glass of milk becomes your blood stream. You must meditate on the Truths of God until you feel radiant, happy, and free, then you are one with God and you feel His Presence in your whole being. To divide the hoof is to arrive at the Truth in your mind, and see the spiritual values which never change and are the same yesterday, today, and forever. However, this is not enough, you must now chew the cud like a cow. The cow has several stomachs. She feeds on the grass, passes it from one stomach to another and when she feels contented, she lies down on the field and chews the cud. This is a process whereby she brings the food previously absorbed into her mouth as a sort of bolus, and begins to masticate it all over again until the food is thoroughly digested and appropriated completely by the whole system. You chew the cud by mentally dwelling on God’s Wholeness, Perfection, Power and Wisdom until your mind is lifted up and exalted. As you do this, your mind will be fascinated, engrossed, and absorbed in the great Truths you are feasting on. You will hunger no more, nor thirst any more, for God in His Wisdom becomes a lamp unto your feet and a light on your path.

The swine divideth the hoof, yet cheweth not the cud and is called unclean. The reason for this is obvious to you by now. Many people have a wonderful intellectual grasp of the Truth. They accept the Truth readily with the conscious mind only. Intellectual assent to the Truth is not enough. There are people who agree that honesty is the best policy, but they don’t always practice it. Millions perhaps give lip service to the Ten Commandments, but these are constantly broken. When these Truths are accepted by the subconscious mind, and thus assimilated into the whole mentality, a tremendous difference takes place in one’s character or life. You can taste clover in the milk of the cow after she has chewed the cud, the reason being, she has appropriated, assimilated and digested the clover so thoroughly that she exudes the aroma in the milk, which is a part of her. Likewise,

when you appropriate, meditate and feast on the qualities, attributes and potencies of God you will be under a Divine compulsion to express these qualities as they become a part of your nature. The swine divides the hoof and chews not the cud; it is therefore unclean. There are people who write and talk glibly on how to use the Healing Power of God, yet many live in an unhealthy way, notwithstanding. Many philosophers who write on the wisdom of the ages, and give intellectual assent to the same are extremely unhappy, frustrated and neurotic. I knew a man who wrote a wonderful book on nutrition; it was quite scientific and very sound. He had acute ulcers and was most unhappy. He had *head* knowledge and failed to let it become heart knowledge. He failed to meditate, reflect and mentally digest what he wrote so that it would be incorporated into his subconscious. He would then have followed his own physical diet as well as the mental and spiritual vitamins which he also recommended. The truths of God must be appropriated and impressed into the subconscious, before a real change takes place.

You should not eat of the camel, and the hare, and the coney because they chew the cud and divide not the hoof. There are people who dream about a state and never appropriate it. I have talked to people in England and Ireland and other countries, who suffered from various ailments, such as rheumatism, sciatica, asthma, hay fever, etc. I talked to them about the Healing Presence and the scientific work being done in the psychosomatic field of medicine which listed the mental and emotional factors behind their ailments. They agreed with me and said it was interesting and undoubtedly true, but they did nothing about it. They refused to divide the hoof, and come to a clear-cut decision, that they could be healed and according to their decision would it be done unto them. The moment you come to a clear-cut, definite decision in your conscious mind, that you can be healed, your Deeper Mind which is full of Wisdom and Intelligence will respond accordingly. They refused to change their consciousness and consequently remained as they were. There is the man who is always *talking* about the book he is going to write, the new business he is going to open up. He never does anything—it's all talk. He lacks decision, judgment, and discrimination.

There are a great number of people who chew the cud in this way. They study the various religions of the world, they read a vast number of inspirational books, they study numerology, astrology, various philosophies and become charter members of every new and strange cult. They become muddled, perplexed and so confused that many of them become mentally and emotionally disoriented and unbalanced. You must divide the hoof by deciding once and for all what the Truth is and build your whole life on that impregnable rock which never changes.

You divide the hoof by selecting what is eternally true, and all your reading, thought, instruction, and decisions must meet and conform to the following standard: *Whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* Phil. 4-8.

This is the master spiritual standard which enables you to choose what is noble and God-like for the sanctuary of your own mind. Anything and everything that does not conform to this spiritual standard must positively and definitely be rejected as unfit for the house of God, which is your mind.

All fish that have fins and scales, ye can eat, the meaning of which is quite apparent. Scales represent the armor of God which Paul speaks of. *And the Lord, He it is that doth go before thee.* Your conviction of God's Presence is a mighty armor of protection, which goes before you, making straight, beautiful, joyous, and happy your way. All the highways and byways of your world are controlled by God, making the skies above and the earth beneath a highway for your God. The fish with fins have the power of propulsion and they steer themselves. All of us know the story of the salmon. Driven by inner wisdom he makes his way back across the ocean, overcoming all hurdles and obstacles to the place of his birth, where he dies, bequeathing his life forces to other forms of himself.

Man has fins and scales when he knows that he can choose, direct, and control his own destiny. His thought and feeling control his destiny. Man who does not choose his own thought and fails to meditate on the eternal verities becomes a victim of the race mind and moves along with the flotsam and jetsam of life, becoming

subject to all the trials and tribulations of the race mind. If man does not do his own thinking, the race mind, the newspaper, the columnists and the newscasters and his relatives will do his thinking for him. Fish without fins and scales are at the mercy of the tides and are cast upon the beach to die. Cease drifting, steer your ship. Let God lead and guide you. Choose health, choose prosperity. Choose success. Let God lead and be your Silent partner in all your undertakings.

You are a conqueror. The world is not your master. Conditions and circumstances are effects, not causes. Your mind and Spirit are cause. You can change conditions. You are not subject to the political tide, the financial tide or the tide of national events. Identify with your goal, image it, feel it, and know the Almighty Power of God is moving on your behalf. As you continue to nourish your ideal with faith and confidence, you will experience the joy of the answered prayer. There is nothing to oppose Infinite Intelligence. It is All-Powerful, The Ever-living One, the All-Knowing One and the All Powerful One.

You shall not eat the vulture, the raven or the hawk for the simple reason that they are birds of prey. You must not take advantage of others by preying on their weaknesses, lack of understanding and ignorance. Some men pray together on Sunday and prey on each other on Monday. The vulture hovers overhead to eat the dead carcass. Like many other birds it is a scavenger. Men are scavengers when they feed on grudges, peevess, ill-will, hatred and resentment. Love, peace, joy, beauty, happiness, vitality and strength die in us when we eat mentally of these destructive states.

We must not eat the cuckoo, because this bird is noted for the habit of laying its eggs in the nests of other birds for them to hatch, instead of building a nest of its own.

Do not have the characteristics or habits of the cuckoo. Learn to lean on God, not on others. Stand on your own feet, don't expect others to do all the work for you. You are here to put your shoulders to the wheel, also. You have responsibilities, you have oars in the way of two hands, and a brain also, and you must pull your share. You are a Son of God on a voyage of self-discovery, and you must learn to build your own nest and draw forth the gifts and powers of

God within you. You are prohibited from eating the raven, because it is omnivorous and predaceous. If you rob, cheat, or defraud others, this will react on yourself, resulting in loss of health, wealth and peace of mind. To hurt another is to hurt yourself. Birds have two wings; likewise we have two wings, namely, thought and feeling. If you think evil of another and your mind being creative, will create what you think, thereby polluting your own soul.

Every creeping thing that flieth is unclean. This means that man must cease thinking of himself as a worm of the dust, apologizing for being alive and judging everything according to appearances. We can fly in our imagination to any heights or depths. Imagination is the workshop of God, but many misuse, distort and diabolically pervert this God-given faculty. Imagination enables us to soar aloft above the storms and stresses of life and see and feel the happy ending, the Divine solution, the answered prayer.

I shall illustrate this by telling you about a man who crawled along the ground in the mud and mire of fear, hatred, and ill will. His wings were clipped, and he ceased to move onward, upward, and Godward. He had been smarting from a letter received from his general manager. His attitude was, "This is the last straw—this I can't take." He was boiling and seething with resentment, saying to himself, "This I can't forgive after all my years of faithful service, etc."

He was crawling in the mire of resentment and revenge. At my suggestion, he used his wings and imagination the right way. Every night before he went to sleep, he sat humbly down imagining the general manager had written him a letter which praised him and his work, and which satisfied him in every way according to the Golden Rule, the Law of Love and Good-will. He saw the words in the imaginary letter. He rejoiced in reading them. He said to me, "I kept it up every night. I would read that letter over and over again and look at the general manager's signature." All hatred left him as he continued to do this. To quote him again, "The queerest thing in all the world happened!" The general manager wrote him a letter praising and promoting him. The letter was the essence of what he had been imagining and feeling for several days.

Every creeping thing that flieth is unclean—the man no longer used his imagination from a creeping, crawling, muddy standpoint,

but with the wings of faith and imagination, he pictured conditions as they ought to be. He substituted the mood of love and good-will for the feeling of ill will and hostility. Orage, a student of Ouspensky, used to give a wonderful technique for solving personal problems as follows: "Compose a letter, written as from your friend to yourself, which would completely satisfy you if you received it. Put into it such words as you would like your friend to do or write to you." The above mentioned young man rejoiced in reading the contents of the imaginary letter, and the All Wise-Deeper Self cast the spell of God around the general manager, causing him to respond in kind. Give love and you will receive love.

Ye shall not eat of anything that dieth of its self.

Thou shalt not seethe a kid in its mother's milk.

We should always eat of the nourishing truths of God which live forever and never die. Fear, hate, jealousy, condemnation, revenge, ill will, etc., should die in us. We should take our attention away from all negative states and feast on goodness, truth and beauty all the days of our lives. Opinions, theories, creed, dogmas, philosophies, conditions, circumstances pass away—they die of themselves. Do not eat of these things which undergo change and decay but meditate on God's eternal Love, Light, Truth and Beauty, which are the same yesterday, today and forever. "Change and decay, all around I see, O Thou who changeth not abide with me!" All things in this world pass away. Dwell on the great truths of life which never pass away and you will become what you contemplate.

You shall not seethe a kid in his mother's milk. Many people will not drink milk with meat, as they take the Bible literally. A kid is a symbol of sacrifice. Milk is a universal food, a symbol of nourishment. Do not nourish a grudge or dwell on resentment. If you do, you are giving attention to the kid and you will become the goat. Whatever you give your attention to magnifies and grows in your experience. You should sacrifice the kid (grudge, hate, etc.), by consuming it in the fire of Divine Love, for your God is a consuming fire. Radiate love, peace, joy and goodwill to the other until all the roots of ill-will are burned up. If you nurse the grudge and emotionalize it (mother's milk), you may develop tumors, growths,

and other discordant bodily states, causing you to become the *goat*. (You don't really want to ride the goat).

Watch your mental and emotional diet. Divide the hoof by choosing what is true, noble, and God-like. Choose your thoughts from the standpoint of God and hang the walls of your mind with pictures of whatsoever things are lovely, and of good report. Choose the mood of faith, expecting the best, and fill your mind with God's Love. Chew the cud morning, noon, and night by lighting the fire of Divine Love in your heart, which will keep you warm and cheerful at all times. Absorb the truths of Life, let them saturate and gestate in your soul and you will become like a tree planted by the rivers of water, and whatever you do will prosper.

Go thy way and eat thy food with joy and let the joy of the Lord be your strength now and forevermore.

CHAPTER 10

THE MAGIC QUALITY OF SELF-CONFIDENCE

Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good report. Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear. But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

HEBREWS 11:1, 2, 3, 6.

The eleventh chapter of Hebrews is the greatest chapter in the Bible on building self-confidence. Confidence means *with faith*. Faith is an awareness of the presence and power of God within you.

Man may have confidence in stocks, bonds, real estate, in his ancestors, academic distinction, and perhaps in his qualifications, etc., all of which is good in its own way, but all these things pass away and are not stable. Man must have confidence in the Principle of Life which responds to his thought and never fails him.

Many people have faith in a system of theology, in certain ecclesiastical dogmas, but they have no working faith at all, and their lives are chaotic. Others who have a system of theology have a workable faith. They express it in their business, in their talents, in their homes, and in their relationship with people.

Confidence gives you a light in your eye, a new stance, and a fresh grip on life. You wear a smile. You are filled with vitality and energy. A person reflects his confidence in himself by his posture, manners, gestures, speech, and by the look in his eyes. Every part of him reveals his estimate or blueprint of himself. In that way many people can read character by watching a person walk. Others can read character by listening to a man talk. This is why psychologists and psychiatrists listen to their clients, who reveal themselves in their speech and in the timbre and tone of their voice.

Approve of yourself and have a high estimate of yourself because you are an individualized expression of God. You are a son or expression of the Living God. Adopt this attitude of mind, and you will lose the sense of inferiority. I know people whose faith seems to be in the money they can make in the stock market; but the stock market rises and falls. Your faith must be in that which never changes, namely the spiritual values of life, the laws of your mind, and the Principle of Life which remains the same yesterday, today, and forever. Theologies, philosophies, governmental operations, fiscal values, etc., wax and wane, come and go. Governments topple, wars and strife cause money to lose its value. Sometimes floods, hurricanes, and other cataclysms of nature sweep cities, towns, and homes away. Everything in this world passes away and is subject to change. *Change and decay all around I see. Oh, Thou who changeth not abide with me.*

To really acquire self-confidence, you must have faith in the Eternal Principle of Life within you which created you and also the world. You must by study and application develop confidence in the two phases or functions of your mind, namely the conscious and subconscious. The subconscious mind responds to your habitual thinking. You can choose your thoughts, imagery, reactions, and response to life. You can channel your emotions constructively. You can develop confidence in the subconscious mind in the same way you would have confidence in chemistry, physics, mathematics, or electronics in building a radio or television set. A doctor has confidence when he begins to operate, because he knows surgery, anatomy, physiology, and other basic sciences dealing with the human body.

Many people say, "I am shy; I am timid; I am no good; I am abashed; I was born on the wrong side of the tracks; I did not have a good education; I did not go to college." All these negative thoughts pass through the minds of people then comes self-protection. Some retreat into themselves saying, "I want to be alone." They shun company and become self-centered, and their mentalities become warped. They are afraid of getting hurt, so they will not go to other people's homes or to a local party, lest their psychic boil get hurt.

This attitude of mind is due to a sense of rejection, which is primarily due to the fact they have no confidence in the God-Self within. Furthermore, many of these psychic traumas go back to childhood, when the parents may have said, "You are no good, you will never amount to anything. You will be a drunkard like your father, etc." The way to overcome all sense of inferiority and rejection is to realize that you can change your concept of yourself, and that conditions, circumstances, and events are not causative, these are effects. The basic cause of all fear is to believe that externals are causative. The cause of all is your own mind and spirit.

The Bible says, *If God be for me, who can be against me?* Take this statement of Truth and feel that the God-Presence is flowing through you as strength, beauty, love, peace, security, and true place. Realize that you are one with God, and that as you think of harmony, health, peace, joy, power, and happiness, the God-Presence responds, bringing all these qualities to pass in your life. As the God-Presence flows through these patterns of thought, you become creative, and you become what you want to be, to do, and to have, irrespective of what other people say, do, or think.

You can banish all sense of inferiority by affirming, feeling, and knowing the truths in the following prayer: "I am a channel for God's Life, Love, Truth, and Beauty. I am an expression of God. God is my Father. God loves me and cares for me. I am a unique expression of God, and there is no one in all the world like me. God seeks to express Himself in a unique and extraordinary way through me. I am a pipeline for His power and strength, and every day of my life I am expressing more and more of my hidden power. I radiate love and goodwill to all, and I wish for everyone what I wish for myself. I am one with my Father, and my Father is God."

Dwell on the above truths several times a day and particularly prior to sleep at night, and you will find all sense of inferiority and rejection disappear. Remember that when you give life-giving thoughts and new mental patterns to your subconscious mind, the latter accepts the new imagery, and the past is obliterated and expunged from the subconscious mind. Prayer changes the subconscious mind by eliminating all the subjective patterns which were causing all the trouble. Prayer is filling your mind with the truths of God, thereby crowding out of the mind everything unlike God, or the Truth.

The late Henry Hamblin, editor of the Science of Thought Review, London, England, told me that one Sunday morning he received a call from the local Congregational minister. This was when he first started to write along spiritual lines. The minister wanted him to deputize for him that morning. He had never conducted a Congregational service, and did not know the routine or procedure. He said that he was panic stricken, filled with consternation, foreboding, and cold shivers ran down his spine. He began to ask himself, "Where is my confidence? Where is my faith in the things that are right?" There was no time to open the Bible or to prepare a sermon. He walked onto the podium, and the people began to sing their hymns, and entered into their thanksgiving prayer.

He began to say to himself, "God guides and reveals to me what to say." Suddenly, the quotation, *Turn your eyes unto the hills from whence cometh your help*, came to him, and he mentally surrendered affirming, "I surrender, God takes over and speaks through me." Instantaneously the burden of fear was dissipated. He was lifted up by the Spirit so that he saw intuitively into the hearts of all the people present. He saw them struggling, striving, scrambling, squabbling for the baubles of life. They did not seem to know where they were going. He said that he apparently saw into the hearts of all humanity.

This was a cosmic vision given to him by the Spirit. He saw people's hopes, fears, their loves and hates, their joy, frailties, their shortcomings, and their derelictions—all simultaneously. A divine compassion for them seized him. Just as suddenly as it came, the vision vanished, and he began to talk, and the entire congregation

was held spell-bound. They were seized and imbued by the Holy Spirit. It was his recognition of the Spirit within which gave him the confidence he needed. All members of the audience felt the intangible, invisible spiritual overtones which permeated them subjectively. He discovered the Power that moves the world and which answers when called upon. This is the way to build up self-confidence.

But without faith it is impossible to please Him: for he that cometh to God must first believe that He is, and that he is a rewarder of them that diligently seek Him.

When you turn to God, God turns to you. His nature is responsiveness, and you are rewarded according to the nature of your thought and the measure of your acceptance. A young man, who listens to the writer on the radio in the mornings, wrote me saying that he was too shy and timid to propose to his girl, and that every time he tried, he became tongue-tied and panic stricken. Fear held him in bondage.

In talking to him I suggested that every night prior to sleep he imagine he is acting the way he desires to act when in the presence of the girl. He pictured himself as the ardent lover and said, "This is the way I am proposing to her now." He would dramatize the imaginary act over and over again every night. He made this mental movie as vivid as possible. He emphasized that he would actually behave that way and that he was completely calm and poised. On the twentieth evening he went to her home and with faith, fervor, and confidence proposed and was accepted.

Too many people have a churlish timidity toward life. Put on the whole armor of God by knowing that God thinks, speaks, and acts through you. If you feel inferior in the face of a dilemma, some perplexing situation, or certain assignment, begin to think of all the reasons why you can overcome, achieve, and arrive at a happy solution. Say to yourself, "I shall conquer through the Power of the Almighty." All of us know that Abraham Lincoln felt inferior to the task assigned to him of making a speech commemorating the battle of Gettysburg. He prayed for guidance, studied parts of the Bible, and asked God to give him counsel and strength. He approached the subject with humility, simplicity, and with a deep reverence for things

Divine. *He that cometh to God must believe that He is, and that he is a rewarder* . . . Lincoln believed that God always answered prayer. His simplicity, devotion to Truth, and humility before God caused him to produce the greatest address in history.

When you face a difficult problem, become aware of the Divinity within and say to yourself, "This problem is divinely outmatched because I see God, and whatever is necessary for me to know and to do, God reveals it to me." Go ahead and tackle the situation doing the best you can, and you will find Infinite Spirit will aid and assist you. The dawn will appear, and all the shadows will flee away.

Do not waste your energy. Watch the expenditure of your thought by saying to it that all your thoughts are invested wisely. Remember that the law of parsimony must prevail in your mind, and you must economize in your mental assumptions. You must assume that God is and that He answers you. *Faith is the substance of things hoped for* . . . Faith is to perceive the reality of the idea, thought, or image in your mind. You have faith when you know that the idea of a book, play, composition, or invention in your mind is as real as your hand or heart. This is the substance of things hoped; this is the evidence of things not seen. I do not see the new invention in your mind, but as you accept it and give it attention, the law of growth will take place. Like the seed in the ground, you will attract everything necessary for its unfoldment. What you give attention to you will experience.

It is very strange how people expect to get ahead in life, be happy and healthy without organizing their mental faculties, or even knowing anything about them. You would not operate an automobile if you had no experience, neither would you operate a chemical laboratory if you knew nothing about chemistry. Thinking is a process as real and as definite as the making of sodium hydroxide or bicarbonate of soda. You think with your own mind, and you can make wonderful mental combinations which will transform your life. Thoughts are things, and *as a man thinketh in his heart, so is he*.

To worry is to deflect your attention deliberately away from the good and to mentally focus on the negative aspects of life. Your thoughts go round and round as you dizzily seek a way out of the

dilemma. Come back from the periphery to the center, where God abides, and find the answer within.

When we attempt mental imagery we must feel the picture. There must be an emotional tone to vitalize it. The pictured scene is a dramatization, a series of mental patterns, which you feel as true. The majority of people go to business and other activities with the wrong mental imagery, bringing about all kinds of trouble in their lives. Their minds are naked. Your mind must be clothed with faith in God and all things good. You must believe in the goodness of God and in the guidance of God, and in His Overshadowing Presence at all times. When your mind is thus clothed, you are wearing the garments of God. You would not go in sport clothes to a presidential banquet, nor would you wear evening clothes in the swimming pool. Are you dressed mentally for God, or is your mind full of rags, and of torn and tattered garments? You must wear psychic clothing for all occasions. When going on a journey know that, "Divine Love goes before me, making straight, beautiful, and joyous my way."

The Bible states clearly that if you wear the mental garment of faith that you will be *like the men who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouth of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of aliens*. Hebrews 11:33-34.

These are the wonderful things, which confidence in God accomplishes. You actually find that, as you build up your awareness of the Power of God in your mind, all the so-called insuperable obstacles are overcome by you. There are people who have escaped fires, floods, hurricanes, disasters at sea, subdued lions, and the ravages of war. Nothing touched them; they seemed to lead charmed lives. The spell of God was around them. They were God intoxicated, having acknowledged and received the Divine Antibody, the Presence of God in the midst of them, mighty to heal, save, and protect.

William James said, "Believe in the good life, and believe that Life is worth living, and your belief will cause this to become a fact."

Cease identifying with failure, lack, and limitation. Unite with your goals and aspirations. Timidity is a state of mind. The timid are

usually consummate egotists who try to hide their blatancy in mental retreat. The timid must do the things that they fear to do, and the death of fear is certain. We have to win with pleasure in the game of life and lose with a smile.

Demosthenes stuttered badly. He decided to become a great orator, and he persevered until he won the battle. Victory was assured because of his confidence in the Almighty to which all things are possible to him that believeth.

All of us remember the great soul stirring classic sermons of Henry Ward Beecher. You will recall that as a boy he was full of fear, and was bashful, shy, and retiring. His speech was very defective because of an enlarged and abnormal palate. He was given to constant prattle which was a subconscious compensation for his handicap. He believed that he would become a great preacher. He became what he believed he would be—the famous preacher of Plymouth Church. Discouragement seldom depresses the man whose focus is on the unfoldment of an ultimate desire. He who finds God within himself loses his misery and suffering.

The Greeks said that laughter is for the gods. Laughter is a medicine for many troubles. Man is the only being in the world who can laugh. Animals can't laugh. Laughter restores your perspective, takes your attention from yourself, and lets you think clearly and decisively. Make it a special point to laugh at your fears. Be sure to laugh when people irritate you, and by all means laugh at all the foolish, silly mistakes you made during the day. Laugh at yourself for being so stuffy and so serious. The greater the problem, the more humor you need. There is no self-pity nor self-condemnation where the laughter of God in the soul of man takes over.

I heard a boy the other day saying to his mother, "I laughed because I did not want to cry." The boy let the eggs and the milk fall on the street and instead of crying, he laughed. There is no use in crying over spilled milk.

Come back to the center within yourself where God abides. Here all is peace, bliss, harmony, and joy. Here you live beyond time and space. You are alone with God. You are in the sacred center of God's Eternal Love. On this rock you stand. You are impervious and invulnerable, and all the negation of the world cannot touch you. God

by his very nature is for you, so who can be against you? There is no power in all the world to withhold from you success, achievement, and the realization of your heart's desire because *one with God is a majority*.

CHAPTER 11

THE MASTER KEY TO HARMONIOUS HUMAN RELATIONS

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

MATTHEW 7:1-5.

The master key to happy relationship with people is the application of the Golden Rule and in discovering that there is no one to change but yourself. As you would that men should think about you, think you about them in like manner. As you would that men should feel about you, feel you also about them in like manner. As you would want men to act toward you, act you toward them in like manner.

A study of the above mentioned verses and the application of the inner truths therein contained would transform our entire life. These verses teach the emancipation of man and reveal to him the solution to his individual as well as world problems.

We are told to *judge not that ye be not judged*. To judge is to think, to arrive at a mental verdict or conclusion in your mind. For

example, I had a conversation with a man about fifty years old who had lost his position, and his financial situation had gone from bad to worse. He was extremely critical of the management in his former place of employment; he had a deep grudge against them. I explained to him that his negative, resentful attitude was highly destructive to him, that his hatred, resentment, and hostility were mental poisons which were robbing him of vitality, enthusiasm, strength, guidance, and peace of mind.

He began to see that the suggestion we give to another we give to ourselves because our mind is the creative medium. Therefore we actually create what we think and feel about the other. This is why the Bible says, *For with what judgment ye judge, ye shall be judged*. He ceased thinking negatively of his employers and sincerely wished for them health, happiness, and peace. He began to claim as follows: "God opens up a new door of expression for me. I am divinely guided every step of the way, and I follow the lead which comes to me. I sincerely wish for every man what I wish for myself." He found a new position, and is now on the way to the fulfillment of his dreams.

The good we do for others comes back to us in like measure; and the evil we do returns to us by the law of our own mind. If a man cheats and deceives another, he is actually cheating and deceiving himself. His sense of guilt and mood of loss will return to him some way, some time. His subconscious mind is a recording machine that faithfully reproduces what is impressed upon it. We cannot escape the law of our mind. Reward and retribution are reactions of our own mind based upon the way we directed our meditation. Our subconscious mind is impersonal and unchanging, neither considering persons nor respecting religious affiliations or institutions of any kind. It is neither compassionate nor vindictive. The way we think, feel, and act toward others returns at last upon ourselves.

Ask yourself now, "How am I behaving internally toward this other fellow?" This interior attitude is what counts. A woman wrote me about her husband, saying that he goes into a rage when he reads what certain newspaper columnists write in the newspaper. He came to see me, and I expatiated on the way our mind works and how emotionally immature it was to get angry because others write things

with which we disapprove or disagree. My explanation to him was more or less along the following lines:

“Begin now to observe yourself; observe your reactions to people, conditions, and circumstances. How do you respond to the events and news of the day? It makes no difference if all the other people were wrong and you alone were right. If the news disturbs you, it is your evil, because your bad mood affected and robbed you of peace and harmony. You do not have to react negatively to the news or the comments of the broadcaster. You can remain unmoved, undisturbed, and poised, realizing he has a right to his expression and beliefs. It is never what a person says or does that affects us; it is our reaction to what is said or done that matters.”

This explanation was the cure for this man, and he realized that with a little practice he could master his morning tantrums. His wife told me subsequently that he laughed at himself and also at what the columnists say. They no longer have power to disturb, annoy, and irritate him. He knew that he had been irritating himself in the past and blaming others for his discomfiture.

If all the people in the office or factory annoy you, isn't it a possibility that the vibration, annoyance, and turmoil may be due to some subconscious pattern or mental projection from you? We know that a dog will react ferociously if you hate or fear dogs. Animals pick up our subconscious vibrations and react accordingly. Many undisciplined human beings are just as sensitive as dogs, cats, and other animals.

A private secretary was very bitter toward some of the girls in her office because they were gossiping about her, and as she said, spreading vicious lies about her. She admitted that she did not like women. She said, “I hate women, but I like men.” I discovered also that she spoke to the girls who were under her in the office in a very haughty, imperious, irritable tone. She pointed out that they took a delight in making things difficult for her. There was a certain pomposity in her way of speaking, and I could see where her tone of voice would affect some people unpleasantly.

I suggested a process of prayer, explaining to her that when she began to identify herself with spiritual values and commenced to affirm the Truths of life, her voice, mannerisms, and hatred of women

would completely disappear. She was surprised to know that the emotion of hatred shows up in speech, actions, in our writings, and in all phases of our life. She ceased reacting in the typical, resentful, and angry way. She established a pattern of prayer which she practiced regularly, systematically, and conscientiously in the office.

The prayer was as follows: "The Infinite One thinks, speaks, and acts through me now; this is my real self. I now radiate love, peace, tolerance, and kindness to all the girls who criticized and gossiped about me. I salute the Divinity in them. God speaks through me as peace, harmony, and love. Whenever I discover that I am about to react negatively, I say firmly, 'This is not the Infinite One speaking or acting.' Divine Love, Light, and Truth flow through me now."

The practice of this prayer transformed her life, and she found that all criticism and annoyance ceased. The girls became co-workers and friends along life's journey. She discovered that *there is no one to change but myself*.

Do you observe your inner speech? For example, you may be polite and courteous to the boss in the office, but when his back is turned, you are very critical and resentful toward him in your mind.

One day a salesman came to see me and described his difficulties in working with the sales manager of his organization. He had been with the company ten years and had received no promotion or recognition of any kind. He showed me his sales figures which were greater proportionately than the other men in the territory. He said that the sales manager did not like him, that he was unjustly treated, and that at conferences the manager was rude to him and at times ridiculed his suggestions.

I explained that undoubtedly the cause was to a great degree within himself, and that his concept and belief about his superior bore witness to the reaction of this man—*the measure we mete, shall be measured to us again*. His measure or concept of the manager was that he was mean, cantankerous, and he was filled with bitterness and hostility toward him. On his way to work he conducted a vigorous conversation with himself, filled with criticism, mental arguments, recriminations, and denunciations of his sales managers.

Whatever we give out mentally, we are inevitably bound to get back. This man realized that his inner speech was highly destructive, because the intensity and force of his silent thoughts and emotions and personally conducted mental condemnation and vilification of the sales manager entered into his own subconscious mind, bringing about the negative response from his boss, as well as creating many other physical and emotional disorders.

He began to pray as follows: "I am the only thinker in my universe. I refuse to give power to any person, place, or thing to annoy me or disturb me. I am responsible for the way I think about my boss. I know that God indwells him. I salute the Divinity in him. He is a spiritual being, living in God's universe, and he is governed over by God. I see him as God sees him. He is full of God's love, light, and truth. Whenever I think of him I say to myself, 'What is true of God is true of you.'"

He repeated this prayer out loud slowly, quietly, and feelingly, knowing that his mind is the garden of God, and whatever he plants in the garden will come forth like seeds after their kind. He practiced mental imagery every night prior to sleep this way: He imagined that his sales manager was congratulating him on his fine work, on his zeal and enthusiasm, and wonderful response from customers. He felt the reality of all this, felt his handshake, heard the tone of his voice, saw him smile. He made a real mental movie, dramatizing it in his own way, according to the Golden Rule and the Law of Love. Night after night he conducted this mental movie, knowing that the subconscious mind was the receptive plate on which his conscious imagery would be impressed. Gradually by a process of what may be termed mental and spiritual osmosis, the impression was made on the subconscious, and the expression automatically came forth. The sales manager called him up to San Francisco, congratulated him, and gave him a new assignment as Division Sales Manager over one hundred men with a big increase in salary. He changed his concept and estimate of his boss, and the latter responded accordingly.

Like attracts like; birds of a feather flock together. Is it not possible that your associate's crotchety, petulant, critical attitude is a reflection of your own inner frustrations and suppressed rage? What

this person says or does cannot really hurt you, except you permit him to disturb you. The only way he can annoy you is through your own thought. For example, if you get angry, you have to go through four stages in your mind: You begin to think about what he said. You decide to get angry and generate a mood of rage. Then you decide to act; perhaps you talk back and react in kind. You see that the thought, emotion, reaction, and action all take place in your mind. When you become spiritually mature, you do not respond negatively to the criticisms and resentment of others. To do so would mean that you had descended to that low mental vibration and become one with the negative atmosphere of the other. Identify yourself with your aim in life and do not permit any person, place, or thing to deflect you from your sense of oneness with the Infinite One who thinks, speaks, and acts through you.

You have the faculty to enter into the Secret Place of the Most High and commune with God. Here you live beyond time and space. In this spiritual union with the Divine you have a sense of inner peace. You are one with God. You refuse to descend from this high level of awareness. Your inner peace and sense of oneness with the Infinite One is your impregnable fortress. You never surrender your inner poise and sense of inner peace. "One with God is a majority." "If God be for you, who can be against you?"

Freud said, "Unless the personality has love, it sickens and dies." Love is understanding, goodwill, and it is respecting the God in the other person. The more love and good will you radiate, the more comes back to you. If you puncture the other fellow's ego and wound his estimate of himself, you cannot gain his goodwill. Recognize that every man is an incarnation of the Almighty, and that he wants to be loved, appreciated, and important to the world. Recognize that the other is conscious of his true worth and that he feels the dignity of being a son of the Living God. As you do this consciously and knowingly, you build the other person up, and he returns your love and goodwill.

Begin to see sermons in stones, tongues in trees, songs in running brooks, and God in everything. Begin to see God in everybody, and you will find that God begins to shine through that other in all His pristine glory. You owe every man respect and love.

You must respect the God in him and identify yourself with the Creative Love in him.

During a lecture series in Town Hall early this year for Dr. Raymond Barker, Minister of Religious Science, an actor told me that the audience booed and hissed him on his first appearance on the stage. He said the play was a bad one and that undoubtedly he did not play a good role. He pointed out that for months afterwards he hated audiences. He called them dopes, dummies, stupid, gullible, etc. He quit the stage in disgust and went to work in a drug store for a year. One day he entered Town Hall and heard Dr. Barker speak on "How to Get Along With Ourselves." That lecture changed his life. He went back to the stage and began to pray for the audience and for himself. He poured out love and goodwill, and every night he claimed that God's peace filled their souls, and that they were lifted up and inspired. For ten nights or more he claimed that God's peace filled his mind and that he was expressing himself at his highest level through the wisdom and intelligence of the Almighty. All during the performance he sent out love vibrations of God's grace to the audience. Today he is a great actor, and he loves and respects people. Your goodwill and esteem will be transmitted to others and be felt by them.

Information or news is constantly brought to your attention all day long through the medium of your five senses. You are the one who determines what your mental responses are going to be to the news conveyed. You can remain poised, serene, and calm, or you can fly into a rage, and as a result get an attack of migraine or experience some other form of pain.

The reason two men react differently to the same situation is based on the nature of their respective subconscious conditioning. Your personality is based on the sum total of all your opinions, beliefs, education, and early religious indoctrination. This inner attitude of mind conditions your response. One man will get angry when he hears a certain religious program, but his brother may enjoy it because one is prejudiced, and the other is not. Our subconscious convictions and assumptions dictate and control our conscious actions.

You can recondition your mind by identifying with the eternal verities. Begin now by filling your mind with concepts of peace, joy, love, good humor, happiness, and goodwill. Busy your mind with these ideas. As you do, they will sink into the subconscious level and become orchids in the garden of God.

There are difficult people in the world who are twisted and distorted mentally. They are mal-conditioned. Many are mental delinquents, argumentative, unco-operative, cantankerous, cynical, and sour on life. They are sick psychologically. You would not condemn a person who had tuberculosis. Many people have deformed and distorted minds, probably warped during childhood. Many have congenital deformities. No one, for example, hates a hunchback; there are many mental hunchbacks. You have compassion and understanding. To understand all is to forgive all.

The hateful, frustrated, distorted, and twisted personality is out of tune with the Infinite. He resents those who are peaceful, happy, and joyous. Usually he criticizes, condemns, and vilifies those who have been very good and kind to him. His attitude is this: "Why should they be so happy when I am so miserable?" He wants to drag them down to his own level. Misery loves company.

A girl told me that she hated another girl in her office, the reason being that she was prettier, happier, had wealth, and was engaged to the boss of the company where they worked. After the marriage had taken place, one day the crippled daughter (by a former marriage) of the woman whom she hated came into the office. The child put her arms around her mother and said, "Mommy, mommy, I love my new daddy! Look what he gave me!" She showed her mother a wonderful new toy.

She said to me, "My heart went out to that little girl, and I knew how happy she must feel, and I got a vision of how happy this woman was. All of a sudden I felt love for that woman, and I went into the office and wished her all the happiness in the world, and I meant it."

In psychological circles today, this is called empathy, which simply means the imaginative projection of your consciousness into that of another. She projected her mentality into that of the other woman and began to think from her brain. She was thinking and feeling as

the other woman, and also as the child, because she likewise had projected herself into the mind of the child. She was looking out from that vantage point on the child's mother.

If tempted to injure or think ill of another, project yourself into the mind of Moses and think from the standpoint of The Ten Commandments. If prone to be envious, jealous, or angry, project yourself into the mind of Jesus and think from that standpoint. The words will come like a melody of God, *Love ye one another*.

No matter what the problem is, or how acute it may be, or how difficult the person, there is in the final analysis no one to change but yourself! When you change yourself, your world and environment will change. Begin with number one—yourself!

Don't permit people to take advantage of you and gain their point by temper tantrums, crying jags, or so-called heart attacks. These people are dictators who try to enslave you and make you do their bidding. Be firm but kind, and refuse to yield. Appeasement never wins. Refuse to contribute to their delinquencies, selfishness, and possessiveness. Remember, do that which is right. You are here to fulfill your ideal and remain true to the eternal verities and spiritual values of life which are eternal.

Give no one in all the world the power to deflect you from your goal, your aim in life, which is to bring more and more of God's wisdom, truth, and beauty into this world. Remain true to your ideal. Know that God guides you and that right action is yours, and whatever contributes to your peace, happiness, and fulfillment must of necessity bless all men who walk this earth. The harmony of the part is the harmony of the whole, for the whole is in the part, and the part is in the whole. The other fellow is an incarnation of God. All that you owe him is Love, and Love is the fulfilling of the Law.

NUCLEAR RELIGION

(1961)



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CHAPTER I

NUCLEAR RELIGION

People speak of the electronic age, the atomic age, and of inconceivable nuclear power. Wherever you go, you hear people speaking of the marvelous discoveries in the scientific field; some of our modern scientists speak of interplanetary travel in the not-too-distant future.

In reference to the powers within man, this is very interesting and significant; but the greatest discovery of all time is that Omnipotence is within you. Every man has within him Infinite Intelligence, Boundless Wisdom, and the Power that moves the world.

Some time ago I read about a woman who lifted a truck which had pinned down her husband. The neighbors marveled and wondered how she did this because subsequently four men could not lift the same truck. How is it that this frail woman was able to do what four men were unable to do? Seeing the urgent need, she automatically called upon the Power within her and—never doubting—she received all the strength she needed for the occasion. This same Power in all of us is capable of extraordinary and superhuman effort, and in times of emergency and great need, we call it forth. It is the faith that moves mountains.

Mrs. Olive Gaze, wife of the late philosopher, Dr. Harry Gaze, brought to my attention the story of a boy called Michael Little, fifteen years old, who single-handedly lifted a gatepost weighing over three hundred pounds which had fallen on a little girl. Later two strong men could not budge the gate.

Begin now to think, feel, and know that Omnipotence is within you. Contemplate your Transcendental Power. The Bible says that God indwells man, and with this God-Power all things are possible. This is the greatest find of all time, far more important than any

discovery ever made by man. No matter what the problem is, no matter what the difficulty, *you* can momentarily call forth the Transcendental God-Power which can do all things. The atomic energy and thermonuclear power are perfectly harmless, for the forces and powers of nature are not evil, they are neutral.

Nuclear or atomic energy have no particular purpose of their own. Man gives purpose to them. The same wind which will blow a boat upon the rocks will also carry it safely to the harbor. Fire will burn man or warm him, depending on how he uses it. Water will quench your thirst, but you also can use it to drown a child. Electricity can be used to light the house, vacuum the floor, fry an egg, drive a train, and for countless other purposes to bless and alleviate the burdens of mankind, but man also can use the same electrical energy to electrocute someone, or he can make electrical mines for destroying his fellowmen. Good and evil are the movements of man's mind relative to the Life-Principle which forever seeks to express Itself through each one of us as harmony, health, peace, and true expression.

The word *evil* comes from live. When you invert it, you have the word *evil* which means you are living life backwards. The word *devil* means de-evil or of evil. A simple way for the man who walks the street to look at good and evil is to say to himself, "How am I using this Life-Principle? Am I letting this Power flow through me constructively or destructively?" Think good, and good follows. Think evil, and evil follows. The nuclear religion deals with the One Universal Power within all men which should be used constructively, harmoniously, peacefully, lovingly, and for the purposes of blessing all humanity.

The word *religion* means to tie back to God; it means your personal and intimate relationship with the Divine Life-Principle within you which is frequently called God.

The Bible says, *God is Life*. *You* are alive with the Life of God. There is only one Life-Principle and that Life is coursing through your veins now. If you will pray in this simple way which I am suggesting here, I feel sure that you will transform your life. For about fifteen minutes every morning and night sit down quietly, relax, let go, and softly, lovingly, and reverently affirm as follows: "God flows through

me as harmony, health, peace, joy, wholeness, beauty, true place, love, and abundance. I rejoice and give thanks that I am a free-flowing channel for the Divine Forces.” When fear or worry-thoughts come into your mind, affirm boldly, “God’s love, peace, and power are flowing through me.” Do not fight negative thoughts.

When your room is dark, you do not say to yourself that you will shovel out the darkness. On the contrary, you turn on the light. Learn to chant the beauty of the good. Do it a thousand times a day if necessary. *To pray* is to think. Your thought is your prayer. What are you thinking now? The basis of the universal, nuclear religion is given in the Book of Proverbs, *As a man thinketh in his heart, so is he*. Actually, this Bible truth is the basis of all religions when they are stripped of all external wrappings and trappings.

For instance, the *heart* is an old Chaldean word meaning your subconscious mind; it is called the subconscious or subjective mind, because it is subject to the habitual thinking of your conscious, reasoning, analytical mind. The meaning of the quotation is obvious; it means that the way you really think and feel about life, yourself, your neighbor, and the world, you express and manifest in all phases of your life.

Thoughts are things. Your thoughts are creative. Emerson says, “Man is what he thinks all day long.” Thought and feeling create your destiny. This is why you mold, fashion, and shape your own future. This is what religion is all about, regardless of all labels. The thought, idea, or mental picture, which you feel is true, is impressed on your subconscious mind, and whatever is impressed is expressed.

For example, you can entertain the thought that this atomic power shall be used to propel ships over the sea, drive trains, automobiles, airplanes, heat and light homes, direct ships under water, and perform countless other services—all for the express purpose of making life more wonderful. You can, likewise, invert the use of this power and direct that atomic energy for the purposes of destruction. Again it is a result of the movement of your own mind; it is not the fault of the atomic or thermonuclear energy. The power is in man and not in the nuclear energy.

All the wonderful inventions in the world are thoughts of men expressed. The Bible says, *Death and life are in the power of the*

tongue. Are you using your power of speech to decree health, harmony, and happiness? To *think* is to speak. Your words are thoughts expressed. You have or can have control over your thoughts, and therefore, your speech.

Another beautiful Bible quotation is, *Choose ye this day whom ye shall serve*. Choose life, love, truth, beauty, security, and wealth. You are here on this planet to reproduce the qualities, attributes, potencies, and aspects of God. You are here to discover the joy of living and to make this world a better place to live in for your children and their children's children; you are here to better humanity and promote peace. As a result, they could say of you that the world was blessed because you walked this way.

God or this Infinite Intelligence who created all things is Infinite. There cannot be two Infinities, since one would cancel out the other, and there would be chaos and discord everywhere. Infinity cannot be divided or multiplied. God is Omnipotent, the Creator of all things visible and invisible. *Omnipotence* means the All-Powerful One without anything to oppose or challenge It. If there were any power to challenge, neutralize, or thwart omnipotence, God would not be supreme.

The words *devil, satan, etc.*, mean misunderstanding, misapplication, and misinterpretation of the Laws of Life. The ancient Hebrews said the devil means God upside down, meaning man's twisted, distorted concept of God. Your good and evil experiences depend on how you use this Life-Principle within you, which is forever whole, pure, and perfect in Its ultimate nature. There is evil in the world because men think destructive, vicious thoughts; moreover, they cheat, rob, defraud, lie, murder, etc. Man's inhumanity to man makes countless thousands mourn, but this does not mean that there is an evil power contending with good. It is man's misuse of his mind to maim, injure, and destroy. There is no law compelling man to hate, resent, and entertain vengeful and hostile thoughts. These mental poisons generate emotions which get snarled up in the subconscious mind and being negative must have a negative outlet resulting in ulcers, high blood pressure, gastritis, arthritis, and various other psychosomatic disorders.

All scientific thinkers today do not look upon the Bible in the traditional way. The Bible is a textbook of psychology dealing with spiritual laws. It tells us how we get into trouble and then relates how to get out of trouble. The Bible says that as a man soweth, so also shall he reap. This infers that all our external experiences, conditions, and events are the result of our internal thinking.

If man gets his thought right, his actions inevitably will be right, in the same way that a certain chemical reaction will follow a certain combination of the necessary ingredients. If you want to change conditions, you must change your thoughts and see things as they ought to be. If a man does not know the powers of his mind, minimizes intangibles, and fails to see the power of ideas charged with enthusiasm, he is out of touch with the causative world within him.

Remember that the Life-Principle is within you. This Life-Principle is called by many names such as God, Reality, Infinite Intelligence, Nature, Allah, Brahma, Infinite Mind, Universal Mind, I AM, Aum, Wisdom, The Ancient of Days, The All-Seeing Eye, Our Father, The Only One, The Infinite Healing Presence, The Christ Within—all these and many more are equivalents for God in all languages of the world. *God is Spirit*, as Jesus says. You cannot see Spirit with your eye, but you know that you can feel the Spirit of Truth, Goodness, and Beauty moving in your heart. You cannot see Love, but you know that love wells up in your heart when you look at your own child. There is the love of a mother for her child, of the boy for his dog, of the father for his son; in fact, he may sacrifice much in order to get a healing for his son. Then there is the love of country where some men give their lives for ideals.

Love gives itself. You cannot buy it. Love is kindness, justice, mercy, and peace. You love another when you love to see the other become and express all that he longs to become. You love when you sincerely wish for the other health, happiness, peace, and all the blessings of heaven. Love frees, Love gives, Love is the Spirit of God moving in the hearts of men. Love unites; hate divides. Hatred is Love in reverse. Hatred, envy, jealousy, and revenge are called the devils which bedevil us in the Bible. Jesus cast these obnoxious, vicious patterns of thought out of the minds of men by contemplating

God's Love and God's Peace as the Truth of Being, and they were healed. Love dissolves everything unlike itself in the mind and body of man.

You love your wife when you see the peace of God in her and call that Presence forth. When you radiate this love sincerely, God's Love will shine forth in all its pristine glory. If you love your husband in the true sense of the term, you will quietly know, feel, and believe that the Presence of God is functioning in him, through him, and all around him. You will picture him in your mind as he ought to be—radiant, happy, successful, and peaceful. When you love your husband, you do not attach yourself mentally to his shortcomings, derelictions, abnormalities, or idiosyncracies. Neither do you dwell on negative symptoms, but you go straight to the God-Presence which indwells him, affirming, feeling, and rejoicing that God is flowing forth through him as harmony, joy, peace, success, vitality, and beauty. Remember, your husband will be to you what you believe him to be. You are always living with your real belief and convictions as you go through life with your wife or husband.

If a man loves a woman, he will not do anything unloving. For example, he will not come home drunk, neither will he criticize or condemn her. He will not be sadistic with his tongue, neither will he flirt and show disrespect for his wife in public or any other place. Love does not do these things. Love cannot do anything unloving. Love is kind; it vaunteth not itself; it is not puffed up. Love envieth not. Love always forgives. Love always blesses. Love heals all conditions. Love, freedom, and respect are one, and whenever one is missing, love is not present. Love is not possessive. Love does not coerce. If a man loves his wife, he does not try to make her a second edition of himself by causing her to think the way he does, nor does he try to submerge her personality in any way. A man who loves his wife will be delighted to see her fully expressed and divinely happy. He wants to make her happy, therefore, his thoughts, speech, and actions will reveal his love for his wife. Many women are frightfully frustrated in the home; they have wonderful talents which are going to waste, causing confusion with its usual accompaniments, such as neurosis, insomnia, and other illnesses. Many women are not fully expressed in their home or in the kitchen; so the husbands should

encourage them in their full expression at all times. If husbands and wives began to see the God in each other and nourish the qualities which endeared them one to the other, the marriage would grow more blessed though the years, and the atmosphere of the home would be one of peace, harmony, and joy.

Children grow up in the image and likeness of the mental and emotional climate or atmosphere of the home. Parents' love for their children causes them to practice the Presence of God in their thoughts, feelings, and actions all day long. When you enter such a home, you know God or Love dwells there, and God is Love. This is the Nuclear Religion and the practice of it is nothing more than the practice of the Presence of God; it is powerful beyond imagination. Let us not overlook it because of its utter simplicity.

The first step in the practice of the Nuclear Religion is to realize that God or the Life-Principle is the only Presence and the only Power. God is that Invisible Spirit and Mind in you. The peace, the love, and the joy that you feel at times welling within is the Presence of God in you.

When you solve a difficult problem, it is the Infinite Intelligence which created all things and knows all things which gives you the answer. There is as much God in you as there is love, peace, joy, wisdom, understanding, and goodwill. God is the highest and best in every man. As we have already said, "God is Boundless Love, Infinite Intelligence, Absolute Harmony, Supreme Wisdom, Boundless Joy, Infinite Life, and God is All Powerful."

The whole world is God or the Life-Principle in infinite differentiation. Everything in the universe is alive. God is the life of the fish, the bird, the dog, the horse, and of all trees and vegetation. All minerals and the stones in the field also are alive.

There are different degrees of awareness. Infinite Intelligence is God. There is more Intelligence operating in a dog, for instance, than there is in the goldfish in the bowl. The Life-Principle reaches Its highest degree of intelligence in man who has the power to reason and consciously tune in on the Infinite Power, thereby enabling him to rise higher and higher in the scale of living. The more Intelligence operating in man the more freedom, happiness, and peace of mind he possesses. He rises above restrictions, limitations, and

environmental circumscriptions, because his thoughts and imagery are creative, enabling him to change conditions and solve all problems which face him.

The following is a wonderful prayer to realize. It is the essence of the Nuclear Religion and is contemplated by scientific thinkers all over the world. These men relax quietly ten or fifteen minutes every day and meditate on the fact that God is the only Presence and the only Power. They let their thoughts dwell on this profound Truth, looking at it from all angles. They begin by thinking that every person they meet is an expression of God. In fact, everything they see is God made manifest, for there is only God who is in all, over all, and all in all. They realize the whole world and all things therein contained represent God dramatizing Himself for the joy of expressing Himself. They continue to do this regularly, systematically, and lovingly. As a result, they find their whole world changing; they experience better health, outer conditions improve, and they are possessed of a new vitality and energy.

I would strongly suggest that you think all day long from the standpoint of the One God about every person and every situation you meet. Pray at work by realizing God is your partner, and God is in action through all your associates. Pray while driving your car, realizing the vehicle is God's idea moving from point to point freely, joyously, and lovingly. Pray when you go into a store by realizing God directs your purchases, that God is prospering the clerk who waits on you, and that the store is being governed and directed by God's Wisdom.

A young lady told me that she lost her purse a few Sundays ago. She became still and said, "Infinite Intelligence knows where my purse is and leads me to it, and I follow the lead when it comes." The idea popped into her mind to go to the telephone booth in a large drug store which was one of the many places she had visited during the day. This lady's subconscious mind knew where the purse was and responded to her request. The Bible says, *Taste the Lord for he is good*. She tasted the Lord (the subconscious mind) in the sense that she experienced the way it works by responding to her request, and she recognized the lead when it came.

Let prayer be the orderly, right way of doing everything. God cannot do anything unloving because God is Absolute Love. God cannot send pain because God is Absolute Peace. God cannot send sickness or disease, for God is Wholeness, Beauty, and Infinite Life; likewise the Presence never grows old or decays. God cannot deceive you, trick you, or test you because God is Absolute Truth. God cannot cause discord, confusion, and chaos in your life, as God is Absolute Harmony. We bring misery, suffering, and tragedy into our lives by our own wrong thinking and misuse of the laws of our mind. The Bible says, *God is Love, and Love is Life*. The tendency of Life is to express Itself as harmony, beauty, love, and joy.

To be religious is to experience the joy of living. There are as many religions as there are individuals in the world. Your personal religion is really your real concept and conviction about this Presence and Power within you regardless of your religious affiliation. You are always bound by your belief. *To believe* is to accept something as true. If you believe Santa Barbara is in New York State, your letters will go astray; or if you believe three and three are seven, you will be in trouble in the financial world as long as you believe the lie.

Religion means a real knowledge of God and an inner experience of God in your heart. If I gave you a lecture on common table salt, describing its chemical composition, its atomic weight, uses, etc., you might say that it was a very interesting lecture, but if you had not tasted the salt, you would not know its savor.

You will find that all the great religions of the world have one fundamental unity; also, they have a great number of things in common. Actually all of them borrowed from each other. All religions can be summed up in this Truth: *Know ye not that ye are the temple of God and that the Spirit of God dwelleth in you*. This means that God indwells you.

The truths of the Bible cannot be taught on the level of terminology. You have to discover the meanings of the allegories, parables, myths, and cryptograms. The Bible is replete with figurative, idiomatic, oriental expressions. The Hebrew mystics who wrote the Bible have always stated that there is a hidden meaning behind the words. As the Spirit of God is hidden within you, so is

there a hidden meaning to every part of the Bible. You are much more than your body; likewise the Bible is much more than a body of words. *Except by parable, spake he not unto them.* Man must learn the meaning of the parable and realize that there is a deep, inner meaning to every parable and allegory.

The letter of the Law killeth, and the Spirit giveth Life. You must find the meaning behind the words. People with little faith or understanding are always arguing doctrinal points. There are people who spend a great part of their lives proving that the many incidents in the Bible are not historical; you can get many books along this line. The important point to consider is that all the stories in the Bible are psychologically and spiritually true even though historically unprovable.

The Bible speaks in a language of symbolism. A *shepherd* in the Bible means a man who is spiritually enlightened. The star which he sees is a realization of the Divine Presence within him which will guide, direct, and protect him from all harm. If you are to be a good shepherd, you will trust God in all your ways; then you will find the still waters (the quiet mind) within yourself. You are not religious or devout if you nurse grievances, grudges, and perpetuate animosities. Neither can man say he is religious if he has not found it in his heart to forget, forgive, and release others. There is no consolation in a religious affiliation apart from the commandment of *Love ye one another.*

The first step in the religious life is to cleanse the mind of all grievances. What is the use of talking about religious beliefs if you are bitter, cynical, and the heart is corroded with psychic traumas of guilt, grudges, and bitter memories? The self-pitying and the hateful can never know the blessings of God. It is no use to pray for release from misery, pain, and suffering until you cleanse the heart first. The teachings of all religions of the world are beautifully summarized in a few verses from the Bible, *There is no fear in Love, but perfect Love casteth out fear, because fear hath torment. He that feareth is not made perfect in Love. If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? And this*

commandment have we from him, That he who loveth God loves his brother also.

Since the dawn of time in countless modes, man venerated a deity. He humbled himself and exalted the Divine Being. He felt the impulse of God within him. The various creeds are opposed or differ in form, ritual, and interpretation of symbols. All of them agree on the existence of God and the virtues such as purity, goodness, love, beauty, and faith. Let these qualities rule. Whenever men gather to worship a Transcendent Ideal, they should not be criticized or attacked. The important thing is to develop what is within them, to better themselves, and to come closer to God. The rest is secondary.

People differ on which road to take to God. You will find God through a heart full of love and goodwill. Guides come and people follow. Some go one way, others choose a different path. All are convinced and sincere that their path or trail is the best one.

Whatever road I take leads to Thee. When we meet at the top, there is no use fighting and saying my road is the only one, or that my road is absolutely best and there is no other; that would be absurd. We will all awaken to God's Glory and Love some day, and we will all meet at the Summit.

Divine inspiration, molded by external conditions, varying according to climates, adapted to soil, and to the period's traditions, brought about the world's great religions, the source of which was Divine. Intolerance and bigotry are proofs of incomprehension and denote a lack of love. Many intelligent men and women feel abandoned. Their hearts are full of disturbing and unanswered questions. There is only One Truth, One God, but there are many and varied mentalities. What is obvious to some may seem obscure and unacceptable to others.

Religion must not fight science. We must not entrench ourselves behind absolute dogmas and intransigent interpretations. Do not stagnate. Man would go far if it were revealed to him that there is no conflict between science and religion. I look upon science and religion as two arcs of a circle which unite and form a whole. The laws underlying physics, chemistry, and mathematics are not different from the operation of the laws of our mind.

There must be a scientific approach to prayer, and it is as follows: *Go thy way and as thou hast believed, so be it done unto thee.* To believe something is to accept it as true. Whatever you mentally accept and feel to be true will come to pass. The Law of Life is the law of belief. What should you believe in? Creeds? Dogmas of churches? Grandfather's religious concepts? Opinions of men? No! It is none of these. It is belief in the workings of your subconscious mind, in the creative laws of life, in the goodness and guidance of God, in the love of God, and the tendency of Life to express Itself through us as joy, love, beauty, harmony—in other words, the life more abundant. It is what you really believe deep down in your heart that matters, not what you say with your lips or give intellectual assent to. As you really think and feel in your heart, so are you—this is your real religion, regardless of your labels.

CHAPTER II

NUCLEAR RELIGION IN HUMAN RELATIONS

Do people bore you, or do you find them interesting? For example, do you say, “He bores me to tears,” and so forth? Such a complaint is a subconscious indication of apathy and listlessness within ourselves. All men and women are interesting because we are all God’s children. Every individual is in essence an epitome of the whole human race. The Divine Intelligence operates in each person and is responsive to us when we recognize It in others. Each person is unique. You are an individualized expression of God, and no one in all the world is like you because you are you.

Let us use a chemical analogy. The chemicals, such as calcium, phosphorous, sulphur, etc., are not in exactly the same proportions in each person. No two individuals are chemically alike. All of us know that certain chemicals have an affinity for one another; others are more or less inert when they are mixed together. This would be true whether they are in a chemical laboratory or in the human body. To continue with the chemical analogy, I might say that all our relations with people, hostile, friendly, or indifferent, are determined by the relations of the chemicals of which we and they are composed.

Let us suppose for a moment that a qualified chemist goes into a laboratory containing all kinds of chemicals; he knows very well the atomic and molecular structure of each chemical. He knows that in the raw or natural state some of these chemicals will combine according to their qualities, i.e., they will react on each other naturally. Take notice of what the chemical scientist does: He utilizes his knowledge of the science and art of chemistry to make complex chemical compounds which bless humanity in countless ways. The chemist with his understanding blends together harmoniously

various chemicals and brings forth plastic goods, rubber goods, and synthetic drugs. He enters into the field of radio, television, aeronautics, and telephonic communications, bringing about magnificent contributions to the human race which would be absolutely impossible in ordinary circumstances—such as trusting Nature alone to do so.

Let us begin to see the truth of the chemical analogy to our problems in human relations. Suppose that you say to me, “My neighbors are dull, insipid, boring, and impossible.” This means that you are a chemist in your own laboratory and doing nothing at all with your chemicals. You could mix, rearrange, combine your chemicals in such a way that you would get a wonderful, warm, cordial, and friendly response from what seems to you to be impossible neighbors. If you say, “I find one interesting and the other boring,” you are like a laboratory full of chemicals with no chemist present who could manufacture marvelous and useful combinations with these chemicals in your neighbor’s laboratory.

You are here to study the mysteries of life, to understand humanity, to love your neighbors, to get along with others, to take a deep interest in humanity, in God, in nature, and appreciate the fact that every man is an epitome of the entire human race. You are here to take charge of your thoughts, feelings, responses, and reactions to life. Likewise, we have charge over all the chemicals and elements in our body. If we are good spiritual chemists, we will combine with the chemical elements in other people and establish harmonious human relations.

Place the spiritual chemist in charge of your mental and physical laboratory. Do not be a laboratory without a chemist or spiritual director. You are the master of your thoughts. You are the only thinker in your universe; therefore you know that you alone are responsible for the way you think. The other fellow is not responsible for the way you think about him. Wake up the spiritual chemist within you. Identify with the God in the other, and let the chemistry of love, peace, and goodwill flow from you and touch the God in the other. Your moods, like chemical elements, have their affinities. God’s Love emanating from you will combine chemically with God’s Love in the

other. A deep, vital understanding takes place; you find the former so-called enemy is a co-worker on the way.

A spiritual chemist does not depend on people or surroundings to stimulate or interest him. If he did, he would be a laboratory without a scientist present. He is not at the mercy of people, hoping that they are nice, interesting, and loving; he makes desirable and useful chemical combinations with all people. If a man continues to act according to his natural conditioning or natural affinities, his likes and dislikes, his prejudices and fears, he could be called a mineral or vegetable man living and dying a mere passive and mechanical machine-type individual, reacting in a stereotyped way to all the events of the day. Let every encounter with others be a chemical experiment in prayer. Say to yourself whenever you meet another person, "God is in that person; he possesses all the qualities, attributes, and potencies of God. I am a spiritual chemist; I know that all the chemicals in the ocean and in the earth are within this man. I can combine the chemicals in myself with this man harmoniously and make a wonderful compound which will bless us both and all humanity. The God in me salutes the God in him. I direct the chemical and spiritual waves which flow forth from me. I know as a scientist that the lamp of love burning in my heart kindles a chemical fire in the other, bringing about a Divine fusion, causing me to realize the profound truth, *I sought God, and I found Him, and He delivered me from all my fears.*"

You are a human being; you should be vitally interested in the Life-Principle animating all people. Know that the other is looking for someone who will overlook his frailties, shortcomings, and derelictions, and like Paul of Tarsus declare, *Christ in you, the hope of glory.* Colossians 1:27.

This is how to chemically and spiritually unite with another person by affirming silently as follows: "Divine Love is flowing harmoniously and peacefully through him, and there is harmony, peace, and understanding between us. God reveals to me what I should say, and Divine Wisdom reigns supreme."

This attitude of mind brings about a rearrangement of the atomic and molecular structure of your thought which blends harmoniously with the other, resulting in a joyous union between you. The Bible

says, *Stir up the gift of God within you*. Release the power, the joy, and the love of God lodged within you. Cease saying, "He bores me," which is an unconscious confession of guilt within yourself, indicating you are all wrapped up in yourself and looking for someone to lift you out of your despondency or "self-centeredness." Every time you meet another, stir up the spiritual chemist within and say to yourself, "I behold the presence of God in the other, and I know that at this moment there is a rearrangement of the chemical elements in both of us whereby we blend harmoniously, peacefully, and lovingly." Thoughts are things, and whatever we think about another we are thinking about ourselves.

Some years ago Dr. Charles Littlefield, a scientist, discovered the truth of the Biblical statement, *As a man thinketh in his heart, so is he*. While concentrating on a saline solution by peering through a microscope, he discovered that his focused thought took form. One day he concentrated his attention on a frail elderly lady; he stood gazing intently at her for some time. When he turned back to look at the saline solution, he was surprised to find a miniature form of this woman. Day after day he concentrated on certain mental pictures, and he was amazed to see his mental imagery take form in the shapes developed by the crystals in the saline solution under the microscope.

Man is what he thinks all day long. Our thoughts are the tools and instruments which fashion, mold, and shape our destiny. Your thoughts can be photographed. They have form, shape, and structure in your brain now, and are gradually being condensed into muscle, skin, and cells, as well as experiences, events, and conditions.

There is a revolution going on today in the field of chemistry and physics. The chemistry which the writer studied in college is outmoded, antiquated, and completely irrelevant to modern discoveries. For example, the postulate of immutable elements is gone; this dogma disappeared with the discovery of radioactivity. Scientists today point out that we are living in a dynamic, changing, evolving universe.

In our periodicals, magazines, and newspapers of today, man is reading about the discoveries of modern science. The late Robert

Andrews Millikin, who was head of the California Institute of Technology at Pasadena for many years, said that the two fundamental principles, conservation of mass and conservation of energy, are now gone as distinct and separable verities.

Einstein and other scientists have also pointed out the interconvertibility of energy into mass and mass into energy. In other words, our modern scientists are saying that energy and mass are one and the same thing, operating at different levels of vibration. I read an article some years ago in which someone asked Einstein what matter was, and he replied, "Energy reduced to the point of visibility." The conceptions of the conservation of energy and the conservation of mass are considered no longer sacrosanct.

Your body is plastic, porous, and pliable. It consists of waves of light vibrating at different rates of vibration. Modern science teaches that the only difference between one substance and another is the number and rate of motion of the electrons revolving around a nucleus, proving the dictum of Pythagoras that the world was ruled by number and motion. There were scientists in the nineteenth century who were under the impression that all the great discoveries in physics had already been made. Some said that all we had to do was to make more exact quantitative measurements upon the old phenomena.

You cannot measure love with a slide rule, neither can you measure peace, happiness, wisdom, or understanding. We are dealing with the intangible, the invisible, the imponderable. You cannot see the power that moves your finger to write; surely you do not think the finger moves itself! The body moves as it is moved upon. The body acts as it is acted upon. Your body is characterized by inertia, and your thoughts, emotions, and imagery are played upon it for good or ill. You can play a melody of God on the tissues of your body or a song of hatred or ill will.

You will find that the dogma of many religious groups asserts or affirms some things to be true which completely contradict modern scientific findings. There are people living in this country today who believe that the world was made in six days and that God somehow got tired and rested on the seventh day. Geologists, paleontologists, archaeologists, anthropologists, physicists, astronomers, and other

scientists realize that the cosmos took form according to a definite cosmic design and took countless millions of years to assume the form it now has. All these changes took place in Divine order and sequence according to an archetypal design of the Infinite Intelligence which is the only creative power.

Judge Troward who perceived the creative process, intuitively stated as follows: "The physical history of our planet shows us first an incandescent nebula dispersed over vast infinitudes of space; later this condenses into a central sun surrounded by a family of glowing planets hardly yet consolidated from the plastic primordial matter; then succeed untold milleniums of slow geological formation; an earth peopled by the lowest forms of life whether vegetable or animal; from which crude beginnings a majestic, unceasing, unhurried, forward movement brings things stage by stage to the conditions in which we know them now."

You could look at the six days of creation as six great stages in the evolution of the cosmos. The story in Genesis also portrays the six steps in prayer followed by the seventh day or Sabbath of God in which you reach the point of conviction or inner certitude that your prayer is answered. There is also a spiritual or esoteric meaning to all parts of the Bible, and except we have the inner meaning, we actually have no Bible. In psychological parlance, the six days represent the length of time it takes you to impress or convey your idea or concept on the subconscious mind. As soon as you succeed in impregnating the subconscious by imagining the reality of your desire and feeling the thrill of fulfillment, you impress the subconscious mind. Then, impregnation has taken place, the work of the six days is finished, followed by a period of rest called the Sabbath or seventh day, which is the interval of time between the impregnation and the manifestation.

The modern physicist, astronomer, or scientist cannot afford to have a closed mind. New discoveries and revelations are compelling scientists to discard the old mechanistic and materialistic concepts of the nineteenth century, and dynamically reveal that we are living in an ever-changing, fluidic universe of dancing forces, and that the universe is a mental phenomenon.

The new, nuclear physics, with great courage and faith, has without hesitation discarded the gross atomistic concepts of yesterday. These scientists have demonstrated their own miracles, such as nuclear transubstantiation, time-space fusion, television, radio, inter-atomic energy, etc. Science is beginning to kneel and pray before the altar of being.

In materia-medica circles it is customary to discard the textbooks of yesterday's pathologies and nostrums. Likewise, you must discard old superstitions, and false beliefs about an avenging God, hell, purgatory, devil, evil forces, and realize that all these are simply states of mind, created by man himself, due to his ignorance and lack of understanding. Arrive at the hour of decision in your own mind where *none but the best wine* of spiritual wisdom shall be put forth for the guests who hunger for a more wholesome fare. Become an open-minded seeker after Truth.

When a man says that God is punishing him or that God will judge him on the last day, he must ask himself such questions as follows: Where did such an idea come from? Who said it? Why was it said? Is there any sense or meaning to it? Have I been brainwashed since my youth? Am I a hypnotized victim of ignorance, superstition, and fear? Where did such ideas originate? Primitive men, not knowing where God was, originated and postulated a God outside themselves; furthermore, in their primitive state of mind they attributed to God all the passions, such as jealousy, hate, envy, anger, etc., which they found within themselves.

Primitive and prehistoric man realized that he was subjected to forces over which he seemed to have no control. The sun gave him heat, but it also scorched the earth. The fire burned him, the thunder terrified him, the water flooded his lands, and his cattle were drowned. His idea of external powers was the primitive and fundamental type of every idea of God. He conceived for these elements or forces of nature love or aversion, and fear and hope gave rise to the first idea of religion. Primitive man, in his infantile reasoning with himself, perceived that when another man, stronger than he, was about to injure him, he was able to bribe him or offer him certain gifts and in other ways abase himself, thereby mollifying the other's attitude. From this crude reasoning he proceeded to

supplicate the intelligences of the winds, the stars, the waters, hoping that they would hear him and answer his prayers. He proceeded to make offerings and sacrifices to the gods of the wind and the rain.

The first men conceived the universe to be filled with innumerable gods. Their ideas of God were divided according to the sensations of pleasure or pain, and derived solely from the forces of nature. They divided the gods and genii into beneficent and malignant powers—hence, the universality of these two characters in all the systems of religion.

God is the Life-Principle animating all things. This Life-Principle seeks to express Itself through all men as harmony, health, peace, joy, wholeness, beauty, and perfection. Align yourself with this Creative Life Force and flow along with this God-Presence by realizing you are a channel for the Divine. If you swim against the current or against the waves of the sea, you get shaken up quite a bit. Swim with the tide, go along with the currents of life, love, truth, and beauty. If you get angry, resentful, or jealous, you are going contrary to Life; you are inverting the stream of Life.

You are here to express Life fully and to be healthy, happy, and in your true place, doing what you love to do. If you apply a mental tourniquet and say, “I’m too old,” “I can’t do that,” “It is too late now,” “I’m stymied,” “I’m blocked,” etc., you are damming up the free flow of the Spirit. In other words you are being frustrated in that you are bottling up the creative forces within you and not realizing your objectives. You can let the creative forces flow through you as art, music, painting, research work, or mathematics, according to your natural endowments. When you mentally block your good by entertaining the belief in obstacles, delays, and difficulties, your emotions get snarled up in the subconscious mind, and being of a negative nature, these destructive moods come forth as sickness, disease, mental disturbances, and various other forms of psychoneurosis.

Never entertain fixed beliefs about religion. Look at your religion as your personal relationship to God, your fellowman, and the universe. You must not assert as true about God and the Universe that which modern science knows to be completely false, such as

the six-day creation of the earth, the end of the world at a certain time, etc. The God of Science is the principle of Infinite Intelligence operating in all men, animals, and in the entire cosmos. God is the Spirit of Divine Order and of orderly development.

Voltaire wrote, "If God did not exist, it would be necessary to invent him." To deny the existence of a Creative Intelligence is a complete contradiction of the evolutionary findings of all modern science. Your religious concepts should change. Your grandfather rode on a donkey or a horse, today you ride in a modern jet. People communicated with each other in this country at one time by pony express. Today you may phone or wire your family, or perhaps see them on television even though they may be thousands of miles away. What about your religious concepts? Are they of the horse and buggy type, or have you advanced with the electronic and jet age?

Truth has been discovered in the past, it is being discovered now, and will continue to be discovered. Religion is undergoing a revolution. There are probably about fifteen million people in America reading and studying about mental and spiritual laws free from the superficialities, wrappings, and trappings of creed, dogma, and tradition. As you begin to read what modern science is discovering in this space age in the field of astrophysics, mathematics, time, chemistry, extra sensory perception, scientific prayer therapy, etc., you develop a deep sense of humility and receptivity. Modern science is walking humbly with God, and our greatest scientists are true mystics.

Micah said, twenty-five hundred years ago, *What doth the Lord require of thee but to do justice, to love mercy, and to walk humbly with thy God?* Einstein once said that the most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the source of all true science. Einstein recognized the Illimitable Superior Spirit which revealed Himself in all phases of the incomprehensible universe. I look upon Einstein as one of the world's greatest mystics. A mystic is a man who intuitively perceives the great truths of God without any conscious process of reasoning. Einstein had the ability to inwardly sense the invisible things of the Spirit, and through feeling, present them to the intellect. That which the intuition reveals, the intellect may later analyze. It is this feeling,

back toward spiritual prototypes, that marks the work of the true mystic in any age.

There is an atomic science of the Spirit also with its own wavelengths and electronics. Let us enter into the high oscillations of the Spirit by focusing our attention on God, the only Presence and the only Power, and then we will discover the great truths of the Bible: *If thine eye be single, thy whole body is full of light. With mine eyes stayed on Thee, there is no evil on my pathway.*

CHAPTER III

THE WONDERS OF THE SUBCONSCIOUS AND THE SCIENCE OF PRAYER

Our mind is a garden. In this garden which is called the Garden of Eden, or the Garden of God, we plant seeds. Regardless of what we sow with our conscious mind, our subconscious will bring it to pass. Therefore, let us sow the thoughts of peace, happiness, guidance, and goodwill. Let us meditate on these qualities and accept them in our conscious reasoning mind. Whatever we accept in our conscious reasoning mind our subconscious, which is like the soil, will accept without question and bring it to pass.

Man's subconscious assumption and convictions of himself dictate and control all his conscious actions. This is why man is belief expressed. Believe nothing, therefore, which does not contribute to your health, happiness, and peace of mind. Your subconscious mind will objectify faithfully the habitual thinking of your conscious mind. Whatever you believe is true in your conscious mind, your subconscious will accept without question; be very careful that you accept only that which is true, noble, and Godlike.

Whatever you impress on your subconscious mind is expressed on the screen of space as conditions, experience, and events. As ye sow in your subconscious mind, so shall ye reap in your body and environment.

One time Caruso was struck with stage fright. He said his throat was paralyzed due to spasms caused by intense fear which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed because in a few minutes he had to go out on the stage, yet he was shaking with fear and trepidation. He said, "They will laugh at me. I can't sing." Then he shouted in the presence of those behind the stage, "The little me wants to strangle

the Big Me within.” He said to the little me, “Get out of here, the Big Me wants to sing through me.” By the Big Me he meant God, the Limitless Power within him, and he began to shout, “Get out, get out, the Big Me is going to sing!” This released the Almighty Power within him. When the cue came he walked out on the stage and sang gloriously, majestically, enthralling the audience.

In your subconscious mind, as William James wrote, is the Power that moves the world. It is the Almighty Power of God. Your subconscious is one with Infinite Intelligence and Boundless Wisdom. It is fed by hidden springs and is called the Law of Life. Whatever you impress upon the subconscious, the latter will move heaven and earth to bring it to pass. It knows no obstacles. We must impress it with the right ideas and constructive thoughts. Your subconscious mind is impersonal and nonselective. It is called the wife. The Bible says, *The husband shall be head of the wife*. Many people take these statements literally with all kinds of absurd consequences. The Bible is a psychological textbook dealing with the principles and modes of living. It deals with moods, tones, and vibrations; it talks about the male and female principle within each of us.

The conscious mind is the husband. It is head of the wife because the subconscious is amenable to suggestion and controlled by suggestion. Whatever your conscious mind decrees, your subconscious will honor and execute accordingly. You can believe a lie, and your subconscious will express whatever is impressed upon it, good, bad or indifferent, and will bring it to pass.

The reason there is so much chaos and misery in the world is because people do not understand the interaction of the male and female principle within themselves. When these two principles work in accord, in concord, in peace, and synchronously together, we have health, happiness, peace, and joy. There is no sickness or discord when the conscious and subconscious work together harmoniously and peacefully. What is true subjectively is true objectively also. For example, a woman loves to follow a man who leads. *Man*, in the Bible, is a person who plans, chooses, directs, imagines, decides, and gets things done.

What are we planting with our conscious mind? The conscious mind is the reasoning mind; it analyzes, weighs, dissects, investigates, scrutinizes, and chooses. *Choose ye this day whom ye will serve.* What are we choosing? If we are resentful or hateful, we are sowing these seeds, and we may have growths in our bodies to conform to our destructive mental attitude. The growths may appear in different parts of the body.

The tomb of Hermes was opened with a sort of mystic awe because people believed that the greatest secret of the ages was contained therein. The secret was, *As within, so without. As above, so below.* In other words—whatever is impressed in the subconscious is expressed. These were truths proclaimed by Moses, Isaiah, Jesus, Buddha, Zoroaster, Lao-tze, and all the illumined seers of the ages. The spiritually minded man who is alert and alive knows that the greatest secret in the world is the discovery of the Presence of God in man.

The great secret of the ancient mystery temple schools was that the I AM in you is God. That was the great secret. When you say, I AM, you are announcing Pure Being, Life, Undifferentiated Awareness, and the Presence of God in you. This is the great secret. The so-called secret of Hermes' tomb, *As within, so without*, is no secret; it has always been known. In other words, whatever you feel as true subjectively is expressed as conditions, experiences, and events. We can never deviate from the truth, that as a man thinks and feels, so is he. Your thought and feeling control your destiny. The intake and outgo must be equal. Motion and emotion must balance. As in heaven (your own consciousness), so in earth (in your body and environment). This is the Law of Life.

You will find throughout all nature the law of action and reaction, of rest and motion. These two must balance; then there will be balance and equilibrium. Realize that within us is the very life of the Divine. We are here to let it flow through us rhythmically and harmoniously.

Pray frequently as follows: "God flows through me as harmony, health, peace, beauty, and right action. God speaks, thinks, and acts through me now, and I am expressing the Life Divine."

Everyone can do something far more wonderful than he or she is doing. Every boy wants to be a hero. He must be taught to express and direct his talents and express his desires in the right way along Godlike channels. Something within the boy tells him he is born to be victorious and triumphant. God whispers to him through urges and intimations, "Go forth and conquer." The Higher Self knows he can do it. The desires, ideas, plans, and purposes that you have are the qualities of the God-Presence in you saying that you can be, you can do, and you can have; otherwise, you would not have the desire.

Your subconscious is impersonal and nonselective; it is all-wise and knows the answers to all questions. It does not argue with you controversially. It does not say, "You must not impress me with that."

The husband impregnates his wife, and she brings forth a child. If they hate each other, the child may be born blind, deaf, or deformed. The creative act should be based on Divine Love where each one sees the God in the other. As a result the child comes forth corresponding to that creative mood; it is a lovely child spiritually, mentally, and physically. You know in your heart that this is true.

Psychologically speaking, the husband is the idea, and feeling is the mother. These two must agree, producing a child of the mind which is answered prayer. There is an intelligence in the atom—there must be—when two atoms of hydrogen combine with one of oxygen and create a molecule of water.

There is life, intelligence, and power in all nature which operates instinctively, automatically, mechanically, and mathematically. How will you get your subconscious to work for you? First of all, realize the great secret that the intake and the outgo must be equal. The impression and the expression must be equal. All frustration is due to unfulfilled desires. For example, when you say, "I can't do this," "I am too old now," "I can't meet this obligation," "I was born on the wrong side of the tracks," "I don't know the right politician," you are putting up resistance, and frustration sets in. You are blocking your own good.

When we set up obstacles and delays in our minds, we are saying in effect that we do not believe that the Infinite Intelligence which gave us these desires can fulfill them. We are denying the Presence and the Power of God which is within our own

subconscious mind. We are setting up opposition, friction, delays, impediments, and difficulties. This generates congestion, followed by sickness, frustration, and neurotic tendencies.

Affirm boldly: "The God Presence which gave me this desire leads, guides, and reveals to me the perfect plan." This causes the intake and the outgo to become equal; the motion and the emotion, the impression and the expression are one; as within, so without. What you felt within is expressed in the without, and there is balance, equilibrium, and equanimity.

If you think negatively, destructively, and viciously, these thoughts generate emotions which must be expressed, and being negative find an outlet—perhaps as ulcers, heart trouble, tensions, and anxieties. All this is due to the fact that we have placed delays, obstacles, and impediments in our own minds.

Cease blocking the Divine Energy which always seeks to flow harmoniously through us. We must become channels for the Divine. We are here to release the Love, the Light, the Truth, and the Beauty of God. This is the Will of God for every single being in the world. You are here to express wave upon wave of joy, peace, and happiness; all these are the qualities of God seeking expression through you. The Bible says, *Out of the heart are the issues of Life*. The *heart* is a Chaldean word meaning the subconscious. *Keep thy heart with all diligence, for out of it are the issues of life. As a man thinketh in his heart, so is he.*

Whatever you consciously think and feel as true, your subconscious will bring it to pass. If you say, "Whenever I eat mushrooms, I get acute indigestion," the subconscious mind will take that suggestion as a request. When the time comes for you to eat mushrooms, the subconscious says, "The boss doesn't like mushrooms." For example, if you say, "If I take coffee at night before going to bed, I cannot sleep," the subconscious reacts as if to say, "The boss doesn't want to sleep tonight." If you say, "There is no way out, I am lost, there is no way out of this dilemma, I am stymied and blocked," you will be blocked. You will be frustrated; you will get no answer or response from your subconscious.

If you want the subconscious mind to work for you, give it the right request and attain its cooperation. It is always working for you; it is

controlling your heartbeat this minute and also your breathing. It heals a cut on your finger, and its tendency is lifeward, forever seeking to take care of you and preserve you. The subconscious has a mind of its own, but it accepts your patterns of thought and mental imagery. If you are the captain on the bridge and give the wrong orders to the men below, they will follow your instructions; the ship may go on the rocks.

Say to your subconscious, "I know there is an answer. I accept it now and give thanks." This affirmative attitude should produce a response from your Deeper Mind which knows only the answer. Your subconscious can read the contents of a closed safe; it knows the motives of another person. Suppose you are called upon to sign a document and you are wondering whether you should do so or not. Affirm as follows: "Infinite Intelligence guides, directs, and tells me what to do." You will get a response, perhaps a persistent feeling which tells you not to sign it. You asked and received an answer. It did not speak in a voice, but you felt an urge or predominant feeling. Listen to this silent inner knowing which follows true prayer.

What is your idea or feeling about yourself now? Every part of your being expresses that idea; your vitality, body, financial status, friends, and social status represent a perfect reflection of the idea you have of yourself.

When you pray for guidance, the answer is in your subconscious mind; it knows the answer to everything. However, if you say, "I don't think there is any way out. I am all mixed up and confused. Why don't I get an answer?" you are neutralizing your prayer, and like the soldier marking time, you do not get anywhere.

We injure ourselves by the ideas which we entertain. How often have you wounded yourself by getting angry, fearful, jealous, or vengeful? These are the poisons that enter your subconscious. You were not born with these negative attitudes. Many people say that they are victims of the past and blame the subconscious. Feed your subconscious mind life-giving thoughts, and you extirpate and expunge all the negative patterns lodged therein. Tune in on the Infinite Life, Love, and Power of God and become a channel for His Love now; then all the past is wiped out and remembered no more.

Let us dwell on a simple truth about your subconscious—it is a one way mind. If you say, “How will I get the subconscious to work for me?” The answer is: watch your conscious mind and make sure the thoughts you habitually think are based on whatsoever things are true, lovely, just, and of good report. Your mission is to take care of your conscious mind, and the subconscious will take care of itself.

The subconscious never ceases to function. Feed it with true premises. The intimations and urges of the subconscious are always lifeward. For example, if you took some bad food, it would cause you to regurgitate. If you took some poison, the subconscious would neutralize it if you completely trusted its wonder-working power. However, if you persist in giving it negative patterns, it has to follow your orders. By filling your mind with the Truths of God, you crowd out of your mind everything unlike God. The lower is subject to the higher. Begin now to take care of your conscious mind, knowing in your heart and soul that your subconscious mind is always expressing, reproducing, and manifesting, according to your habitual thinking. The subconscious mind is the preserver of your body; it watches over you while you sleep and digests your food.

If you want to heal yourself tonight, sit down quietly and relax your body. Affirm slowly, peacefully, and lovingly: “My toes are relaxed, my feet are relaxed, my ankles are relaxed, my shoulders are relaxed, my neck is relaxed, my head is relaxed, my face is relaxed, my abdominal muscles are relaxed, my whole being is completely relaxed, and I feel wonderful.”

In this relaxed state pray as follows: “The Miraculous Healing Power is saturating every cell of my being. My whole body is now being transformed into the pattern on the Mount. The Infinite Healing Presence which created me is now making me whole and perfect, and I rejoice that this is so.”

Do this quietly several times, feeling the truth of what you affirm. You know what you are doing and why you are doing it. Your thoughts of wholeness, beauty, and perfection sink down into the subconscious which releases the Healing Presence, making you whole, pure, relaxed, and perfect. Your subconscious has the perfect pattern of your lungs, heart, eyes, and all the organs of your body.

There is one prerequisite before using the subconscious to heal—you must not have any anger, ill will, or hatred toward anyone. You cannot expect the Healing Presence to flow through a contaminated consciousness. Water does not flow through a pipe filled with debris and rust. You must forgive everyone.

If someone has hurt you, pray as follows: “I wish for him (or her) harmony, health, peace, joy, and all the blessings of heaven. I do this sincerely. He is free and I am free. I know when I have forgiven the other because when I meet him in my mind a wave of peace goes forth to him, and I sincerely rejoice in hearing good news about him.”

The subconscious will respond, but it expects you to come to a decision, to a true judgment in your conscious mind. Come to a conclusion, be definite and specific in your mind. When you say meaningfully, “Divine Order is mine, Divine right action is mine, a happy ending is mine,” the subconscious will respond accordingly. Wish for everyone what you wish for yourself. Be sincere and honest about it. As you bless others, you are blessing yourself.

Affirm boldly: “Success is mine, wealth is mine, Divine right action is mine, Divine guidance is mine, I mean this, I am sincere.” Do not equivocate or vacillate, and you will discover wonders happening in your life. If you say, “I don’t know the way out,” you will get no response whatever, and more confusion will be yours. If there is inharmony in the office, pray as follows: “The harmony and the love of God reign supreme in the minds and hearts of all. I decree this, and it comes to pass in Divine Order.” You will get results from your subconscious mind because you came to a definite decision.

Do you trust this Deeper Mind? Do you say, “It is the Great Executive, it knows the answer”? If you do, you will get results; the Divine solution will follow through the Wisdom and Intelligence of the Almighty.

Another great secret of the subconscious is that the subconscious deals with ends, not with means. It knows how to bring your request to pass. If you are planning how you are going to get an answer: “Whence?” “When?” “Where?” you are defeating the purpose. You are blocking the action of your subconscious. It says in effect, “You don’t trust me. You do not believe me. You don’t think that I am the

Great Executive. You do not know that I have the know-how of accomplishment.” That is what it seems to say to you.

Go to the end in prayer. See and feel the happy ending, the joyous solution, the way out, and the subconscious will release its majesty and wisdom in your behalf. Do not try to browbeat, intimidate, or coerce the subconscious. If you are using effort and force, you are presupposing an opposing power. This indicates a conflict in the mind. There is only One Power. If there were two powers, one would cancel out the other, resulting in strife and contention everywhere.

You sign blank checks when you make such statements as: “There is not enough to go around,” or “There is a shortage,” “Maybe I can’t pay the mortgage,” etc. If you are full of fear about the future, you are also writing a blank check and attracting negative conditions to yourself. The subconscious mind takes your fear and belief as your requests, proceeding in its own way to bring obstacles, delays, lack, and limitation into your life. To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added.

The subconscious mind also gives you compound interest. Every morning as you awaken, deposit thoughts of prosperity, success, wealth, and peace; dwell upon these concepts; busy your mind with them as often as possible. These positive thoughts will find their way as deposits in your subconscious mind and bring forth abundance and prosperity.

I can hear you saying, “Oh, I did that and nothing happened.” You did not get the results because you indulged in fear thoughts perhaps ten minutes later and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up. Suppose, for example, you are going to say, “I shall not be able to make that payment.” Before you get further than, “I shall—” stop the sentence, and dwell on a positive, constructive statement such as, “By day and by night I am being prospered in all my ways.”

To prosper means to advance along all lines in wisdom, understanding, and material possessions. Money represents wealth; it is a symbol of exchange. It represents freedom, opulence, luxury,

and refinement. I do not know of anyone who says that he has too much; in all probability he is looking for more.

If you are experiencing a financial block, the obstruction is in your own mind. You can now destroy that mental block. Get on mental good terms with everyone.

As you go to sleep tonight, practice the many techniques which we occasionally refer to. Repeat the word, "Wealth," quietly, easily, and feelingly. Do this over and over again as a lullaby. Lull yourself to sleep with the word, "Wealth." You should be amazed at the results. Wealth should flow to you in avalanches of abundance; this is another example of the miracles of the subconscious mind.

WHY DID THIS HAPPEN TO ME?

(1962)



*Remember ye not the former things,
neither consider the things of old.*

ISAIAH 43:18.

*. . . But this one thing I do,
forgetting those things which are
behind, and reaching forth unto
those things which are before, I
press toward the mark for the
prize . . .*

PHIL. 3:13-14.

WHY DID THIS HAPPEN TO ME?

W*hatsoever a man soweth, so also shall he reap.* This means that if we plant thoughts of peace, harmony, health, and prosperity, we shall reap accordingly; and that if we sow thoughts of sickness, lack, strife, and contention, we shall reap these things. We must remember that our subconscious mind is like the soil; it will grow whatever type of seed we plant in the garden of our mind. We sow thoughts, Biblically speaking, when we believe them wholeheartedly, and it is what we really believe deep down in our hearts that we demonstrate.

I had a friend who was bedridden with disease and on visiting her at a hospital in London, England, she said to me. "Why did this happen to me? What did I do to deserve this? Why is God angry at me? Why is God punishing me?" Her friends pointed out to me how kindhearted and deeply spiritual she was, and that she was a pillar of the church, etc.

It is true that she was an excellent person in many ways, but she believed in the reality of her sickness and that the condition was incurable. She believed that her heart was governed by laws of its own, independent of her thinking. This was her belief, so naturally, she demonstrated accordingly. She changed her belief and began to realize that her body was spiritual and that when she changed her mind, she changed her body. She began to cease giving power to the sickness in her thought and prayed as follows: "The Infinite Healing Presence is flowing through me as harmony, health, peace, wholeness, and perfection. God's Healing Love indwells every cell." She repeated this prayer frequently, and following her change of belief she had a wonderful healing. This woman lived in fear of a heart attack for several years, not knowing that what we fear most comes to pass.

The law of life is the law of belief. Trouble of any kind is nature's alarm signal that we are thinking wrongly in that direction, and nothing but a change of thought can set us free. Man is belief expressed (Quimby), and we demonstrate what we really believe. There is a law of cause and effect operating at all times, and nothing happens to man without his mental consent and participation. You do not have to think of an accident to have it befall you.

Dr. Paul Tournier, famous French psychiatrist, writes about a man who cut his hand with a saw and blamed the so-called accident on the fact that the wood which he was cutting was very wet. Dr. Tournier knew that there was a mental and emotional cause behind the severe cut on the man's hand. He discovered that the man was very irritated toward his employer, and furthermore he had considerable rancor and hostility toward a former employer who had discharged him. Dr. Tournier explained to the man that when he is irritated and upset emotionally, his efforts become unco-ordinated and jerky, and thus the accident had happened.

In the thirteenth chapter of Luke we read the following: *There were present at that season some that told him of the Galilaeans, whose blood Pilate had mingled with their sacrifices. And Jesus answering said unto them, Suppose ye that these Galilaeans were sinners above all the Galilaeans, because they suffered such things? I tell you, Nay: but, except ye repent, ye shall all likewise perish. Or those eighteen, upon whom the tower in Siloam fell, and slew them, think ye that they were sinners above all men that dwelt in Jerusalem? I tell you, Nay: but, except ye repent, ye shall all likewise perish.*

Jesus denies categorically that the victims of such calamities are worse sinners than other men, and added *Except ye repent, ye shall likewise perish*. Misfortune, accidents, and tragedies of various kinds are signs of mental and emotional disorders that have broken out into manifestation. To repent means to think in a new way, to turn back to God and align our thoughts and mental imagery with the Infinite Life, Love, Truth, and Beauty of God, and then we become channels for the Divine.

Still your mind several times a day and affirm slowly, quietly, and lovingly, "God flows through me as harmony, health, peace, joy,

wholeness, and perfection. God walks and talks in me. God's spell is always around me, and wherever I go God's Wisdom governs me in all my ways, and Divine right action prevails. All my ways are ways of pleasantness, and all my paths are peace."

As you dwell on these eternal verities, you will establish patterns of Divine Order in your subconscious mind, and whatever you impress is expressed; therefore, you will find yourself watched over at all times by an Overshadowing Presence, your Heavenly Father, who responds to you when you call upon Him.

All of us are in the race mind, the great psychic sea of life. The race mind believes in sickness, accident, death, misfortune, and tragedies of all kinds, and if we do not repent, i.e., if we do not do our own thinking, the race mind will do our thinking for us. Gradually the thoughts of the race mind impinging on our consciousness, may reach a point of saturation and precipitate an accident, sudden illness, or calamity. The majority of people do not think, they think they think. You are thinking when you differentiate between that which is false and that which is true. To think is to choose. You have the capacity to say yes and no. Say yes to the Truth and reject everything unlike God or the Truth. If the mental instrument could not choose, you would not be an individual. You have the ability to accept and reject. *Think on whatsoever things are lovely, whatsoever things are just, whatsoever things are honest, whatsoever things are pure . . . think on these things.*

You are thinking when you know that there is an Infinite Intelligence which responds to your thoughts and that no matter what the problem is, as you think about a Divine solution and the happy ending, you will find a subjective wisdom within you responding to you and revealing to you the perfect plan and showing you the way you should go.

Some months ago a woman visited me, stating that she had an organic lesion for several years which failed to heal. She had taken all kinds of therapy including X-ray. She had prayed and sought prayer therapy from others without results. She told me, "God has it in for me. I'm a sinner, this is why I am being punished." She also told me that she went to a man who hypnotized her, read her past, and had the effrontery and the audacity to tell her that she was a

victim of karma, that she had wounded people in a former life, punishing them unjustly, and that now she was suffering and reaping her just deserts. Poignantly she asked, "Do you think this is why I can't be healed?"

All this is so much folderol and a monstrous absurdity. The above explanation compounded the misery and pain of the woman and offered no cure or solace. I explained to her an age-old Truth that there is but one Power called God. It is the Creative Intelligence in all of us which created us. This Power becomes to us what we believe It to be. If a person thinks that God is punishing him and that he must suffer, *according to his thought and belief is it done unto him. As a man thinketh in his heart so is he.* This means that man's thoughts and feelings create his destiny. Man is what he thinks all day long, and if a man fails to think constructively, wisely, and judiciously, then someone else or the race mind will do his thinking for him, and perhaps make a complete mess of his life.

If you believe that God is Infinite Goodness, Boundless Love, Absolute Harmony, and Boundless Wisdom, the God-Presence will respond accordingly to you by the law of reciprocal relationship, and you will find yourself blessed in countless ways. The forces of life are not evil; it depends how we use them. Atomic energy is not evil, it is good or bad depending on the way we use it. Man can use electricity to kill another or to vacuum the floor. You can use water to quench a child's thirst or drown it. The wind which blows the ship on the rocks can also carry it to safety. The uses to which all things or objects in the world are put are determined by the thoughts of man. It is the mind of man which determines the use of the forces and objects in the world. Good and evil are movements in the mind of man relative to the One Power which is whole, pure, and perfect. The Creative Force is in man. There is no power in the manifest universe except we give power to externals. This woman was seeking justification and alibis for her suffering. She was looking outside herself instead of realizing the cause is always in her subconscious mind.

I asked her to tell me about her relationship with men. She confessed that she had an illicit love affair five years previously and that she felt guilty and full of remorse. This unresolved remorse was the psychic wound behind her organic lesion. She realized that God

was not punishing her, but she was punishing herself by her own thoughts. The lesion was solidified thought which she could unthink. Life or God does not punish. If you burn your finger, Life proceeds to reduce the edema, gives you new skin, and restores it to wholeness. If you eat some tainted food, Life causes you to regurgitate and seek to restore you to perfect health. The ancients said that the doctor dresses the wound, and God heals it.

The lesion and the morbid symptoms that no medical treatment or prayer therapy could heal, or had been able to cure, disappeared in a week. There is no worse suffering than a guilty conscience and certainly none more destructive. This woman had been punishing herself for five years by her destructive thinking, and when she ceased to condemn herself and began to claim that the Infinite Healing Presence was saturating her whole being and that God indwells every cell of her body, the lesion disappeared. If you had been misusing the principle of electricity or chemistry for fifty years and you suddenly used it correctly, surely you would not say that the principle of electricity had a grudge against you because you had misused it. Likewise, no matter how long you may have used your mind in a negative and destructive manner, the minute you begin to use it the right way, right results follow. *Remember not the former things, neither consider the things of old. Isaiah 43:18.*

A man who came to see me some months ago was gradually losing his vision. He was attributing it to lack of vitamins, heredity factors, and pointed out that his grandfather went blind at eighty years of age. He belonged to a strange cult, and the cult leader, after reading his horoscope, said the planets were in a malefic configuration and that this was the cause of his failing vision. It is well known in psychosomatic circles today that psychic factors play a definite role in all disease. Nearsightedness can be brought on by workings of the mind. Treating the mental and emotional factors of the individual rather than the eye may reveal the basic emotional factor, the reason why the subconscious mind is selecting an ailment which tends to shut out everything except the immediate surroundings.

Dr. Francis Dunbar states that certain emotional reactions can cause the involuntary muscles to twist the eyeball out of shape. In

talking to this man, he revealed that he hated the sight of his mother-in-law who was living in his home. He was full of suppressed rage, and his emotional system which could not stand the strain any longer selected the eyes as the scapegoat. The explanation was the cure in this case. He was surprised to learn that negative emotions, if persisted in, snarl up in the subconscious mind and being negative must have a negative outlet. The negative commands to his subconscious mind, "I hate the sight of her," "I don't want to see her anymore," were accepted by the deeper mind as a request which brought it to pass.

He made arrangements for his mother-in-law to live elsewhere and prayed for her by releasing her to God and wishing for her all the blessings of Heaven. His vision began to improve almost immediately, and in two weeks his eyesight was restored to normal. He knew he had forgiven his mother-in-law because he could meet her in his mind, and there was no longer any sting. He was trying to justify his failing vision by explaining it in terms of outside causes rather than his own mind.

A deficiency of Vitamin A can cause ophthalmia which is an inflammation of the conjunctiva or of the eyeball; nevertheless, this could be due to ignorance, indifference, or negligence on the part of the individual. The cause in this case would be stupidity or carelessness, and the latter is a state of mind or simply a lack of knowledge. Vitamin A is omnipresent and we should have the intelligence to use it.

You cannot dodge or circumvent the law of mind. It is done unto you as you believe, and a belief is a thought in the mind. No external power or evil entity is trying to lure or harm you. People are constantly attributing their ailments to the atmosphere, the weather, to malpractice, evil entities, germs, viruses, and diet. Man pollutes the air with his strange notions and false doctrines. If a man believes that by being near an electric fan he will catch cold or get a stiff neck, that belief when accepted by him becomes his master and ruler and causes him to experience a cold. This is why the Bible says, *According to your faith is it done unto you.* The fan has no power to give anyone a stiff neck; it is harmless. Your faith can be used two ways. You can have faith in an invisible virus to give you the flu, or

you can have faith in the Invisible Spirit within you to flow through you as harmony, health, and peace.

Realize God cannot be sick and the Spirit in you is God; what is true of God is true of you. Believe this and you will never be sick for *according to your faith* (in health and happiness) *is it done unto you*. Emerson said, "He (man) thinks his fate alien because the copula is hidden. But the soul contains the event that shall befall it; for the event is only the actualization of its thoughts, and what we pray to ourselves for is always granted. The event is the print of your form. It fits you like your skin." *Fate* by R. W. Emerson.

The Devil in the Bible means ignorance or misunderstanding. Spell live backward and you have evil. Your evil is an inversion of the Life-Principle which is God. God moves as a unity and seeks to express Himself through you as beauty, love, joy, peace, and Divine Order. The false idea in your mind is called the adversary, devil, Satan, etc. The devils which bedevil man are enmity, strife, hatred, revenge, hostility, self-condemnation, and other negative emotions. If man fails to believe in the goodness of God and in a God of Love, the extent to which he believes this can well be his so-called devil which is the source of his pains, aches, and misfortunes.

A woman wrote me stating that her daughter was watching a group of men fighting on the streets of New York and that a bullet hit her daughter necessitating the amputation of two fingers—and what was the cause of it? Was it God's will? Was it punishment for her sins that this accident occurred? The answer is in the negative to all these questions of the mother. God does not judge or punish; good and evil are the movements of man's own mind. It is very primitive thinking to believe that God is punishing us or that a devil is tempting us. Our state of consciousness is always made manifest. Men, women, and children are constantly testifying to our state of consciousness. Our state of consciousness is always cause.

We do not know the contents of this girl's mind. If she were hateful, resentful, or full of hostility and self-condemnation, she could have attracted such a condition to herself. We must remember that the majority of people do not discipline, control, or direct their thinking and mental imagery along God-like channels; therefore, their failure to think constructively and harmoniously from the

standpoint of the Infinite One means that they leave their minds open to the irrational mass mind which is full of fears, hates, jealousies, and all kinds of negative happenings.

Man's failure to think the right way is as bad as thinking negatively and destructively. As a boy, I remember a farmer in Ireland who waited behind a fence every day for over a week in order to shoot the landlord when he passed by. One day he was going behind the usual fence and he stumbled, the rifle went off, and he was shot fatally. I did not understand the reason at that time, and like others, I believed it to be an accident. There are no accidents; there is a mind, a mood, a feeling behind that car, train, bicycle, and also behind the gun. This man had murder in his heart for a long time, and his subconscious responded accordingly.

No manifestation cometh unto me, save I the Father draw it. The father is your state of consciousness, your own creative power, and no experience comes to you except there is an affinity in your own mind. Two unlike things repel each other. If you walk and talk with God and believe that God is guiding you and that the Law of Harmony is always governing you, then you cannot be on a train that is wrecked because discord and harmony do not dwell together. The mother added in her letter as a postscript, "My daughter cannot get her fingers back through prayer." I don't know why people are so decisive and categorical in their statements that a man cannot grow a leg or finger if missing.

Let me quote from *He Heals To-Day* by Elsie Salmon: "Mildred was three years old when brought to me. She was born without a left hand. The arm ended in a point no bigger than the size of an index finger well above the wrist. Within a month the point at the end of the deformed arm had doubled in size and was quite plump, whereupon the father, now seeing this remarkable development, said, 'Anything can happen.' The following month there was a formation which looked like a thumb and which, at the time, we thought was a thumb. About three months following we found that this was not a thumb at all but that the growth was the whole hand at the end of the arm and this was unfolding like a flower before our eyes."

She concludes by saying that those who were skeptical are now accepting it as an established fact. Perhaps we should take a lesson

from the rhinoceros. When you take off his horns and cut out the roots, he grows new horns. Cut the legs off a crab, and he grows new legs. If a man believed he could grow a new finger, leg, or any organ, he could experience his belief.

Let us cease blaming others, let us look within for the cause of all. Believe in God, in the goodness of God, in the love of God, and in God's guidance, and you will find that all your ways will be those of pleasantness, and all your paths will be paths of peace. You are belief expressed.

THE POWER OF YOUR SUBCONSCIOUS MIND

(1963)



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HOW THIS BOOK CAN WORK MIRACLES IN YOUR LIFE

I have seen miracles happen to men and women in all walks of life all over the world. Miracles will happen to you, too—when you begin using the magic power of your subconscious mind. This book is designed to teach you that your habitual thinking and imagery mold, fashion, and create your destiny; for as a man thinketh in his subconscious mind, so is he.

DO YOU KNOW THE ANSWERS?

Why is one man sad and another man happy? Why is one man joyous and prosperous and another man poor and miserable? Why is one man fearful and anxious and another full of faith and confidence? Why does one man have a beautiful, luxurious home while another man lives out a meager existence in a slum? Why is one man a great success and another an abject failure? Why is one speaker outstanding and immensely popular and another mediocre and unpopular? Why is one man a genius in his work or profession while the other man toils and moils all his life without doing or accomplishing anything worthwhile? Why is one man healed of a so-called incurable disease and another isn't? Why is it so many good, kind religious people suffer the tortures of the damned in their mind and body? Why is it many immoral and irreligious people succeed and prosper and enjoy radiant health? Why is one woman happily married and her sister very unhappy and frustrated? Is there an answer to these questions in the workings of your conscious and subconscious minds? There most certainly is.

REASON FOR WRITING THIS BOOK

It is for the express purpose of answering and clarifying the above questions and many others of a similar nature that motivated me to write this book. I have endeavored to explain the great fundamental truths of your mind in the simplest language possible. I believe that it is perfectly possible to explain the basic, foundational, and fundamental laws of life and of your mind in ordinary everyday language. You will find that the language of this book is that used in your daily papers, current periodicals, in your business offices, in your home, and in the daily workshop. I urge you to study this book and apply the techniques outlined therein; and as you do, I feel absolutely convinced that you will lay hold of a miracle-working power that will lift you up from confusion, misery, melancholy, and failure, and guide you to your true place, solve your difficulties, sever you from emotional and physical bondage, and place you on the royal road to freedom, happiness, and peace of mind. This miracle-working power of your subconscious mind can heal you of your sickness, make you vital and strong again. In learning how to use your inner powers, you will open the prison door of fear and enter into a life described by Paul as the glorious liberty of the sons of God.

RELEASING THE MIRACLE-WORKING POWER

A personal healing will ever be the most convincing evidence of our subconscious powers. Over forty-two years ago I resolved a malignancy—in medical terminology it was called a sarcoma—by using the healing power of my subconscious mind which created me and still maintains and governs all my vital functions. The technique I applied is elaborated on in this book, and I feel sure that it will help others to trust the same Infinite Healing Presence lodged in the subconscious depths of all men. Through the kindly offices of my doctor friend, I suddenly realized that it was natural to assume that the Creative Intelligence which made all my organs, fashioned my

body, and started my heart, could heal its own handiwork. The ancient proverb says, “The doctor dresses the wound and God heals it.”

WONDERS HAPPEN WHEN YOU PRAY EFFECTIVELY

Scientific prayer is the harmonious interaction of the conscious and subconscious levels of mind scientifically directed for a specific purpose. This book will teach you the scientific way to tap the realm of infinite power within you enabling you to get what you really want in life. You desire a happier, fuller, and richer life. Begin to use this miracle-working power and smooth your way in daily affairs, solve business problems, and bring harmony in family relationships. Be sure that you read this book several times. The many chapters will show you how this wonderful power works, and how you can draw out the hidden inspiration and wisdom that is within you. Learn the simple techniques of impressing the subconscious mind. Follow the new scientific way in tapping the infinite storehouse. Read this book carefully, earnestly, and lovingly. Prove to yourself the amazing way it can help you. It could be and I believe it will be the turning point of your life.

EVERYBODY PRAYS

Do you know how to pray effectively? How long is it since you prayed as part of your everyday activities? In an emergency, in time of danger or trouble, in illness, and when death lurks, prayers pour forth—your own and friends’. Just read your daily newspaper. It is reported that prayers are being offered up all over the nation for a child stricken with a so-called incurable ailment, for peace among nations, for a group of miners trapped in a flooded mine. Later it is reported that when rescued, the miners said that they prayed while waiting for rescue; an airplane pilot says that he prayed as he made a successful emergency landing. Certainly, prayer is an ever-present

help in time of trouble; but you do not have to wait for trouble to make prayer an integral and constructive part of your life. The dramatic answers to prayer make headlines and are the subject of testimonies to the effectiveness of prayer. What of the many humble prayers of children, the simple thanksgiving of grace at the table daily, the faithful devotions wherein the individual seeks only communion with God? My work with people has made it necessary for me to study the various approaches to prayer. I have experienced the power of prayer in my own life, and I have talked and worked with many people who also have enjoyed the help of prayer. The problem usually is how to tell others how to pray. People who are in trouble have difficulty in thinking and acting reasonably. They need an easy formula to follow, an obviously workable pattern that is simple and specific. Often they must be led to approach the emergency.

UNIQUE FEATURE OF THIS BOOK

The unique feature of this book is its down-to-earth practicality. Here you are presented with simple, usable techniques and formulas which you can easily apply in your workaday world. I have taught these simple processes to men and women all over the world, and recently over a thousand men and women of all religious affiliations attended a special class in Los Angeles where I presented the highlights of what is offered in the pages of this book. Many came from distances of two hundred miles for each class lesson. The special features of this book will appeal to you because they show you why oftentimes you get the opposite of what you prayed for and reveal to you the reasons why. People have asked me in all parts of the world and thousands of times, "Why is it I have prayed and prayed and got no answer?" In this book you will find the reasons for this common complaint. The many ways of impressing the subconscious mind and getting the right answers make this an extraordinarily valuable book and an ever-present help in time of trouble.

WHAT DO YOU BELIEVE?

It is not the thing believed in that brings an answer to man's prayer; the answer to prayer results when the individual's subconscious mind responds to the mental picture or thought in his mind. This law of belief is operating in all religions of the world and is the reason why they are psychologically true. The Buddhist, the Christian, the Moslem, and the Hebrew all may get answers to their prayers, not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of belief or mental acceptance and receptivity about that for which they pray. The law of life is the law of belief, and belief could be summed up briefly as a thought in your mind. As a man thinks, feels, and believes, so is the condition of his mind, body, and circumstances. A technique, a methodology based on an understanding of what you are doing and why you are doing it will help you to bring about a subconscious embodiment of all the good things of life. Essentially, answered prayer is the realization of your heart's desire.

DESIRE IS PRAYER

Everyone desires health, happiness, security, peace of mind, true expression, but many fail to achieve clearly defined results. A university professor admitted to me recently, "I know that if I changed my mental pattern and redirected my emotional life, my ulcers would not recur, but I do not have any technique, process, or modus operandi. My mind wanders back and forth on my many problems, and I feel frustrated, defeated, and unhappy." This professor had a desire for perfect health; he needed a knowledge of the way his mind worked which would enable him to fulfill his desire. By practicing the healing methods outlined in this book, he became whole and perfect.

THERE IS ONE MIND COMMON TO ALL
INDIVIDUAL MEN (EMERSON)

The miracle-working powers of your subconscious mind existed before you and I were born, before any church or world existed. The great eternal truths and principles of life antedate all religions. It is with these thoughts in mind that I urge you in the following chapters to lay hold of this wonderful, magical, transforming power which will bind up mental and physical wounds, proclaim liberty to the fear-ridden mind, and liberate you completely from the limitations of poverty, failure, misery, lack, and frustration. All you have to do is unite mentally and emotionally with the good you wish to embody, and the creative powers of your subconscious will respond accordingly. Begin now, today, let wonders happen in your life! Keep on, keeping on until the day breaks and the shadows flee away.

CHAPTER ONE

THE TREASURE HOUSE WITHIN YOU

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously, and abundantly.

Many are sound asleep because they do not know about this gold mine of infinite intelligence and boundless love within themselves. Whatever you want, you can draw forth. A magnetized piece of steel will lift about twelve times its own weight, and if you demagnetize this same piece of steel, it will not even lift a feather. Similarly, there are two types of men. There is the magnetized man who is full of confidence and faith. He knows that he is born to win and to succeed. Then, there is the type of man who is demagnetized. He is full of fears and doubts. Opportunities come, and he says, "I might fail; I might lose my money; people will laugh at me." This type of man will not get very far in life because, if he is afraid to go forward, he will simply stay where he is. Become a magnetized man and discover the master secret of the ages.

THE MASTER SECRET OF THE AGES

What, in your opinion, is the master secret of the ages? The secret of atomic energy? Thermonuclear energy? The neutron bomb? Interplanetary travel? No—not any of these. Then, what is this master secret? Where can one find it, and how can it be contacted and brought into action? The answer is extraordinarily simple. This secret is the marvelous, miracle-working power found in your own subconscious mind, the last place that most people would seek it.

THE MARVELOUS POWER OF YOUR SUBCONSCIOUS

You can bring into your life more power, more wealth, more health, more happiness, and more joy by learning to contact and release the hidden power of your subconscious mind.

You need not acquire this power; you already possess it. But, you want to learn how to use it; you want to understand it so that you can apply it in all departments of your life.

As you follow the simple techniques and processes set forth in this book, you can gain the necessary knowledge and understanding. You can be inspired by a new light, and you can generate a new force enabling you to realize your hopes and make all your dreams come true. Decide now to make your life grander, greater, richer, and nobler than ever before.

Within your subconscious depths lie infinite wisdom, infinite power, and infinite supply of all that is necessary, which is waiting for development and expression. Begin now to recognize these potentialities of your deeper mind, and they will take form in the world without.

The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space provided you are open-minded and receptive. You can receive new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or write books and plays. Moreover, the infinite intelligence in your subconscious can impart to you wonderful kinds of knowledge of an original nature. It can reveal to you and open the way for perfect expression and true place in your life.

Through the wisdom of your subconscious mind you can attract the ideal companion, as well as the right business associate or partner. It can find the right buyer for your home, and provide you with all the money you need, and the financial freedom to be, to do, and to go as your heart desires.

It is your right to discover this inner world of thought, feeling, and power, of light, love, and beauty. Though invisible, its forces are mighty. Within your subconscious mind you will find the solution for

every problem, and the cause for every effect. Because you can draw out the hidden powers, you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy, and dominion.

I have seen the power of the subconscious lift people up out of crippled states, making them whole, vital, and strong once more, and free to go out into the world to experience happiness, health, and joyous expression. There is a miraculous healing power in your subconscious that can heal the troubled mind and the broken heart. It can open the prison door of the mind and liberate you. It can free you from all kinds of material and physical bondage.

NECESSITY OF A WORKING BASIS

Substantial progress in any field of endeavor is impossible in the absence of a working basis which is universal in its application. You can become skilled in the operation of your subconscious mind. You can practice its powers with a certainty of results in exact proportion to your knowledge of its principles and to your application of them for definite specific purposes and goals you wish to achieve.

Being a former chemist, I would like to point out that if you combine hydrogen and oxygen in the proportions of two atoms of the former to one of the latter, water will be the result. You are very familiar with the fact that one atom of oxygen and one atom of carbon will produce carbon monoxide, a poisonous gas. But, if you add another atom of oxygen, you will get carbon dioxide, a harmless gas, and so on throughout the vast realm of chemical compounds.

You must not think that the principles of chemistry, physics, and mathematics differ from the principles of your subconscious mind. Let us consider a generally accepted principle: "Water seeks its own level." This is a universal principle which is applicable to water everywhere.

Consider another principle: "Matter expands when heated." This is true anywhere, at any time, and under all circumstances. You can heat a piece of steel, and it will expand regardless whether the steel is found in China, England, or India. It is a universal truth that matter

expands when heated. It is also a universal truth that whatever you impress on your subconscious mind is expressed on the screen of space as condition, experience, and event.

Your prayer is answered because your subconscious mind is principle, and by principle I mean the way a thing works. For example, the principle of electricity is that it works from a higher to a lower potential. You do not change the principle of electricity when you use it, but by co-operating with nature, you can bring forth marvelous inventions and discoveries which bless humanity in countless ways.

Your subconscious mind is principle and works according to the law of belief. You must know what belief is, why it works, and how it works. Your Bible says in a simple, clear, and beautiful way:

Whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. MARK 11:23.

The law of your mind is the law of belief. This means to believe in the way your mind works, to believe in belief itself. The belief of your mind is the thought of your mind—that is simple—just that and nothing else.

All your experiences, events, conditions, and acts are the reactions of your subconscious mind to your thoughts. Remember, it is not the thing believed in, but the belief in your own mind which brings about the result. Cease believing in the false beliefs, opinions, superstitions, and fears of mankind. Begin to believe in the eternal verities and truths of life which never change. Then, you will move onward, upward, and Godward.

Whoever reads this book and applies the principles of the subconscious mind herein set forth, will be able to pray scientifically and effectively for himself and for others. Your prayer is answered according to the universal law of action and reaction. Thought is incipient action. The reaction is the response from your subconscious mind which corresponds with the nature of your thought. Busy your mind with the concepts of harmony, health, peace, and good will, and wonders will happen in your life.

THE DUALITY OF MIND

You have only one mind, but your mind possesses two distinctive characteristics. The line of demarcation between the two is well known to all thinking men and women today. The two functions of your mind are essentially unlike. Each is endowed with separate and distinct attributes and powers. The nomenclature generally used to distinguish the two functions of your mind is as follows: The objective and subjective mind, the conscious and subconscious mind, the waking and sleeping mind, the surface self and the deep self, the voluntary mind and the involuntary mind, the male and the female, and many other terms. You will find the terms “conscious” and “subconscious” used to represent the dual nature of your mind throughout this book.

THE CONSCIOUS AND SUBCONSCIOUS MINDS

An excellent way to get acquainted with the two functions of your mind is to look upon your own mind as a garden. You are a gardener, and you are planting seeds (thoughts) in your subconscious mind all day long, based on your habitual thinking. As you sow in your subconscious mind, so shall you reap in your body and environment.

Begin now to sow thoughts of peace, happiness, right action, good will, and prosperity. Think quietly and with interest on these qualities and accept them fully in your conscious reasoning mind. Continue to plant these wonderful seeds (thoughts) in the garden of your mind, and you will reap a glorious harvest. Your subconscious mind may be likened to the soil which will grow all kinds of seeds, good or bad. *Do men gather grapes of thorns, or figs of thistles?* Every thought is, therefore, a cause, and every condition is an effect. For this reason, it is essential that you take charge of your thoughts so as to bring forth only desirable conditions.

When your mind thinks correctly, when you understand the truth, when the thoughts deposited in your subconscious mind are

constructive, harmonious, and peaceful, the magic working power of your subconscious will respond and bring about harmonious conditions, agreeable surroundings, and the best of everything. When you begin to control your thought processes, you can apply the powers of your subconscious to any problem or difficulty. In other words, you will actually be consciously co-operating with the infinite power and omnipotent law which governs all things.

Look around you wherever you live and you will notice that the vast majority of mankind lives in the world without; the more enlightened men are intensely interested in the world within. Remember, it is the world within, namely, your thoughts, feelings, and imagery that makes your world without. It is, therefore, the only creative power, and everything which you find in your world of expression has been created by you in the inner world of your mind consciously or unconsciously.

A knowledge of the interaction of your conscious and subconscious minds will enable you to transform your whole life. In order to change external conditions, you must change the cause. Most men try to change conditions and circumstances by working with conditions and circumstances. To remove discord, confusion, lack, and limitation, you must remove the cause, and the cause is the way you are using your conscious mind. In other words, the way you are thinking and picturing in your mind.

You are living in a fathomless sea of infinite riches. Your subconscious is very sensitive to your thoughts. Your thoughts form the mold or matrix through which the infinite intelligence, wisdom, vital forces, and energies of your subconscious flow. The practical application of the laws of your mind as illustrated in each chapter of this book will cause you to experience abundance for poverty, wisdom for superstition and ignorance, peace for pain, joy for sadness, light for darkness, harmony for discord, faith and confidence for fear, success for failure, and freedom from the law of averages. Certainly, there can be no more wonderful blessing than these from a mental, emotional, and material standpoint.

Most of the great scientists, artists, poets, singers, writers, and inventors have a deep understanding of the workings of the conscious and subconscious minds.

One time Caruso, the great operatic tenor, was struck with stage fright. He said his throat was paralyzed due to spasms caused by intense fear which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed because in a few minutes he had to go out on the stage, yet he was shaking with fear and trepidation. He said, "They will laugh at me. I can't sing." Then he shouted in the presence of those behind the stage, "The Little Me wants to strangle the Big Me within."

He said to the Little Me, "Get out of here, the Big Me wants to sing through me."

By the Big Me, he meant the limitless power and wisdom of his subconscious mind, and he began to shout, "Get out, get out, the Big Me is going to sing!"

His subconscious mind responded, releasing the vital forces within him. When the call came, he walked out on the stage and sang gloriously and majestically, enthraling the audience.

It is obvious to you now that Caruso must have understood the two levels of mind—the conscious or rational, and the subconscious or irrational level. Your subconscious mind is reactive and responds to the nature of your thoughts. When your conscious mind (the Little Me) is full of fear, worry and anxiety, the negative emotions engendered in your subconscious mind (the Big Me) are released and flood the conscious mind with a sense of panic, foreboding, and despair. When this happens, you can, like Caruso, speak affirmatively and with a deep sense of authority to the irrational emotions generated in your deeper mind as follows: "Be still, be quiet, I am in control, you must obey me, you are subject to my command, you cannot intrude where you do not belong."

It is fascinating and intensely interesting to observe how you can speak authoritatively and with conviction to the irrational movement of your deeper self bringing silence, harmony, and peace to your mind. The subconscious is subject to the conscious mind, and that is why it is called subconscious or subjective.

OUTSTANDING DIFFERENCES AND MODES OF OPERATION

You will perceive the main differences by the following illustrations: The conscious mind is like the navigator or captain at the bridge of a ship. He directs the ship and signals orders to men in the engine room, who in turn control all the boilers, instruments, gauges, etc. The men in the engine room do not know where they are going; they follow orders. They would go on the rocks if the man on the bridge issued faulty or wrong instructions based on his findings with the compass, sextant, or other instruments. The men in the engine room obey him because he is in charge and issues orders which are automatically obeyed. Members of the crew do not talk back to the captain; they simply carry out orders.

The captain is the master of his ship, and his decrees are carried out. Likewise, your conscious mind is the captain and the master of your ship, which represents your body, environment, and all your affairs. Your subconscious mind takes the orders you give it based upon what your conscious mind believes and accepts as true.

When you repeatedly say to people, "I can't afford it," then your subconscious mind takes you at your word and sees to it that you will not be in a position to purchase what you want. As long as you persist in saying, "I can't afford that car, that trip to Europe, that home, that fur coat or ermine wrap," you can rest assured that your subconscious mind will follow your orders, and you will go through life experiencing the lack of all these things.

Last Christmas Eve a beautiful young university student looked at an attractive and rather expensive traveling bag in a store window. She was going home to Buffalo, New York, for the holidays. She was about to say, "I can't afford that bag," when she recalled something she had heard at one of my lectures which was, "Never finish a negative statement; reverse it immediately, and wonders will happen in your life."

She said, "That bag is mine. It is for sale. I accept it mentally, and my subconscious sees to it that I receive it."

At eight o'clock Christmas Eve her fiancé presented her with a bag exactly the same as the one she had looked at and mentally identified herself with at ten o'clock the same morning. She had filled her mind with the thought of expectancy and released the whole

thing to her deeper mind which has the “know-how” of accomplishment.

This young girl, a student at the University of Southern California, said to me, “I didn’t have the money to buy that bag, but now I know where to find money and all the things I need, and that is in the treasure house of eternity within me.”

Another simple illustration is this: When you say, “I do not like mushrooms,” and the occasion subsequently comes that you are served mushrooms in sauces or salads, you will get indigestion because your subconscious mind says to you, “The boss (your conscious mind) does not like mushrooms.” This is an amusing example of the outstanding differences and modes of operation of your conscious and subconscious minds.

A woman may say, “I wake up at three o’clock, if I drink coffee at night.” Whenever she drinks coffee, her subconscious mind nudges her, as if to say, “The boss wants you to stay awake tonight.”

Your subconscious mind works twenty-four hours a day and makes provisions for your benefit, pouring all the fruit of your habitual thinking into your lap.

HOW HER SUBCONSCIOUS RESPONDED

A woman wrote me a few months ago as follows: “I am seventy-five years old, a widow with a grown family. I was living alone and on a pension. I heard your lectures on the powers of the subconscious mind wherein you said that ideas could be conveyed to the subconscious mind by repetition, faith, and expectancy.

“I began to repeat frequently with feeling, ‘I am wanted. I am happily married to a kind, loving, and spiritual-minded man. I am secure!’

“I kept on doing this many times a day for about two weeks, and one day at the corner drugstore I was introduced to a retired pharmacist. I found him to be kind, understanding, and very religious. He was a perfect answer to my prayer. Within a week he proposed to me, and now we are on our honeymoon in Europe. I

know that the intelligence within my subconscious mind brought both of us together in divine order.”

This woman discovered that the treasure house was within her. Her prayer was felt as true in her heart, and her affirmation sank down by osmosis into her subconscious mind, which is the creative medium. The moment she succeeded in bringing about a subjective embodiment, her subconscious mind brought about the answer through the law of attraction. Her deeper mind, full of wisdom and intelligence, brought both of them together in divine order.

Be sure that you think on *whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* PHIL. 4:8.

BRIEF SUMMARY OF IDEAS WORTH REMEMBERING

1. The treasure house is within you. Look within for the answer to your heart's desire.
2. The great secret possessed by the great men of all ages was their ability to contact and release the powers of their subconscious mind. You can do the same.
3. Your subconscious has the answer to all problems. If you suggest to your subconscious prior to sleep, “I want to get up at 6 A.M.,” it will awaken you at that exact time.
4. Your subconscious mind is the builder of your body and can heal you. Lull yourself to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.
5. Every thought is a cause, and every condition is an effect.
6. If you want to write a book, write a wonderful play, give a better talk to your audience, convey the idea lovingly and feelingly to your subconscious mind, and it will respond accordingly.

7. You are like a captain navigating a ship. He must give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind which controls and governs all your experiences.
8. Never use the terms "I can't afford it" and "I can't do this." Your subconscious mind takes you at your word and sees to it that you do not have the money or the ability to do what you want to do. Affirm, "I can do all things through the power of my subconscious mind."
9. The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief is it done unto you.
10. Change your thoughts, and you change your destiny.

CHAPTER TWO

HOW YOUR OWN MIND WORKS

You have a mind, and you should learn how to use it. There are two levels of your mind—the conscious or rational level, and the subconscious or irrational level. You think with your conscious mind, and whatever you habitually think sinks down into your subconscious mind, which creates according to the nature of your thoughts. Your subconscious mind is the seat of your emotions and is the creative mind. If you think good, good will follow; if you think evil, evil will follow. This is the way your mind works.

The main point to remember is once the subconscious mind accepts an idea, it begins to execute it. It is an interesting and subtle truth that the law of the subconscious mind works for good and bad ideas alike. This law, when applied in a negative way, is the cause of failure, frustration, and unhappiness. However, when your habitual thinking is harmonious and constructive, you experience perfect health, success, and prosperity.

Peace of mind and a healthy body are inevitable when you begin to think and feel in the right way. Whatever you claim mentally and feel as true, your subconscious mind will accept and bring forth into your experience. The only thing necessary for you to do is to get your subconscious mind to accept your idea, and the law of your own subconscious mind will bring forth the health, peace, or the position you desire. You give the command or decree, and your subconscious will faithfully reproduce the idea impressed upon it. The law of your mind is this: You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind.

Psychologists and psychiatrists point out that when thoughts are conveyed to your subconscious mind, impressions are made in the

brain cells. As soon as your subconscious accepts any idea, it proceeds to put it into effect immediately. It works by association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy, and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer. . . . *Its ways are past finding out.*

CONSCIOUS AND SUBCONSCIOUS TERMS DIFFERENTIATED

You must remember that these are not two minds. They are merely two spheres of activity within one mind. Your conscious mind is the reasoning mind. It is that phase of mind which chooses. For example, you choose your books, your home, and your partner in life. You make all your decisions with your conscious mind. On the other hand, without any conscious choice on your part, your heart is kept functioning automatically, and the process of digestion, circulation, and breathing are carried on by your subconscious mind through processes independent of your conscious control.

Your subconscious mind accepts what is impressed upon it or what you consciously believe. It does not reason things out like your conscious mind, and it does not argue with you controversially. Your subconscious mind is like the soil which accepts any kind of seed, good or bad. Your thoughts are active and might be likened unto seeds. Negative, destructive thoughts continue to work negatively in your subconscious mind, and in due time will come forth into outer experience which corresponds with them.

Remember, your subconscious mind does not engage in proving whether your thoughts are good or bad, true or false, but it responds according to the nature of your thoughts or suggestions. For example, if you consciously assume something as true, even though it may be false, your subconscious mind will accept it as true and proceed to bring about results which must necessarily follow, because you consciously assumed it to be true.

EXPERIMENTS BY PSYCHOLOGISTS

Innumerable experiments by psychologists and others on persons in the hypnotic state have shown that the subconscious mind is incapable of making selections and comparisons which are necessary for a reasoning process. They have shown repeatedly that your subconscious mind will accept any suggestions, however false. Having once accepted any suggestion, it responds according to the nature of the suggestion given.

To illustrate the amenability of your subconscious mind to suggestion, if a practiced hypnotist suggests to one of his subjects that he is Napoleon Bonaparte, or even a cat or a dog, he will act out the part with inimitable accuracy. His personality becomes changed for the time being. He believes himself to be whatever the operator tells him he is.

A skilled hypnotist may suggest to one of his students in the hypnotic state that his back itches, to another that his nose is bleeding, to another that he is a marble statue, to another that he is freezing and the temperature is below zero. Each one will follow out the line of his particular suggestion, totally oblivious to all his surroundings which do not pertain to his idea.

These simple illustrations portray clearly the difference between your conscious reasoning mind and your subconscious mind which is impersonal, non-selective, and accepts as true whatever your conscious mind believes to be true. Hence, the importance of selecting thoughts, ideas, and premises which bless, heal, inspire, and fill your soul with joy.

THE TERMS OBJECTIVE AND SUBJECTIVE MIND CLARIFIED

Your conscious mind is sometimes referred to as your objective mind because it deals with outward objects. The objective mind takes cognizance of the objective world. Its media of observation are your five physical senses. Your objective mind is your guide and director in your contact with your environment. You gain knowledge through

your five senses. Your objective mind learns through observation, experience, and education. As previously pointed out, the greatest function of the objective mind is that of reasoning.

Suppose you are one of the thousands of tourists who come to Los Angeles annually. You would come to the conclusion that it is a beautiful city based upon your observation of the parks, pretty gardens, majestic buildings, and lovely homes. This is the working of your objective mind.

Your subconscious mind is oftentimes referred to as your subjective mind. Your subjective mind takes cognizance of its environment by means independent of the five senses. Your subjective mind perceives by intuition. It is the seat of your emotion and the storehouse of memory. Your subjective mind performs its highest functions when your objective senses are in abeyance. In a word, it is that intelligence which makes itself manifest when the objective mind is suspended or in a sleepy, drowsy state.

Your subjective mind sees without the use of the natural organs of vision. It has the capacity of clairvoyance and clairaudience. Your subjective mind can leave your body, travel to distant lands, and bring back information oftentimes of the most exact and truthful character. Through your subjective mind you can read the thoughts of others, read the contents of sealed envelopes and closed safes. Your subjective mind has the ability to apprehend the thoughts of others without the use of the ordinary objective means of communication. It is of the greatest importance that we understand the interaction of the objective and subjective mind in order to learn the true art of prayer.

THE SUBCONSCIOUS CANNOT REASON LIKE YOUR CONSCIOUS MIND

Your subconscious mind cannot argue controversially. Hence, if you give it wrong suggestions, it will accept them as true and will proceed to bring them to pass as conditions, experiences, and events. All things that have happened to you are based on thoughts impressed on your subconscious mind through belief. If you have conveyed

erroneous concepts to your subconscious mind, the sure method of overcoming them is by the repetition of constructive, harmonious thoughts frequently repeated which your subconscious mind accepts, thus forming new and healthy habits of thought and life, for your subconscious mind is the seat of habit.

The habitual thinking of your conscious mind establishes deep grooves in your subconscious mind. This is very favorable for you if your habitual thoughts are harmonious, peaceful, and constructive.

If you have indulged in fear, worry, and other obstructive forms of thinking, the remedy is to recognize the omnipotence of your subconscious mind and decree freedom, happiness, and perfect health. Your subconscious mind, being creative and one with your divine source, will proceed to create the freedom and happiness which you have earnestly decreed.

THE TREMENDOUS POWER OF SUGGESTION

You must realize by now that your conscious mind is the “watchman at the gate,” and its chief function is to protect your subconscious mind from false impressions. You are now aware of one of the basic laws of mind: Your subconscious mind is amenable to suggestion. As you know, your subconscious mind does not make comparisons, or contrasts, neither does it reason and think things out for itself. This latter function belongs to your conscious mind. It simply reacts to the impressions given to it by your conscious mind. It does not show a preference for one course of action over another.

The following is a classic example of the tremendous power of suggestion. Suppose you approach a timid-looking passenger on board ship and say to him something like this: “You look very ill. How pale you are! I feel certain you are going to be seasick. Let me help you to your cabin.” The passenger turns pale. Your suggestion of seasickness associates itself with his own fears and forebodings. He accepts your aid down to the berth, and there your negative suggestion, which was accepted by him, is realized.

DIFFERENT REACTIONS TO THE SAME SUGGESTION

It is true that different people will react in different ways to the same suggestion because of their subconscious conditioning or belief. For example, if you go to a sailor on the ship and say to him sympathetically, "My dear fellow, you're looking very ill. Aren't you feeling sick? You look to me as if you were going to be seasick."

According to his temperament he either laughs at your "joke," or expresses a mild irritation. Your suggestion fell on deaf ears in this instance because your suggestion of seasickness was associated in his mind with his own immunity from it. Therefore, it called up not fear or worry, but self-confidence.

The dictionary says that a suggestion is the act or instance of putting something into one's mind, the mental process by which the thought or idea suggested is entertained, accepted, or put into effect. You must remember that a suggestion cannot impose something on the subconscious mind against the will of the conscious mind. In other words, your conscious mind has the power to reject the suggestion given. In the case of the sailor, he had no fear of seasickness. He had convinced himself of his immunity, and the negative suggestion had absolutely no power to evoke fear.

The suggestion of seasickness to the other passenger called forth his indwelling fear of seasickness. Each of us has his own inner fears, beliefs, opinions, and these inner assumptions rule and govern our lives. A suggestion has no power in and of itself except it is accepted mentally by you. This causes your subconscious powers to flow in a limited and restricted way according to the nature of the suggestion.

HOW HE LOST HIS ARM

Every two or three years I give a series of lectures at the London Truth Forum in Caxton Hall. This is a Forum I founded a number of years ago. Dr. Evelyn Fleet, the director, told me about an article which appeared in the English newspapers dealing with the power of

suggestion. This is the suggestion a man gave to his subconscious mind over a period of about two years: "I would give my right arm to see my daughter cured." It appeared that his daughter had a crippling form of arthritis together with a so-called incurable form of skin disease. Medical treatment had failed to alleviate the condition, and the father had an intense longing for his daughter's healing, and expressed his desire in the words just quoted.

Dr. Evelyn Fleet said that the newspaper article pointed out that one day the family was out riding when their car collided with another. The father's right arm was torn off at the shoulder, and immediately the daughter's arthritis and skin condition vanished.

You must make certain to give your subconscious only suggestions which heal, bless, elevate, and inspire you in all your ways. Remember that your subconscious mind cannot take a joke. It takes you at your word.

HOW AUTOSUGGESTION BANISHES FEAR

Illustrations of autosuggestion: Autosuggestion means suggesting something definite and specific to oneself. Herbert Parkyn, in his excellent manual of autosuggestion,^{*} records the following incident. It has its amusing side, so that one remembers it. "A New York visitor in Chicago looks at his watch, which is set an hour ahead of Chicago time, and tells a Chicago friend that it is twelve o'clock. The Chicago friend, not considering the difference in time between Chicago and New York, tells the New Yorker that he is hungry and that he must go to lunch."

Autosuggestion may be used to banish various fears and other negative conditions. A young singer was invited to give an audition. She had been looking forward to the interview, but on three previous occasions she had failed miserably due to fear of failure. This young lady had a very good voice, but she had been saying to herself, "When the time comes for me to sing, maybe they won't like me. I will try, but I'm full of fear and anxiety."

Her subconscious mind accepted these negative autosuggestions as a request and proceeded to manifest them and bring them into

her experience. The cause was an involuntary autosuggestion, i.e., silent fear thoughts emotionalized and subjectified.

She overcame it by the following technique: Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled her mind and body as best she could. Physical inertia favors mental passivity and renders the mind more receptive to suggestion. She counteracted the fear suggestion by saying to herself, "I sing beautifully. I am poised, serene, confident, and calm." She repeated this statement slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep. At the end of a week she was completely poised and confident. When the invitation to audition came, she gave a remarkable, wonderful audition.

HOW SHE RESTORED HER MEMORY

A woman, aged seventy-five, was in the habit of saying to herself, "I am losing my memory." She reversed the procedure and practiced induced autosuggestion several times a day as follows: "My memory from today on is improving in every department. I shall always remember whatever I need to know at every moment of time and point of space. The impressions received will be clearer and more definite. I shall retain them automatically and with ease. Whatever I wish to recall will immediately present itself in the correct form in my mind. I am improving rapidly every day, and very soon my memory will be better than it has ever been before." At the end of three weeks, her memory was back to normal, and she was delighted.

HOW HE OVERCAME A NASTY TEMPER

Many men who complained of irritability and bad temper proved to be very susceptible to autosuggestion and obtained marvelous results by using the following statements three or four times a day—morning, noon, and at night prior to sleep for about a month.

“Henceforth, I shall grow more good-humored. Joy, happiness, and cheerfulness are now becoming my normal states of mind. Every day I am becoming more and more lovable and understanding. I am now becoming the center of cheer and good will to all those about me, infecting them with good humor. This happy, joyous, and cheerful mood is now becoming my normal, natural state of mind. I am grateful.”

THE CONSTRUCTIVE AND DESTRUCTIVE POWER OF SUGGESTION

Some illustrations and comments on heterosuggestion:

Heterosuggestion means suggestions from another person. In all ages the power of suggestion has played a part in the life and thought of man in every period of time and in each country of the earth. In many parts of the world it is the controlling power in religion.

Suggestion may be used to discipline and control ourselves, but it can also be used to take control and command over others who do not know the laws of mind. In its constructive form it is wonderful and magnificent. In its negative aspects it is one of the most destructive of all the response patterns of the mind, resulting in patterns of misery, failure, suffering, sickness, and disaster.

HAVE YOU ACCEPTED ANY OF THESE?

From infancy on the majority of us have been given many negative suggestions. Not knowing how to thwart them, we unconsciously accepted them. Here are some of the negative suggestions: “You can’t.” “You’ll never amount to anything.” “You mustn’t.” “You’ll fail.” “You haven’t got a chance.” “You’re all wrong.” “It’s no use.” “It’s not what you know, but who you know.” “The world is going to the dogs.” “What’s the use, nobody cares.” “It’s no use trying so hard.” “You’re too old now.” “Things are getting worse and worse.” “Life is an endless grind.” “Love is for the birds.” “You just can’t win.” “Pretty

soon you'll be bankrupt." "Watch out, you'll get the virus." "You can't trust a soul," etc.

Unless, as an adult, you use constructive autosuggestion, which is a reconditioning therapy, the impressions made on you in the past can cause behavior patterns that cause failure in your personal and social life. Autosuggestion is a means releasing you from the mass of negative verbal conditioning that might otherwise distort your life pattern, making the development of good habits difficult.

YOU CAN COUNTERACT NEGATIVE SUGGESTIONS

Pick up the paper any day, and you can read dozens of items that could sow the seeds of futility, fear, worry, anxiety, and impending doom. If accepted by you, these thoughts of fear could cause you to lose the will for life. Knowing that you can reject all these negative suggestions by giving your subconscious mind constructive autosuggestions, you counteract all these destructive ideas.

Check regularly on the negative suggestions that people make to you. You do not have to be influenced by destructive heterosuggestion. All of us have suffered from it in our childhood and in our teens. If you look back, you can easily recall how parents, friends, relatives, teachers, and associates contributed in a campaign of negative suggestions. Study the things said to you, and you will discover much of it was in the form of propaganda. The purpose of much of what was said was to control you or instill fear into you.

This heterosuggestion process goes on in every home, office, factory, and club. You will find that many of these suggestions are for the purpose of making you think, feel, and act as others want you to and in ways that are to their advantage.

HOW SUGGESTION KILLED A MAN

Here is an illustration of heterosuggestion: A relative of mine went to a crystal gazer in India who told him that he had a bad heart and predicted that he would die at the next new moon. He began to tell all members of his family about this prediction, and he arranged his will.

This powerful suggestion entered into his subconscious mind because he accepted it completely. My relative also told me that this crystal gazer was believed to have some strange occult powers, and he could do harm or good to a person. He died as predicted not knowing that he was the cause of his own death. I suppose many of us have heard similar stupid, ridiculous, superstitious stories.

Let us look at what happened in the light of our knowledge of the way the subconscious mind works. Whatever the conscious, reasoning mind of man believes, the subconscious mind will accept and act upon. My relative was happy, healthy, vigorous, and robust when he went to see the fortune-teller. She gave him a very negative suggestion which he accepted. He became terrified, and constantly dwelt upon the fact that he was going to die at the next new moon. He proceeded to tell everyone about it, and he prepared for the end. The activity took place in his own mind, and his own thought was the cause. He brought about his own so-called death, or rather destruction of the physical body, by his fear and expectation of the end.

The woman who predicted his death had no more power than the stones and sticks in the field. Her suggestion had no power to create or bring about the end she suggested. If he had known the laws of his mind, he would have completely rejected the negative suggestion and refused to give her words any attention, knowing in his heart that he was governed and controlled by his own thought and feeling. Like tin arrows aimed at a battleship, her prophecy could have been completely neutralized and dissipated without hurting him.

The suggestions of others in themselves have absolutely no power whatever over you except the power that you give them through your own thoughts. You have to give your mental consent; you have to entertain the thought. Then, it becomes your thought, and you do the thinking. Remember, you have the capacity to choose. Choose life! Choose love! Choose health!

THE POWER OF AN ASSUMED MAJOR PREMISE

Your mind works like a syllogism. This means that whatever major premise your conscious mind assumes to be true determines the conclusion your subconscious mind comes to in regard to any particular question or problem in your mind. If your premise is true, the conclusion must be true as in the following example:

Every virtue is laudable;
Kindness is a virtue;
Therefore, kindness is laudable.

Another example is as follows:

All formed things change and pass away;
The Pyramids of Egypt are formed things;
Therefore, some day the Pyramids will pass away.

The first statement is referred to as the major premise, and the right conclusion must necessarily follow the right premise.

A college professor, who attended some of my science of mind lectures in May 1962, at Town Hall, New York, said to me, "Everything in my life is topsy-turvy, and I have lost health, wealth, and friends. Everything I touch turns out wrong."

I explained to him that he should establish a major premise in his thinking, that the infinite intelligence of his subconscious mind was guiding, directing, and prospering him spiritually, mentally, and materially. Then, his subconscious mind would automatically direct him wisely in his investments, decisions, and also heal his body and restore his mind to peace and tranquillity.

This professor formulated an overall picture of the way he wanted his life to be, and this was his major premise:

"Infinite intelligence leads and guides me in all my ways. Perfect health is mine, and the Law of Harmony operates in my mind and body. Beauty, love, peace, and abundance are mine. The principle of

right action and divine order govern my entire life. I know my major premise is based on the eternal truths of life, and I know, feel, and believe that my subconscious mind responds according to the nature of my conscious mind thinking.”

He wrote me as follows: “I repeated the above statements slowly, quietly, and lovingly several times a day knowing that they were sinking deep down into my subconscious mind, and that results must follow. I am deeply grateful for the interview you gave me, and I would like to add that all departments of my life are changing for the better. It works!”

THE SUBCONSCIOUS DOES NOT ARGUE CONTROVERSIALLY

Your subconscious mind is all-wise and knows the answers to all questions. It does not argue with you or talk back to you. It does not say, “You must not impress me with that.” For example, when you say, “I can’t do this,” “I am too old now,” “I can’t meet this obligation,” “I was born on the wrong side of the tracks,” “I don’t know the right politician,” you are impregnating your subconscious with these negative thoughts, and it responds accordingly. You are actually blocking your own good, thereby bringing lack, limitation, and frustration into your life.

When you set up obstacles, impediments, and delays in your conscious mind, you are denying the wisdom and intelligence resident in your subconscious mind. You are actually saying in effect that your subconscious mind cannot solve your problem. This leads to mental and emotional congestion, followed by sickness and neurotic tendencies.

To realize your desire and overcome your frustration, affirm boldly several times a day: “The infinite intelligence which gave me this desire leads, guides, and reveals to me the perfect plan for the unfolding of my desire. I know the deeper wisdom of my subconscious is now responding, and what I feel and claim within is expressed in the without. There is a balance, equilibrium, and equanimity.”

If you say, "There is no way out; I am lost; there is no way out of this dilemma; I am stymied and blocked," you will get no answer or response from your subconscious mind. If you want the subconscious to work for you, give it the right request, and attain its co-operation. It is always working for you. It is controlling your heartbeat this minute and also your breathing. It heals a cut on your finger, and its tendency is lifeward, forever seeking to take care of you and preserve you. Your subconscious has a mind of its own, but it accepts your patterns of thought and imagery.

When you are seeking an answer to a problem, your subconscious will respond, but it expects you to come to a decision and to a true judgment in your conscious mind. You must acknowledge the answer is in your subconscious mind. However, if you say, "I don't think there is any way out; I am all mixed up and confused; why don't I get an answer?" you are neutralizing your prayer. Like the soldier marking time, you do not get anywhere.

Still the wheels of your mind, relax, let go, and quietly affirm: "My subconscious knows the answer. It is responding to me now. I give thanks because I know the infinite intelligence of my subconscious knows all things and is revealing the perfect answer to me now. My real conviction is now setting free the majesty and glory of my subconscious mind. I rejoice that it is so."

REVIEW OF HIGHLIGHTS

1. Think good, and good follows. Think evil, and evil follows.
You are what you think all day long.
2. Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, "I can't afford it," it may be true, but do not say it. Select a better thought, decree, *"I'll buy it. I accept it in my mind."*
3. You have the power to choose. Choose health and happiness. You can choose to be friendly, or you can choose to be unfriendly. Choose to be cooperative, joyous, friendly, lovable, and the whole world will respond. This is the best way to develop a wonderful personality.

4. Your conscious mind is the “watchman at the gate.” Its chief function is to protect your subconscious mind from false impressions. Choose to believe that something good can happen and is happening now. Your greatest power is your capacity to choose. *Choose happiness and abundance.*
5. The suggestions and statements of others have no power to hurt you. The only power is the movement of your own thought. You can choose to reject the thoughts or statements of others and affirm the good. You have the power to choose how you will react.
6. Watch what you say. You have to account for every idle word. Never say, “I will fail; I will lose my job; I can’t pay the rent.” *Your subconscious cannot take a joke.* It brings all these things to pass.
7. Your mind is not evil. No force of nature is evil. It depends how you use the powers of nature. Use your mind to bless, heal, and inspire all people everywhere.
8. Never say, “I can’t.” Overcome that fear by substituting the following: “I can do all things through the power of my own subconscious mind.”
9. Begin to think from the standpoint of the eternal truths and principles of life and not from the standpoint of fear, ignorance, and superstition. *Do not let others do your thinking for you.* Choose your own thoughts and make your own decisions.
10. You are the captain of your soul (subconscious mind) and the master of your fate. Remember, you have the capacity to choose. Choose life! Choose love! Choose health! Choose happiness!
11. Whatever your conscious mind assumes and believes to be true, your subconscious mind will accept and bring to pass. Believe in good fortune, divine guidance, right action, and all the *blessings* of life.

CHAPTER THREE

THE MIRACLE-WORKING POWER OF YOUR SUBCONSCIOUS

The power of your subconscious is enormous. It inspires you, it guides you, and it reveals to you names, facts, and scenes from the storehouse of memory. Your subconscious started your heartbeat, controls the circulation of your blood, regulates your digestion, assimilation, and elimination. When you eat a piece of bread, your subconscious mind transmutes it into tissue, muscle, bone, and blood. This process is beyond the ken of the wisest man who walks the earth. Your subconscious mind controls all the vital processes and functions of your body and knows the answer to all problems.

Your subconscious mind never sleeps, never rests. It is always on the job. You can discover the miracle-working power of your subconscious by plainly stating to your subconscious prior to sleep that you wish a certain specific thing accomplished. You will be delighted to discover that forces within you will be released, leading to the desired result. Here, then, is a source of power and wisdom which places you in touch with omnipotence or the power that moves the world, guides the planets in their course, and causes the sun to shine.

Your subconscious mind is the source of your ideals, aspirations, and altruistic urges. It was through the subconscious mind that Shakespeare perceived great truths hidden from the average man of his day. Undoubtedly, it was the response of his subconscious mind that caused the Greek sculptor, Phidias, to portray beauty, order, symmetry, and proportion in marble and bronze. It enabled the Italian artist, Raphael, to paint Madonnas, and Ludwig van Beethoven to compose symphonies.

In 1955 I lectured at the Yoga Forest University, Rishikesh, India, and there I chatted with a visiting surgeon from Bombay. He told me about Dr. James Esdaille, a Scotch surgeon, who worked in Bengal before ether or other modern methods of anesthesia were discovered. Between 1843 and 1846, Dr. Esdaille performed about four hundred major operations of all kinds, such as amputations, removal of tumors and cancerous growths, as well as operations on the eye, ear, and throat. All operations were conducted under mental anesthesia only. This Indian doctor at Rishikesh informed me that the postoperative mortality rate of patients operated on by Dr. Esdaille was extremely low, probably two or three percent. Patients felt no pain, and there were no deaths during the operations.

Dr. Esdaille suggested to the subconscious minds of all his patients, who were in a hypnotic state, that no infection or septic condition would develop. You must remember that this was before Louis Pasteur, Joseph Lister, and others who pointed out the bacterial origin of disease and causes of infection due to unsterilized instruments and virulent organisms.

This Indian surgeon said that the reason for the low mortality rate and the general absence of infection, which was reduced to a minimum, was undoubtedly due to the suggestions of Dr. Esdaille to the subconscious minds of his patients. They responded according to the nature of his suggestion.

It is simply wonderful, when you conceive how a surgeon, over one hundred twenty years ago, discovered the miraculous wonder-working powers of the subconscious mind. Doesn't it cause you to be seized with a sort of mystic awe when you stop and think of the transcendental powers of your subconscious mind? Consider its extrasensory perceptions, such as its capacity for clairvoyance and clairaudience, its independence of time and space, its capacity to render you free from all pain and suffering, and its capacity to get the answer to all problems, be they what they may. All these and many more reveal to you that there is a power and an intelligence within you that far transcends your intellect, causing you to marvel at the wonders of it all. All these experiences cause you to rejoice and believe in the miracle-working powers of your own subconscious mind.

YOUR SUBCONSCIOUS IS YOUR BOOK OF LIFE

Whatever thoughts, beliefs, opinions, theories, or dogmas you write, engrave, or impress on your subconscious mind, you shall experience them as the objective manifestation of circumstances, conditions, and events. What you write on the inside, you will experience on the outside. You have two sides to your life, objective and subjective, visible and invisible, thought and its manifestation.

Your thought is received by your brain, which is the organ of your conscious reasoning mind. When your conscious or objective mind accepts the thought completely, it is sent to the solar plexus, called the brain of your abdomen, where it becomes flesh and is made manifest in your experience.

As previously outlined, your subconscious cannot argue. It acts only from what you write on it. It accepts your verdict or the conclusions of your conscious mind as final. This is why you are always writing on the book of life, because your thoughts become your experiences. The American essayist Ralph Waldo Emerson said, "Man is what he thinks all day long."

WHAT IS IMPRESSED IN THE SUBCONSCIOUS IS EXPRESSED

William James, the father of American psychology, said that the power to move the world is in your subconscious mind. Your subconscious mind is one with infinite intelligence and boundless wisdom. It is fed by hidden springs, and is called the law of life. Whatever you impress upon your subconscious mind, the latter will move heaven and earth to bring it to pass. You must, therefore, impress it with right ideas and constructive thoughts.

The reason there is so much chaos and misery in the world is because people do not understand the interaction of their conscious and subconscious minds. When these two principles work in accord,

in concord, in peace, and synchronously together, you will have health, happiness, peace and joy. There is no sickness or discord when the conscious and subconscious work together harmoniously and peacefully.

The tomb of Hermes was opened with great expectancy and a sense of wonder because people believed that the greatest secret of the ages was contained therein. The secret was *as within, so without; as above, so below*.

In other words, whatever is impressed in your subconscious mind is expressed on the screen of space. This same truth was proclaimed by Moses, Isaiah, Jesus, Buddha, Zoroaster, Lao-tze, and the illumined seers of the ages. Whatever you feel as true subjectively is expressed as conditions, experiences, and events. Motion and emotion must balance. *As in heaven* [your own mind], *so on earth* [in your body and environment]. This is the great law of life.

You will find throughout all nature the law of action and reaction, of rest and motion. These two must balance, then there will be harmony and equilibrium. You are here to let the life principle flow through you rhythmically and harmoniously. The intake and the outgo must be equal. The impression and the expression must be equal. All your frustration is due to unfulfilled desire.

If you think negatively, destructively, and viciously, these thoughts generate destructive emotions which must be expressed and find an outlet. These emotions, being of a negative nature, are frequently expressed as ulcers, heart trouble, tension, and anxieties.

What is your idea or feeling about yourself now? Every part of your being expresses that idea. Your vitality, body, financial status, friends, and social status represent a perfect reflection of the idea you have of yourself. This is the real meaning of what is impressed in your subconscious mind, and which is expressed in all phases of your life.

We injure ourselves by the negative ideas which we entertain. How often have you wounded yourself by getting angry, fearful, jealous, or vengeful? These are the poisons that enter your subconscious mind. You were not born with these negative attitudes. Feed your subconscious mind life-giving thoughts, and you will wipe

out all the negative patterns lodged therein. As you continue to do this, all the past will be wiped out and remembered no more.

THE SUBCONSCIOUS HEALS A MALIGNANCY OF THE SKIN

A personal healing will ever be the most convincing evidence of the healing power of the subconscious mind. Over forty years ago I resolved a malignancy of the skin through prayer. Medical therapy had failed to check the growth, and it was getting progressively worse.

A clergyman, with a deep psychological knowledge, explained to me the inner meaning of the 139th Psalm wherein it says, *In thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.* He explained that the term *book* meant my subconscious mind which fashioned and molded all my organs from an invisible cell. He also pointed out that inasmuch as my subconscious mind made my body, it could also re-create it and heal it according to the perfect pattern within it.

This clergyman showed me his watch and said, "This had a maker, and the watchmaker had to have the idea first in mind before the watch became an objective reality, and if the watch was out of order, the watchmaker could fix it." My friend reminded me that the subconscious intelligence which created my body was like a watchmaker, and it also knew exactly how to heal, restore, and direct all the vital functions and processes of my body, but that I had to give it the perfect idea of health. This would act as cause, and the effect would be a healing.

I prayed in a very simple way as follows: "My body and all its organs were created by the infinite intelligence in my subconscious mind. It knows how to heal me. Its wisdom fashioned all my organs, tissues, muscles, and bones. This infinite healing presence within me is now transforming every atom of my being making me whole and perfect now. I give thanks for the healing I know is taking place now. Wonderful are the works of the creative intelligence within me."

I prayed aloud for about five minutes two or three times a day repeating the above simple prayer. In about three months my skin was whole and perfect.

As you can see, all I did was give life-giving patterns of wholeness, beauty, and perfection to my subconscious mind, thereby obliterating the negative images and patterns of thought lodged in my subconscious mind which were the cause of all my trouble. Nothing appears on your body except when the mental equivalent is first in your mind, and as you change your mind by drenching it with incessant affirmatives, you change your body. This is the basis of all healing. . . . *Marvellous are thy works; and that my soul* [subconscious mind] *knoweth right well.* PSALMS 139:14.

HOW THE SUBCONSCIOUS CONTROLS ALL FUNCTIONS OF THE BODY

While you are awake or sound asleep upon your bed, the ceaseless, tireless action of your subconscious mind controls all the vital functions of your body without the help of your conscious mind. For example, while you are asleep your heart continues to beat rhythmically, your lungs do not rest, and the process of inhalation and exhalation, whereby your blood absorbs fresh air, goes on just the same as when you are awake. Your subconscious controls your digestive processes and glandular secretions, as well as all the other mysterious operations of your body. The hair on your face continues to grow whether you are asleep or awake. Scientists tell us that the skin secretes much more perspiration during sleep than during the waking hours. Your eyes, ears, and other senses are active during sleep. For instance, many of our great scientists have received answers to perplexing problems while they were asleep. They saw the answers in a dream.

Oftentimes your conscious mind interferes with the normal rhythm of the heart, lungs, and functioning of the stomach and intestines by worry, anxiety, fear, and depression. These patterns of thought interfere with the harmonious functioning of your subconscious mind. When mentally disturbed, the best procedure is to let go, relax, and

still the wheels of your thought processes. Speak to your subconscious mind, telling it to take over in peace, harmony, and divine order. You will find that all the functions of your body will become normal again. Be sure to speak to your subconscious mind with authority and conviction, and it will conform to your command.

Your subconscious seeks to preserve your life and restore you to health at all costs. It causes you to love your children which also illustrates an instinctive desire to preserve all life. Let us suppose you accidentally ate some bad food. Your subconscious mind would cause you to regurgitate it. If you inadvertently took some poison, your subconscious powers would proceed to neutralize it. If you completely entrusted yourself to its wonder-working power, you would be entirely restored to health.

HOW TO GET THE SUBCONSCIOUS TO WORK FOR YOU

The first thing to realize is that your subconscious mind is always working. It is active night and day, whether you act upon it or not. Your subconscious is the builder of your body, but you cannot consciously perceive or hear that inner silent process. Your business is with your conscious mind and not your subconscious mind. Just keep your conscious mind busy with the expectation of the best, and make sure the thoughts you habitually think are based on whatsoever things are lovely, true, just, and of good report. Begin now to take care of your conscious mind, knowing in your heart and soul that your subconscious mind is always expressing, reproducing, and manifesting according to your habitual thinking.

Remember, just as water takes the shape of the pipe it flows through, the life principle in you flows through you according to the nature of your thoughts. Claim that the healing presence in your subconscious is flowing through you as harmony, health, peace, joy, and abundance. Think of it as a living intelligence, a lovely companion on the way. Firmly believe it is continually flowing through you vivifying, inspiring, and prospering you. It will respond exactly this way. It is done unto you as you believe.

HEALING PRINCIPLE OF THE SUBCONSCIOUS RESTORES ATROPHIED OPTIC NERVES

There is the well-known, duly authenticated case of Madame Bire of France, recorded in the archives of the medical department of Lourdes, France. She was blind, the optic nerves were atrophied and useless. She visited Lourdes and had what she termed a miraculous healing. Ruth Cranston, a Protestant young lady who investigated and wrote about healings at Lourdes in *McCall's* magazine, November, 1955, writes about Madame Bire as follows: "At Lourdes she regained her sight incredibly, with the optic nerves still lifeless and useless, as several doctors could testify after repeated examinations. A month later, upon re-examination, it was found that the seeing mechanism had been restored to normal. But at first, so far as medical examination could tell, she was seeing with 'dead eyes.'"

I have visited Lourdes several times where I, too, witnessed some healings, and of course, as we shall explain in the next chapter, there is no doubt that healings take place at many shrines throughout the world, Christian and non-Christian.

Madame Bire, to whom we just referred, was not healed by the waters of the shrine, but by her own subconscious mind which responded to her belief. The healing principle within her subconscious mind responded to the nature of her thought. Belief is a thought in the subconscious mind. It means to accept something as true. The thought accepted executes itself automatically. Undoubtedly, Madame Bire went to the shrine with expectancy and great faith, knowing in her heart she would receive a healing. Her subconscious mind responded accordingly, releasing the ever present healing forces. The subconscious mind which created the eye can certainly bring a dead nerve back to life. What the creative principle created, it can re-create. *According to your belief is it done unto you.*

HOW TO CONVEY THE IDEA OF PERFECT HEALTH TO YOUR SUBCONSCIOUS MIND

A Protestant minister I knew in Johannesburg, South Africa, told me the method he used to convey the idea of perfect health to his subconscious mind. He had cancer of the lung. His technique, as given to me in his own handwriting, is exactly as follows: "Several times a day I would make certain that I was completely relaxed mentally and physically. I relaxed my body by speaking to it as follows, 'My feet are relaxed, my ankles are relaxed, my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my head is relaxed, my whole being is completely relaxed.' After about five minutes I would be in a sleepy drowsy state, and then I affirmed the following truth: 'The perfection of God is now being expressed through me. The idea of perfect health is now filling my subconscious mind. The image God has of me is a perfect image, and my subconscious mind re-creates my body in perfect accordance with the perfect image held in the mind of God.'" This minister had a remarkable healing. This is a simple easy way of conveying the idea of perfect health to your subconscious mind.

Another wonderful way to convey the idea of health to your subconscious is through disciplined or scientific imagination. I told a man who was suffering from functional paralysis to make a vivid picture of himself walking around in his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. I explained to him that this idea and mental picture of perfect health would be accepted by his subconscious mind.

He lived the role and actually felt himself back in the office. He knew that he was giving his subconscious mind something definite to work upon. His subconscious mind was the film upon which the picture was impressed. One day, after several weeks of frequent conditioning of the mind with this mental picture, the telephone rang by prearrangement and kept ringing while his wife and nurse were out. The telephone was about twelve feet away, but nevertheless he managed to answer it. He was healed at that hour. The healing

power of his subconscious mind responded to his mental imagery, and a healing followed.

This man had a mental block which prevented impulses from the brain reaching his legs, therefore, he said he could not walk. When he shifted his attention to the healing power within him, the power flowed through his focused attention, enabling him to walk.

Whatsoever ye shall ask in prayer, believing, ye shall receive.
MATTHEW 21:22.

IDEAS WORTH REMEMBERING

1. Your subconscious mind controls all the vital processes of your body and knows the answer to all problems.
2. Prior to sleep, turn over a specific request to your subconscious mind and prove its miracle-working power to yourself.
3. Whatever you impress on your subconscious mind is expressed on the screen of space as conditions, experiences, and events. Therefore, you should carefully watch all ideas and thoughts entertained in your conscious mind.
4. The law of action and reaction is universal. Your thought is action, and the reaction is the automatic response of your subconscious mind to your thought. Watch your thoughts!
5. All frustration is due to unfulfilled desires. If you dwell on obstacles, delays, and difficulties, your subconscious mind responds accordingly, and you are blocking your own good.
6. The Life Principle will flow through you rhythmically and harmoniously if you consciously affirm: "I believe that the subconscious power which gave me this desire is now fulfilling it through me." This dissolves all conflicts.
7. You can interfere with the normal rhythm of your heart, lungs, and other organs by worry, anxiety, and fear. Feed your subconscious with thoughts of harmony, health, and peace, and all the functions of your body will become normal again.

8. Keep your conscious mind busy with the expectation of the best, and your subconscious will faithfully reproduce your habitual thinking.
9. Imagine the happy ending or solution to your problem, feel the thrill of accomplishment, and what you imagine and feel will be accepted by your subconscious mind and bring it to pass.

CHAPTER FOUR

MENTAL HEALINGS IN ANCIENT TIMES

Down through the ages men of all nations have somehow instinctively believed that somewhere there resided a healing power which could restore to normal the functions and sensations of man's body. They believed that this strange power could be invoked under certain conditions, and that the alleviation of human suffering would follow. The history of all nations presents testimony in support of this belief.

In the early history of the world the power of secretly influencing men for good or evil, including the healing of the sick, was said to be possessed by the priests and holy men of all nations. Healing of the sick was supposed to be a power derived directly by them from God, and the procedures and processes of healing varied throughout the world. The healing processes took the form of supplications to God attended by various ceremonies, such as the laying on of hands, incantations, and the application of amulets, talismans, rings, relics, and images.

For example, in the religions of antiquity priests in the ancient temples gave drugs to the patient and practiced hypnotic suggestions prior to the patient's sleep, telling him that the gods would visit him in his sleep and heal him. Many healings followed. Obviously, all this was the work of potent suggestions to the subconscious mind.

After the performance of certain mysterious rites, the devotees of Hecate would see the goddess during sleep, provided that before going to sleep they had prayed to her according to weird and fantastic instructions. They were told to mix lizards with resin, frankincense, and myrrh, and pound all this together in the open air

under the crescent moon. Healings were reported in many cases following this grotesque procedure.

It is obvious that these strange procedures, as mentioned in the illustrations given, favored suggestion and acceptance by the subconscious mind of these people by making a powerful appeal to their imagination. Actually, in all these healings, the subconscious mind of the subject was the healer.

In all ages unofficial healers have obtained remarkable results in cases where authorized medical skill has failed. This gives cause for thought. How do these healers in all parts of the world effect their cures? The answer to all these healings is due to the blind belief of the sick person which released the healing power resident in his subconscious mind. Many of the remedies and methods employed were rather strange and fantastic which fired the imagination of the patients, causing an aroused emotional state. This state of mind facilitated the suggestion of health, and was accepted both by the conscious and subconscious mind of the sick. This will be elaborated on further in the next chapter.

BIBLICAL ACCOUNTS ON THE USE OF THE SUBCONSCIOUS POWERS

What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. MARK 11:24.

Note the difference in tenses. The inspired writer tells us to believe and accept as true the fact that our desire has already been accomplished and fulfilled, that it is already completed, and that its realization will follow as a thing in the future.

The success of this technique depends on the confident conviction that the thought, the idea, the picture is already a fact in mind. In order for anything to have substance in the realm of mind, it must be thought of as actually existing there.

Here in a few cryptic words is a concise and specific direction for making use of the creative power of thought by impressing upon the subconscious the particular thing which you desire. Your thought, idea, plan, or purpose is as real on its own plane as your hand or

your heart. In following the Biblical technique, you completely eliminate from your mind all consideration of conditions, circumstances, or anything which might imply adverse contingencies. You are planting a seed (concept) in the mind which, if you leave it undisturbed, will infallibly germinate into external fruition.

The prime condition which Jesus insisted upon was faith. Over and over again you read in the Bible, *According to your faith is it done unto you*. If you plant certain types of seeds in the ground, you have faith they will grow after their kind. This is the way of seeds, and trusting the laws of growth and agriculture, you know that the seeds will come forth after their kind. Faith as mentioned in the Bible is a way of thinking, an attitude of mind, an inner certitude, knowing that the idea you fully accept in your conscious mind will be embodied in your subconscious mind and made manifest. Faith is, in a sense, accepting as true what your reason and senses deny, i.e., a shutting out of the little, rational, analytical, conscious mind and embracing an attitude of complete reliance on the inner power of your subconscious mind.

A classical instance of Bible technique is recorded in MATTHEW 9:28-30. *And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. Then touched he their eyes, saying, according to your faith be it unto you. And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.*

In the words *according to your faith be it unto you*, you can see that Jesus was actually appealing to the co-operation of the subconscious mind of the blind men. Their faith was their great expectancy, their inner feeling, their inner conviction that something miraculous would happen, and that their prayer would be answered, and it was. This is the time-honored technique of healing, utilized alike by all healing groups throughout the world regardless of religious affiliation.

In the words *see that no man know it*, Jesus enjoins the newly healed patients not to discuss their healing because they might be subjected to the skeptical and derogatory criticisms of the

unbelieving. This might tend to undo the benefits they had received at the hand of Jesus by depositing thoughts of fear, doubt, and anxiety in the subconscious mind.

. . . for with authority and power he commandeth the unclean spirits, and they come out. LUKE 4:36.

When the sick came to Jesus to be healed, they were healed by their faith together with his faith and understanding of the healing power of the subconscious mind. Whatever he decreed, he felt inwardly to be true. He and the people needing help were in the one universal subjective mind, and his silent inner knowing and conviction of the healing power changed the negative destructive patterns in the patients' subconscious. The resultant healings were the automatic response to the internal mental change. His command was his appeal to the subconscious mind of the patients plus his awareness, feeling, and absolute trust in the response of the subconscious mind to the words which he spoke with authority.

MIRACLES AT VARIOUS SHRINES THROUGHOUT THE WORLD

It is an established fact that cures have taken place at various shrines throughout the world, such as in Japan, India, Europe, and America. I have visited several of the famous shrines in Japan. At the world famous shrine called Diabutsu is a gigantic divinity of bronze where Buddha is seated with folded hands, and the head is inclined in an attitude of profound contemplative ecstasy. It is 42 feet in height and is called the great Buddha. Here I saw young and old making offerings at its feet. Money, fruit, rice, and oranges were offered. Candles were lit, incense was burned, and prayers of petition recited.

The guide explained the chant of a young girl as she murmured a prayer, bowed low, and placed two oranges as an offering. She also lit a candle. He said she had lost her voice, and it was restored at the shrine. She was thanking Buddha for restoring her voice. She had the simple faith that Buddha would give her back her singing voice if she followed a certain ritual, fasted, and made certain offerings. All

this helped to kindle faith and expectancy, resulting in a conditioning of her mind to the point of belief. Her subconscious mind responded to her belief.

To illustrate further the power of imagination and blind belief I will relate the case of a relative of mine who had tuberculosis. His lungs were badly diseased. His son decided to heal his father. He came home to Perth, Western Australia, where his father lived, and said to him that he had met a monk who had returned from one of the healing shrines in Europe. This monk sold him a piece of the true cross. He said that he gave the monk the equivalent of \$500 for it.

This young man had actually picked up a splinter of wood from the sidewalk, went to the jeweler's, and had it set in a ring so that it looked real. He told his father that many were healed just by touching the ring or the cross. He inflamed and fired his father's imagination to the point that the old gentleman snatched the ring from him, placed it over his chest, prayed silently, and went to sleep. In the morning he was healed. All the clinic's tests proved negative.

You know, of course, it was not the splinter of wood from the sidewalk that healed him. It was his imagination aroused to an intense degree, plus the confident expectancy of a perfect healing. Imagination was joined to faith or subjective feeling, and the union of the two brought about a healing. The father never learned of the trick that had been played upon him. If he had, he probably would have had a relapse. He remained completely cured and passed away fifteen years later at the age of 89.

ONE UNIVERSAL HEALING PRINCIPLE

It is a well-known fact that all of the various schools of healing effect cures of the most wonderful character. The most obvious conclusion, which strikes your mind is that there must be some underlying principle which is common to them all, namely, the subconscious mind, and the one process of healing is faith.

It will now be in order to recall to your mind once more the following fundamental truths:

First that you possess mental functions which have been distinguished by designating one the conscious mind and the other the subconscious mind.

Secondly, your subconscious mind is constantly amenable to the power of suggestion. Furthermore, your subconscious mind has complete control of the functions, conditions, and sensations of your body.

I venture to believe that all the readers of this book are familiar with the fact that symptoms of almost any disease can be induced in hypnotic subjects by suggestion. For example, a subject in the hypnotic state can develop a high temperature, flushed face, or chills according to the nature of the suggestion given. By experiment, you can suggest to the person that he is paralyzed and cannot walk: it will be so. By illustration, you can hold a cup of cold water under the nose of the hypnotic subject and tell him, "This is full of pepper; smell it!" He will proceed to sneeze. What do you think caused him to sneeze, the water or the suggestion?

If a man says he is allergic to Timothy grass, you can place a synthetic flower or an empty glass in front of his nose, when he is in a hypnotic state, and tell him it is Timothy grass. He will portray the usual allergic symptoms. This indicates that the cause of the disease is in the mind. The healing of the disease can also take place mentally.

You realize that remarkable healings take place through osteopathy, chiropractic medicine, and naturopathy, as well as through all the various religious bodies throughout the world, but it is obvious that all of these healings are brought about through the subconscious mind—the only healer there is.

Notice how it heals a cut on your face caused by shaving. It knows exactly how to do it. The doctor dresses the wound and says, "Nature heals it!" Nature refers to natural law, the law of the subconscious mind, or self-preservation which is the function of the subconscious mind. The instinct of self-preservation is the first law of nature. Your strongest instinct is the most potent of all autosuggestions.

WIDELY DIFFERENT THEORIES

It would be tedious and unprofitable to discuss to any great extent the numerous theories advanced by different religious sects and prayer therapy groups. There are a great number who claim that because their theory produces results it is, therefore, the correct one. This, as explained in this chapter, cannot be true.

You are aware that there are all types of healing. Franz Anton Mesmer, a German physician (1734–1815) who practiced in Paris, discovered that by applying magnets to the diseased body, he could cure that disease miraculously. He also performed cures with various other pieces of glass and metals. He discontinued this form of healing and claimed that his cures were due to “animal magnetism,” theorizing that this substance was projected from the healer to the patient.

His method of treating disease from then on was by hypnotism which was called mesmerism in his day. Other physicians said that all his healings were due to suggestion and nothing else.

All of these groups, such as psychiatrists, psychologists, osteopaths, chiropractors, physicians, and all the churches are using the one universal power resident in the subconscious mind. Each may proclaim the healings are due to their theory. The process of all healing is a definite, positive, mental attitude, an inner attitude, or a way of thinking, called faith. Healing is due to a confident expectancy which acts as a powerful suggestion to the subconscious mind releasing its healing potency.

One man does not heal by a different power than another. It is true he may have his own theory or method. There is only one process of healing and that is faith. There is only one healing power, namely, your subconscious mind. Select the theory and method you prefer. You can rest assured, if you have faith, you shall get results.

VIEWS OF PARACELSUS

Philippus Paracelsus, a famous Swiss alchemist and physician, who lived from 1493 to 1541, was a great healer in his day. He stated

what is now an obvious scientific fact when he uttered these words, “Whether the object of your faith be real or false, you will nevertheless obtain the same effects. Thus, if I believed in Saint Peter’s statue as I should have believed in Saint Peter himself, I shall obtain the same effects that I should have obtained from Saint Peter. But that is superstition. Faith, however, produces miracles; and whether it is true or false faith, it will always produce the same wonders.”

The views of Paracelsus were also entertained in the sixteenth century by Pietro Pomponazzi, an Italian philosopher and contemporary of Paracelsus, who said, “We can easily conceive the marvelous effects which confidence and imagination can produce, particularly when both qualities are reciprocated between the subjects and the person who influences them. The cures attributed to the influence of certain relics are the effect of their imagination and confidence. Quacks and philosophers know that if the bones of any skeleton were put in place of the saint’s bones, the sick would nonetheless experience beneficial effects, if they believed that they were veritable relics.”

Then, if you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will get results because of the powerful suggestion given to your subconscious mind. It is the latter that does the healing.

BERNHEIM’S EXPERIMENTS

Hippolyte Bernheim, professor of medicine at Nancy, France, 1910-1919, was the expounder of the fact that the suggestion of the physician to the patient was exerted through the subconscious mind.

Bernheim, in his *Suggestive Therapeutics*, page 197, tells a story of a man with paralysis of the tongue which had yielded to no form of treatment. His doctor told the patient that he had a new instrument with which he promised to heal him. He introduced a pocket thermometer into the patient’s mouth. The patient imagined it to be the instrument which was to save him. In a few moments he cried out joyfully that he could once more move his tongue freely.

“Among our cases,” continues Bernheim, “facts of the same sort will be found. A young girl came into my office, having suffered from complete loss of speech for nearly four weeks. After making sure of the diagnosis, I told my students that loss of speech sometimes yielded instantly to electricity, which might act simply by its suggestive influence. I sent for the induction apparatus. I applied my hand over the larynx and moved a little, and said, ‘Now you can speak aloud.’ In an instant I made her say ‘a,’ then ‘b,’ then ‘Maria.’ She continued to speak distinctly; the loss of voice had disappeared.”

Here Bernheim is showing the power of faith and expectancy on the part of the patient which acts as a powerful suggestion to the subconscious mind.

PRODUCING A BLISTER BY SUGGESTION

Bernheim states that he produced a blister on the back of a patient’s neck by applying a postage stamp and suggesting to the patient that it was a fly-plaster. This has been confirmed by the experiments and experiences of many doctors in many parts of the world, which leave no doubt that structural changes are a possible result of oral suggestion to patients.

THE CAUSE OF BLOODY STIGMATA

In Hudson’s *Law of Psychic Phenomena*, page 153, he states, “Hemorrhages and bloody stigmata may be induced in certain subjects by means of suggestion.

“Dr. M. Bourru put a subject into the somnambulistic condition, and gave him the following suggestion: ‘At four o’clock this afternoon, after the hypnosis, you will come into my office, sit down in the armchair, cross your arms upon your breast, and your nose will begin to bleed.’ At the hour appointed the young man did as directed. Several drops of blood came from the left nostril.

“On another occasion the same investigator traced the patient’s name on both his forearms with the dull point of an instrument. Then when the patient was in the somnambulistic condition, he said, ‘At four o’clock this afternoon you will go to sleep, and your arms will bleed along the lines which I have traced, and your name will appear written on your arms in letters of blood.’ He was watched at four o’clock and seen to fall asleep. On the left arm the letters stood out in bright relief, and in several places there were drops of blood. The letters were still visible three months afterward, although they had gradually grown faint.”

These facts demonstrate at once the correctness of the two fundamental propositions previously stated, namely, the constant amenability of the subconscious mind to the power of suggestion and the perfect control which the subconscious mind exercises over the functions, sensations, and conditions of the body.

All the foregoing phenomena dramatize vividly abnormal conditions induced by suggestion, and are conclusive proof that *as a man thinketh in his heart* [subconscious mind] *so is he*.

HEALING POINTS IN REVIEW

1. Remind yourself frequently that the healing power is in your own subconscious mind.
2. Know that faith is like a seed planted in the ground; it grows after its kind. Plant the idea (seed) in your mind, water and fertilize it with expectancy, and it will manifest.
3. The idea you have for a book, new invention, or play is real in your mind. This is why you can believe you have it now. Believe in the reality of your idea, plan, or invention, and as you do, it will become manifest.
4. In praying for another, know that your silent inner knowing of wholeness, beauty, and perfection can change the negative patterns of the other’s subconscious mind and bring about wonderful results.
5. The miraculous healings you hear about at various shrines are due to imagination and blind faith which act on the

subconscious mind, releasing the healing power.

6. All disease originates in the mind. Nothing appears on the body unless there is a mental pattern corresponding to it.
7. The symptoms of almost any disease can be induced in you by hypnotic suggestion. This shows you the power of your thought.
8. There is only one process of healing and that is faith. There is only one healing power, namely, your subconscious mind.
9. Whether the object of your faith is real or false, you will get results. Your subconscious mind responds to the thought in your mind. Look upon faith as a thought in your mind, and that will suffice.

CHAPTER FIVE

MENTAL HEALINGS IN MODERN TIMES

Everyone is definitely concerned with the healing of bodily conditions and human affairs. What is it that heals? Where is this healing power? These are questions asked by everyone. The answer is that this healing power is in the subconscious mind of each person, and a changed mental attitude on the part of the sick person releases this healing power.

No mental or religious science practitioner, psychologist, psychiatrist, or medical doctor ever healed a patient. There is an old saying, “The doctor dresses the wound, but God heals it.” The psychologist or psychiatrist proceeds to remove the mental blocks in the patient so that the healing principle may be released, restoring the patient to health. Likewise, the surgeon removes the physical block enabling the healing currents to function normally. No physician, surgeon, or mental science practitioner claims that “he healed the patient.” The one healing power is called by many names—Nature, Life, God, Creative Intelligence, and Subconscious Power.

As previously outlined, there are many different methods used to remove the mental, emotional, and physical blocks which inhibit the flow of the healing life principle animating all of us. The healing principle resident in your subconscious mind can and will, if properly directed by you or some other person, heal your mind and body of all disease. This healing principle is operative in all men regardless of creed, color, or race. You do not have to belong to some particular church in order to use and participate in this healing process. Your subconscious will heal the burn or cut on your hand even though you profess to be an atheist or agnostic.

The modern mental therapeutic procedure is based on the truth that the infinite intelligence and power of your subconscious mind

responds according to your faith. The mental science practitioner or minister follows the injunction of the Bible, i.e., he goes into his closet and shuts the door, which means he stills his mind, relaxes, lets go, and thinks of the infinite healing presence within him. He closes the door of his mind to all outside distractions as well as appearances, and then he quietly and knowingly turns over his request or desire to his subconscious mind, realizing that the intelligence of his mind will answer him according to his specific needs.

The most wonderful thing to know is this: Imagine the end desired and feel its reality; then the infinite life principle will respond to your conscious choice and your conscious request. This is the meaning of *believe you have received, and you shall receive*. This is what the modern mental scientist does when he practices prayer therapy.

ONE PROCESS OF HEALING

There is only one universal healing principle operating through everything—the cat, the dog, the tree, the grass, the wind, the earth—for everything is alive. This life principle operates through the animal, vegetable, and mineral kingdoms as instinct and the law of growth. Man is consciously aware of this life principle, and he can consciously direct it to bless himself in countless ways.

There are many different approaches, techniques, and methods in using the universal power, but there is only one process of healing, which is faith, for *according to your faith is it done unto you*.

THE LAW OF BELIEF

All religions of the world represent forms of belief, and these beliefs are explained in many ways. The law of life is belief. What do you believe about yourself, life, and the universe? *It is done unto you as you believe*.

Belief is a thought in your mind which causes the power of your subconscious to be distributed into all phases of your life according

to your thinking habits. You must realize the Bible is not talking about your belief in some ritual, ceremony, form, institution, man, or formula. It is talking about belief itself. The belief of your mind is simply the thought of your mind. *If thou canst believe, all things are possible to him that believeth.* MARK 9:23.

It is foolish to believe in something to hurt or harm you. Remember, it is not the thing believed in that hurts or harms you, but the belief or thought in your mind which creates the result. All your experiences, all your actions, and all the events and circumstances of your life are but the reflections and reactions to your own thought.

PRAYER THERAPY IS THE COMBINED FUNCTION OF THE CONSCIOUS AND SUBCONSCIOUS MIND SCIENTIFICALLY DIRECTED

Prayer therapy is the synchronized, harmonious, and intelligent function of the conscious and subconscious levels of mind specifically directed for a definite purpose. In scientific prayer or prayer therapy, you must know what you are doing and why you are doing it. You trust the law of healing. Prayer therapy is sometimes referred to as mental treatment, and another term is scientific prayer.

In prayer therapy you consciously choose a certain idea, mental picture, or plan which you desire to experience. You realize your capacity to convey this idea or mental image to your subconscious by feeling the reality of the state assumed. As you remain faithful in your mental attitude, your prayer will be answered. Prayer therapy is a definite mental action for a definite specific purpose.

Let us suppose that you decide to heal a certain difficulty by prayer therapy. You are aware that your problem or sickness, whatever it may be, must be caused by negative thoughts charged with fear and lodged in your subconscious mind, and that if you can succeed in cleansing your mind of these thoughts, you will get a healing.

You, therefore, turn to the healing power within your own subconscious mind and remind yourself of its infinite power and

intelligence and its capacity to heal all conditions. As you dwell on these truths, your fear will begin to dissolve, and the recollection of these truths also corrects the erroneous beliefs.

You give thanks for the healing that you know will come, and then you keep your mind off the difficulty until you feel guided, after an interval, to pray again. While you are praying, you absolutely refuse to give any power to the negative conditions or to admit for a second that the healing will not come. This attitude of mind brings about the harmonious union of the conscious and subconscious mind, which releases the healing power.

FAITH HEALING, WHAT IT MEANS, AND HOW BLIND FAITH WORKS

What is popularly termed faith healing is not the faith mentioned in the Bible, which means a knowledge of the interaction of the conscious and subconscious mind. A faith healer is one who heals without any real scientific understanding of the powers and forces involved. He may claim that he has a special gift of healing, and the sick person's blind belief in him or his powers may bring results.

The voodoo doctor in South Africa and other parts of the world may heal by incantations, or a person may be healed by touching the so-called bones of saints, or anything else which cause the patients to honestly believe in the method or process.

Any method which causes you to move from fear and worry to faith and expectancy will heal. There are many persons, each of whom claims that because his personal theory produces results, it is, therefore, the correct one. This, as already explained in this chapter, cannot be true.

To illustrate how blind faith works: You will recall our discussion of the German physician Franz Anton Mesmer. In 1776 he claimed many cures when he stroked diseased bodies with artificial magnets. Later on he threw away his magnets and evolved the theory of animal magnetism. This he held to be a fluid which pervades the universe, but is most active in the human organism.

He claimed that this magnetic fluid which was going forth from him to his patients healed them. People flocked to him, and many wonderful cures were effected.

Mesmer moved to Paris, and while there the Government appointed a commission composed of physicians and members of the Academy of Science, of which Benjamin Franklin was a member, to investigate his cures. The report admitted the leading facts claimed by Mesmer, but held that there was no evidence to prove the correctness of his magnetic fluid theory, and said the effects were due to the imagination of the patients.

Soon after this, Mesmer was driven into exile, and died in 1815. Shortly afterwards, Dr. Braid of Manchester undertook to show that magnetic fluid had nothing to do with the production of the healings of Dr. Mesmer. Dr. Braid discovered that patients could be thrown into hypnotic sleep by suggestion, during which many of the well-known phenomena ascribed to magnetism by Mesmer could be produced.

You can readily see that all these cures were undoubtedly brought about by the active imagination of the patients together with a powerful suggestion of health to their subconscious minds. All this could be termed blind faith as there was no understanding in those days as to how the cures were brought about.

SUBJECTIVE FAITH AND WHAT IT MEANS

You will recall the proposition, which need not be repeated at length, that the subjective or subconscious mind of an individual is as amenable to the control of his own conscious objective mind as it is by the suggestions of another. It follows that whatever may be your objective belief, if you will assume to have faith actively or passively, your subconscious mind will be controlled by the suggestion, and your desire will be fulfilled.

The faith required in mental healings is a purely subjective faith, and it is attainable upon the cessation of active opposition on the part of the objective or conscious mind.

In the healing of the body it is, of course, desirable to secure the concurrent faith of both the conscious and subconscious mind. However, it is not always essential if you will enter into a state of passivity and receptivity by relaxing the mind and the body and getting into a sleepy state. In this drowsy state your passivity becomes receptive to subjective impression.

Recently, I was asked by a man, "How is it that I got a healing through a minister? I did not believe what he said when he told me that there is no such thing as disease and that matter does not exist."

This man at first thought his intelligence was being insulted, and he protested against such a palpable absurdity. The explanation is simple. He was quieted by soothing words and told to get into a perfectly passive condition, to say nothing, and think of nothing for the time being. His minister also became passive, and affirmed quietly, peacefully, and constantly for about one half hour that this man would have perfect health, peace, harmony, and wholeness. He felt immense relief and was restored to health.

It is easy to see that his subjective faith had been made manifest by his passivity under treatment, and the suggestions of perfect healthfulness by the minister were conveyed to his subconscious mind. The two subjective minds were men *en rapport*.

The minister was not handicapped by antagonistic autosuggestions of the patient arising from objective doubt of the power of the healer or the correctness of the theory. In this sleepy, drowsy state the conscious mind resistance is reduced to a minimum, and results followed. The subconscious mind of the patient being necessarily controlled by such suggestion exercised its functions in accordance therewith, and a healing followed.

THE MEANING OF ABSENT TREATMENT

Suppose you learned that your mother was sick in New York City and you lived in Los Angeles. Your mother would not be physically present where you are, but you could pray for her. *It is the Father within which doeth the work.*

The creative law of mind (subconscious mind) serves you and will do the work. Its response to you is automatic. Your treatment is for the purpose of inducing an inner realization of health and harmony in your mentality. This inner realization, acting through the subconscious mind, operates through your mother's subconscious mind as there is but one creative mind. Your thoughts of health, vitality, and perfection operate through the one universal subjective mind, and set a law in motion on the subjective side of life which manifests through her body as a healing.

In the mind principle there is no time or space. It is the same mind that operates through your mother no matter where she may be. In reality there is no absent treatment as opposed to present treatment for the universal mind is omnipresent. You do not try to send out thoughts or hold a thought. Your treatment is a conscious movement of thought, and as you become conscious of the qualities of health, well-being, and relaxation, these qualities will be resurrected in the experience of your mother, and results will follow.

The following is a perfect example of what is called absent treatment. Recently, a listener of our radio program in Los Angeles prayed as follows for her mother in New York who had a coronary thrombosis: "The healing presence is right where my mother is. Her bodily condition is but a reflection of her thought-life like shadows cast on the screen. I know that in order to change the images on the screen I must change the projection reel. My mind is the projection reel, and I now project in my own mind the image of wholeness, harmony, and perfect health for my mother. The infinite healing presence which created my mother's body and all her organs is now saturating every atom of her being, and a river of peace flows through every cell of her body. The doctors are divinely guided and directed, and whoever touches my mother is guided to do the right thing. I know that disease has no ultimate reality; if it had, no one could be healed. I now align myself with the infinite principle of love and life, and I know and decree that harmony, health, and peace are now being expressed in my mother's body."

She prayed in the above manner several times daily, and her mother had a most remarkable recovery after a few days, much to

the amazement of her specialist. He complimented her on her great faith in the power of God.

The conclusion arrived at in the daughter's mind set the creative law of mind in motion on the subjective side of life, which manifested itself through her mother's body as perfect health and harmony. What the daughter felt as true about her mother was simultaneously resurrected in the experience of her mother.

RELEASING THE KINETIC ACTION OF THE SUBCONSCIOUS MIND

A psychologist friend of mine told me that one of his lungs was infected. X rays and analysis showed the presence of tuberculosis. At night before going to sleep he would quietly affirm, "Every cell, nerve, tissue, and muscle of my lungs is now being made whole, pure, and perfect. My whole body is being restored to health and harmony."

These are not his exact words, but they represent the essence of what he affirmed. A complete healing followed in about a month's time. Subsequent X rays showed a perfect healing.

I wanted to know his method, so I asked him why he repeated the words prior to sleep. Here is his reply: "The kinetic action of the subconscious mind continues throughout your sleep-time period. Hence, give the subconscious mind something good to work on as you drop off into slumber." This was a very wise answer. In thinking of harmony and perfect health, he never mentioned his trouble by name.

I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above-mentioned psychologist, become a mental surgeon. Then your troubles will be cut off like dead branches are pruned from a tree.

If you are constantly naming your aches and symptoms, you inhibit the kinetic action, which means the release of the healing power and energy of your subconscious mind. Furthermore, by the law of your own mind, these imaginings tend to take shape, As *the*

thing I greatly feared. Fill your mind with the great truths of life and walk forward in the light of love.

SUMMARY OF YOUR AIDS TO HEALTH

1. Find out what it is that heals you. Realize that correct directions given to your subconscious mind will heal your mind and body.
2. Develop a definite plan for turning over your requests or desires to your subconscious mind.
3. Imagine the end desired and feel its reality. Follow it through, and you will get definite results.
4. Decide what belief is. Know that belief is a thought in your mind, and what you think you create.
5. It is foolish to believe in sickness as something to hurt or to harm you. Believe in perfect health, prosperity, peace, wealth, and divine guidance.
6. Great and noble thoughts upon which you habitually dwell become great acts.
7. Apply the power of prayer therapy in your life. Choose a certain plan, idea, or mental picture. Mentally and emotionally unite with that idea, and as you remain faithful to your mental attitude, your prayer will be answered.
8. Always remember, if you really want the power to heal, you can have it through faith, which means a knowledge of the working of your conscious and subconscious mind. Faith comes with understanding.
9. Blind faith means that a person may get results in healing without any scientific understanding of the powers and forces involved.
10. Learn to pray for your loved ones who may be ill. Quiet your mind, and your thoughts of health, vitality, and perfection operating through the one universal subjective mind will be felt and resurrected in the mind of your loved one.

CHAPTER SIX

PRACTICAL TECHNIQUES IN MENTAL HEALINGS

An engineer has a technique and a process for building a bridge or an engine. Like the engineer, your mind also has a technique for governing, controlling, and directing your life. You must realize that methods and techniques are primary.

In building the Golden Gate bridge, the chief engineer understood mathematical principles, stresses and strains. Secondly, he had a picture of the ideal bridge across the bay. The third step was his application of tried and proven methods by which the principles were implemented until the bridge took form and we drive on it. There also are techniques and methods by which your prayers are answered. If your prayer is answered, there is a way in which it is answered, and this is a scientific way. Nothing happens by chance. This is a world of law and order. In this chapter you will find practical techniques for the unfolding and nurture of your spiritual life. Your prayers must not remain up in the air like a balloon. They must go somewhere and accomplish something in your life.

When we come to analyze prayer we discover there are many different approaches and methods. We will not consider in this book the formal, ritual prayers used in religious services. These have an important place in group worship. We are immediately concerned with the methods of personal prayer as it is applied in your daily life and as it is used to help others.

Prayer is the formulation of an idea concerning something we wish to accomplish. Prayer is the soul's sincere desire. Your desire is your prayer. It comes out of your deepest needs and it reveals the things you want in life. *Blessed are they that hunger and thirst after righteousness: for they shall be filled.* That is really prayer, life's

hunger and thirst for peace, harmony, health, joy, and all the other blessings of life.

THE PASSING-OVER TECHNIQUE FOR IMPREGNATING THE SUBCONSCIOUS

This consists essentially in inducing the subconscious mind to take over your request as handed it by the conscious mind. This passing-over is best accomplished in the reverie-like state. Know that in your deeper mind is Infinite Intelligence and Infinite Power. Just calmly think over what you want; see it coming into fuller fruition from this moment forward. Be like the little girl who had a very bad cough and a sore throat. She declared firmly and repeatedly, "It is passing away now. It is passing away now." It passed away in about an hour. Use this technique with complete simplicity and naïveté.

YOUR SUBCONSCIOUS WILL ACCEPT YOUR BLUEPRINT

If you were building a new home for yourself and family, you know that you would be intensely interested in regard to the blueprint for your home; you would see to it that the builders conformed to the blueprint. You would watch the material and select only the best wood, steel, in fact, the best of everything. What about your mental home and your mental blueprint for happiness and abundance? All your experiences and everything that enters into your life depend upon the nature of the mental building blocks which you use in the construction of your mental home.

If your blueprint is full of mental patterns of fear, worry, anxiety, or lack, and if you are despondent, doubtful, and cynical, then the texture of the mental material you are weaving into your mind will come forth as more toil, care, tension, anxiety, and limitation of all kinds.

The most fundamental and the most far-reaching activity in life is that which you build into your mentality every waking hour. Your word

is silent and invisible; nevertheless, it is real.

You are building your mental home all the time, and your thought and mental imagery represent your blueprint. Hour by hour, moment by moment, you can build radiant health, success, and happiness by the thoughts you think, the ideas which you harbor, the beliefs that you accept, and the scenes that you rehearse in the hidden studio of your mind. This stately mansion, upon the construction of which you are perpetually engaged, is your personality, your identity in this plane, your whole life story on this earth.

Get a new blueprint; build silently by realizing peace, harmony, joy, and good will in the present moment. By dwelling upon these things and claiming them, your subconscious will accept your blueprint and bring all these things to pass. *By their fruits ye shall know them.*

THE SCIENCE AND ART OF TRUE PRAYER

The term “science” means knowledge which is co-ordinated, arranged, and systematized. Let us think of the science and art of true prayer as it deals with the fundamental principles of life and the techniques and processes by which they can be demonstrated in your life, as well as in the life of every human being when he applies them faithfully. The art is your technique or process, and the science behind it is the definite response of creative mind to your mental picture or thought.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. MATTHEW 7:7.

Here you are told you shall receive that for which you ask. It shall be opened to you when you knock, and you shall find that for which you are searching. This teaching implies the definiteness of mental and spiritual laws. There is always a direct response from the Infinite Intelligence of your subconscious mind to your conscious thinking. If you ask for bread, you will not receive a stone. You must ask *believing*, if you are to receive. Your mind moves from the thought to the thing. Unless there is first an image in the mind, it cannot move, for there would be nothing for it to move toward. Your prayer, which

is your mental act, must be accepted as an image in your mind before the power from your subconscious will play upon it and make it productive. You must reach a point of acceptance in your mind, an unqualified and undisputed state of agreement.

This contemplation should be accompanied by a feeling of joy and restfulness in foreseeing the certain accomplishment of your desire. The sound basis for the art and science of true prayer is your knowledge and complete confidence that the movement of your conscious mind will gain a definite response from your subconscious mind which is one with boundless wisdom and infinite power. By following this procedure, your prayers will be answered.

THE VISUALIZATION TECHNIQUE

The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind's eye as vividly as if it were alive. You can see with the naked eye only what already exists in the external world; in a similar way, that which you can visualize in your mind's eye already exists in the invisible realms of your mind. Any picture which you have in your mind is *the substance of things hoped for and the evidence of things not seen*. What you form in your imagination is as real as any part of your body. The idea and the thought are real and will one day appear in your objective world if you are faithful to your mental image.

This process of thinking forms impressions in your mind; these impressions in turn become manifested as facts and experiences in your life. The builder visualizes the type of building he wants; he sees it as he desires it to be completed. His imagery and thought processes become a plastic mold from which the building will emerge—a beautiful or an ugly one, a skyscraper or a very low one. His mental imagery is projected as it is drawn on paper. Eventually, the contractor and his workers gather the essential materials, and the building progresses until it stands finished, conforming perfectly to the mental patterns of the architect.

I use the visualization technique prior to speaking from the platform. I quiet the wheels of my mind in order that I may present to

the subconscious mind my images of thought. Then, I picture the entire auditorium and the seats filled with men and women, and each one of them illumined and inspired by the infinite healing presence within each one. I see them as radiant, happy, and free.

Having first built up the idea in my imagination, I quietly sustain it there as a mental picture while I imagine I hear men and women saying, "I am healed," "I feel wonderful," "I've had an instantaneous healing," "I'm transformed." I keep this up for about ten minutes or more, knowing and feeling that each person's mind and body are saturated with love, wholeness, beauty, and perfection. My awareness grows to the point where in my mind I can actually hear the voices of the multitude proclaiming their health and happiness; then I release the whole picture and go onto the platform. Almost every Sunday some people stop and say that their prayers were answered.

MENTAL MOVIE METHOD

The Chinese say, "A picture is worth a thousand words." William James, the father of American psychology, stressed the fact that the subconscious mind will bring to pass any picture held in the mind and backed by faith. *Act as though I am, and I will be.*

A number of years ago I was in the Middle West lecturing in several states, and I desired to have a permanent location in the general area from which I could serve those who desired help. I traveled far, but the desire did not leave my mind. One evening, while in a hotel in Spokane, Washington, I relaxed completely on a couch, immobilized my attention, and in a quiet, passive manner imagined that I was talking to a large audience, saying in effect, "I am glad to be here; I have prayed for the ideal opportunity." I saw in my mind's eye the imaginary audience, and I felt the reality of it all. I played the role of the actor, dramatized this mental movie, and felt satisfied that this picture was being conveyed to my subconscious mind, which would bring it to pass in its own way. The next morning, on awakening, I felt a great sense of peace and satisfaction, and in a few days' time I received a telegram asking me to take over an

organization in the Midwest, which I did, and I enjoyed it immensely for several years.

The method outlined here appeals to many who have described it as “the mental movie method.” I have received numerous letters from people who listen to my radio talks and weekly public lectures, telling me of the wonderful results they get using this technique in the sale of their property. I suggest to those who have homes or property for sale that they satisfy themselves in their own mind that their price is right. Then, I claim that the Infinite Intelligence is attracting to them the buyer who really wants to have the property and who will love it and prosper in it. After having done this I suggest that they quiet their mind, relax, let go, and get into a drowsy, sleepy state which reduces all mental effort to a minimum. Then, they are to picture the check in their hands, rejoice in the check, give thanks for the check, and go off to sleep feeling the naturalness of the whole mental movie created in their own mind. They must act as though it were an objective reality, and the subconscious mind will take it as an impression, and through the deeper currents of the mind the buyer and the seller are brought together. A mental picture held in the mind, backed by faith, will come to pass.

THE BAUDOIN TECHNIQUE

Charles Baudoin was a professor at the Rousseau Institute in France. He was a brilliant psychotherapist and a research director of the New Nancy School of Healing, who in 1910 taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or a state akin to sleep in which all effort was reduced to a minimum. Then in a quiet, passive, receptive way, by reflection, he would convey the idea to the subconscious. The following is his formula: “A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea which is to be the object of suggestion, to sum it up in a brief phrase which can be readily graven on the memory, and to repeat it over and over again as a lullaby.”

Some years ago, a young lady in Los Angeles was engaged in a prolonged bitter family lawsuit over a will. Her husband had bequeathed his entire estate to her, and his sons and daughters by a previous marriage were bitterly fighting to break the will. The Baudoin technique was outlined to her, and this is what she did: She relaxed her body in an armchair, entered into the sleepy state and, as suggested, condensed the idea of her need into a phrase consisting of six words easily graven on the memory. "It is finished in Divine Order." The significance to her of these words meant that Infinite Intelligence operating through the laws of her subconscious mind would bring about a harmonious adjustment through the principle of harmony. She continued this procedure every night for about ten nights. After she got into a sleepy state, she would affirm slowly, quietly, and feelingly the statement: "It is finished in Divine Order," over and over again, feeling a sense of inner peace and an all-pervading tranquility; then she went off into her deep, normal sleep.

On the morning of the eleventh day, following the use of the above technique, she awakened with a sense of well-being, a conviction that *it was finished*. Her attorney called her the same day, saying that the opposing attorney and his clients were willing to settle. A harmonious agreement was reached, and litigation was discontinued.

THE SLEEPING TECHNIQUE

By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts, which tend to neutralize your desire and so prevent acceptance by your subconscious mind, are no longer present.

Suppose you want to get rid of a destructive habit. Assume a comfortable posture, relax your body, and be still. Get into a sleepy state, and in that sleepy state, say quietly, over and over again as a

lullaby, "I am completely free from this habit; harmony and peace of mind reign supreme." Repeat the above slowly, quietly, and lovingly for five or ten minutes night and morning. Each time you repeat the words the emotional value becomes greater. When the urge comes to repeat the negative habit, repeat the above formula out loud by yourself. By this means you induce the subconscious to accept the idea, and a healing follows.

THE "THANK YOU" TECHNIQUE

In the Bible, Paul recommends that we make known our requests with praise and thanksgiving. Some extraordinary results follow this simple method of prayer. The thankful heart is always close to the creative forces of the universe, causing countless blessings to flow toward it by the law of reciprocal relationship, based on a cosmic law of action and reaction.

For instance, a father promises his son a car for graduation; the boy has not yet received the car, but he is very thankful and happy, and is as joyous as though he had actually received the car. He knows his father will fulfill his promise, and he is full of gratitude and joy even though he has not yet received the car, objectively speaking. He has, however, received it with joy and thankfulness in his mind.

I shall illustrate how Mr. Broke applied this technique with excellent results. He said, "Bills are piling up, I am out of work, I have three children and no money. What shall I do?" Regularly every night and morning, for a period of about three weeks, he repeated the words, "Thank you, Father, for my wealth," in a relaxed, peaceful manner until the feeling or mood of thankfulness dominated his mind. He imagined he was addressing the infinite power and intelligence within him knowing, of course, that he could not see the creative intelligence or infinite mind. He was seeing with the inner eye of spiritual perception, realizing that his thought-image of wealth was the *first cause*, relative to the money, position, and food he needed. His thought-feeling was the substance of wealth untrammelled by antecedent conditions of any kind. By repeating,

“Thank you, Father,” over and over again, his mind and heart were lifted up to the point of acceptance, and when fear, thoughts of lack, poverty, and distress came into his mind, he would say, “Thank you, Father,” as often as necessary. He knew that as he kept up the thankful attitude he would recondition his mind to the idea of wealth, which is what happened.

The sequel to his prayer is very interesting. After praying in the above-mentioned manner, he met a former employer of his on the street whom he had not seen for twenty years. The man offered him a very lucrative position and advanced him \$500 on a temporary loan. Today, Mr. Broke is vice president of the company for which he works. His recent remark to me was, “I shall never forget the wonders of ‘Thank you, Father.’ It has worked wonders for me.”

THE AFFIRMATIVE METHOD

The effectiveness of an affirmation is determined largely by your understanding of the truth and the meaning back of the words, “*In praying use not vain repetition.*” Therefore, the power of your affirmation lies in the intelligent application of definite and specific positives. For example, a boy adds three and three and puts down seven on the blackboard. The teacher affirms with mathematical certainty that three and three are six; therefore, the boy changes his figures accordingly. The teacher’s statement did not make three and three equal six because the latter was already a mathematical truth. The mathematical truth caused the boy to rearrange the figures on the blackboard. It is abnormal to be sick; it is normal to be healthy. Health is the truth of your being. When you affirm health, harmony, and peace for yourself or another, and when you realize these are universal principles of your own being, you will rearrange the negative patterns of your subconscious mind based on your faith and understanding of that which you affirm.

The result of the affirmative process of prayer depends on your conforming to the principles of life, regardless of appearances. Consider for a moment that there is a principle of mathematics and none of error; there is a principle of truth but none of dishonesty.

There is a principle of intelligence but none of ignorance; there is a principle of harmony and none of discord. There is a principle of health but none of disease, and there is a principle of abundance but none of poverty.

The affirmative method was chosen by the author for use on his sister who was to be operated on for the removal of gallstones in a hospital in England. The condition described was based on the diagnosis of hospital tests and the usual X-ray procedures. She asked me to pray for her. We were separated geographically about 6,500 miles, but there is no time or space in the mind principle. Infinite mind or intelligence is present in its entirety at every point simultaneously. I withdrew all thought from the contemplation of symptoms and from the corporeal personality altogether. I affirmed as follows: "This prayer is for my sister Catherine. She is relaxed and at peace, poised, balanced, serene, and calm. The healing intelligence of her subconscious mind which created her body is now transforming every cell, nerve, tissue, muscle, and bone of her being according to the perfect pattern of all organs lodged in her subconscious mind. Silently, quietly, all distorted thought patterns in her subconscious mind are removed and dissolved, and the vitality, wholeness, and beauty of the life principle are made manifest in every atom of her being. She is now open and receptive to the healing currents which are flowing through her like a river, restoring her to perfect health, harmony, and peace. All distortions and ugly images are now washed away by the infinite ocean of love and peace flowing through her, and it is so."

I affirmed the above several times a day, and at the end of two weeks my sister had an examination which showed a remarkable healing, and the X ray proved negative.

To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer. Your thought can only affirm, for even if you deny something, you are actually affirming the presence of what you deny. Repeating an affirmation, knowing what you are saying and why you are saying it, leads the mind to that state of consciousness where it accepts that which you state as true. Keep

on affirming the truths of life until you get the subconscious reaction which satisfies.

THE ARGUMENTATIVE METHOD

This method is just what the word implies. It stems from the procedure of Dr. Phineas Parkhurst Quimby of Maine. Dr. Quimby, a pioneer in mental and spiritual healing, lived and practiced in Belfast, Maine, about one hundred years ago. A book called *The Quimby Manuscripts*, published in 1921 by Thomas Y. Crowell Company, New York City, and edited by Horatio Dresser, is available in your library. This book gives newspaper accounts of this man's remarkable results in prayer treatment of the sick. Quimby duplicated many of the healing miracles recorded in the Bible. In brief, the argumentative method employed according to Quimby consists of spiritual reasoning where you convince the patient and yourself that his sickness is due to his false belief, groundless fears, and negative patterns lodged in his subconscious mind. You reason it out clearly in your mind and convince your patient that the disease or ailment is due only to a distorted, twisted pattern of thought which has taken form in his body. This wrong belief in some external power and external causes has now externalized itself as sickness, and can be changed by changing the thought patterns.

You explain to the sick person that the basis of all healing is a change of belief. You also point out that the subconscious mind created the body and all its organs; therefore, it knows how to heal it, can heal it, and is doing so now as you speak. You argue in the courtroom of your mind that the disease is a shadow of the mind based on disease-soaked, morbid thought-imagery. You continue to build up all the evidence you can muster on behalf of the healing power within, which created all the organs in the first place, and which has a perfect pattern of every cell, nerve, and tissue within it. Then, you render a verdict in the courthouse of your mind in favor of yourself or your patient. You liberate the sick one by faith and spiritual understanding. Your mental and spiritual evidence is overwhelming; there being but one mind, what you feel as true will

be resurrected in the experience of the patient. This procedure is essentially the argumentative method used by Dr. Quimby of Maine from 1849 to 1869.

THE ABSOLUTE METHOD IS LIKE MODERN SOUND WAVE THERAPY

Many people throughout the world practice this form of prayer treatment with wonderful results. The person using the absolute method mentions the name of the patient, such as John Jones, then quietly and silently thinks of God and His qualities and attributes, such as, God is all bliss, boundless love, infinite intelligence, all-powerful, boundless wisdom, absolute harmony, indescribable beauty, and perfection. As he quietly thinks along these lines he is lifted up in consciousness into a new spiritual wavelength, at which times he feels the infinite ocean of God's love is now dissolving everything unlike itself in the mind and body of John Jones for whom he is praying. He feels all the power and love of God are now focused on John Jones, and whatever is bothering or vexing him is now completely neutralized in the presence of the infinite ocean of life and love.

The absolute method of prayer might be likened to the sound wave or sonic therapy recently shown me by a distinguished physician in Los Angeles. He has an ultra sound wave machine which oscillates at a tremendous speed and sends sound waves to any area of the body to which it is directed. These sound waves can be controlled, and he told me of achieving remarkable results in dissolving arthritic calcareous deposits, as well as the healing and removal of other disturbing conditions.

To the degree that we rise in consciousness by contemplating qualities and attributes of God, do we generate spiritual electronic waves of harmony, health, and peace. Many remarkable healings follow this technique of prayer.

A CRIPPLE WALKS

Dr. Phineas Parkhurst Quimby, of whom we spoke previously in this chapter, used the absolute method in the latter years of his healing career. He was really the father of psychosomatic medicine and the first psychoanalyst. He had the capacity to diagnose clairvoyantly the cause of the patient's trouble, pains, and aches.

The following is a condensed account of the healing of a cripple as recorded in Quimby's Manuscripts:

Quimby was called on to visit a woman who was lame, aged, and bedridden. He states that her ailment was due to the fact that she was imprisoned by a creed so small and contracted that she could not stand upright and move about. She was living in the tomb of fear and ignorance; furthermore, she was taking the Bible literally, and it frightened her. "In this tomb," Quimby said, "was the presence and power of God trying to burst the bands, break through the bonds, and rise from the dead." When she would ask others for an explanation of some passage of the Bible, the answer would be a stone; then she would hunger for the bread of life. Dr. Quimby diagnosed her case as a mind cloudy and stagnated, due to excitation and fear, caused by the inability to see clearly the meaning of the passage of the Bible which she had been reading. This showed itself in the body by her heavy and sluggish feeling which would terminate as paralysis.

At this point Quimby asked her what was meant in the Bible verses: *Yet a little while am I with you, and then I go unto Him that sent me. Ye shall seek me, and shall not find me: and where I am, thither ye cannot come.* JOHN 7:33–34. She replied that it meant Jesus went to heaven. Quimby explained what it really meant by telling her that *being with her a little while* meant his explanation of her symptoms, feelings, and their causes; i.e., he had compassion and sympathy for her momentarily, but he could not remain in that mental state. The next step was *to go to Him that sent us*, which, as Quimby pointed out, was the creative power of God in all of us.

Quimby immediately traveled in his mind and contemplated the divine ideal; i.e., the vitality, intelligence, harmony, and power of God functioning in the sick person. This is why he said to the woman, "Therefore, where I go you cannot come, for you are in your narrow, restricted belief, and I am in health." This prayer and explanation

produced an instantaneous sensation, and a change came over her mind. She walked without her crutches! Quimby said it was one of the most singular of all his healings. She was, as it were, dead to error, and to bring her to life or truth was to raise her from the dead. Quimby quoted the resurrection of Christ and applied it to her own Christ or health; this produced a powerful effect on her. He also explained to her that the truth which she accepted was the angel or idea which rolled away the stone of fear, ignorance, and superstition, thereby, releasing the healing power of God which made her whole.

THE DECREE METHOD

Power goes into our word according to the feeling and faith behind it. When we realize the power that moves the world is moving on our behalf and is backing up our word, our confidence and assurance grow. You do not try and add power to power; therefore, there must be no mental striving, coercion, force, or mental wrestling.

A young girl used the decree method on a young man who was constantly phoning her, pressing her for dates, and meeting her at her place of business; she found it very difficult to get rid of him. She decreed as follows: "I release . . . unto God. He is in his true place at all times. I am free, and he is free. I now decree that my words go forth into infinite mind and it brings it to pass. It is so." She said he vanished and she has never seen him since, adding, "It was as though the ground swallowed him up."

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. JOB 22:28.

SERVE YOURSELF WITH SCIENTIFIC TRUTH

1. Be a mental engineer and use tried and proven techniques in building a grander and greater life.
2. Your desire is your prayer. Picture the fulfillment of your desire now and feel its reality, and you will experience the joy of the answered prayer.

3. Desire to accomplish things the easy way—with the sure aid of mental science.
4. You can build radiant health, success, and happiness by the thoughts you think in the hidden studio of your mind.
5. Experiment scientifically until you personally prove that there is always a direct response from the infinite intelligence of your subconscious mind to your conscious thinking.
6. Feel the joy and restfulness in foreseeing the certain accomplishment of your desire. Any mental picture which you have in your mind is the substance of things hoped for and the evidence of things not seen.
7. A mental picture is worth a thousand words. Your subconscious will bring to pass any picture held in the mind backed by faith.
8. Avoid all effort or mental coercion in prayer. Get into a sleepy, drowsy state and lull yourself to sleep feeling and knowing that your prayer is answered.
9. Remember that the thankful heart is always close to the riches of the universe.
10. To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer.
11. Generate electronic waves of harmony, health, and peace by thinking of the love and the glory of God.
12. What you decree and feel as true will come to pass. Decree harmony, health, peace, and abundance.

CHAPTER SEVEN

THE TENDENCY OF THE SUBCONSCIOUS IS LIFEWARD

Over 90 percent of your mental life is subconscious, so men and women who fail to make use of this marvelous power live within very narrow limits.

Your subconscious processes are always lifeward and constructive. Your subconscious is the builder of your body and maintains all its vital functions. It is on the job 24 hours a day and never sleeps. It is always trying to help and preserve you from harm.

Your subconscious mind is in touch with infinite life and boundless wisdom, and its impulses and ideas are always lifeward. The great aspirations, inspirations, and visions for a grander and nobler life spring from the subconscious. Your profoundest convictions are those you cannot argue about rationally because they do not come from your conscious mind; they come from your subconscious mind. Your subconscious speaks to you in intuitions, impulses, hunches, intimations, urges, and ideas, and it is always telling you to rise, transcend, grow, advance, adventure, and move forward to greater heights. The urge to love, to save the lives of others comes from the depths of your subconscious. For example, during the great San Francisco earthquake and fire of April 18, 1906, invalids and cripples who had been confined to bed for long periods of time, rose up and performed some of the most amazing feats of bravery and endurance. The intense desire welled up within them to save others at all costs, and their subconscious responded accordingly.

Great artists, musicians, poets, speakers, and writers tune in with their subconscious powers and become animated and inspired. For example, Robert Louis Stevenson, before he went to sleep, used to charge his subconscious with the task of evolving stories for him

while he slept. He was accustomed to ask his subconscious to give him a good, marketable thriller when his bank account was low. Stevenson said the intelligence of his deeper mind gave him the story piece by piece, like a serial. This shows how your subconscious will speak lofty and wise sayings through you which your conscious mind knows nothing about.

Mark Twain confided to the world on many occasions that he never worked in his life. All his humor and all his great writings were due to the fact that he tapped the inexhaustible reservoir of his subconscious mind.

HOW THE BODY PORTRAYS THE WORKINGS OF THE MIND

The interaction of your conscious and subconscious mind requires a similar interaction between the corresponding system of nerves. The cerebrospinal system is the organ of the conscious mind, and the sympathetic system is the organ of the subconscious mind. The cerebrospinal system is the channel through which you receive conscious perception by means of your five physical senses and exercise control over the movement of your body. This system has its nerves in the brain, and it is the channel of your volitional and conscious mental action.

The sympathetic system, sometimes referred to as the involuntary nervous system, has its center in a ganglionic mass at the back of the stomach known as the solar plexus, and is sometimes spoken of as the abdominal brain. It is the channel of that mental action which unconsciously supports the vital functions of the body.

The two systems may work separately or synchronously. Judge Thomas Troward* says, "The vagus nerve passes out of the cerebral region as a portion of the voluntary system, and through it we control the vocal organs; then it passes onward to the thorax sending out branches to the heart and lungs; finally, passing through the diaphragm, it loses the outer coating which distinguishes the nerves of the voluntary system and becomes identified with those of the

sympathetic system, so forming a connecting link between the two and making the man physically a single entity.

“Similarly different areas of the brain indicate their connection with the objective and subjective activities of the mind respectively, and speaking in a general way we may assign the frontal portion of the brain to the former and the posterior portion to the latter, while the intermediate portion partakes of the character of both.”

A rather simple way of looking at the mental and physical interaction is to realize that your conscious mind grasps an idea which induces a corresponding vibration in your voluntary system of nerves. This in turn causes a similar current to be generated in your involuntary system of nerves, thus handling the idea over to your subconscious mind which is the creative medium. This is how your thoughts become things.

Every thought entertained by your conscious mind and accepted as true is sent by your brain to your solar plexus, the brain of your subconscious mind, to be made into your flesh, and to be brought forth into your world as a reality.

THERE IS AN INTELLIGENCE WHICH TAKES CARE OF THE BODY

When you study the cellular system and the structure of the organs, such as eyes, ears, heart, liver, bladder, etc., you learn they consist of groups of cells which form a group intelligence whereby they function together and are able to take orders and carry them out in deductive function at the suggestion of the master mind (conscious mind).

A careful study of the single-celled organism shows you what goes on in your complex body. Though the mono-cellular organism has no organs, it still gives evidence of mind action and reaction performing the basic functions of movement, alimentation, assimilation, and elimination.

Many say there is an intelligence which will take care of your body if you let it alone. That is true, but the difficulty is that the conscious mind always interferes with its five-sense evidence based on outer

appearances, leading to the sway of false beliefs, fears, and mere opinion. When fear, false beliefs, and negative patterns are made to register in your subconscious mind through psychological, emotional conditioning, there is no other course open to the subconscious mind except to act on the blueprint specifications offered it.

THE SUBCONSCIOUS MIND WORKS CONTINUALLY FOR THE COMMON GOOD

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Your subconscious mind has its own will, and it is a very real something in itself. It acts night and day whether you act upon it or not. It is the builder of your body, but you cannot see, hear, or feel it building, as all this is a silent process. Your subconscious has a life of its own which is always moving toward harmony, health, and peace. This is the divine norm within it seeking expression through you at all times.

HOW MAN INTERFERES WITH THE INNATE PRINCIPLE OF HARMONY

To think correctly, scientifically, we must know the "Truth." To know the truth is to be in harmony with the infinite intelligence and power of your subconscious mind which is always moving lifeward.

Every thought or action which is not harmonious, whether through ignorance or design, will result in discord and limitation of all kinds.

Scientists inform us that you build a new body every eleven months; so you are really only eleven months old from a physical standpoint. If you build defects back into your body by thoughts of fear, anger, jealousy, and ill will, you have no one to blame but yourself.

You are the sum total of your own thoughts. You can keep from entertaining negative thought and imagery. The way to get rid of darkness is with light; the way to overcome cold is with heat; the way

to overcome the negative thought is to substitute the good thought. Affirm the good, and the bad will vanish.

WHY IT'S NORMAL TO BE HEALTHY, VITAL, AND STRONG—IT'S ABNORMAL TO BE SICK

The average child born into the world is perfectly healthy with all its organs functioning perfectly. This is the normal state, and we should remain healthy, vital, and strong. The instinct of self-preservation is the strongest instinct of your nature, and it constitutes a most potent, ever-present, and constantly operative truth, inherent in your nature. It is, therefore, obvious that all your thoughts, ideas, and beliefs must operate with greater potentiality when they are in harmony with the innate life-principle in you, which is forever seeking to preserve and protect you along all lines. It follows from this that normal conditions can be restored with greater ease and certainty than abnormal conditions can be induced.

It is abnormal to be sick; it simply means you are going against the stream of life and thinking negatively. The law of life is the law of growth; all nature testifies to the operation of this law by silently, constantly expressing itself in the law of growth. Where there is growth and expression, there must be life; where there is life there must be harmony, and where there is harmony, there is perfect health.

If your thought is in harmony with the creative principle of your subconscious mind, you are in tune with the innate principle of harmony. If you entertain thoughts which are not in accordance with the principle of harmony, these thoughts cling to you, harass you, worry you, and finally bring about disease, and if persisted in, possibly death.

In the healing of disease, you must increase the inflow and distribution of the vital forces of your subconscious mind throughout your system. This can be done by eliminating thoughts of fear, worry, anxiety, jealousy, hatred, and every other destructive thought which tends to tear down and destroy your nerves and glands—body tissue which controls the elimination of all waste material.

POTT'S DISEASE CURED

In the *Nautilus* magazine of March, 1917, there appears an article about a boy suffering from Pott's disease, or tuberculosis of the spine, who had a remarkable healing. His name was Frederick Elias Andrews of Indianapolis, now minister of Unity School of Christianity, Kansas City, Missouri. His physician pronounced him incurable. He began to pray, and from a crooked, twisted cripple going about on hands and knees, he became a strong, straight, well-formed man. He created his own affirmation, mentally absorbing the qualities he needed.

He affirmed over and over again many times a day, "I am whole, perfect, strong, powerful, loving, harmonious, and happy." He persevered and said that this prayer was the last utterance on his lips at night and the first in the morning. He prayed for others also by sending out thoughts of love and health. This attitude of mind and way of prayer returned to him multiplied many times. His faith and perseverance paid off with big dividends. When thoughts of fear, anger, jealousy, or envy drew his attention, he would immediately start his counteracting force of affirmation going in his mind. His subconscious mind responded according to the nature of his habitual thinking. This is the meaning of the statement in the Bible, *Go thy way, thy faith hath made thee whole.* MARK 10:52.

HOW FAITH IN YOUR SUBCONSCIOUS POWERS MAKES YOU WHOLE

A young man, who came to my lectures on the healing power of the subconscious mind, had severe eye trouble which his doctor said necessitated an operation. He said to himself, "My subconscious made my eyes, and it can heal me."

Each night, as he went to sleep, he entered into a drowsy, meditative state, the condition akin to sleep. His attention was immobilized and focused on the eye doctor. He imagined the doctor was in front of him, and he plainly heard, or imagined he heard, the doctor saying to him, "A miracle has happened!" He heard this over

and over again every night for perhaps five minutes or so before going to sleep. At the end of three weeks he again went to the ophthalmologist who had previously examined his eyes, and the physician said to this man, "This is a miracle!" What happened? This man impressed his subconscious mind using the doctor as an instrument or a means of convincing it or conveying the idea. Through repetition, faith, and expectancy he impregnated his subconscious mind. His subconscious mind made his eye; within it was the perfect pattern, and immediately it proceeded to heal the eye. This is another example of how faith in the healing power of your subconscious can make you whole.

POINTERS TO REVIEW

1. Your subconscious is the builder of your body and is on the job 24 hours a day. You interfere with its life-giving patterns by negative thinking.
2. Charge your subconscious with the task of evolving an answer to any problem, prior to sleep, and it will answer you.
3. Watch your thoughts. Every thought accepted as true is sent by your brain to your solar plexus—your abdominal brain—and is brought into your world as a reality.
4. Know that you can remake yourself by giving a new blueprint to your subconscious mind.
5. The tendency of your subconscious is always lifeward. Your job is with your conscious mind. Feed your subconscious mind with premises which are true. Your subconscious is always reproducing according to your habitual mental patterns.
6. You build a new body every eleven months. Change your body by changing your thoughts and keeping them changed.
7. It is normal to be healthy. It is abnormal to be ill. There is within the innate principle of harmony.
8. Thoughts of jealousy, fear, worry, and anxiety tear down and destroy your nerves and glands bringing about mental and physical diseases of all kinds.

9. What you affirm consciously and feel as true will be made manifest in your mind, body, and affairs. Affirm the good and enter into the joy of living.

CHAPTER EIGHT

HOW TO GET THE RESULTS YOU WANT

The principle reasons for failure are: lack of confidence and too much effort. Many people block answers to their prayers by failing to fully comprehend the workings of their subconscious mind. When you know how your mind functions, you gain a measure of confidence. You must remember whenever your subconscious mind accepts an idea, it immediately begins to execute it. It uses all its mighty resources to that end and mobilizes all the mental and spiritual laws of your deeper mind. This law is true for good or bad ideas. Consequently, if you use it negatively, it brings trouble, failure, and confusion. When you use it constructively, it brings guidance, freedom, and peace of mind.

The right answer is inevitable when your thoughts are positive, constructive, and loving. From this it is perfectly obvious that the only thing you have to do in order to overcome failure is to get your subconscious to accept your idea or request by feeling its reality now, and the law of your mind will do the rest. Turn over your request with faith and confidence, and your subconscious will take over and answer for you.

You will always fail to get results by trying to use mental coercion—your subconscious mind does not respond to coercion, it responds to your faith or conscious mind acceptance.

Your failure to get results may also arise from such statements as: “Things are getting worse.” “I will never get an answer.” “I see no way out.” “It is hopeless.” “I don’t know what to do.” “I’m all mixed up.” When you use such statements, you get no response or cooperation from your subconscious mind. Like a soldier marking time, you neither go forward nor backward; in other words, you don’t get anywhere.

If you get into a taxi and give a half dozen different directions to the driver in five minutes, he would become hopelessly confused and probably would refuse to take you anywhere. It is the same when working with your subconscious mind. There must be a clear-cut idea in your mind. You must arrive at the definite decision that there is a way out, a solution to the vexing problem in sickness. Only the infinite intelligence within your subconscious knows the answer. When you come to that clear-cut conclusion in your conscious mind, your mind is then made up, and according to your belief is it done unto you.

EASY DOES IT

A house owner once remonstrated with a furnace repairman for charging two hundred dollars for fixing the boiler. The mechanic said, "I charged five cents for the missing bolt and one hundred ninety-nine dollars and ninety-five cents for knowing what was wrong."

Similarly, your subconscious mind is the master mechanic, the all-wise one, who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and your subconscious will establish it, but relaxation is the key. "Easy does it." Do not be concerned with details and means, but know the end result. Get the *feel* of the happy solution to your problem whether it is health, finances, or employment. Remember how you felt after you had recovered from a severe state of illness. Bear in mind that your feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state, not the future, but as coming about now.

INFER NO OPPONENT, USE IMAGINATION AND NOT WILLPOWER

In using your subconscious mind you infer no opponent, you use no willpower. You imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a

simple, childlike, miracle-making faith. Picture yourself without the ailment or problem. Imagine the emotional accompaniment of the freedom state you crave. Cut out all red tape from the process. The simple way is the best.

HOW DISCIPLINED IMAGINATION WORKS WONDERS

A wonderful way to get a response from your subconscious mind is through disciplined or scientific imagination. As previously pointed out, your subconscious mind is the builder of the body and controls all its vital functions.

The Bible says, *Whatsoever ye shall ask in prayer, believing, ye shall receive*. To believe is to accept something as true, or to live in the state of being it. As you sustain this mood, you shall experience the joy of the answered prayer!

THE THREE STEPS TO SUCCESS IN PRAYER

The usual procedure is as follows:

1. Take a look at the problem.
2. Turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your prayer by saying, "I wish I might be healed." "I hope so." Your feeling about the work to be done is "the boss." Harmony is yours. Know that health is yours. Become intelligent by becoming a vehicle for the infinite healing power of the subconscious mind. Pass on the idea of health to your subconscious mind to the point of conviction; then relax. Get yourself off your hands. Say to the condition and circumstance, "This, too, shall pass." Through

relaxation you impress your subconscious mind enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

THE LAW OF REVERSED EFFORT AND WHY YOU GET THE OPPOSITE OF WHAT YOU PRAY FOR

Coué, the famous psychologist from France who visited America about forty years ago, defined the law of reversed effort as follows: "When your desires and imagination are in conflict your imagination invariably gains the day."

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the same plank were placed twenty feet up in the air between two walls, would you walk it? Your desire to walk it would be counteracted by your imagination or fear of falling. Your dominant idea which would be the picture of falling would conquer. Your desire, will, or effort to walk on the plank would be reversed, and the dominant idea of failure would be reinforced.

Mental effort is invariably self-defeated, eventuating always in the opposite of what is desired. The suggestions of powerlessness to overcome the condition dominate the mind; your subconscious is always controlled by the dominant idea. Your subconscious will accept the strongest of two contradictory propositions. The effortless way is the better.

If you say, "I want a healing, but I can't get it," "I try so hard," "I force myself to pray," "I use all the willpower I have," you must realize that your error lies in your effort. Never try to compel the subconscious mind to accept your idea by exercising willpower. Such attempts are doomed to failure, and you get the opposite of what you prayed for.

The following is a rather common experience. Students, when taking examinations and reading through their papers, find that all their knowledge has suddenly deserted them. Their minds become appalling blanks, and they are unable to recall one relevant thought.

The more they grit their teeth and summon the powers of the will, the further the answers seem to flee. But, when they have left the examination room and the mental pressure relaxes, the answers they were seeking flow tantalizingly back into their minds. Trying to force themselves to remember was the cause of their failure. This is an example of the law of reversed effort whereby you get the opposite of what you asked or prayed for.

THE CONFLICT OF DESIRE AND IMAGINATION MUST BE RECONCILED

To use mental force is to presuppose that there is opposition. When your mind is concentrated on the means to overcome a problem, it is no longer concerned with the obstacle. MATTHEW 18:19 says, *If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.* Who are these two? It means the harmonious union or agreement between your conscious and subconscious on any idea, desire, or mental image. When there is no longer any quarrel in either part of your mind, your prayer will be answered. The two agreeing may also be represented as you and your desire, your thought and feeling, your idea and emotion, your desire and imagination.

You avoid all conflict between your desires and imagination by entering into a drowsy, sleepy state which brings all effort to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The best time to impregnate your subconscious is prior to sleep. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts and imagery which tend to neutralize your desire and so prevent acceptance by your subconscious mind no longer present themselves. When you imagine the reality of the fulfilled desire and feel the thrill of accomplishment, your subconscious brings about the realization of your desire.

A great many people solve all their dilemmas and problems by the play of their controlled, directed, and disciplined imagination,

knowing that whatever they imagine and feel as true *will* and *must* come to pass.

The following will clearly illustrate how a young girl overcame the conflict between her desire and her imagination. She desired a harmonious solution to her legal problem, yet her mental imagery was constantly on failure, loss, bankruptcy, and poverty. It was a complicated lawsuit and there was one postponement after another with no solution in sight.

At my suggestion, she got into a sleepy, drowsy state each night prior to sleep, and she began to imagine the happy ending, feeling it to the best of her ability. She knew that the image in her mind had to agree with her heart's desire. Prior to sleep she began to dramatize as vividly as possible her lawyer having an animated discussion with her regarding the outcome. She would ask him questions, and he would answer her appropriately. He would say to her over and over again, "There has been a perfect, harmonious solution. The case has been settled out of court." During the day when fear thoughts came into her mind, she would run her mental movie with gestures, voice, and sound equipment. She could easily imagine the sound of his voice, smile, and mannerism. She ran this mental picture so often, it became a subjective pattern, a regular train track. At the end of a few weeks her attorney called her and confirmed objectively what she had been imagining and feeling as true subjectively.

This is really what the Psalmist meant when he wrote, *Let the words of my mouth* [your thoughts, mental images, good], *and the meditations of my heart* [your feeling, nature, emotion] *be acceptable in thy sight, O Lord* [the law of your subconscious mind], *my strength, and my redeemer* [the power and wisdom of your subconscious mind can redeem you from sickness, bondage, and misery]. PSALMS 19:14.

IDEAS WORTH RECALLING

1. Mental coercion or too much effort shows anxiety and fear which block your answer. Easy does it.

2. When your mind is relaxed and you accept an idea, your subconscious goes to work to execute the idea.
3. Think and plan independently of traditional methods. Know that there is always an answer and a solution to every problem.
4. Do not be overly concerned with the beating of your heart, with the breathing of your lungs, or the functions of any part of your anatomy. Lean heavily upon your subconscious and proclaim frequently that Divine right action is taking place.
5. The feeling of health produces health, the feeling of wealth produces wealth. How do you feel?
6. Imagination is your most powerful faculty. Imagine what is lovely and of good report. You are what you imagine yourself to be.
7. You avoid conflict between your conscious and subconscious in the sleepy state. Imagine the fulfillment of your desire over and over again prior to sleep. Sleep in peace and wake in joy.

CHAPTER NINE

HOW TO USE THE POWER OF YOUR SUBCONSCIOUS FOR WEALTH

If you are having financial difficulties, if you are trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty and some to spare. You know men and women who work a few hours a week and make fabulous sums of money. They do not strive or slave hard. Do not believe the story that the only way you can become wealthy is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it.

I know an executive in Los Angeles who receives a salary of \$75,000 yearly. Last year he went on a nine-month cruise seeing the world and its beauty spots. He said to me that he had succeeded in convincing his subconscious mind that he is worth that much money. He told me that many men in his organization getting about one hundred dollars a week knew more about the business than he did, and could manage it better, but they had no ambition, no creative ideas, and were not interested in the wonders of their subconscious mind.

WEALTH IS OF THE MIND

Wealth is simply a subconscious conviction on the part of the individual. You will not become a millionaire by saying, "I am a millionaire, I am a millionaire." You will grow into a wealth consciousness by building into your mentality the idea of wealth and abundance.

YOUR INVISIBLE MEANS OF SUPPORT

The trouble with most people is that they have no invisible means of support. When business falls away, the stock market drops, or they lose their investments, they seem helpless. The reason for such insecurity is that they do not know how to tap the subconscious mind. They are unacquainted with the inexhaustible storehouse within.

A man with a poverty-type mind finds himself in poverty-stricken conditions. Another man with a mind filled with ideas of wealth is surrounded with everything he needs. It was never intended that man should lead a life of indigence. You can have wealth, everything you need, and plenty to spare. Your words have power to cleanse your mind of wrong ideas and to instill right ideas in their place.

THE IDEAL METHOD FOR BUILDING A WEALTH CONSCIOUSNESS

Perhaps you are saying as you read this chapter, “I need wealth and success.” This is what you do: Repeat for about five minutes to yourself three or four times a day, “Wealth—Success.” These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will be manifested in your life. You are not saying, “I am wealthy,” you are dwelling on real powers within you. There is no conflict in the mind when you say, “Wealth.” Furthermore, the feeling of wealth will well up within you as you dwell on the idea of wealth.

The feeling of wealth produces wealth; keep this in mind at all times. Your subconscious mind is like a bank, a sort of universal financial institution. It magnifies whatever you deposit or impress upon it whether it is the idea of wealth or of poverty. Choose wealth.

WHY YOUR AFFIRMATIONS FOR WEALTH FAIL

I have talked to many people during the past thirty-five years whose usual complaint is, “I have said for weeks and months, ‘I am wealthy, I am prosperous,’ and nothing has happened.” I discovered that when they said, “I am prosperous, I am wealthy,” they felt within that they were lying to themselves.

One man told me, “I have affirmed that I am prosperous until I am tired. Things are now worse. I knew when I made the statement that it was obviously not true.” His statements were rejected by the conscious mind, and the very opposite of what he outwardly affirmed and claimed was made manifest.

Your affirmation succeeds best when it is specific and when it does not produce a mental conflict or argument; hence the statements made by this man made matters worse because they suggested his lack. Your subconscious accepts what you really feel to be true, not just idle words or statements. The dominant idea or belief is always accepted by the subconscious mind.

HOW TO AVOID MENTAL CONFLICT

The following is the ideal way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: “By day and by night I am being prospered in all of my interests.” This affirmation will not arouse any argument because it does not contradict your subconscious mind’s impression of financial lack.

I suggested to one businessman whose sales and finances were very low and who was greatly worried, that he sit down in his office, become quiet, and repeat this statement over and over again: “My sales are improving every day.” This statement engaged the co-operation of the conscious and subconscious mind; results followed.

DON'T SIGN BLANK CHECKS

You sign blank checks when you make such statements as, "There is not enough to go around." "There is a shortage." "I will lose the house because of the mortgage," etc. If you are full of fear about the future, you are also writing a blank check and attracting negative conditions to you. Your subconscious mind takes your fear and negative statement as your request and proceeds in its own way to bring obstacles, delays, lack, and limitation into your life.

YOUR SUBCONSCIOUS GIVES YOU COMPOUND INTEREST

To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added. Your subconscious multiplies and magnifies whatever you deposit in it. Every morning as you awaken deposit thoughts of prosperity, success, wealth, and peace. Dwell upon these concepts. Busy your mind with them as often as possible. These constructive thoughts will find their way as deposits in your subconscious mind, and bring forth abundance and prosperity.

WHY NOTHING HAPPENED

I can hear you saying, "Oh, I did that and nothing happened." You did not get results because you indulged in fear thoughts perhaps ten minutes later and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up. You let it take root and grow.

Suppose, for example, you are going to say, "I shall not be able to make that payment." Before you get further than, "I shall—" stop the sentence and dwell on a constructive statement, such as, "By day and by night I am prospered in all my ways."

TRUE SOURCE OF WEALTH

Your subconscious mind is never short of ideas. There are within it an infinite number of ideas ready to flow into your conscious mind and appear as cash in your pocketbook in countless ways. This process will continue to go on in your mind regardless of whether the stock market goes up or down, or whether the pound sterling or dollar drops in value. Your wealth is never truly dependent on bonds, stocks, or money in the bank; these are really only symbols, necessary and useful, of course, but only symbols.

The point I wish to emphasize is that if you convince your subconscious mind that wealth is yours, and that it is always circulating in your life, you will always and inevitably have it, regardless of the form it takes.

TRYING TO MAKE ENDS MEET AND THE REAL CAUSE

There are people who claim that they are always trying to make ends meet. They seem to have a great struggle to meet their obligations. Have you listened to their conversation? In many instances their conversation runs along this vein: They are constantly condemning those who have succeeded in life and who have raised their heads above the crowd. Perhaps they are saying, "Oh, that fellow has a racket; he is ruthless; he is a crook." This is why they lack; they are condemning the thing they desire and want. The reason they speak critically of their more prosperous associates is because they are envious and covetous of the others' prosperity. The quickest way to cause wealth to take wings and fly away is to criticize and condemn others who have more wealth than you.

A COMMON STUMBLING BLOCK TO WEALTH

There is one emotion which is the cause of the lack of wealth in the lives of many. Most people learn this the hard way. It is envy. For example, if you see a competitor depositing large sums of money in the bank, and you have only a meager amount to deposit, does it

make you envious? The way to overcome this emotion is to say to yourself, "Isn't it wonderful! I rejoice in that man's prosperity. I wish for him greater and greater wealth."

To entertain envious thoughts is devastating because it places you in a very negative position; therefore, wealth flows *from* you instead of *to* you. If you are ever annoyed or irritated by the prosperity or great wealth of another, claim immediately that you truly wish for him greater wealth in every possible way. This will neutralize the negative thoughts in your mind and cause an even greater measure of wealth to flow to you by the law of your own subconscious mind.

RUBBING OUT A GREAT MENTAL BLOCK TO WEALTH

If you are worried and critical about someone whom you claim is making money dishonestly, cease worrying about him. You know such a person is using the law of mind negatively; the law of mind takes care of him. Be careful not to criticize him for the reasons previously indicated. Remember: The block or obstacle to wealth is in your own mind. You can now destroy that mental block. This you may do by getting on mental good terms with everyone.

SLEEP AND GROW RICH

As you go to sleep at night, practice the following technique: Repeat the word "wealth" quietly, easily, and feelingly. Do this over and over again, just like a lullaby. Lull yourself to sleep with the one word, "wealth." You should be amazed at the result. Wealth should flow to you in avalanches of abundance. This is another example of the magic power of your subconscious mind.

SERVE YOURSELF WITH THE POWERS OF YOUR MIND

1. Decide to be wealthy the easy way, with the infallible aid of your subconscious mind.
2. Trying to accumulate wealth by the sweat of your brow and hard labor is one way to become the richest man in the graveyard. You do not have to strive or slave hard.
3. Wealth is a subconscious conviction. Build into your mentality the idea of wealth.
4. The trouble with most people is that they have no invisible means of support.
5. Repeat the word "wealth" to yourself slowly and quietly for about five minutes prior to sleep and your subconscious will bring wealth to pass in your experience.
6. The feeling of wealth produces wealth. Keep this in mind at all times.
7. Your conscious and subconscious mind must agree. Your subconscious accents what you really feel to be true. The dominant idea is always accepted by your subconscious mind. The dominant idea should be *wealth*, not *poverty*.
8. You can overcome any mental conflict regarding wealth by affirming frequently, "By day and by night I am being prospered in all of my interests."
9. Increase your sales by repeating this statement over and over again, "My sales are improving every day; I am advancing, progressing, and getting wealthier every day."
10. Stop writing blank checks, such as, "There is not enough to go around," or "There is a shortage," etc. Such statements magnify and multiply your loss.
11. Deposit thoughts of prosperity, wealth, and success in your subconscious mind, and the latter will give you compound interest.
12. What you consciously affirm, you must not mentally deny a few moments later. This will neutralize the good you have affirmed.
13. Your true source of wealth consists of the ideas in your mind. You can have an idea worth millions of dollars. Your subconscious will give you the idea you seek.

14. Envy and jealousy are stumbling blocks to the flow of wealth.
Rejoice in the prosperity of others.
15. The block to wealth is in your own mind. Destroy that block
now by getting on good mental terms with everyone.

CHAPTER TEN

YOUR RIGHT TO BE RICH

It is your right to be rich. You are here to lead the abundant life and be happy, radiant, and free. You should, therefore, have all the money you need to lead a full, happy, and prosperous life.

You are here to grow, expand, and unfold spiritually, mentally, and materially. You have the inalienable right to fully develop and express yourself along all lines. You should surround yourself with beauty and luxury.

Why be satisfied with just enough to go around when you can enjoy the riches of your subconscious mind? In this chapter you can learn to make friends with money, and you should always have a surplus. Your desire to be rich is a desire for a fuller, happier, more wonderful life. It is a cosmic urge. It is not only good, but very good.

MONEY IS A SYMBOL

Money is a symbol of exchange. It means to you not only freedom from want, but beauty, luxury, abundance, and refinement. It is merely a symbol of the economic health of the nation. When your blood is circulating freely in your body, you are healthy. When money is circulating freely in your life, you are economically healthy. When people begin to hoard money, to put it away in tin boxes, and become charged with fear, there is economic illness. Money has taken many forms as a medium of exchange down through the centuries, such as salt, beads, and trinkets of various kinds. In early times a man's wealth was determined by the number of sheep and oxen he had. Now we use currency, and other negotiable

instruments, as it is much more convenient to write a check than carry some sheep around with you to pay bills.

HOW TO WALK THE ROYAL ROAD TO RICHES

Knowledge of the powers of your subconscious mind is the means to the royal road to riches of all kinds—spiritual, mental, or financial. The student of the laws of mind believes and knows definitely that regardless of economic situations, stock market fluctuation, depression, strikes, war, or other conditions or circumstances, he will always be amply supplied, regardless of what form money takes. The reason for this is that he has conveyed the idea of wealth to his subconscious mind, and it keeps him supplied wherever he may be. He has convinced himself in his mind that money is forever flowing freely in his life and that there is always a wonderful surplus. Should there be a financial collapse of government tomorrow and all the man's present holdings become valueless, as the German marks did after the First World War, he would still attract wealth and be cared for, regardless of the form the new currency took.

WHY YOU DO NOT HAVE MORE MONEY

As you read this chapter, you are probably saying, "I am worthy of a higher salary than I am receiving." I believe most people are inadequately compensated. One of the causes many people do not have more money is that they are silently or openly condemning it. They refer to money as "filthy lucre" or "the love of money is the root of all evil." Another reason they do not prosper is that they have a sneaky subconscious feeling there is some virtue in poverty. This subconscious pattern may be due to early childhood training, superstition, or it could be based on a false interpretation of scriptures.

MONEY AND A BALANCED LIFE

One time a man said to me, "I am broke. I do not like money. It is the root of all evil." These statements represent a confused neurotic mind. Love of money to the exclusion of everything else will cause you to become lopsided and unbalanced. You are here to use your power or authority wisely. Some men crave power, others crave money. If you set your heart on money exclusively and say, "Money is all I want; I am going to give all my attention to amassing money; nothing else matters," you can get money and attain a fortune, but you have forgotten that you are here to lead a balanced life. You must also satisfy the hunger for peace of mind, harmony, love, joy, and perfect health.

By making money your sole aim, you simply made a wrong choice. You thought that was all you wanted, but you found after all your efforts that it was not only the money you needed. You also desired true expression of your hidden talents, true place in life, beauty, and the joy of contributing to the welfare and success of others. By learning the laws of your subconscious mind, you could have a million dollars or many millions, if you wanted them, and still have peace of mind, harmony, perfect health, and perfect expression.

POVERTY IS A MENTAL DISEASE

There is no virtue in poverty; it is a disease like any other mental disease. If you were physically ill, you would think there was something wrong with you. You would seek help and do something about the condition at once. Likewise, if you do not have money constantly circulating in your life, there is something radically wrong with you.

The urge of the life principle in you is toward growth, expansion, and the life more abundant. You are not here to live in a hovel, dress in rags, and go hungry. You should be happy, prosperous, and successful.

WHY YOU MUST NEVER CRITICIZE MONEY

Cleanse your mind of all weird and superstitious beliefs about money. Do not ever regard money as evil or filthy. If you do, you cause it to take wings and fly away from you. Remember that you lose what you condemn. You cannot attract what you criticize.

GETTING THE RIGHT ATTITUDE TOWARD MONEY

Here is a simple technique you may use to multiply money in your experience. Use the following statements several times a day, "I like money, I love it, I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good. Money flows to me in avalanches of abundance. I use it for good only, and I am grateful for my good and for the riches of my mind."

HOW THE SCIENTIFIC THINKER LOOKS AT MONEY

Suppose, for example, you found gold, silver, lead, copper, or iron in the ground. Would you pronounce these things evil? All evil comes from man's darkened understanding, from his ignorance, from his false interpretation of life, and from his misuse of his subconscious mind. Uranium, lead, or some other metal could have been used as a medium of exchange. We use paper bills, checks, nickel, and silver, surely, these are not evil. Physicists and chemists know today that the only difference between one metal and another is the number and rate of motion of electrons revolving around a central nucleus. They can now change one metal into another through a bombardment of the atoms in the powerful cyclotron. Gold under certain conditions becomes mercury. I believe that our modern scientists in the near future will be able to make gold, silver, and other metals synthetically in the chemical laboratory. The cost may

be prohibitive now, but it can be done. I cannot imagine any intelligent person seeing anything evil in electrons, neutrons, protons, and isotopes.

The piece of paper in your pocket is composed of atoms and molecules with their electrons and protons arranged differently. Their number and rate of motion are different. That is the only way the paper differs from the silver in your pocket.

HOW TO ATTRACT THE MONEY YOU NEED

Many years ago I met a young boy in Australia who wanted to become a physician and surgeon, but he had no money. I explained to him how a seed deposited in the soil attracts to itself everything necessary for its unfolding, and that all he had to do was to take a lesson from the seed and deposit the required idea in his subconscious mind. For expenses this young, brilliant boy used to clean out doctors' offices, wash windows, and do odd repair jobs. He told me that every night, as he went to sleep, he used to picture in his mind's eye a medical diploma on a wall with his name on it in big, bold letters. He used to clean and shine the framed diplomas in the medical building where he worked. It was not hard for him to engrave the image of a diploma in his mind and develop it there. Definite results followed as he persisted with his mental picture every night for about four months.

The sequel of this story was very interesting. One of the doctors took a great liking to this young boy and after training him in the art of sterilizing instruments, giving hypodermic injections, and other miscellaneous first-aid work, he employed him as a technical assistant in his office. The doctor later sent him to medical school at his own expense. Today, this young man is a prominent medical doctor in Montreal, Canada. He discovered the law of attraction by using his subconscious mind the right way. He operated an age-old law which says, "Having seen the end, you have willed the means to the realization of the end." The *end* in this case was to become a medical doctor.

This young man was able to imagine, see, and feel the reality of being a doctor. He lived with that idea, sustained it, nourished it, and loved it until through his imagination it penetrated the layers of his subconscious mind and became a conviction, thereby attracting to him everything necessary for the fulfillment of his dream.

WHY SOME MEN DO NOT GET A RAISE IN PAY

If you are working in a large organization and you are silently thinking of and resenting the fact you are underpaid, that you are not appreciated, and that you deserve more money and greater recognition, you are subconsciously severing your ties with that organization. You are setting a law in motion, and the superintendent or manager will say to you, "We have to let you go." Actually, you dismissed yourself. The manager was simply the instrument through which your own negative mental state was confirmed. It was an example of the law of action and reaction. The action was your thought, and the reaction was the response of your subconscious mind.

OBSTACLES AND IMPEDIMENTS ON THE PATHWAY TO RICHES

I am sure you have heard men say, "That fellow has a racket." "He is a racketeer." "He is getting money dishonestly." "He is a faker." "I knew him when he had nothing." "He is a crook, a thief, and a swindler."

If you analyze the man who talks like that, you discover he is usually in want or suffering from some financial or physical illness. Perhaps his former college friends went up the ladder of success and excelled him. Now he is bitter and envious of their progress. In many instances this is the cause of his downfall. Thinking negatively of these classmates and condemning their wealth causes the wealth

and prosperity he is praying for to vanish and flee away. He is condemning the thing he is praying for.

He is praying two ways. On the one hand he is saying, "Wealth is flowing to me now," and in the next breath, silently or audibly, he is saying, "I resent that fellow's wealth." Always make it a special point to rejoice in the wealth of the other person.

PROTECT YOUR INVESTMENTS

If you are seeking wisdom regarding investments, or if you are worried about your stocks or bonds, quietly claim, "Infinite intelligence governs and watches over all my financial transactions, and whatsoever I do shall prosper." Do this frequently and you will find that your investments will be wise; moreover, you will be protected from loss, as you will be prompted to sell your securities or holdings before any loss accrues to you.

YOU CANNOT GET SOMETHING FOR NOTHING

In large stores the management employs store detectives to prevent people from stealing. They catch a number of people every day trying to get something for nothing. All such people are living in the mental atmosphere of lack and limitation and are stealing from themselves peace, harmony, faith, honesty, integrity, good will, and confidence. Furthermore, they are attracting to themselves all manner of loss, such as loss of character, prestige, social status, and peace of mind. These people lack faith in the source of supply and the understanding of how their minds work. If they would mentally call on the powers of their subconscious mind and claim that they are guided to their true expression, they would find work and constant supply. Then by honesty, integrity, and perseverance, they would become a credit to themselves and to society at large.

YOUR CONSTANT SUPPLY OF MONEY

Recognizing the powers of your subconscious mind and the creative power of your thought or mental image is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the mood of opulence, all things necessary for the abundant life will come to pass.

Let this be your daily affirmation; write it in your heart: "I am one with the infinite riches of my subconscious mind. It is my right to be rich, happy, and successful. Money flows to me freely, copiously, and endlessly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully blessed financially. It is wonderful!"

STEP UP THIS WAY TO RICHES

1. Be bold enough to claim that it is your right to be rich and your deeper mind will honor your claim.
2. You don't want just enough to go around. You want all the money you need to do all the things you want to do and when you want to do them. Get acquainted with the riches of your subconscious mind.
3. When money is circulating freely in your life, you are economically healthy. Look at money like the tide and you will always have plenty of it. The ebb and flow of the tide is constant. When the tide is out you are absolutely sure that it will return.
4. Knowing the laws of your subconscious mind, you will always be supplied regardless of what form money takes.
5. One reason many people simply make ends meet and never have enough money is that they condemn money. What you condemn takes wings and flies away.
6. Do not make a god of money. It is only a symbol. Remember that the real riches are in your mind. You are here to lead a

balanced life—this includes acquiring all the money you need.

7. Don't make money your sole aim. Claim wealth, happiness, peace, true expression, and love, and personally radiate love and good will to all. Then your subconscious mind will give you compound interest in all these fields of expression.
8. There is no virtue in poverty. It is a disease of the mind, and you should heal yourself of this mental conflict or malady at once.
9. You are not here to live in a hovel, to dress in rags, or to go hungry. You are here to lead the life more abundant.
10. Never use the terms "filthy lucre" or "I despise money." You lose what you criticize. There is nothing good or bad, but thinking of it in either light makes it so.
11. Repeat frequently, "I like money. I use it wisely, constructively, and judiciously. I release it with joy, and it returns a thousandfold."
12. Money is not evil any more so than copper, lead, tin, or iron which you may find in the ground. All evil is due to ignorance and misuse of the mind's powers.
13. To picture the end result in your mind causes your subconscious to respond and fulfill your mental picture.
14. Stop trying to get something for nothing. There is no such thing as a free lunch. You must give to receive. You must give mental attention to your goals, ideals, and enterprises, and your deeper mind will back you up. The key to wealth is application of the laws of the subconscious mind by impregnating it with the idea of wealth.

CHAPTER ELEVEN

YOUR SUBCONSCIOUS MIND AS A PARTNER IN SUCCESS

Success means successful living. A long period of peace, joy, and happiness on this plane may be termed success. The eternal experience of these qualities is the everlasting life spoken of by Jesus. The real things of life, such as peace, harmony, integrity, security, and happiness are intangible. They come from the Deep Self of man. Meditating on these qualities builds these treasures of heaven in our subconscious. It is where *moth nor rust doth corrupt, and where thieves do not break through nor steal*. MATTHEW 6:20.

THE THREE STEPS TO SUCCESS

Let us discuss three steps to success: The first step to success is to find out the thing you love to do, then do it. Success is in loving your work. Although, if a man is a psychiatrist, it is not adequate for him to get a diploma and place it on the wall; he must keep up with the times, attend conventions, and continue studying the mind and its workings. The successful psychiatrist visits clinics and reads the latest scientific articles. In other words, he is informed in the most advanced methods of alleviating human suffering. The successful psychiatrist or doctor must have the interest of his patients at heart.

Someone may say, "How can I put the first step into operation? I do not know what I should do." In such a case, pray for guidance as follows: "The infinite intelligence of my subconscious mind reveals to me my true place in life." Repeat this prayer quietly, positively, and lovingly to your deeper mind. As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a

tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

The second step to success is to specialize in some particular branch of work and know more about it than anyone else. For example, if a young man chooses chemistry as his profession, he should concentrate on one of the many branches in this field. He should give all of his time and attention to his chosen specialty. He should become sufficiently enthusiastic to try to know all there is available about his field; if possible, he should know more than anyone else. The young man should become ardently interested in his work and should desire to serve the world.

He that is greatest among you, let him become your servant.

There is a great contrast in this attitude of mind in comparison to that of the man who only wants to make a living or just “get by.” “Getting by” is not true success. Man’s motive must be greater, nobler, and more altruistic. He must serve others, thereby casting his bread upon the waters.

The third step is the most important one. You must be sure that the thing you want to do does not redound to your success only. Your desire must not be selfish; it must benefit humanity. The path of a complete circuit must be formed. In other words, your idea must go forth with the purpose of blessing or serving the world. It will then come back to you pressed down, shaken together, and running over. If it is to benefit yourself exclusively, the circle or complete circuit is not formed, and you may experience a short circuit in your life which may consist of limitation or sickness.

THE MEASURE OF TRUE SUCCESS

Some people may say, “But, Mr. James made a fortune in selling fraudulent oil stock.” A man may seem to succeed for a while, but the money he obtained by fraud usually takes wings and flies away. When we rob from another, we rob from ourselves, because we are in a mood of lack and limitation which may manifest itself in our body, home life, and affairs. What we think and feel, we create. We create what we believe. Even though a man may have accumulated

a fortune fraudulently, he is not successful. There is no success without peace of mind. What good is man's accumulated wealth if he cannot sleep nights, is sick, or has a guilt complex?

I knew a man in London who told me of his exploits. He had been a professional pickpocket and had amassed a large amount of money. He had a summer home in France and lived in a royal fashion in England. His story was that he was in constant dread of being arrested by Scotland Yard. He had many inner disorders which were undoubtedly caused by his constant fear and deep-seated guilt complex. He knew he had done wrong. This deep sense of guilt attracted all kinds of trouble to him. Subsequently, he voluntarily surrendered to the police and served a prison sentence. After his release from prison, he sought psychological and spiritual counsel and became transformed. He went to work and became an honest, law-abiding citizen. He found what he loved to do and was happy.

A successful person loves his work and expresses himself fully. Success is contingent upon a higher ideal than the mere accumulation of riches. The man of success is the man who possesses great psychological and spiritual understanding. Many of the great industrialists today depend upon the correct use of their subconscious minds for their success.

There was an article published some years ago about Flagler, an oil magnate. He admitted that the secret of his success was his ability to see a project in its completion. For instance, in his case, he closed his eyes, imagined a big oil industry, saw trains running on tracks, heard whistles blowing, and saw smoke. Having seen and felt the fulfillment of his prayer, his subconscious mind brought about its realization. If you imagine an objective clearly, you will be provided with the necessities, in ways you know not of, through the wonder-working power of your subconscious mind.

In considering the three steps to success you must never forget the underlying power of the creative forces of your subconscious mind. This is the energy in back of all steps in any plan of success. Your thought is creative. Thought fused with feeling becomes a subjective faith or belief, and *according to your belief be it done unto you*. MATTHEW 9:29.

A knowledge of a mighty force in you which is capable of bringing to pass all your desires gives you confidence and a sense of peace. Whatever your field of action may be, you should learn the laws of your subconscious mind. When you know how to apply the powers of your mind, and when you are expressing yourself fully and giving of your talents to others, you are on the sure path to true success. If you are about God's business, or any part of it, God, by His very nature, is for you, so who can be against you? With this understanding there is no power in heaven or on earth to withhold success from you.

HOW HE MADE HIS DREAM COME TRUE

A movie actor told me that he had very little education, but he had a dream as a boy of becoming a successful movie actor. Out in the field mowing hay, driving the cows home, or even when milking them he said, "I would constantly imagine I saw my name in big lights at a large theater. I kept this up for years until finally I ran away from home. I got extra jobs in the motion-picture field, and the day finally came when I saw my name in great, big lights as I did when I was a boy!" Then he added, "I know the power of sustained imagination to bring success."

HIS DREAM PHARMACY BECAME A REALITY

Thirty years ago I knew a young pharmacist who was receiving forty dollars a week plus commission on sales. "After twenty-five years," he said to me, "I will get a pension and retire."

I said to this young man, "Why don't you own your own store? Get out of this place. Raise your sights! Have a dream for your children. Maybe your son wants to be a doctor; perhaps your daughter desires to be a great musician."

His answer was that he had no money! He began to awaken to the fact that whatever he could conceive as true, he could give conception.

The first step toward his goal was his awakening to the powers of his subconscious mind, which I briefly elaborated on for his benefit. His second step was his realization that if he could succeed in conveying an idea to his subconscious mind, the latter would somehow bring it to pass.

He began to imagine that he was in his own store. He mentally arranged the bottles, dispensed prescriptions, and imagined several clerks in the store waiting on customers. He also visualized a big bank balance. Mentally he worked in that imaginary store. Like a good actor he lived the role. *Act as though I am, and I will be.* This pharmacist put himself wholeheartedly into the act, living, moving, and acting on the assumption that he owned the store.

The sequel was interesting. He was discharged from his position. He found new employment with a large chain store, became manager, and later on, district manager. He saved enough money in four years to provide a down payment on a drugstore of his own. He called it his “Dream Pharmacy.”

“It was,” he said, “exactly the store I saw in my imagination.” He became a recognized success in his chosen field, and was happy doing what he loved to do.

USING THE SUBCONSCIOUS MIND IN BUSINESS

Some years ago I gave a lecture to a group of businessmen on the powers of imagination and the subconscious mind. In this lecture I pointed out how Goethe used his imagination wisely when confronted with difficulties and predicaments.

His biographers point out that he was accustomed to fill many hours quietly holding imaginary conversations. It is well known that his custom was to imagine one of his friends before him in a chair answering him in the right way. In other words, if he were concerned over any problems, he imagined his friend giving him the right or appropriate answer, accompanied with the usual gestures and tonal qualities of the voice, and he made the entire imaginary scene as real and as vivid as possible.

One of the men present at this lecture was a young stockbroker. He proceeded to adopt the technique of Goethe. He began to have mental, imaginary conversations with a multimillionaire banker friend of his who used to congratulate him on his wise and sound judgment, and compliment him on his purchase of the right stocks. He used to dramatize this imaginary conversation until he had psychologically fixed it as a form of belief in his mind.

This broker's inner talking and controlled imagination certainly agreed with his aim which was to make sound investments for his clients. His main purpose in life was to make money for his clients and to see them prosper financially by his wise counsel. He is still using his subconscious mind in his business, and he is a brilliant success in his field of endeavor.

BOY OF SIXTEEN YEARS TURNS FAILURE INTO SUCCESS

A young boy who was attending high school said to me, "I am getting very poor grades. My memory is failing. I do not know what is the matter." I discovered that the only thing wrong with this boy was his attitude which was one of indifference and resentment toward some of his teachers and fellow students. I taught him how to use his subconscious mind, and how to succeed in his studies.

He began to affirm certain truths several times a day particularly at night prior to sleep, and also in the morning after awakening. These are the best times to impregnate the subconscious mind.

He affirmed as follows: "I realize that my subconscious mind is a storehouse of memory. It retains everything I read and hear from my teachers. I have a perfect memory, and the infinite intelligence in my subconscious mind constantly reveals to me everything I need to know at all my examinations, whether written or oral. I radiate love and good will to all my teachers and fellow students. I sincerely wish for them success and all good things."

This young man is now enjoying a greater freedom than he has ever known. He is now receiving all "A's." He constantly imagines the

teachers and his mother congratulating him on his success in his studies.

HOW TO BECOME SUCCESSFUL IN BUYING AND SELLING

In buying and selling, remember that your conscious mind is the starter and your subconscious mind is the motor. You must start the motor to enable it to perform its work. Your conscious mind is the dynamo that awakens the power of your subconscious mind.

The first step in conveying your clarified desire, idea, or image to the deeper mind is to relax, immobilize the attention, get still, and be quiet. This quiet, relaxed, and peaceful attitude of mind prevents extraneous matter and false ideas from interfering with your mental absorption of your ideal. Furthermore, in the quiet, passive, and receptive attitude of mind, effort is reduced to a minimum.

The second step is to begin to imagine the reality of that which you desire. For example, you may wish to buy a home, and in your relaxed state of mind affirm as follows: "The infinite intelligence of my subconscious mind is all-wise. It reveals to me now the ideal home which is central, ideal, is in a lovely environment, meets with all my requirements, and is commensurate with my income. I am now turning this request over to my subconscious mind, and I know it responds according to the nature of my request. I release this request with absolute faith and confidence in the same way that a farmer deposits a seed in the ground, trusting implicitly in the laws of growth."

The answer to your prayer may come through an advertisement in the paper, through a friend, or you may be guided directly to a particular home which is exactly what you are seeking. There are many ways by which your prayer may be answered. The principal knowledge, in which you may place your confidence, is that the answer always comes, provided you trust the working of your deeper mind.

You may wish to sell a home, land, or any kind of property. In private consultation with real estate brokers I have told them of the

way I sold my own home on Orlando Avenue in Los Angeles. Many of them have applied the technique I used with remarkable and speedy results. I placed a sign which read, "For sale by owner" in the garden in front of my home. The day after I said to myself as I was going to sleep, "Supposing you sold your house, what would you do?"

I answered my own question and I said, "I would take that sign down and throw it into the garage." In my imagination I took hold of the sign, pulled it up from the ground, placed it on my shoulder, went to the garage, threw it on the floor, and said jokingly to the sign, "I don't need you any more!" I felt the inner satisfaction of it all, realizing it was finished.

The next day a man gave me a deposit of \$1,000 and said to me, "Take your sign down. We will go into escrow now."

Immediately I pulled the sign up and took it to the garage. The outer action conformed to the inner. There is nothing new about this. *As within, so without*, meaning according to the image impressed on your subconscious mind, so it is on the objective screen of your life. The outside mirrors the inside. External action follows internal action.

Here is another very popular method used in selling homes, land, or any kind of property. Affirm slowly, quietly, and feelingly as follows: "Infinite intelligence attracts to me the buyer for this home who wants it and who prospers in it. This buyer is being sent to me by the creative intelligence of my subconscious mind which makes no mistakes. This buyer may look at many other homes, but mine is the only one he wants and will buy, because he is guided by the infinite intelligence within him. I know the buyer is right, the time is right, and the price is right. Everything about it is right. The deeper currents of my subconscious mind are now in operation bringing both of us together in divine order. I know that it is so."

Remember always, that what you are seeking is also seeking you, and whenever you want to sell a home or property of any kind, there is always someone who wants what you have to offer. By using the powers of your subconscious mind correctly, you free your mind of all sense of competition and anxiety in buying and selling.

HOW SHE SUCCEEDED IN GETTING WHAT SHE WANTED

There is a young lady who regularly comes to my lectures and classes. She had to change buses three times; it took her one and a half hours each time to come to the lectures. In one lecture I explained how a young man who needed a car in his work received one.

She went home and experimented as outlined in my lecture. Here is her letter in part, narrating her application of my method, and published by her permission:

Dear Dr. Murphy:

This is how I received a Cadillac car—I wanted one to come to the lectures regularly. In my imagination I went through the identical process I would go through, if I were actually driving a car. I went to the showroom, and the salesman took me for a ride in one. I also drove it several blocks. I claimed the Cadillac car as my own over and over again.

I kept the mental picture of getting into the car, driving it, feeling the upholstery, etc., consistently for over two weeks. Last week I drove to your lectures in a Cadillac. My uncle in Inglewood passed away, and left me his Cadillac and his entire estate.

A SUCCESS TECHNIQUE EMPLOYED BY MANY OUTSTANDING EXECUTIVES AND BUSINESSMEN

There are many prominent businessmen who quietly use the abstract term, “success,” over and over many times a day until they reach a conviction that *success* is theirs. They know that the *idea of success* contains all the essential elements of success. Likewise,

you can begin now to repeat the word, “success,” to yourself with faith and conviction. Your subconscious mind will accept it as true of you, and you will be under a subconscious compulsion to succeed.

You are compelled to express your subjective beliefs, impressions, and convictions. What does success imply to you? You want, undoubtedly, to be successful in your home life and in your relationships with others. You wish to be outstanding in your chosen work or profession. You wish to possess a beautiful home, and all the money you need to live comfortably and happily. You want to be successful in your prayer life and in your contact with the powers of your subconscious mind.

You are a businessman also because you are in the business of living. Become a successful businessman by imagining yourself doing what you long to do, and possessing the things you long to possess. Become imaginative; mentally participate in the reality of the successful state. Make a habit of it. Go to sleep feeling successful every night, and perfectly satisfied, and you will eventually succeed in implanting the idea of success in your subconscious mind. Believe you were born to succeed, and wonders will happen as you pray!

PROFITABLE POINTERS

1. Success means successful living. When you are peaceful, happy, joyous, and doing what you love to do, you are successful.
2. Find out what you love to do, then do it. If you don't know your true expression, ask for guidance, and the *lead* will come.
3. Specialize in your particular field and try to know more about it than anyone else.
4. A successful man is not selfish. His main desire in life is to serve humanity.
5. There is no true success without peace of mind.
6. A successful man possesses great psychological and spiritual understanding.

7. If you imagine an objective clearly, you will be provided with the necessities through the wonder-working power of your subconscious mind.
8. Your thought fused with feeling becomes a subjective belief, and *according to your belief is it done unto you*.
9. The power of sustained imagination draws forth the miracle-working powers of your subconscious mind.
10. If you are seeking promotion in your work, imagine your employer, supervisor, or loved one congratulating you on your promotion. Make the picture vivid and real. Hear the voice, see the gestures, and feel the reality of it all. Continue to do this frequently, and through frequent occupancy of your mind, you will experience the joy of the answered prayer.
11. Your subconscious mind is a storehouse of memory. For a perfect memory, affirm frequently: "The infinite intelligence of my subconscious mind reveals to me everything I need to know at all times, everywhere."
12. If you wish to sell a home or property of any kind, affirm slowly, quietly, and feelingly as follows: "Infinite intelligence attracts to me the buyer of this house or property, who wants it, and who prospers in it." Sustain this awareness, and the deeper currents of your subconscious mind will bring it to pass.
13. The idea of success contains all the elements of success. Repeat the word, "success," to yourself frequently with faith and conviction, and you will be under a subconscious compulsion to succeed.

CHAPTER TWELVE

SCIENTISTS USE THE SUBCONSCIOUS MIND

Many scientists realize the true importance of the subconscious mind. Edison, Marconi, Kettering, Poincaré, Einstein, and many others have used the subconscious mind. It has given them the insight and the “know-how” for all their great achievements in modern science and industry. Research has shown that the ability to bring into action the subconscious power has determined the success of all the great scientific and research workers.

An instance of how a famous chemist, Friedrich von Stradonitz, used his subconscious mind to solve his problem is as follows: He had been working laboriously for a long time trying to rearrange the six carbon and the six hydrogen atoms of the benzene formula, and he was constantly perplexed and unable to solve the matter. Tired and exhausted, he turned the request over completely to his subconscious mind. Shortly afterward, as he was about to board a London bus, his subconscious presented his conscious mind with a sudden flash of a snake biting its own tail and turning around like a pinwheel. This answer, from his subconscious mind, gave him the long-sought answer of the circular rearrangement of the atoms that is known as the benzene ring.

HOW A DISTINGUISHED SCIENTIST BROUGHT FORTH HIS INVENTIONS

Nikola Tesla was a brilliant electrical scientist who brought forth the most amazing innovations. When an idea for a new invention came into his mind, he would build it up in his imagination, knowing that his

subconscious mind would reconstruct and reveal to his conscious mind all the parts needed for its manufacture in concrete form. Through quietly contemplating every possible improvement, he spent no time in correcting defects, and was able to give the technicians the perfect product of his mind.

He said, "Invariably, my device works as I imagined it should. In twenty years there has not been a single exception."

HOW A FAMOUS NATURALIST SOLVED HIS PROBLEM

Professor Agassiz, a distinguished American naturalist, discovered the indefatigable activities of his subconscious mind while he slept. The following has been reported by his widow in her biography of her famous husband.

"He had been for two weeks striving to decipher the somewhat obscure impression of a fossil fish on the stone slab in which it was preserved. Weary and perplexed, he put his work aside at last, and tried to dismiss it from his mind. Shortly after, he waked one night persuaded that while asleep he had seen his fish with all the missing features perfectly restored. But when he tried to hold and make fast the image it escaped him. Nevertheless, he went early to the Jardin des Plantes, thinking that on looking anew at the impression he should see something which would put him on the track of his vision. In vain—the blurred record was as black as ever. The next night he saw the fish again, but with no more satisfactory result. When he awoke it disappeared from his memory as before. Hoping that the same experience might be repeated, on the third night he placed a pencil and paper beside his bed before going to sleep.

"Accordingly, toward morning the fish reappeared in his dream, confusedly at first, but at last with such distinctness that he had no longer any doubt as to its zoological characters. Still half dreaming, in perfect darkness, he traced these characters on the sheet of paper at the bedside. In the morning he was surprised to see in his nocturnal sketch features which he thought it impossible the fossil itself should reveal. He hastened to the Jardin des Plantes, and, with

his drawing as a guide, succeeded in chiselling away the surface of the stone under which portions of the fish proved to be hidden. When wholly exposed it corresponded with his dream and his drawing, and he succeeded in classifying it with ease.”

AN OUTSTANDING PHYSICIAN SOLVED THE PROBLEM OF DIABETES

Some years ago I received a clipping from a magazine describing the origin of the discovery of insulin. This is the essence of the article as I recall it.

About forty years ago or more, Dr. Frederick Banting, a brilliant Canadian physician and surgeon, was concentrating his attention on the ravages of diabetes. At that time medical science offered no effective method of arresting the disease. Dr. Banting spent considerable time experimenting and studying the international literature on the subject. One night he was exhausted and fell asleep. While asleep, his subconscious mind instructed him to extract the residue from the degenerated pancreatic duct of dogs. This was the origin of insulin which has helped millions of people.

You will note that Dr. Banting had been consciously dwelling on the problem for some time seeking a solution, a way out, and his subconscious responded accordingly.

It does not follow that you will always get an answer overnight. The answer may not come for some time. Do not be discouraged. Keep on turning the problem over every night to the subconscious mind prior to sleep, as if you had never done it before.

One of the reasons for the delay may be that you look upon it as a major problem. You may believe it will take a long time to solve it.

Your subconscious mind is timeless and spaceless. Go to sleep believing you have the answer now. Do not postulate the answer in the future. Have an abiding faith in the outcome. Become convinced now as you read this book that there is an answer and a perfect solution for you.

HOW A FAMOUS SCIENTIST AND PHYSICIST ESCAPED FROM A RUSSIAN CONCENTRATION CAMP

Dr. Lothar von Blenk-Schmidt, a member of the Rocket Society and an outstanding research electronic engineer, gives the following condensed summary of how he used his subconscious mind to free himself from certain death at the hands of brutal guards in a Russian prison camp coal mine. He states as follows:

“I was a prisoner of war in a coal mine in Russia, and I saw men dying all around me in that prison compound. We were watched over by brutal guards, arrogant officers, and sharp, fast-thinking commissars. After a short medical checkup, a quota of coal was assigned to each person. My quota was three hundred pounds per day. In case any man did not fill his quota, his small food ration was cut down, and in a short time he was resting in the cemetery.

“I started concentrating on my escape. I knew that my subconscious mind would somehow find a way. My home in Germany was destroyed, my family wiped out; all my friends and former associates were either killed in the war or were in concentration camps.

“I said to my subconscious mind, ‘I want to go to Los Angeles, and you will find the way.’ I had seen pictures of Los Angeles and I remembered some of the boulevards very well as well as some of the buildings.

“Every day and night I would imagine I was walking down Wilshire Boulevard with an American girl whom I met in Berlin prior to the war (she is now my wife). In my imagination we would visit the stores, ride buses, and eat in the restaurants. Every night I made it a special point to drive my imaginary American automobile up and down the boulevards of Los Angeles. I made all this vivid and real. These pictures in my mind were as real and as natural to me as one of the trees outside the prison camp.

“Every morning the chief guard would count the prisoners as they were lined up. He would call out ‘one, two, three’ etc., and when seventeen was called out, which was my number in sequence, I stepped aside. In the meantime, the guard was called away for a

minute or so, and on his return he started by mistake on the next man as number seventeen. When the crew returned in the evening, the number of men was the same, and I was not missed, and the discovery would take a long time.

“I walked out of the camp undetected and kept walking for twenty-four hours, resting in a deserted town the next day. I was able to live by fishing and killing some wildlife. I found coal trains going to Poland and traveled on them by night, until finally I reached Poland. With the help of friends, I made my way to Lucerne, Switzerland.

“One evening at the Palace Hotel, Lucerne, I had a talk with a man and his wife from the United States of America. This man asked me if I would care to be a guest at his home in Santa Monica, California. I accepted, and when I arrived in Los Angeles, I found that their chauffeur drove me along Wilshire Boulevard and many other boulevards which I had imagined so vividly in the long months in the Russian coal mines. I recognized the buildings which I had seen in my mind so often. It actually seemed as if I had been in Los Angeles before. I had reached my goal.

“I will never cease to marvel at the wonders of the subconscious mind. Truly, it has ways we know not of.”

HOW ARCHAEOLOGISTS AND PALEONTOLOGISTS RECONSTRUCT ANCIENT SCENES

These scientists know that their subconscious mind has a memory of everything that has ever transpired. As they study the ancient ruins and fossils, through their imaginative perception, their subconscious mind aids them in reconstructing the ancient scenes. The dead past becomes alive and audible once more. Looking at these ancient temples and studying the pottery, statuary, tools, and household utensils of these ancient times, the scientist tells us of an age when there was no language. Communication was done by grunts, groans, and signs.

The keen concentration and disciplined imagination of the scientist awakens the latent powers of his subconscious mind

enabling him to clothe the ancient temples with roofs, and surround them with gardens, pools, and fountains. The fossil remains are clothed with eyes, sinews, and muscles, and they again walk and talk. The past becomes the living present, and we find that in mind there is no time or space. Through disciplined, controlled, and directed imagination, you can be a companion of the most scientific and inspired thinkers of all time.

HOW TO RECEIVE GUIDANCE FROM YOUR SUBCONSCIOUS

When you have what you term “a difficult decision” to make, or when you fail to see the solution to your problem, begin at once to think constructively about it. If you are fearful and worried, you are not really thinking. True thinking is free from fear.

Here is a simple technique you can use to receive guidance on any subject: Quiet the mind and still the body. Tell the body to relax; it has to obey you. It has no volition, initiative, or self-conscious intelligence. Your body is an emotional disk which records your beliefs and impressions. Mobilize your attention; focus your thought on the solution to your problem. Try to solve it with your conscious mind. Think how happy you would be about the perfect solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. When you awaken, and you do not have the answer, get busy about something else. Probably, when you are preoccupied with something else, the answer will come into your mind like toast pops out of a toaster.

In receiving guidance from the subconscious mind, the simple way is the best. This is an illustration: I once lost a valuable ring which was an heirloom. I looked everywhere for it and could not locate it. At night I talked to the subconscious in the same manner that I would talk to anyone. I said to it prior to dropping off to sleep, “You know all things; you know where that ring is, and you now reveal to me where it is.”

In the morning I awoke suddenly with the words ringing in my ear, "Ask Robert!"

I thought it very strange that I should ask Robert, a young boy about nine years of age; however, I followed the inner voice of intuition.

Robert said, "Oh, yes, I picked it up in the yard while I was playing with the boys. I placed it on the desk in my room. I did not think it worth anything, so I did not say anything about it."

The subconscious mind will always answer you if you trust it.

HIS SUBCONSCIOUS REVEALED THE LOCATION OF HIS FATHER'S WILL

A young man who attends my lectures had this experience. His father died and apparently left no will. However, this man's sister told him that their father had confided to her that a will had been executed which was fair to all. Every attempt to locate the will failed.

Prior to sleep he talked to his deeper mind as follows: "I now turn this request over to the subconscious mind. It knows just where that will is, and reveals it to me." Then he condensed his request down to one word, "Answer," repeating it over and over again as a lullaby. He lulled himself to sleep with the word, "Answer."

The next morning this young man had an overpowering hunch to go to a certain bank in Los Angeles where he found a safe deposit vault registered in the name of his father, the contents of which solved all his problems.

Your thought, as you go to sleep, arouses the powerful latency which is within you. For example, let us suppose you are wondering whether to sell your home, buy a certain stock, sever partnership, move to New York or stay in Los Angeles, dissolve the present contract or take a new one. Do this: Sit quietly in your armchair or at the desk in your office. Remember that there is a universal law of action and reaction. The action is your thought. The reaction is the response from your subconscious mind. The subconscious mind is reactive and reflexive; this is its nature. It rebounds, rewards, and repays. It is the law of correspondence. It responds by

corresponding. As you contemplate right action, you will automatically experience a reaction or response in yourself which represents the guidance or answer of your subconscious mind.

In seeking guidance, you simply think quietly about right action which means that you are using the infinite intelligence resident in the subconscious mind to the point where it begins to use you. From there on, your course of action is directed and controlled by the subjective wisdom within you which is all-wise and omnipotent. Your decision will be right. There will only be right action because you are under a subjective compulsion to do the right thing. I use the word *compulsion* because the law of the subconscious is compulsion.

THE SECRET OF GUIDANCE

The secret of guidance or right action is to mentally devote yourself to the right answer, until you find its response in you. The response is a feeling, an inner awareness, an overpowering hunch whereby you know that you know. You have used the power to the point where it begins to use you. You cannot possibly fail or make one false step while operating under the subjective wisdom within you. You will find that all your ways are pleasantness and all your paths are peace.

HIGHLIGHTS TO RECALL

1. Remember that the subconscious mind has determined the success and wonderful achievements of all great scientific workers.
2. By giving your conscious attention and devotion to the solution of a perplexing problem, your subconscious mind gathers all the necessary information and presents it full-blown to the conscious mind.
3. If you are wondering about the answer to a problem, try to solve it objectively. Get all the information you can from research and also from others. If no answer comes, turn it

over to your subconscious mind prior to sleep, and the answer always comes. It never fails.

4. You do not always get the answer overnight. Keep on turning your request over to your subconscious until the day breaks and the shadows flee away.
5. You delay the answer by thinking it will take a long time or that it is a major problem. Your subconscious has no problem, it knows only the answer.
6. Believe that you have the answer now. Feel the joy of the answer and the way you would feel if you had the perfect answer. Your subconscious will respond to your feeling.
7. Any mental picture, backed by faith and perseverance, will come to pass through the miracle-working power of your subconscious. Trust it, believe in its power, and wonders will happen as you pray.
8. Your subconscious is the storehouse of memory, and within your subconscious are recorded all your experiences since childhood.
9. Scientists meditating on ancient scrolls, temples, fossils, etc., are able to reconstruct scenes of the past and make them alive today. Their subconscious mind comes to their aid.
10. Turn over your request for a solution to your subconscious prior to sleep. Trust it and believe in it, and the answer will come. It knows all and sees all, but you must not doubt or question its powers.
11. The action is your thought, and the reaction is the response of your subconscious mind. If your thoughts are wise, your actions and decisions will be wise.
12. Guidance comes as a feeling, an inner awareness, an overpowering hunch whereby you know that you know. It is an inner sense of touch. Follow it.

CHAPTER THIRTEEN

YOUR SUBCONSCIOUS AND THE WONDERS OF SLEEP

You spend about eight out of every twenty-four hours, or one-third of your entire life, in sleep. This is an inexorable law of life. This also applies to the animal and vegetable kingdoms. Sleep is a divine law, and many answers to our problems come to us when we are sound asleep upon the bed.

Many people have advocated the theory that you get tired during the day, that you go to sleep to rest the body, and that a reparative process takes place while you sleep. Nothing rests in sleep. Your heart, lungs, and all your vital organs function while you are asleep. If you eat prior to sleep, the food is digested and assimilated; also, your skin secretes perspiration, and your nails and hair continue to grow.

Your subconscious mind never rests or sleeps. It is always active, controlling all your vital forces. The healing process takes place more rapidly while you are asleep as there is no interference from your conscious mind. Remarkable answers are given to you while you are asleep.

WHY WE SLEEP

Dr. John Bigelow, a famous research authority on sleep,^{*} demonstrated that at night while asleep you receive impressions showing that the nerves of the eyes, ears, nose, and taste buds are active during sleep, and also that the nerves of your brain are quite active. He says that the main reason we sleep is because “the nobler part of the soul is united by abstraction to our higher nature and

becomes a participant in the wisdom and foreknowledge of the gods.”

Dr. Bigelow states also, “The results of my studies have not only strengthened my convictions that the supposed exemption from customary toils and activities was not the final purpose of sleep, but have also made clearer to my mind the conviction that no part of a man’s life deserves to be considered more indispensable to its symmetrical and perfect spiritual development than the while he is separated from the phenomenal world in sleep.”

PRAYER, A FORM OF SLEEP

Your conscious mind gets involved with vexations, strife, and contentions of the day, and it is very necessary to withdraw periodically from sense evidence and the objective world, and commune silently with the inner wisdom of your subconscious mind. By claiming guidance, strength, and greater intelligence in all phases of your life, you will be enabled to overcome all difficulties and solve your daily problems.

This regular withdrawal from sense evidence and the noise and confusion of everyday living is also a form of sleep, i.e., you become asleep to the world of the senses and alive to the wisdom and power of your subconscious mind.

STARTLING EFFECTS OF SLEEP DEPRIVATION

Lack of sleep can cause you to become irritable, moody, and depressed. Dr. George Stevenson of the National Association for Mental Health says, “I believe it can safely be said that all human beings need a minimum of six hours’ sleep to be healthy. Most people need more. Those who think they can get along on less are fooling themselves.”

Medical research scholars, investigating sleep processes and deprivation of sleep, point out that severe insomnia has preceded

psychotic breakdown in some instances. Remember, you are spiritually recharged during sleep, and adequate sleep is essential to produce joy and vitality in life.

YOU NEED MORE SLEEP

Robert O'Brien, in an article, "Maybe You Need More Sleep," in an issue of *The Reader's Digest*, reports the following experiment on sleep:

"For the last three years experiments have been in progress at Walter Reed Army Institute of Research in Washington, D.C. Subjects—more than one hundred military and civilian volunteers—have been kept awake for as long as four days. Thousands of tests have measured the effects on their behavior and personality. Results of these tests have given scientists astonishingly new insights into the mysteries of sleep.

"They now know that the tired brain apparently craves sleep so hungrily that it will sacrifice anything to get it. After only a few hours of sleep loss, fleeting stolen naps called 'lapses,' or micro-sleep, occurred at the rate of three or four an hour. As in real sleep, eyelids drooped, heartbeat slowed. Each lapse lasted just a fraction of a second. Sometimes the lapses were periods of blankness; sometimes they were filled with images, wisps of dreams. As hours of sleep loss mounted, the lapses took place more often and lasted longer, perhaps two or three seconds. Even if the subjects had been piloting an airliner in a thunderstorm, they still couldn't have resisted micro-sleeps for those few priceless seconds. And it can happen to you, as many who have fallen asleep at the wheel of a car can testify.

"Another startling effect of sleep deprivation was its attack on human memory and perception. Many sleep-deprived subjects were unable to retain information long enough to relate it to the task they were supposed to perform. They were totally befuddled in situations requiring them to hold several factors in mind and act on them, as a pilot must when he skillfully integrates wind direction, air speed, altitude, and glide path to make a safe landing."

SLEEP BRINGS COUNSEL

A young lady in Los Angeles who listens to my morning radio talks told me that she had been offered a lucrative position in New York City at twice her present salary. She was wondering whether to accept or not and prayed prior to sleep as follows: “The creative intelligence of my subconscious mind knows what is best for me. Its tendency is always lifeward, and it reveals to me the right decision which blesses me and all concerned. I give thanks for the answer which I know will come to me.”

She repeated this simple prayer over and over again as a lullaby prior to sleep, and in the morning she had a persistent feeling that she should not accept the offer. She rejected the offer and subsequent events verified her inward sense of knowing, because the company went bankrupt in a few months following their offer of employment to her.

The conscious mind may be correct on the facts objectively known, but the intuitive faculty of her subconscious mind saw the failure of the concern in question, and prompted her accordingly.

SAVED FROM CERTAIN DISASTER

I will illustrate how the wisdom of your subconscious mind can instruct you and protect you relative to your request for right action as you go to sleep.

Many years ago, before the Second World War, I was offered a very lucrative assignment in the Orient, and I prayed for guidance and the right decision as follows: “Infinite intelligence within me knows all things, and the right decision is revealed to me in divine order. I will recognize the answer when it comes.”

I repeated this simple prayer over and over again as a lullaby prior to sleep, and in a dream came the vivid realization of things to come three years hence. An old friend appeared in the dream and said, “Read these headlines—do not go!” The headlines of the newspaper which appeared in the dream related to war and the attack on Pearl Harbor.

Occasionally, the writer dreams literally. The aforementioned dream was undoubtedly a dramatization of the subconscious mind which projected a person whom I trusted and respected. To some a warning may come in the form of a mother who appears in a dream. She tells the person not to go here or there, and the reason for the warning. Your subconscious mind is all-wise. It knows all things. Oftentimes it will speak to you only in a voice that your conscious mind will immediately accept as true. Sometimes your subconscious will warn you in a voice which sounds like that of your mother or some loved one which may cause you to stop on the street, and you find, if you had gone another foot, a falling object from a window might have struck you on the head.

My subconscious mind is one with the universal subconscious, and it knew the Japanese were planning a war, and it also knew when the war would start.

Dr. Rhine, director of the Department of Psychology at Duke University, has gathered together a vast amount of evidence showing that a great number of people all over the world see events before they happen, and in many instances are, therefore, able to avoid the tragic event which was foreseen vividly in a dream.

The dream which I had showed clearly the headlines in *The New York Times* about three years prior to the tragedy of Pearl Harbor. In consequence of this dream, I immediately cancelled the trip as I felt a subconscious compulsion to do so. Three years later the Second World War proved the truth of the inner voice of intuition.

YOUR FUTURE IS IN YOUR SUBCONSCIOUS MIND

Remember that the future, the result of your habitual thinking, is already in your mind except when you change it through prayer. The future of a country, likewise, is in the collective subconscious of the people of that nation. There is nothing strange in the dream I had wherein I saw the headlines of the New York newspapers long before the war began. The war had already taken place in mind, and all the plans of attack were already engraved on that great recording

instrument, the subconscious mind or collective unconscious of the universal mind. Tomorrow's events are in your subconscious mind, so are next week's and next month's, and they may be seen by a highly psychic or clairvoyant person.

No disaster or tragedy can happen to you if you decide to pray. Nothing is predetermined or foreordained. Your mental attitude, i.e., the way you think, feel, and believe, determines your destiny. You can, through scientific prayer, which is explained in a previous chapter, mold, fashion, and create your own future. *Whatsoever a man soweth, that shall he also reap.*

A CATNAP NETS HIM \$15,000

One of my students mailed me a newspaper clipping three or four years ago about a man called Ray Hammerstrom, a roller at the steel works in Pittsburgh operated by Jones and Laughlin Steel Corporation. He received \$15,000 for his dream.

According to the article, the engineers could not fix a faulty switch in a newly installed bar mill which controlled the delivery of straight bars to the cooling beds. The engineers worked on the switch about eleven or twelve times to no avail.

Hammerstrom thought a lot about the problem and tried to figure out a new design which might work. Nothing worked. One afternoon he lay down for a nap, and prior to sleep he began to think about the answer to the switch problem. He had a dream in which a perfect design for the switch was portrayed. When he awoke, he sketched his new design according to the outline of his dream.

This visionary catnap won Hammerstrom a check for \$15,000, the largest award the firm ever gave an employee for a new idea.

HOW A FAMOUS PROFESSOR SOLVED HIS PROBLEM IN SLEEP

Dr. H. V. Hilprecht, professor of Assyrian at the University of Pennsylvania, wrote as follows: "One Saturday evening . . . I had

been wearying myself, in the vain attempt to decipher two small fragments of agate which were supposed to belong to the finger rings of some Babylonians.

“About midnight, weary and exhausted, I went to bed and dreamed the following remarkable dream: A tall, thin priest of Nippur, about forty years of age, led me to the treasure chamber of the temple . . . a small, low-ceilinged room without windows, while scraps of agate and lapis-lazuli lay scattered on the floor. Here he addressed me as follows: ‘The two fragments which you have published separately on pages 22 and 26 belong together, are not finger rings. . . . The first two rings served as earrings for the statue of the god; the two fragments (you have) . . . are the portions of them. If you will put them together you will have confirmation of my words.’ . . . I awoke at once . . . I examined the fragments . . . and to my astonishment found the dream verified. The problem was then at last solved.”

This demonstrates clearly the creative manifestation of his subconscious mind which knew the answer to all his problems.

HOW THE SUBCONSCIOUS WORKED FOR A FAMOUS WRITER WHILE HE SLEPT

Robert Louis Stevenson in one of his books, *Across the Plains*, devotes a whole chapter to dreams. He was a vivid dreamer and had the persistent habit of giving specific instructions to his subconscious every night prior to sleep. He would request his subconscious to evolve stories for him while he slept. For example, if Stevenson’s funds were at a low ebb, his command to his subconscious would be something like this: “Give me a good thrilling novel which will be marketable and profitable.” His subconscious responded magnificently.

Stevenson says, “These little brownies [the intelligences and powers of his subconscious] can tell me a story piece by piece, like a serial, and keep me, its supposed creator, all the while in total ignorance of where they aim.” And he added: “That part of my work which is done when I am up and about [while he is consciously

aware and awake] is by no means necessarily mine, since all goes to show that the *brownies* have a hand in it even then.”

SLEEP IN PEACE AND WAKE IN JOY

To those who suffer from insomnia, you will find the following prayer very effective. Repeat it slowly, quietly, and lovingly prior to sleep: “My toes are relaxed, my ankles are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, my face is relaxed, my eyes are relaxed, my whole mind and body are relaxed. I fully and freely forgive everyone, and I sincerely wish for them harmony, health, peace, and all the blessings of life. I am at peace, I am poised, serene, and calm. I rest in security and in peace. A great stillness steals over me, and a great calm quiets my whole being as I realize the Divine Presence within me. I know that the realization of life and love heals me. I wrap myself in the mantle of love and fall asleep filled with good will for all. Throughout the night peace remains with me, and in the morning I shall be filled with life and love. A circle of love is drawn around me. *I will fear no evil, for Thou art with me.* I sleep in peace, I wake in joy, and *in Him I live, move, and have my being.*”

SUMMARY OF YOUR AIDS TO THE WONDERS OF SLEEP

1. If you are worried that you will not wake up on time, suggest to your subconscious mind prior to sleep the exact time you wish to arise, and it will awaken you. It needs no clock. Do the same thing with all problems. There is nothing too hard for your subconscious.
2. Your subconscious never sleeps. It is always on the job. It controls all your vital functions. Forgive yourself and everyone else before you go to sleep, and healing will take place much more rapidly.

3. Guidance is given you while you are asleep, sometimes in a dream. The healing currents are also released, and in the morning you feel refreshed and rejuvenated.
4. When troubled by the vexations and strife of the day, still the wheels of your mind and think about the wisdom and intelligence lodged in your subconscious mind which is ready to respond to you. This will give you peace, strength, and confidence.
5. Sleep is essential for peace of mind and health of body. Lack of sleep can cause irritation, depression, and mental disorders. You need eight hours' sleep.
6. Medical research scholars point out that insomnia precedes psychotic breakdowns.
7. You are spiritually recharged during sleep. Adequate sleep is essential for joy and vitality in life.
8. Your tired brain craves sleep so hungrily that it will sacrifice anything to get it. Many who have fallen asleep at the wheel of an automobile can testify to this.
9. Many sleep-deprived people have poor memories and lack proper co-ordination. They become befuddled, confused, and disoriented.
10. Sleep brings counsel. Prior to sleep, claim that the infinite intelligence of your subconscious mind is guiding and directing you. Then, watch for the *lead* which comes, perhaps on awakening.
11. Trust your subconscious completely. Know that its tendency is always lifeward. Occasionally, your subconscious answers you in a very vivid dream and a vision in the night. You can be forewarned in a dream in the same way as the author of this book was warned.
12. Your future is in your mind now, based on your habitual thinking and beliefs. Claim infinite intelligence leads and guides you and that all good is yours, and your future will be wonderful. Believe it and accept it. Expect the best, and invariably the best will come to you.
13. If you are writing a novel, play, or book, or are working on an invention, speak to your subconscious mind at night and

claim boldly that its wisdom, intelligence, and power are guiding, directing, and revealing to you the ideal play, novel, book, or revealing the perfect solution whatever it may be. Wonders will happen as you pray this way.

CHAPTER FOURTEEN

YOUR SUBCONSCIOUS MIND AND MARITAL PROBLEMS

Ignorance of the functions and powers of the mind is the cause of all marital trouble. Friction between husband and wife can be solved by each using the law of mind correctly. By praying together they stay together. The contemplation of divine ideals, the study of the laws of life, the mutual agreement on a common purpose and plan, and the enjoyment of personal freedom bring about that harmonious marriage, that wedded bliss, that sense of oneness where the two become one.

The best time to prevent divorce is before marriage. It is not wrong to try to get out of a very bad situation. But why get into the bad situation in the first place? Would it not be better to give attention to the real cause of marital problems, in other words, to really get at the root of the matter involved?

As with all other problems of men and women, the problems of divorce, separation, annulment, and endless litigation are directly traceable to lack of knowledge of the working and interrelationship of the conscious and subconscious mind.

THE MEANING OF MARRIAGE

Marriage to be real must first be on a spiritual basis. It must be of the heart, and the heart is the chalice of love. Honesty, sincerity, kindness, and integrity are also forms of love. Each partner should be perfectly honest and sincere with the other. It is not a true marriage when a man marries a woman for her money, social position, or to lift his ego, because this indicates a lack of sincerity,

honesty, and true love. Such a marriage is a farce, a sham, and a masquerade.

When a woman says, “I am tired working; I want to get married because I want security,” her premise is false. She is not using the laws of mind correctly. Her security depends upon her knowledge of the interaction of the conscious and subconscious mind and its application.

For example, a woman will never lack for wealth or health if she applies the techniques outlined in the respective chapters of this book. Her wealth can come to her independent of her husband, father, or anyone else. A woman is not dependent on her husband for health, peace, joy, inspiration, guidance, love, wealth, security, happiness, or anything in the world. Her security and peace of mind come from her knowledge of the inner powers within her and from the constant use of the laws of her own mind in a constructive fashion.

HOW TO ATTRACT THE IDEAL HUSBAND

You are now acquainted with the way your subconscious mind works. You know that whatever you impress upon it will be experienced in your world. Begin now to impress your subconscious mind with the qualities and characteristics you desire in a man.

The following is an excellent technique: Sit down at night in your armchair, close your eyes, let go, relax the body, become very quiet, passive, and receptive. Talk to your subconscious mind and say to it, “I am now attracting a man into my experience who is honest, sincere, loyal, faithful, peaceful, happy, and prosperous. These qualities which I admire are sinking down into my subconscious mind now. As I dwell upon these characteristics, they become a part of me and are embodied subconsciously.

“I know there is an irresistible law of attraction and that I attract to me a man according to my subconscious belief. I attract that which I feel to be true in my subconscious mind.

“I know I can contribute to his peace and happiness. He loves my ideals, and I love his ideals. He does not want to make me over;

neither do I want to make him over. There is mutual love, freedom, and respect.”

Practice this process of impregnating your subconscious mind. Then, you will have the joy of attracting to you a man possessing the qualities and characteristics you mentally dwelt upon. Your subconscious intelligence will open up a pathway, whereby both of you will meet, according to the irresistible and changeless flow of your own subconscious mind. Have a keen desire to give the best that is in you of love, devotion, and cooperation. Be receptive to this gift of love which you have given to your subconscious mind.

HOW TO ATTRACT THE IDEAL WIFE

Affirm as follows: “I now attract the right woman who is in complete accord with me. This is a spiritual union because it is divine love functioning through the personality of someone with whom I blend perfectly. I know I can give to this woman love, light, peace, and joy. I feel and believe I can make this woman’s life full, complete, and wonderful.

“I now decree that she possesses the following qualities and attributes: She is spiritual, loyal, faithful, and true. She is harmonious, peaceful, and happy. We are irresistibly attracted to each other. Only that which belongs to love, truth, and beauty can enter my experience. I accept my ideal companion now.”

As you think quietly and with interest on the qualities and attributes which you admire in the companion you seek, you will build the mental equivalent into your mentality. Then, the deeper currents of your subconscious mind will bring both of you together in divine order.

NO NEED FOR THIRD MISTAKE

Recently a teacher said to me, “I have had three husbands and all three have been passive, submissive, and dependent on me to make

all decisions and govern everything. Why do I attract such type men?"

I asked her whether she had known that her second husband was the effeminate type, and she replied, "Of course not. Had I known, I would not have married him." Apparently she had not learned anything from the first mistake. The trouble was with her own personality makeup. She was very masculine, domineering, and unconsciously wanted someone who would be submissive and passive so that she could play the dominant role. All this was unconscious motivation, and her subconscious picture attracted to her what she subjectively wanted. She had to learn to *break the pattern by adopting the right prayer process*.

HOW SHE BROKE THE NEGATIVE PATTERN

The above-mentioned woman learned a simple truth. When you believe you can have the type of man you idealize, it is done unto you as you believe. The following is the specific prayer she used to break the old subconscious pattern and attract to her the ideal mate: "I am building into my mentality the type of man I deeply desire. The man I attract for a husband is strong, powerful, loving, very masculine, successful, honest, loyal, and faithful. He finds love and happiness with me. I love to follow where he leads.

"I know he wants me, and I want him. I am honest, sincere, loving, and kind. I have wonderful gifts to offer him. They are good will, a joyous heart, and a healthy body. He offers me the same. It is mutual. I give and I receive. Divine intelligence knows where this man is, and the deeper wisdom of my subconscious mind is now bringing both of us together in its own way, and we recognize each other immediately. I release this request to my subconscious mind which knows how to bring my request to pass. I give thanks for the perfect answer."

She prayed in the above manner night and morning, affirming these truths and knowing that through frequent occupation of the mind she would reach the mental equivalent of that which she sought.

THE ANSWER TO HER PRAYER

Several months went by. She had a great number of dates and social engagements, none of which was agreeable to her. When she was about to question, waiver, doubt, and vacillate, she reminded herself that the infinite intelligence was bringing it to pass in its own way and that there was nothing to be concerned about. Her final decree in her divorce proceedings was granted which brought her a great sense of release and mental freedom.

Shortly afterward she went to work as a receptionist in a doctor's office. She told me that the minute she saw the physician she knew he was the man she was praying about. Apparently he knew it, too, because he proposed to her the first week she was in the office, and their subsequent marriage was ideally happy. This physician was not the passive or submissive type, but was a real man, a former football player, an outstanding athlete, and was a deeply spiritual man though he was completely devoid of any sectarian or denominational affiliation.

She got what she prayed for because she claimed it mentally until she reached the point of saturation. In other words, she mentally and emotionally united with her idea, and it became a part of her in the same way that an apple becomes a part of her bloodstream.

SHOULD I GET A DIVORCE?

Divorce is an individual problem. It cannot be generalized. In some cases, of course, there never should have been a marriage. In some cases, divorce is not the solution, no more so than marriage is the solution for a lonely man. Divorce may be right for one person and wrong for another. A divorced woman may be far more sincere and noble than many of her married sisters who perhaps are living a lie.

For example, I once talked with a woman whose husband was a dope fiend, an ex-convict, a wife-beater, and a non-provider. She had been told it was wrong to get a divorce. I explained to her that marriage is of the heart. If two hearts blend harmoniously, lovingly,

and sincerely, that is the ideal marriage. The pure action of the heart is love.

Following this explanation she knew what to do. She knew in her heart that there is no divine law which compelled her to be browbeaten, intimidated, and beaten because someone said, "I pronounce you man and wife."

If you are in doubt as to what to do, ask for guidance, knowing that there is always an answer and you will receive it. Follow the *lead* that comes to you in the silence of your soul. It speaks to you in peace.

DRIFTING INTO DIVORCE

Recently a young couple, married for only a few months, were seeking a divorce. I discovered that the young man had a constant fear that his wife would leave him. He expected rejection, and he believed that she would be unfaithful. These thoughts haunted his mind, and became an obsession with him. His mental attitude was one of separation and suspicion. She felt unresponsive to him; it was his own feeling or atmosphere of loss and separation operating through them. This brought about a condition or action in accordance with the mental pattern behind it. There is a law of action and reaction, or cause and effect. The thought is the action, and the response of the subconscious mind is the reaction.

His wife left home and asked for a divorce which is what he feared and believed she would do.

DIVORCE BEGINS IN THE MIND

Divorce takes place first in the mind; the legal proceedings follow after. These two young people were full of resentment, fear, suspicion, and anger. These attitudes weaken, exhaust, and debilitate the whole being. They learned that hate divides and that love unites. They began to realize what they had been doing with their minds. Neither one of them knew the law of mental action, and

they were misusing their minds and bringing on chaos and misery. These two people went back together at my suggestion and experimented with prayer therapy.

They began to radiate love, peace, and good will to each other. Each one practiced radiating harmony, health, peace, and love to the other, and they alternated in the reading of the Psalms every night. Their marriage is growing more beautiful everyday.

THE NAGGING WIFE

Many times the reason the wife nags is because she gets no attention. Oftentimes, it is a craving for love and affection. Give your wife attention, and show your appreciation. Praise and exalt all her many good points. There is also the nagging type of woman who wants to make the man conform to her particular pattern. This is about the quickest way in the world to get rid of a man.

The wife and the husband must cease being scavengers—always looking at the petty faults or errors in each other. Let each give attention and praise for the constructive and wonderful qualities in the other.

THE BROODING HUSBAND

If a man begins to brood, grows morbid against his wife because of the things she said or did, he is, psychologically speaking, committing adultery. One of the meanings of adultery is idolatry, i.e., giving attention to or uniting mentally with that which is negative and destructive. When a man is silently resenting his wife and is full of hostility toward her, he is unfaithful. He is not faithful to his marriage vows, which are to love, cherish, and honor her all the days of his life.

The man who is brooding, bitter, and resentful can swallow his sharp remarks, abate his anger, and he can go to great lengths to be considerate, kind, and courteous. He can deftly skirt the differences. Through praise and mental effort, he can get out of the habit of

antagonism. Then, he will be able to get along better, not only with his wife, but with business associates also. Assume the harmonious state, and eventually you will find peace and harmony.

THE GREAT MISTAKE

A great mistake is to discuss your marital problems or difficulties with neighbors and relatives. Suppose, for example, a wife says to the neighbor, "John never gives me any money. He treats my mother abominably, drinks to excess, and is constantly abusive and insulting."

Now, this wife is degrading and belittling her husband in the eyes of all the neighbors and relatives. He no longer appears as the ideal husband to them. Never discuss your marital problems with anyone except a trained counselor. Why cause numerous people to think negatively of your marriage? Moreover, as you discuss and dwell upon these shortcomings of your husband, you are actually creating these states within yourself. Who is thinking and feeling it? You are! As you think and feel, so are you.

Relatives will usually give you the wrong advice. It is usually biased and prejudiced because it is not given in an impersonal way. Any advice you receive which violates the golden rule, which is a cosmic law, is not good or sound.

It is well to remember that no two human beings ever lived beneath the same roof without clashes of temperament, periods of hurts and strain. Never display the unhappy side of your marriage to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

DON'T TRY TO MAKE YOUR WIFE OVER

A husband must not try to make his wife over into a second edition of himself. The tactless attempt to change her in many ways is foreign to her nature. These attempts are always foolish, and many times result in a dissolution of the marriage. These attempts to alter her

destroy her pride and self-esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Adjustments are needed, of course, but if you have a good look inside your own mind, and study your character and behavior, you will find so many shortcomings, they will keep you busy the rest of your life. If you say, "I will make him over into what I want," you are looking for trouble and the divorce court. You are asking for misery. You will have to learn the hard way that there is no one to change but yourself.

PRAY TOGETHER AND STAY TOGETHER THROUGH STEPS IN PRAYER

The first step: Never carry over from one day to another accumulated irritations arising from little disappointments. Be sure to forgive each other for any sharpness before you retire at night. The moment you awaken in the morning, claim infinite intelligence is guiding you in all your ways. Send out loving thoughts of peace, harmony, and love to your marriage partner, to all members of the family, and to the whole world.

The second step: Say grace at breakfast. Give thanks for the wonderful food, for your abundance, and for all your blessings. Make sure that no problems, worries, or arguments shall enter into the table conversation; the same applies at dinner time. Say to your wife or husband, "I appreciate all you are doing, and I radiate love and good will to you all day long."

The third step: The husband and wife should alternate in praying each night. Do not take your marriage partner for granted. Show your appreciation and love. Think appreciation and good will, rather than condemnation, criticism, and nagging. The way to build a peaceful home and a happy marriage is to use a foundation of love, beauty, harmony, mutual respect, faith in God, and all things good. Read the 23rd, 27th, and 91st Psalms, the 11th chapter of Hebrews, the 13th chapter of I Corinthians, and other great texts of the Bible before going to sleep. As you practice these truths, your marriage will grow more and more blessed through the years.

REVIEW YOUR ACTIONS

1. Ignorance of mental and spiritual laws is the cause of all marital unhappiness. By praying scientifically together, you stay together.
2. The best time to prevent divorce is before marriage. If you learn how to pray in the right way, you will attract the right mate for you.
3. Marriage is the union of a man and woman who are bound together by love. Their hearts beat as one, and they move onward, upward, and Godward.
4. Marriage does not bequeath happiness. People find happiness by dwelling on the eternal truths of God and the spiritual values of life. Then, the man and woman can contribute to each other's happiness and joy.
5. You attract the right mate by dwelling on the qualities and characteristics you admire in a woman or a man, and then your subconscious mind will bring you together in divine order.
6. You must build into your mentality the mental equivalent of what you want in a marriage partner. If you want to attract an honest, sincere, and loving partner in life, you must be honest, sincere, and loving yourself.
7. You do not have to repeat mistakes in marriage. When you really believe you can have the type man or woman you idealize, it is done unto you as you believe. To believe is to accept something as true. Accept your ideal companion now mentally.
8. Do not wonder how, why, or where you will meet the mate you are praying for. Trust implicitly the wisdom of your subconscious mind. It has the "know-how," and you don't have to assist it.
9. You are mentally divorced when you indulge in peevishness, grudges, ill will, and hostility toward your marriage partner. You are mentally dwelling with error in the bed of your mind. Adhere to your marriage vows, "I promise to cherish, love, and honor him (or her) all the days of my life."

10. Cease projecting fear patterns to your marriage partner. Project love, peace, harmony, and good will, and your marriage will grow more beautiful and more wonderful through the years.
11. Radiate love, peace, and good will to each other. These vibrations are picked up by the subconscious mind resulting in mutual trust, affection, and respect.
12. A nagging wife is usually seeking attention and appreciation. She is craving for love and affection. Praise and exalt her many good points. Show her that you love her and appreciate her.
13. A man who loves his wife does not do anything unloving or unkind in word, manner, or action. Love is what love does.
14. In marital problems, always seek expert advice. You would not go to a carpenter to pull a tooth; neither should you discuss your marriage problems with relatives or friends. You should go to a trained person for counsel.
15. Never try to make your wife or husband over. These attempts are always foolish and tend to destroy the pride and self-esteem of the other. Moreover, it arouses a spirit of resentment that proves fatal to the marriage bond. Cease trying to make the other a second edition of yourself.
16. Pray together and you will stay together. Scientific prayer solves all problems. Mentally picture your wife as she ought to be, joyous, happy, healthy, and beautiful. See your husband as he ought to be, strong, powerful, loving, harmonious, and kind. Maintain this mental picture, and you will experience the marriage made in heaven which is harmony and peace.

CHAPTER FIFTEEN

YOUR SUBCONSCIOUS MIND AND YOUR HAPPINESS

William James, father of American psychology, said that the greatest discovery of the nineteenth century was not in the realm of physical science. The greatest discovery was the power of the subconscious touched by faith. In every human being is that limitless reservoir of power which can overcome any problem in the world.

True and lasting happiness will come into your life the day you get the clear realization that you can overcome any weakness—the day you realize that your subconscious can solve your problems, heal your body, and prosper you beyond your fondest dream.

You might have felt very happy when your child was born, when you got married, when you graduated from college, or when you won a great victory or a prize. You might have been very happy when you became engaged to the loveliest girl or the most handsome man. You could go on and list innumerable experiences which have made you happy. However, no matter how marvelous these experiences are, they do not give real lasting happiness—they are transitory.

The Book of Proverbs gives the answer: *Whosoever trusteth in the Lord, happy is he*. When you trust in the Lord (the power and wisdom of your subconscious mind) to lead, guide, govern, and direct all your ways, you will become poised, serene, and relaxed. As you radiate love, peace, and good will to all, you are really building a superstructure of happiness for all the days of your life.

YOU MUST CHOOSE HAPPINESS

Happiness is a state of mind. There is a phrase in the Bible which says, *Choose ye this day whom ye will serve*. You have the freedom to choose happiness. This may seem extraordinarily simple, and it is. Perhaps this is why people stumble over the way to happiness; they do not see the simplicity of the key to happiness. The great things of life are simple, dynamic, and creative. They produce well-being and happiness.

St. Paul reveals to you how you can think your way into a life of dynamic power and happiness in these words: *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things*. PHIL. 4:8.

HOW TO CHOOSE HAPPINESS

Begin now to choose happiness. This is how you do it: When you open your eyes in the morning, say to yourself, "Divine order takes charge of my life today and every day. All things work together for good for me today. This is a new and wonderful day for me. There will never be another day like this one. I am divinely guided all day long, and whatever I do will prosper. Divine love surrounds me, enfolds me, and enwraps me, and I go forth in peace. Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely and of good report. I am a spiritual and mental magnet attracting to myself all things which bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long."

Start each day in this manner; then you will be choosing happiness, and you will be a radiant joyous person.

HE MADE IT A HABIT TO BE HAPPY

A number of years ago, I stayed for about a week in a farmer's house in Connemarra on the west coast of Ireland. He seemed to be always singing and whistling and was full of humor. I asked him the secret of his happiness, and his reply was: "It is a habit of mine to be happy. Every morning when I awaken and every night before I go to sleep, I bless my family, the crops, the cattle, and I thank God for the wonderful harvest."

This farmer had made a practice of this for over forty years. As you know, thoughts repeated regularly and systematically sink into the subconscious mind and become habitual. He discovered that happiness is a habit.

YOU MUST DESIRE TO BE HAPPY

There is one very important point about being happy. You must sincerely *desire* to be happy. There are people who have been depressed, dejected, and unhappy so long that were they suddenly made happy by some wonderful, good, joyous news, they would actually be like the woman who said to me, "It is wrong to be so happy!" They have been so accustomed to the old mental patterns that they do not feel at home being happy! They long for the former, depressed, unhappy state.

I knew a woman in England who had rheumatism for many years. She would pat herself on the knee and say, "My rheumatism is bad today. I cannot go out. My rheumatism keeps me miserable."

This dear elderly lady got a lot of attention from her son, daughter, and the neighbors. She really wanted her rheumatism. She enjoyed her "misery" as she called it. This woman did not really want to be happy.

I suggested a curative procedure to her. I wrote down some biblical verses and told her that if she gave attention to these truths, her mental attitude would undoubtedly change and would result in her faith and confidence in being restored to health. She was not interested. There seems to be a peculiar, mental, morbid streak in many people, whereby they seem to enjoy being miserable and sad.

WHY CHOOSE UNHAPPINESS?

Many people choose unhappiness by entertaining these ideas: "Today is a black day; everything is going to go wrong." "I am not going to succeed." "Everyone is against me." "Business is bad, and it is going to get worse." "I'm always late." "I never get the breaks." "He can, but I can't." If you have this attitude of mind the first thing in the morning, you will attract all these experiences to you, and you will be very unhappy.

Begin to realize that the world you live in is determined largely by what goes on in your mind. Marcus Aurelius, the great Roman philosopher and sage, said, "A man's life is what his thoughts make of it." Emerson, America's foremost philosopher, said, "A man is what he thinks all day long." The thoughts you habitually entertain in your mind have the tendency to actualize themselves in physical conditions.

Make certain you do not indulge in negative thoughts, defeatist thoughts, or unkind, depressing thoughts. Recall frequently to your mind that you can experience nothing outside your own mentality.

IF I HAD A MILLION DOLLARS, I WOULD BE HAPPY

I have visited many men in mental institutions who were millionaires, but they insisted they were penniless and destitute. They were incarcerated because of psychotic, paranoic, and manic-depressive tendencies. Wealth in and of itself will not make you happy. On the other hand, it is not a deterrent to happiness. Today, there are many people trying to buy happiness through the purchase of radios, television sets, automobiles, a home in the country, a private yacht, and a swimming pool, but happiness cannot be purchased or procured in that way.

The kingdom of happiness is in your thought and feeling. Too many people have the idea that it takes something artificial to produce happiness. Some say, "If I were elected mayor, made

president of the organization, promoted to general manager of the corporation, I would be happy.”

The truth is that happiness is a mental and spiritual state. None of these positions mentioned will necessarily bequeath happiness. Your strength, joy, and happiness consist in finding out the law of divine order and right action lodged in your subconscious mind and by applying these principles in all phases of your life.

HE FOUND HAPPINESS TO BE THE HARVEST OF A QUIET MIND

Lecturing in San Francisco some years ago, I interviewed a man who was very unhappy and dejected over the way his business was going. He was the general manager. His heart was filled with resentment toward the vice president and the president of the organization. He claimed that they opposed him. Because of this internal strife, business was declining; he was receiving no dividends or stock bonuses.

This is how he solved his business problem: The first thing in the morning he affirmed quietly as follows, “All those working in our corporation are honest, sincere, cooperative, faithful, and full of good will to all. They are mental and spiritual links in the chain of this corporation’s growth, welfare, and prosperity. I radiate love, peace, and good will in my thoughts, words, and deeds to my two associates and to all those in the company. The president and the vice president of our company are divinely guided in all their undertakings. The infinite intelligence of my subconscious mind makes all decisions through me. There is only right action in all our business transactions and in our relationship with each other. I send the messengers of peace, love, and good will before me to the office. Peace and harmony reign supreme in the minds and hearts of all those in the company including myself. I now go forth into a new day, full of faith, confidence, and trust.”

This business executive repeated the above meditation slowly three times in the morning, feeling the truth of what he affirmed. When fearful or angry thoughts came into his mind during the day,

he would say to himself, "Peace, harmony, and poise govern my mind at all times."

As he continued disciplining his mind in this manner, all the harmful thoughts ceased to come, and peace came into his mind. He reaped the harvest.

Subsequently, he wrote me to the effect that at the end of about two weeks of reordering his mind, the president and the vice president called him into the office, praised his operations and his new constructive ideas, and remarked how fortunate they were in having him as general manager. He was very happy in discovering that man finds happiness within himself.

THE BLOCK OR STUMP IS NOT REALLY THERE

I read a newspaper article some years ago which told about a horse who had shied when he came to a stump on the road. Subsequently, every time the horse came to that same stump, he shied. The farmer dug the stump out, burned it, and leveled the old road. Yet, for twenty-five years, every time the horse passed the place where the former stump was, he shied. The horse was shying at the memory of a stump.

There is no block to your happiness save in your own thought life and mental imagery. Are fear or worry holding you back? Fear is a thought in your mind. You can dig it up this very moment by supplanting it with faith in success, achievement, and victory over all problems.

I knew a man who failed in business. He said to me, "I made mistakes. I've learned a lot. I am going back into business, and I will be a tremendous success." He faced up to that stump in his mind. He did not whine or complain, but he tore up the stump of failure, and through believing in his inner powers to back him up, he banished all fear thoughts and old depressions. Believe in yourself, and you will succeed and be happy.

THE HAPPIEST PEOPLE

The happiest man is he who constantly brings forth and practices what is best in him. Happiness and virtue complement each other. The best are not only the happiest, but the happiest are usually the best in the art of living life successfully. God is the highest and best in you. Express more of God's love, light, truth, and beauty, and you will become one of the happiest persons in the world today.

Epictetus, the Greek Stoic philosopher, said, "There is but one way to tranquillity of mind and happiness; let this, therefore, be always ready at hand with thee, both when thou wakest early in the morning, and all the day long, and when thou goest late to sleep, to account no external things thine own, but commit all these to God."

SUMMARY OF STEPS TO HAPPINESS

1. William James said that the greatest discovery of the 19th century was the power of the subconscious mind touched by faith.
2. There is tremendous power within you. Happiness will come to you when you acquire a sublime confidence in this power. Then, you will make your dreams come true.
3. You can rise victorious over any defeat and realize the cherished desires of your heart through the marvelous power of your subconscious mind. This is the meaning of *Whosoever trusteth in the Lord* [spiritual laws of the subconscious mind], *happy is he*.
4. You must choose happiness. Happiness is a habit. It is a good habit to ponder often on *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things*. PHILIPPIANS 4:8.
5. When you open your eyes in the morning, say to yourself, I choose happiness today. I choose success today. I choose

right action today. I choose love and good will for all today. I choose peace today. Pour life, love, and interest into this affirmation, and you have chosen happiness.

6. Give thanks for all your blessings several times a day. Furthermore, pray for the peace, happiness, and prosperity of all members of your family, your associates, and all people everywhere.
7. You must sincerely desire to be happy. Nothing is accomplished without desire. Desire is a wish with wings of imagination and faith. Imagine the fulfillment of your desire, and feel its reality, and it will come to pass. Happiness comes in answered prayer.
8. By constantly dwelling on thoughts of fear, worry, anger, hate, and failure, you will become very depressed and unhappy. Remember, your life is what your thoughts make of it.
9. You cannot buy happiness with all the money in the world. Some millionaires are very happy, some are very unhappy. Many people with very little worldly goods are very happy, and some are very unhappy. Some married people are happy, and some very unhappy. Some single people are happy, and some are very unhappy. The kingdom of happiness is in your thought and feeling.
10. Happiness is the harvest of a quiet mind. Anchor your thoughts on peace, poise, security, and divine guidance, and your mind will be productive of happiness.
11. There is no block to your happiness. External things are not causative, these are effects, not cause. Take your cue from the only creative principle within you. Your thought is cause, and a new cause produces a new effect. Choose happiness.
12. The happiest man is he who brings forth the highest and the best in him. God is the highest and the best in him, for the kingdom of God is within.

CHAPTER SIXTEEN

YOUR SUBCONSCIOUS MIND AND HARMONIOUS HUMAN RELATIONS

In studying this book, you learn that your subconscious mind is a recording machine which faithfully reproduces whatever you impress upon it. This is one of the reasons for the application of the Golden Rule in human relations.

MATTHEW 7:12 says, *All things whatsoever ye would that men should do unto you, do ye even so to them.* This quotation has outer and inner meanings. You are interested in its inner meaning from the standpoint of your subconscious mind which is: As you would that men should *think* about you, think you about them in like manner. As you would that men should *feel* about you, feel you also about them in like manner. As you would want men to *act* toward you, act you toward them in like manner.

For example, you may be polite and courteous to someone in your office, but when his back is turned, you are very critical and resentful toward him in your mind. Such negative thoughts are highly destructive to you. It is like taking poison. You are actually taking mental poisons which rob you of vitality, enthusiasm, strength, guidance, and good will. These negative thoughts and emotions sink down into your subconscious, and cause all kinds of difficulties and maladies in your life.

THE MASTER KEY TO HAPPY RELATIONSHIPS WITH OTHERS

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be

measured to you again. MATTHEW 7:1-2.

A study of these verses and the application of the inner truths therein contained represent the real key to harmonious relations. To judge is to think, to arrive at a mental verdict or conclusion in your mind. The thought you have about the other person is your thought, because you are thinking it. Your thoughts are creative, therefore, you actually create in your own experience what you think and feel about the other person. It is also true that the suggestion you give to another, you give to yourself because your mind is the creative medium.

This is why it is said, *For with what judgment ye judge, ye shall be judged.* When you know this law and the way your subconscious mind works, you are careful to think, feel, and act right toward the other. These verses teach you about the emancipation of man and reveal to you the solution to your individual problems.

AND WITH WHAT MEASURE YE METE, IT SHALL BE MEASURED TO YOU AGAIN

The good you do for others comes back to you in like measure; and the evil you do returns to you by the law of your own mind. If a man cheats and deceives another, he is actually cheating and deceiving himself. His sense of guilt and mood of loss inevitably will attract loss to him in some way, at some time. His subconscious records his mental act and reacts according to the mental intention or motivation.

Your subconscious mind is impersonal and unchanging, neither considering persons nor respecting religious affiliations or institutions of any kind. It is neither compassionate nor vindictive. The way you think, feel, and act toward others returns at last upon yourself.

THE DAILY HEADLINES MADE HIM SICK

Begin now to observe yourself. Observe your reactions to people, conditions, and circumstances. How do you respond to the events

and news of the day? It makes no difference if all the other people were wrong and you alone were right. If the news disturbs you, it is your evil because your negative emotions robbed you of peace and harmony.

A woman wrote me about her husband, saying that he goes into a rage when he reads what certain newspaper columnists write in the newspaper. She added that this constant reaction of anger and suppressed rage on his part brought on bleeding ulcers, and his physician recommended an emotional reconditioning.

I invited this man to see me and I explained to him the way his mind functions indicating how emotionally immature it was to get angry when others write articles with which he disapproves or disagrees.

He began to realize that he should give the newspaperman freedom to express himself even though the latter disagreed with him politically, religiously, or in any other way. In the same manner, the newspaperman would give him freedom to write a letter to the newspaper disagreeing with his published statements. He learned that he could disagree without being disagreeable. He awakened to the simple truth that it is never what a person says or does that affects him, it is his reaction to what is said or done that matters.

This explanation was the cure for this man, and he realized that with a little practice he could master his morning tantrums. His wife told me, subsequently, that he laughed at himself and also at what the columnists say. They no longer have power to disturb, annoy, and irritate him. His ulcers have disappeared due to his emotional poise and serenity.

I HATE WOMEN, BUT I LIKE MEN

A private secretary was very bitter toward some of the girls in her office because they were gossiping about her, and as she said, spreading vicious lies about her. She admitted that she did not like women. She said, "I hate women, but I like men." I discovered also that she spoke to the girls who were under her in the office in a very haughty, imperious, and irritable tone of voice. She pointed out that

they took a delight in making things difficult for her. There was a certain pomposity in her way of speaking, and I could see where her tone of voice would affect some people unpleasantly.

If all the people in the office or factory annoy you, isn't it a possibility that the vibration, annoyance, and turmoil may be due to some subconscious pattern or mental projection from you? We know that a dog will react ferociously if you hate or fear dogs. Animals pick up your subconscious vibrations and react accordingly. Many undisciplined human beings are just as sensitive as dogs, cats, and other animals.

I suggested a process of prayer to this private secretary who hated women, explaining to her that when she began to identify herself with spiritual values and commenced to affirm the truths of life, her voice, mannerisms, and hatred of women would completely disappear. She was surprised to know that the emotion of hatred shows up in a person's speech, actions, in his writings, and in all phases of his life. She ceased reacting in the typical resentful and angry way. She established a pattern of prayer which she practiced regularly, systematically, and conscientiously in the office.

The prayer was as follows: "I think, speak, and act lovingly, quietly, and peacefully. I now radiate love, peace, tolerance, and kindness to all the girls who criticized me and gossiped about me. I anchor my thoughts on peace, harmony, and good will to all. Whenever I am about to react negatively, I say firmly to myself, 'I am going to think, speak, and act from the standpoint of the principle of harmony, health, and peace within myself.' Creative intelligence leads, rules, and guides me in all my ways."

The practice of this prayer transformed her life, and she found that all criticism and annoyance ceased. The girls became co-workers and friends along life's journey. She discovered that *there is no one to change but myself*.

HIS INNER SPEECH HELD BACK HIS PROMOTION

One day a salesman came to see me and described his difficulties in working with the sales manager of his organization. He had been with the company ten years and had received no promotion or recognition of any kind. He showed me his sales figures which were greater proportionately than the other men in the territory. He said that the sales manager did not like him, that he was unjustly treated, and that at conferences the manager was rude to him, and at times ridiculed his suggestions.

I explained that undoubtedly the cause was to a great degree within himself, and that his concept and belief about his superior bore witness to the reaction of this man. *The measure we mete, shall be measured to us again.* His mental measure or concept of the sales manager was that he was mean and cantankerous. He was filled with bitterness and hostility toward the executive. On his way to work he conducted a vigorous conversation with himself filled with criticism, mental arguments, recriminations, and denunciations of his sales manager.

What he gave out mentally, he was inevitably bound to get back. This salesman realized that his inner speech was highly destructive because the intensity and force of his silent thoughts and emotions, and personally conducted mental condemnation and vilification of the sales manager, entered into his own subconscious mind. This brought about the negative response from his boss as well as creating many other personal, physical, and emotional disorders.

He began to pray frequently as follows: "I am the only thinker in my universe. I am responsible for what I think about my boss. My sales manager is not responsible for the way I think about him. I refuse to give power to any person, place, or thing to annoy me or disturb me. I wish health, success, peace of mind, and happiness for my boss. I sincerely wish him well, and I know he is divinely guided in all his ways."

He repeated this prayer out loud slowly, quietly, and feelingly, knowing that his mind is like a garden, and that whatever he plants in the garden will come forth like seeds after their kind.

I also taught him to practice mental imagery prior to sleep in this way: He imagined that his sales manager was congratulating him on his fine work, on his zeal and enthusiasm, and on his wonderful

response from customers. He felt the reality of all this, felt his handshake, heard the tone of his voice, and saw him smile. He made a real mental movie, dramatizing it to the best of his ability. Night after night he conducted this mental movie, knowing that his subconscious mind was the receptive plate on which his conscious imagery would be impressed.

Gradually by a process of what may be termed mental and spiritual osmosis, the impression was made on his subconscious mind, and the expression automatically came forth. The sales manager subsequently called him up to San Francisco, congratulated him, and gave him a new assignment as Division Sales Manager over one hundred men with a big increase in salary. He changed his concept and estimate of his boss, and the latter responded accordingly.

BECOMING EMOTIONALLY MATURE

What the other person says or does cannot really annoy or irritate you except you permit him to disturb you. The only way he can annoy you is through your own thought. For example, if you get angry, you have to go through four stages in your mind: You begin to think about what he said. You decide to get angry and generate an emotion of rage. Then, you decide to act. Perhaps, you talk back and react in kind. You see that the thought, emotion, reaction, and action all take place in your mind.

When you become emotionally mature, you do not respond negatively to the criticism and resentment of others. To do so would mean that you had descended to that state of low mental vibration and become one with the negative atmosphere of the other. Identify yourself with your aim in life, and do not permit any person, place, or thing to deflect you from your inner sense of peace, tranquillity, and radiant health.

THE MEANING OF LOVE IN HARMONIOUS HUMAN RELATIONS

Sigmund Freud, the Austrian founder of psychoanalysis, said that unless the personality has love, it sickens and dies. Love includes understanding, good will, and respect for the divinity in the other person. The more love and good will you emanate and exude, the more comes back to you.

If you puncture the other fellow's ego and wound his estimate of himself, you cannot gain his good will. Recognize that every man wants to be loved and appreciated, and made to feel important in the world. Realize that the other man is conscious of his true worth, and that, like yourself, he feels the dignity of being an expression of the One Life-Principle animating all men. As you do this consciously and knowingly, you build the other person up, and he returns your love and good will.

HE HATED AUDIENCES

An actor told me that the audience booed and hissed him on his first appearance on the stage. He added that the play was badly written and that undoubtedly he did not play a good role. He admitted openly to me that for months afterward he hated audiences. He called them dopes, dummies, stupid, ignorant, gullible, etc. He quit the stage in disgust and went to work in a drugstore for a year.

One day a friend invited him to hear a lecture in Town Hall, New York City, on "How to Get Along With Ourselves." This lecture changed his life. He went back to the stage and began to pray sincerely for the audience and himself. He poured out love and good will every night before appearing on the stage. He made it a habit to claim that the peace of God filled the hearts of all present, and that all present were lifted up and inspired. During each performance he sent out love vibrations to the audience. Today, he is a great actor, and he loves and respects people. His good will and esteem are transmitted to others and are felt by them.

HANDLING DIFFICULT PEOPLE

There are difficult people in the world who are twisted and distorted mentally. They are malconditioned. Many are mental delinquents, argumentative, unco-operative, cantankerous, cynical, and sour on life. They are sick psychologically. Many people have deformed and distorted minds, probably warped during childhood. Many have congenital deformities. You would not condemn a person who had tuberculosis, nor should you condemn a person who is mentally ill. No one, for example, hates or resents a hunchback; there are many mental hunchbacks. You should have compassion and understanding. *To understand all is to forgive all.*

MISERY LOVES COMPANY

The hateful, frustrated, distorted, and twisted personality is out of tune with the Infinite. He resents those who are peaceful, happy, and joyous. Usually he criticizes, condemns, and vilifies those who have been very good and kind to him. His attitude is this: Why should they be so happy when he is so miserable? He wants to drag them down to his own level. Misery loves company. When you understand this you remain unmoved, calm, and dispassionate.

THE PRACTICE OF EMPATHY IN HUMAN RELATIONS

A girl visited me recently stating that she hated another girl in her office. She gave as her reason that the other girl was prettier, happier, and wealthier than she, and, in addition, was engaged to the boss of the company where they worked. One day after the marriage had taken place, the crippled daughter (by a former marriage) of the woman whom she hated came into the office. The child put her arms around her mother and said, "Mommy, Mommy, I love my new daddy! Look what he gave me!" She showed her mother a wonderful new toy.

She said to me, "My heart went out to that little girl, and I knew how happy she must feel. I got a vision of how happy this woman

was. All of a sudden I felt love for her, and I went into the office and wished her all the happiness in the world, and I meant it.”

In psychological circles today, this is called empathy, which simply means the imaginative projection of your mental attitude into that of another. She projected her mental mood or the feeling of her heart into that of the other woman, and began to think and look out through the other woman’s brain. She was actually thinking and feeling as the other woman, and also as the child, because she likewise had projected herself into the mind of the child. She was looking out from that vantage point on the child’s mother.

If tempted to injure or think ill of another, project yourself mentally into the mind of Moses and think from the standpoint of the Ten Commandments. If you are prone to be envious, jealous, or angry, project yourself into the mind of Jesus and think from that standpoint, and you will feel the truth of the words *Love ye one another*.

APPEASEMENT NEVER WINS

Do not permit people to take advantage of you and gain their point by temper tantrums, crying jags, or so-called heart attacks. These people are dictators who try to enslave you and make you do their bidding. Be firm but kind, and refuse to yield. Appeasement never wins. Refuse to contribute to their delinquency, selfishness, and possessiveness. Remember, do that which is right. You are here to fulfill your ideal and remain true to the eternal verities and spiritual values of life which are eternal.

Give no one in all the world the power to deflect you from your goal, your aim in life, which is to express your hidden talents to the world, to serve humanity, and to reveal more and more of God’s wisdom, truth, and beauty to all people in the world. Remain true to your ideal. Know definitely and absolutely that whatever contributes to your peace, happiness, and fulfillment must of necessity bless all men who walk the earth. The harmony of the part is the harmony of the whole, for the whole is in the part, and the part is in the whole. All you owe the other, as Paul says, is love, and love is the fulfilling of the law of health, happiness, and peace of mind.

PROFITABLE POINTERS IN HUMAN RELATIONS

1. Your subconscious mind is a recording machine which reproduces your habitual thinking. Think good of the other, and you are actually thinking good about yourself.
2. A hateful or resentful thought is a mental poison. Do not think ill of another for to do so is to think ill of yourself. You are the only thinker in your universe, and your thoughts are creative.
3. Your mind is a creative medium; therefore, what you think and feel about the other, you are bringing to pass in your own experience. This is the psychological meaning of the Golden Rule. As you would that man should think about you, think you about them in the same manner.
4. To cheat, rob, or defraud another brings lack, loss, and limitation to yourself. Your subconscious mind records your inner motivations, thoughts, and feelings. These being of a negative nature, loss, limitation, and trouble come to you in countless ways. Actually, what you do to the other, you are doing to yourself.
5. The good you do, the kindness proffered, the love and good will you send forth, will all come back to you multiplied in many ways.
6. You are the only thinker in your world. You are responsible for the way you think about the other. Remember, the other person is not responsible for the way you think about him. Your thoughts are reproduced. What are you thinking now about the other fellow?
7. Become emotionally mature and permit other people to differ from you. They have a perfect right to disagree with you, and you have the same freedom to disagree with them. You can disagree without being disagreeable.
8. Animals pick up your fear vibrations and snap at you. If you love animals, they will never attack you. Many undisciplined

human beings are just as sensitive as dogs, cats, and other animals.

9. Your inner speech, representing your silent thoughts and feelings, is experienced in the reactions of others toward you.
10. Wish for the other what you wish for yourself. This is the key to harmonious human relations.
11. Change your concept and estimate of your employer. Feel and know he is practicing the Golden Rule and the Law of Love, and he will respond accordingly.
12. The other person cannot annoy you or irritate you except you permit him. Your thought is creative; you can bless him. If someone calls you a skunk, you have the freedom to say to the other, "God's peace fills your soul."
13. Love is the answer to getting along with others. Love is understanding, good will, and respecting the divinity of the other.
14. You would not hate a hunchback or cripple. You would have compassion. Have compassion and understanding for mental hunchbacks who have been conditioned negatively. To understand all is to forgive all.
15. Rejoice in the success, promotion, and good fortune of the other. In doing so, you attract good fortune to yourself.
16. Never yield to emotional scenes and tantrums of others. Appeasement never wins. Do not be a doormat. Adhere to that which is right. Stick to your ideal, knowing that the mental outlook which gives you peace, happiness, and joy is right, good, and true. What blesses you, blesses all.
17. All you owe any person in the world is love, and love is wishing for everyone what you wish for yourself—health, happiness, and all the blessings of life.

CHAPTER SEVENTEEN

HOW TO USE YOUR SUBCONSCIOUS MIND FOR FORGIVENESS

Life plays no favorites. God is Life, and this Life-Principle is flowing through you this moment. God loves to express Himself as harmony, peace, beauty, joy, and abundance through you. This is called the will of God or the tendency of Life.

If you set up resistance in your mind to the flow of Life through you, this emotional congestion will get snarled up in your subconscious mind and cause all kinds of negative conditions. God has nothing to do with unhappy or chaotic conditions in the world. All these conditions are brought about by man's negative and destructive thinking. Therefore, it is silly to blame God for your trouble or sickness.

Many persons habitually set up mental resistance to the flow of Life by accusing and reproaching God for the sin, sickness, and suffering of mankind. Others cast the blame on God for their pains, aches, loss of loved ones, personal tragedies, and accidents. They are angry at God, and they believe He is responsible for their misery.

As long as people entertain such negative concepts about God, they will experience the automatic negative reactions from their subconscious minds. Actually, such people do not know that they are punishing themselves. They must see the truth, find release, and give up all condemnation, resentment, and anger against anyone or any power outside themselves. Otherwise, they cannot go forward into a healthy, happy, or creative activity. The minute these people entertain a God of love in their minds and hearts, and when they believe that God is their Loving Father who watches over them, cares for them, guides them, sustains and strengthens them, this concept and belief about God or the Life-Principle will be accepted

by their subconscious mind, and they will find themselves blessed in countless ways.

LIFE ALWAYS FORGIVES YOU

Life forgives you when you cut your finger. The subconscious intelligence within you sets about immediately to repair it. New cells build bridges over the cut. Should you take some tainted food by error, Life forgives you and causes you to regurgitate it in order to preserve you. If you burn your hand, the Life-Principle reduces the edema and congestion, and gives you new skin, tissue, and cells. Life holds no grudges against you, and it is always forgiving you. Life brings you back to health, vitality, harmony, and peace, if you co-operate by thinking in harmony with nature. Negative, hurtful memories, bitterness, and ill will clutter up and impede the free flow of the Life-Principle in you.

HOW HE BANISHED THAT FEELING OF GUILT

I knew a man who worked every night until about one o'clock in the morning. He paid no attention to his two boys or his wife. He was always too busy working hard. He thought people should pat him on the back because he was working so arduously and persistently past midnight every night. He had a blood pressure of over two hundred and was full of guilt. Unconsciously, he proceeded to punish himself by hard work and he completely ignored his children. A normal man does not do that. He is interested in his boys and in their development. He does not shut his wife out of his world.

I explained to him why he was working so arduously, "There is something eating you inside, otherwise, you would not act this way. You are punishing yourself, and you have to learn to forgive yourself." He did have a deep sense of guilt. It was toward a brother.

I explained to him that God was not punishing him, but that he was punishing himself. For example, if you misuse the laws of life,

you will suffer accordingly. If you put your hand on a naked charged wire, you will get burned. The forces of nature are not evil; it is your use of them that determines whether they have a good or evil effect. Electricity is not evil; it depends on how you use it, whether to burn down a structure or light up a home. The only sin is ignorance of the law, and the only punishment is the automatic reaction of man's misuse of the law.

If you misuse the principle of chemistry, you may blow up the office or the factory. If you strike your hand on a board, you may cause your hand to bleed. The board is not for that purpose. Its purpose may be to lean upon or to support your feet.

This man realized that God does not condemn or punish anyone, and that all his suffering was due to the reaction of his subconscious mind to his own negative and destructive thinking. He had cheated his brother at one time, and the brother had now passed on. Still, he was full of remorse and guilt.

I asked him, "Would you cheat your brother now?"

He said, "No."

"Did you feel you were justified at the time?"

His reply was, "Yes."

"But, you would not do it now?"

He added, "No, I am helping others to know how to live."

I added the following comment, "You have a greater reason and understanding now. Forgiveness is to forgive yourself. Forgiveness is getting your thoughts in line with the divine law of harmony. Self-condemnation is called hell (bondage and restriction); forgiveness is called heaven (harmony and peace)."

The burden of guilt and self-condemnation was lifted from his mind, and he had a complete healing. The doctor tested his blood pressure, and it had become normal. The explanation was the cure.

A MURDERER LEARNED TO FORGIVE HIMSELF

A man who murdered his brother in Europe visited me many years ago. He was suffering from great mental anguish and torture

believing that God must punish him. He explained that his brother had been having an affair with his wife, and that he had shot him on the spur of the moment. This had happened about fifteen years previous to his interview with me. In the meantime, this man had married an American girl and had been blessed with three lovely children. He was in a position where he helped many people, and he was a transformed man.

My explanation to him was that physically and psychologically he was not the same man who shot his brother, since scientists inform us that every cell of our bodies changes every eleven months. Moreover, mentally and spiritually he was a new man. He was now full of love and good will for humanity. The “old” man who committed the crime fifteen years before was mentally and spiritually dead. Actually, he was condemning an innocent man!

This explanation had a profound effect upon him, and he said it was as if a great weight had been lifted from his mind. He realized the significance of the following truth in the Bible: *Come now, let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.* ISAIAH 1:18.

CRITICISM CANNOT HURT YOU WITHOUT YOUR CONSENT

A schoolteacher told me that one of her associates criticized a speech she had given, saying to her that she spoke too fast, she swallowed some of her words, she couldn't be heard, her diction was poor, and her speech ineffective. This teacher was furious and full of resentment toward her critic.

She admitted to me that the criticisms were just. Her first reaction was really childish, and she agreed that the letter was really a blessing and a marvelous corrective. She proceeded immediately to supplement her deficiencies in her speech by enrolling in a course in public speaking at City College. She wrote and thanked the writer of the note for her interest, expressing appreciation for her conclusions and findings which enabled the teacher to correct the matter at once.

HOW TO BE COMPASSIONATE

Suppose none of the things mentioned in the letter had been true of the teacher. The latter would have realized that her class material had upset the prejudices, superstitions, or narrow sectarian beliefs of the writer of the note, and that a psychologically ill person was simply pouring forth her resentment because a psychological boil had been hurt.

To understand this fact is to be compassionate. The next logical step would be to pray for the other person's peace, harmony, and understanding. You cannot be hurt when you know that you are master of your thoughts, reactions, and emotions. Emotions follow thoughts, and you have the power to reject all thoughts which may disturb or upset you.

LEFT AT THE ALTAR

Some years ago I visited a church to perform a marriage ceremony. The young man did not appear, and at the end of two hours, the bride-to-be shed a few tears, and then said to me, "I prayed for divine guidance. This might be the answer for He never faileth."

That was her reaction—faith in God and all things good. She had no bitterness in her heart because as she said, "It must not have been right action because my prayer was for right action for both of us." Someone else having a similar experience would have gone into a tantrum, have had an emotional fit, required sedation, and perhaps needed hospitalization.

Tune in with the infinite intelligence within your subconscious depths, trusting the answer in the same way that you trusted your mother when she held you in her arms. This is how you can acquire poise and mental and emotional health.

IT IS WRONG TO MARRY. SEX IS EVIL AND I
AM EVIL

Some time ago I talked to a young lady aged twenty-two. She was taught that it was a sin to dance, to play cards, to swim, and to go out with men. She was threatened by her mother who told her she would burn eternally in hell-fire if she disobeyed her will and her religious teachings. This girl wore a black dress and black stockings. She wore no rouge, lipstick, or any form of make-up because her mother said that these things were sinful. Her mother told her that all men were evil, and that sex was of the devil and simply diabolic debauchery.

This girl had to learn how to forgive herself as she was full of guilt. To forgive means to give for. She had to give up all these false beliefs for the truths of life and a new estimate of herself. When she went out with young men in the office where she worked, she had a deep sense of guilt and thought that God would punish her. Several eligible young men proposed to her, but she said to me, "It is wrong to marry. Sex is evil and I am evil." This was her conscience or early conditioning speaking.

She came to me once weekly for about ten weeks, and I taught her the workings of the conscious and subconscious mind as set forth in this book. This young girl gradually came to see that she had been completely brainwashed, mesmerized, and conditioned by an ignorant, superstitious, bigoted, and frustrated mother. She broke away completely from her family and started to live a wonderful life.

At my suggestion she dressed up and had her hair attended to. She took lessons in dancing from a *man*, and she also took driving lessons. She learned to swim, play cards, and had a number of dates. She began to love life. She prayed for a divine companion by claiming that Infinite Spirit would attract to her a man who harmonized with her thoroughly. Eventually this came to pass. As she left my office one evening, there was a man waiting to see me and I casually introduced them. They are now married and harmonize with each other perfectly.

FORGIVENESS IS NECESSARY FOR HEALING

And when ye stand praying, forgive, if ye have ought against any . . .

MARK 11:25.

Forgiveness of others is essential to mental peace and radiant health. You must forgive everyone who has ever hurt you if you want perfect health and happiness. Forgive yourself by getting your thoughts in harmony with divine law and order. You cannot really forgive yourself completely until you have forgiven others first. To refuse to forgive yourself is nothing more or less than spiritual pride or ignorance.

In the psychosomatic field of medicine today, it is being constantly stressed that resentment, condemnation of others, remorse, and hostility are behind a host of maladies ranging from arthritis to cardiac disease. They point out that these sick people, who were hurt, mistreated, deceived, or injured, were full of resentment and hatred for those who hurt them. This caused inflamed and festering wounds in their subconscious minds. There is only one remedy. They have to cut out and discard their hurts, and the one and only sure way is by forgiveness.

FORGIVENESS IS LOVE IN ACTION

The essential ingredient in the art of forgiveness is the willingness to forgive. If you sincerely desire to forgive the other, you are fifty-one percent over the hurdle. I feel sure you know that to forgive the other does not necessarily mean that you like him or want to associate with him. You cannot be compelled to like someone, neither can a government legislate good will, love, peace, or tolerance. It is quite impossible to like people because someone in Washington issues an edict to that effect. We can, however, love people without liking them.

The Bible says, *Love ye one another*. This, anyone can do who really wants to do it. Love means that you wish for the other health, happiness, peace, joy, and all the blessings of life. There is only one

prerequisite, and that is sincerity. You are not being magnanimous when you forgive, you are really being selfish, because what you wish for the other, you are actually wishing for yourself. The reason is that you are thinking it and you are feeling it. As you think and feel, so are you. Could anything be simpler than that?

TECHNIQUE OF FORGIVENESS

The following is a simple method which works wonders in your life as you practice it: Quiet your mind, relax, and let go. Think of God and His love for you, and then affirm, "I fully and freely forgive (mention the name of the offender); I release him mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he/she is free. It is a marvelous feeling. It is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and everyone health, happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly, and whenever I think of the person or persons who hurt me, I say, 'I have released you, and all the blessings of life are yours.' I am free and you are free. It is wonderful!"

The great secret of true forgiveness is that once you have forgiven the person, it is unnecessary to repeat the prayer. Whenever the person comes to your mind, or the particular hurt happens to enter your mind, wish the delinquent well, and say, "Peace be to you." Do this as often as the thought enters your mind. You will find that after a few days the thought of the person or experience will return less and less often, until it fades into nothingness.

THE ACID TEST FOR FORGIVENESS

There is an acid test for gold. There is also an acid test for forgiveness. If I should tell you something wonderful about someone who has wronged you, cheated you, or defrauded you, and you sizzled at hearing the good news about this person, the roots of

hatred would still be in your subconscious mind, playing havoc with you.

Let us suppose you had a painful abscess on your jaw a year ago, and you told me about it. I would casually ask you if you had any pain now. You would automatically say, "Of course not, I have a memory of it but no pain." That is the whole story. You may have a memory of the incident but no sting or hurt anymore. This is the acid test, and you must meet it psychologically and spiritually, otherwise, you are simply deceiving yourself and not practicing the true art of forgiveness.

TO UNDERSTAND ALL IS TO FORGIVE ALL

When man understands the creative law of his own mind, he ceases to blame other people and conditions for making or marring his life. He knows that his own thoughts and feelings create his destiny. Furthermore, he is aware that externals are not the causes and conditioners of his life and his experiences. To think that others can mar your happiness, that you are the football of a cruel fate, that you must oppose and fight others for a living—all these and others like them are untenable when you understand that thoughts are things. The Bible says the same thing. *For as a man thinketh in his heart, so is he.* PROVERBS 23:7.

SUMMARY OF YOUR AIDS TO FORGIVENESS

1. God, or Life, is no respecter of persons. Life plays no favorites. Life, or God, seems to favor you when you align yourself with the principle of harmony, health, joy, and peace.
2. God, or Life, never sends disease, sickness, accident, or suffering. We bring these things on ourselves by our own negative destructive thinking based upon the law *as we sow, so shall we reap.*

3. Your concept of God is the most important thing in your life. If you really believe in a God of love, your subconscious mind will respond in countless blessings to you. Believe in a God of love.
4. Life, or God, holds no grudge against you. Life never condemns you. Life heals a severe cut on your hand. Life forgives you if you burn your finger. It reduces the edema and restores the part to wholeness and perfection.
5. Your guilt complex is a false concept of God and Life. God, or Life, does not punish or judge you. You do this to yourself by your false beliefs, negative thinking, and self-condemnation.
6. God, or Life, does not condemn or punish you. The forces of nature are not evil. The effect of their use depends on how you use the power within you. You can use electricity to kill someone or to light the house. You can use water to drown a child, or quench his thirst. Good and evil come right back to the thought and purpose in man's own mind.
7. God, or life, never punishes. Man punishes himself by his false concepts of God, Life, and the Universe. His thoughts are creative, and he creates his own misery.
8. If another criticizes you, and these faults are within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct the particular fault.
9. You cannot be hurt by criticism when you know that you are master of your thoughts, reactions, and emotions. This gives you the opportunity to pray and bless the other, thereby blessing yourself.
10. When you pray for guidance and right action, take what comes. Realize it is good and very good. Then there is no cause for self-pity, criticism, or hatred.
11. There is nothing good or bad, but thinking makes it so. There is no evil in sex, the desire for food, wealth, or true expression. It depends on how you use these urges, desires, or aspirations. Your desire for food can be met without killing someone for a loaf of bread.

12. Resentment, hatred, ill will, and hostility are behind a host of maladies. Forgive yourself and everybody else by pouring out love, life, joy, and good will to all those who have hurt you. Continue until such time as you meet them in your mind and you are at peace with them.
13. To forgive is to *give something for*. Give love, peace, joy, wisdom, and all the blessings of life to the other, until there is no sting left in your mind. This is really the acid test of forgiveness.
14. Let us suppose you had an abscess in your jaw about a year ago. It was very painful. Ask yourself if it is painful now. The answer is in the negative. Likewise, if someone has hurt you, lied about and vilified you, and said all manner of evil about you, is your thought of that person negative? Do you sizzle when he or she comes into your mind? If so, the roots of hatred are still there, playing havoc with you and your good. The only way is to wither them with love by wishing for the person all the blessings of life, until you can meet the person in your mind, and you can sincerely react with a benediction of peace and good will. This is the meaning of *forgive until seventy times seven*.

CHAPTER EIGHTEEN

HOW YOUR SUBCONSCIOUS REMOVES MENTAL BLOCKS

The solution lies within the problem. The answer is in every question. If you are presented with a difficult situation and you cannot see your way clear, the best procedure is to assume that infinite intelligence within your subconscious mind knows all and sees all, has the answer, and is revealing it to you now. Your new mental attitude that the creative intelligence is bringing about a happy solution will enable you to find the answer. Rest assured that such an attitude of mind will bring order, peace, and meaning to all your undertakings.

HOW TO BREAK OR BUILD A HABIT

You are a creature of habit. Habit is the function of your subconscious mind. You learned to swim, ride a bicycle, dance, and drive a car by consciously doing these things over and over again until they established tracks in your subconscious mind. Then, the automatic habit action of your subconscious mind took over. This is sometimes called second nature, which is a reaction of your subconscious mind to your thinking and acting.

You are free to choose a good habit or a bad habit. If you repeat a negative thought or act over a period of time, you will be under the compulsion of a habit. The law of your subconscious is compulsion.

HOW HE BROKE A BAD HABIT

Mr. Jones said to me, "An uncontrollable urge to drink seizes me, and I remain drunk for two weeks at a time. I can't give up this terrible habit."

Time and time again these experiences had occurred to this unfortunate man. He had grown into the habit of drinking to excess. Although he had started drinking of his own initiative, he also began to realize that he could change the habit and establish a new one. He said that while through his willpower he was able to suppress his desires temporarily, his continued efforts to suppress the many urges only made matters worse. His repeated failures convinced him that he was hopeless and powerless to control his urge or obsession. This idea of being powerless operated as a powerful suggestion to his subconscious mind and aggravated his weakness, making his life a succession of failures.

I taught him to harmonize the functions of the conscious and subconscious mind. When these two co-operate, the idea or desire implanted in the subconscious mind is realized. His reasoning mind agreed that if the old habit path or track had carried him into trouble, he could consciously form a new path to freedom, sobriety, and peace of mind. He knew that his destructive habit was automatic, but since it was acquired through his conscious choice, he realized that if he had been conditioned negatively, he also could be conditioned positively. As a result, he ceased thinking of the fact that he was powerless to overcome the habit. Moreover, he understood clearly that there was no obstacle to his healing other than his own thought. Therefore, there was no occasion for great mental effort or mental coercion.

THE POWER OF HIS MENTAL PICTURE

This man acquired a practice of relaxing his body and getting into a relaxed, drowsy, meditative state. Then he filled his mind with the picture of the desired end, knowing his subconscious mind could bring it about the easiest way. He imagined his daughter congratulating him on his freedom, and saying to him, "Daddy, it's wonderful to have you home!" He had lost his family through drink.

He was not allowed to visit them, and his wife would not speak to him.

Regularly, systematically, he used to sit down and meditate in the way outlined. When his attention wandered, he made it a habit to immediately recall the mental picture of his daughter with her smile and the scene of his home enlivened by her cheerful voice. All this brought about a reconditioning of his mind. It was a gradual process. He kept it up. He persevered knowing that sooner or later he would establish a new habit pattern in his subconscious mind.

I told him that he could liken his conscious mind to a camera, that his subconscious mind was the sensitive plate on which he registered and impressed the picture. This made a profound impression on him, and his whole aim was to firmly impress the picture on his mind and develop it there. Films are developed in the dark; likewise, mental pictures are developed in the darkroom of the subconscious mind.

FOCUSED ATTENTION

Realizing that his conscious mind was simply a camera, he used no effort. There was no mental struggle. He quietly adjusted his thoughts and focused his attention on the scene before him until he gradually became identified with the picture. He became absorbed in the mental atmosphere, repeating the mental movie frequently. There was no room for doubt that a healing would follow. When there was any temptation to drink, he would switch his imagination from any reveries of drinking bouts to the feeling of being at home with his family. He was successful because he confidently expected to experience the picture he was developing in his mind. Today he is president of a multimillion-dollar concern and is radiantly happy.

HE SAID A JINX WAS FOLLOWING HIM

Mr. Block said that he had been making an annual income of \$20,000, but for the past three months all doors seemed to jam

tightly. He brought clients up to the point where they were about to sign on the dotted line, and then at the eleventh hour the door closed. He added that perhaps a jinx was following him.

In discussing the matter with Mr. Block, I discovered that three months previously he had become very irritated, annoyed, and resentful toward a dentist who, after he had promised to sign a contract, had withdrawn at the last moment. He began to live in the unconscious fear that other clients would do the same, thereby setting up a history of frustration, hostility, and obstacles. He gradually built up in his mind a belief in obstruction and last minute cancellations until a vicious circle had been established. *What I fear most has come upon me.* Mr. Block realized that the trouble was in his own mind, and that it was essential to change his mental attitude.

His run of so-called misfortune was broken in the following way: "I realize I am one with the infinite intelligence of my subconscious mind which knows no obstacle, difficulty, or delay. I live in the joyous expectancy of the best. My deeper mind responds to my thoughts. I know that the work of the infinite power of my subconscious cannot be hindered. Infinite intelligence always finishes successfully whatever it begins. Creative wisdom works through me bringing all my plans and purposes to completion. Whatever I start, I bring to a successful conclusion. My aim in life is to give wonderful service, and all those whom I contact are blessed by what I have to offer. All my work comes to full fruition in divine order."

He repeated this prayer every morning before going to call on his customers, and he also prayed each night prior to sleep. In a short time he had established a new habit pattern in his subconscious mind, and he was back in his old accustomed stride as a successful salesman.

HOW MUCH DO YOU WANT WHAT YOU WANT?

A young man asked Socrates how he could get wisdom. Socrates replied, "Come with me." He took the lad to a river, pushed the boy's head under the water, held it there until the boy was gasping for air,

then relaxed and released his head. When the boy regained his composure, he asked him, "What did you desire most when you were under water?"

"I wanted air," said the boy.

Socrates said to him, "When you want wisdom as much as you wanted air when you were immersed in the water, you will receive it."

Likewise, when you really have an intense desire to overcome any block in your life, and you come to a clear-cut decision that there is a way out, and that is the course you wish to follow, then victory and triumph are assured.

If you really want peace of mind and inner calm, you will get it. Regardless of how unjustly you have been treated, or how unfair the boss has been, or what a mean scoundrel someone has proved to be, all this makes no difference to you when you awaken to your mental and spiritual powers. You know what you want, and you will definitely refuse to let the thieves (thoughts) of hatred, anger, hostility, and ill will rob you of peace, harmony, health, and happiness. You cease to become upset by people, conditions, news, and events by identifying your thoughts immediately with your aim in life. Your aim is peace, health, inspiration, harmony, and abundance. Feel a river of peace flowing through you now. Your thought is the immaterial and invisible power, and you choose to let it bless, inspire, and give you peace.

WHY HE COULD NOT BE HEALED

This is a case history of a married man with four children who was supporting and secretly living with another woman during his business trips. He was ill, nervous, irritable, and cantankerous, and he could not sleep without drugs. The doctor's medicine failed to bring down his high blood pressure of over two hundred. He had pains in numerous organs of his body which doctors could not diagnose or relieve. To make matters worse, he was drinking heavily.

The cause of all this was a deep unconscious sense of guilt. He had violated the marriage vows, and this troubled him. The religious creed he was brought up on was deeply lodged in his subconscious

mind, and he drank excessively to heal the wound of guilt. Some invalids take morphine and codeine for severe pains; he was taking alcohol for the pain or wound in his mind. It was the old story of adding fuel to the fire.

THE EXPLANATION AND THE CURE

He listened to the explanation of how his mind worked. He faced his problem, looked at it, and gave up his dual role. He knew that his drinking was an unconscious attempt to escape. The hidden cause lodged in his subconscious mind had to be eradicated; then the healing would follow.

He began to impress his subconscious mind three or four times a day by using the following prayer: "My mind is full of peace, poise, balance, and equilibrium. The infinite lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. The infinite intelligence of my subconscious mind leads, guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit. My mind is full of inner peace, freedom, and joy. I forgive myself; then I am forgiven. Peace, sobriety, and confidence reign supreme in my mind."

He repeated this prayer frequently as outlined, being fully aware of what he was doing and why he was doing it. Knowing what he was doing gave him the necessary faith and confidence. I explained to him that as he spoke these statements out loud, slowly, lovingly, and meaningfully, they would gradually sink down into his subconscious mind. Like seeds, they would grow after their kind. These truths, on which he concentrated, went in through his eyes, his ears heard the sound, and the healing vibrations of these words reached his subconscious mind and obliterated all the negative mental patterns which caused all the trouble. Light dispels darkness. The constructive thought destroys the negative thought. He became a transformed man within a month.

REFUSING TO ADMIT IT

If you are an alcoholic or drug addict; admit it. Do not dodge the issue. Many people remain alcoholics because they refuse to admit it.

Your disease is an instability, an inner fear. You are refusing to face life, and so you try to escape your responsibilities through the bottle. As an alcoholic you have no free will, although you think you have, and you may even boast about your willpower. If you are a habitual drunkard and say bravely, "I will not touch it anymore," you have no power to make this assertion come true, because you do not know where to locate the power.

You are living in a psychological prison of your own making, and you are bound by your beliefs, opinions, training, and environmental influences. Like most people, you are a creature of habit. You are conditioned to react the way you do.

BUILDING IN THE IDEA OF FREEDOM

You can build the idea of freedom and peace of mind into your mentality so that it reaches your subconscious depths. The latter, being all-powerful, will free you from all desire for alcohol. Then, you will have the new understanding of how your mind works, and you can truly back up your statement and prove the truth to yourself.

FIFTY-ONE PERCENT HEALED

If you have a keen desire to free yourself from any destructive habit, you are fifty-one percent healed already. When you have a greater desire to give up the bad habit than to continue it, you will not experience too much difficulty in gaining complete freedom.

Whatever thought you anchor the mind upon, the latter magnifies. If you engage the mind on the concept of freedom (freedom from the habit) and peace of mind, and if you keep it focused on this new direction of attention, you generate feelings and emotions which

gradually emotionalize the concept of freedom and peace. Whatever idea you emotionalize is accepted by your subconscious and brought to pass.

THE LAW OF SUBSTITUTION

Realize that something good can come out of your suffering. You have not suffered in vain. However, it is foolish to continue to suffer.

If you continue as an alcoholic, it will bring about mental and physical deterioration and decay. Realize that the power in your subconscious is backing you up. Even though you may be seized with melancholia, you should begin to imagine the joy of freedom that is in store for you. This is the law of substitution. Your imagination took you to the bottle; let it take you now to freedom and peace of mind. You will suffer a little bit, but it is for a constructive purpose. You will bear it like a mother in the pangs of childbirth, and you will, likewise, bring forth a child of the mind. Your subconscious will give birth to sobriety.

CAUSE OF ALCOHOLISM

The real cause of alcoholism is negative and destructive thinking; for as a man thinketh, so is he. The alcoholic has a deep sense of inferiority, inadequacy, defeat, and frustration, usually accompanied by a deep inner hostility. He has countless alibis as to his reason for drinking, but the sole reason is in his *thought life*.

THREE MAGIC STEPS

The first step: Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state. In this relaxed, peaceful, receptive state, you are preparing for the second step.

The second step: Take a brief phrase, which can readily be graven on the memory, and repeat it over and over as a lullaby. Use

the phrase, "Sobriety and peace of mind are mine now, and I give thanks." To prevent the mind from wandering, repeat it aloud or sketch its pronunciation with the lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response.

The third step: Just before going to sleep, practice what Johann von Goethe, German author, used to do. Imagine a friend, a loved one in front of you. Your eyes are closed, you are relaxed and at peace. The loved one or friend is subjectively present, and is saying to you, "Congratulations!" You see the smile; you hear the voice. You mentally touch the hand; it is all real and vivid. The word *congratulations* implies complete freedom. Hear it over and over again until you get the subconscious reaction which satisfies.

KEEP ON KEEPING ON

When fear knocks at the door of your mind, or when worry, anxiety, and doubt cross your mind, behold your vision, your goal. Think of the infinite power within your subconscious mind, which you can generate by your thinking and imagining, and this will give you confidence, power, and courage. Keep on, persevere, *until the day breaks, and the shadows flee away.*

REVIEW YOUR THOUGHT POWER

1. The solution lies within the problem. The answer is in every question. Infinite intelligence responds to you as you call upon it with faith and confidence.
2. Habit is the function of your subconscious mind. There is no greater evidence of the marvelous power of your subconscious than the force and sway habit holds in your life. You are a creature of habit.
3. You form habit patterns in your subconscious mind by repeating a thought and act over and over again until it establishes tracks in the subconscious mind and becomes

automatic, such as swimming, dancing, typing, walking, driving your car, etc.

4. You have freedom to choose. You can choose a good habit or a bad habit. Prayer is a good habit.
5. Whatever mental picture, backed by faith, you behold in your conscious mind, your subconscious mind will bring to pass.
6. The only obstacle to your success and achievement is your own thought or mental image.
7. When your attention wanders, bring it back to the contemplation of your good or goal. Make a habit of this. This is called disciplining the mind.
8. Your conscious mind is the camera, and your subconscious mind is the sensitive plate on which you register or impress the picture.
9. The only jinx that follows anyone is a fear thought repeated over and over in the mind. Break the jinx by knowing that whatever you start you will bring to a conclusion in divine order. Picture the happy ending and sustain it with confidence.
10. To form a new habit, you must be convinced that it is desirable. When your desire to give up the bad habit is greater than your desire to continue, you are fifty-one percent healed already.
11. The statements of others cannot hurt you except through your own thoughts and mental participation. Identify yourself with your aim which is peace, harmony, and joy. You are the only thinker in your universe.
12. Excessive drinking is an unconscious desire to escape. The cause of alcoholism is negative and destructive thinking. The cure is to think of freedom, sobriety, and perfection, and to feel the thrill of accomplishment.
13. Many people remain alcoholics because they refuse to admit it.
14. The law of your subconscious mind, which held you in bondage and inhibited your freedom of action, will give you freedom and happiness. It depends on how you use it.

15. Your imagination took you to the bottle; let it take you to freedom by imagining you are free.
16. The real cause of alcoholism is negative and destructive thinking. *As a man thinketh in his heart* [subconscious mind], *so is he*.
17. When fear knocks at the door of your mind, let faith in God and all things good open the door.

CHAPTER NINETEEN

HOW TO USE YOUR SUBCONSCIOUS MIND TO REMOVE FEAR

One of our students told me that he was invited to speak at a banquet. He said he was panic-stricken at the thought of speaking before a thousand people. He overcame his fear this way: For several nights he sat down in an armchair for about five minutes and said to himself slowly, quietly, and positively, "I am going to master this fear. I am overcoming it now. I speak with poise and confidence. I am relaxed and at ease." He operated a definite law of mind and overcame his fear.

The subconscious mind is amenable to suggestion and is controlled by suggestion. When you still your mind and relax, the thoughts of your conscious mind sink down into the subconscious through a process similar to osmosis, whereby fluids separated by a porous membrane intermingle. As these positive seeds, or thoughts, sink into the subconscious area, they grow after their kind, and you become poised, serene, and calm.

MAN'S GREATEST ENEMY

It is said that fear is man's greatest enemy. Fear is behind failure, sickness, and poor human relations. Millions of people are afraid of the past, the future, old age, insanity, and death. Fear is a thought in your mind, and you are afraid of your own thoughts.

A little boy can be paralyzed with fear when he is told there is a boogie man under his bed who is going to take him away. When his father turns on the light and shows him there is no boogie man, he is freed from fear. The fear in the mind of the boy was as real as if

there really was a boogie man there. He was healed of a false thought in his mind. The thing he feared did not exist. Likewise, most of your fears have no reality. They are merely a conglomeration of sinister shadows, and shadows have no reality.

DO THE THING YOU FEAR

Ralph Waldo Emerson, philosopher and poet, said, “Do the thing you are afraid to do, and the death of fear is certain.”

There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to stand before the audience, do the thing I was afraid to do, and the death of fear was certain.

When you affirm positively that you are going to master your fears, and you come to a definite decision in your conscious mind, you release the power of the subconscious, which flows in response to the nature of your thought.

BANISHING STAGE FRIGHT

A young lady was invited to an audition. She had been looking forward to the interview. However, on three previous occasions, she had failed miserably due to stage fright.

She possessed a very good voice, but she was certain that when the time came for her to sing, she would be seized with stage fright. The subconscious mind takes your fears as a request, proceeds to manifest them, and brings them into your experience. On three previous auditions she sang wrong notes, and she finally broke down and cried. The cause, as previously outlined, was an involuntary autosuggestion, i.e., a silent fear thought emotionalized and subjectified.

She overcame it by the following technique: Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled her mind and body to the best of her ability. Physical inertia favors

passivity and renders the mind more receptive to suggestion. She counteracted the fear suggestion by its converse, saying to herself, "I sing beautifully. I am poised, serene, confident, and calm."

She repeated the words slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep at night. At the end of a week she was completely poised and confident, and gave a definitely outstanding audition. Carry out the above procedure, and the death of fear is certain.

FEAR OF FAILURE

Occasionally young men from the local university come to see me, as well as schoolteachers, who often seem to suffer from suggestive amnesia at examinations. The complaint is always the same: "I know the answers after the examination is over, but I can't remember the answers during the examination."

The idea, which realizes itself, is the one to which we invariably give concentrated attention. I find that each one is obsessed with the idea of failure. Fear is behind the temporary amnesia, and it is the cause of the whole experience.

One young medical student was the most brilliant person in his class, yet he found himself failing to answer simple questions at the time of written or oral examinations. I explained to him that the reason was he had been worrying and was fearful for several days previous to the examination. These negative thoughts became charged with fear.

Thoughts enveloped in the powerful emotion of fear are realized in the subconscious mind. In other words, this young man was requesting his subconscious mind to see to it that he failed, and that is exactly what it did. On the day of the examination he found himself stricken with what is called, in psychological circles, suggestive amnesia.

HOW HE OVERCAME THE FEAR

He learned that his subconscious mind was the storehouse of memory, and that it had a perfect record of all he had heard and read during his medical training. Moreover, he learned that the subconscious mind was responsive and reciprocal. The way to be *en rapport* with it was to be relaxed, peaceful, and confident.

Every night and morning he began to imagine his mother congratulating him on his wonderful record. He would hold an imaginary letter from her in his hand. As he began to contemplate the happy result, he called forth a corresponding or reciprocal response or reaction in himself. The all-wise and omnipotent power of the subconscious took over, dictated, and directed his conscious mind accordingly. He imagined the end, thereby willing the means to the realization of the end. Following this procedure, he had no trouble passing subsequent examinations. In other words, the subjective wisdom took over, compelling him to give an excellent account of himself.

FEAR OF WATER, MOUNTAINS, CLOSED PLACES, ETC.

There are many people who are afraid to go into an elevator, climb mountains, or even swim in the water. It may well be that the individual had unpleasant experiences in the water in his youth, such as having been thrown forcibly into the water without being able to swim. He might have been forcibly detained in an elevator, which failed to function properly, causing resultant fear of closed places.

I had an experience when I was about ten years of age. I accidentally fell into a pool and went down three times. I can still remember the dark water engulfing my head, and my gasping for air until another boy pulled me out at the last moment. This experience sank into my subconscious mind, and for years I feared the water.

An elderly psychologist said to me, "Go down to the swimming pool, look at the water, and say out loud in strong tones, 'I am going to master you. I can dominate you.' Then go into the water, take lessons, and overcome it." This I did, and I mastered the water. Do

not permit water to master you. Remember, you are the master of the water.

When I assumed a new attitude of mind, the omnipotent power of the subconscious responded, giving me strength, faith, and confidence, and enabling me to overcome my fear.

MASTER TECHNIQUE FOR OVERCOMING ANY PARTICULAR FEAR

The following is a process and technique for overcoming fear which I teach from the platform. It works like a charm. Try it!

Suppose you are afraid of the water, a mountain, an interview, an audition, or you fear closed places. If you are afraid of swimming, begin now to sit still for five or ten minutes three or four times a day, and imagine you are swimming. Actually, you are swimming in your mind. It is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It is all real, vivid, and a joyous activity of the mind. It is not idle daydreaming, for you know that what you are experiencing in your imagination will be developed in your subconscious mind. Then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind. This is the law of the subconscious.

You could apply the same technique if you are afraid of mountains or high places. Imagine you are climbing the mountain, feel the reality of it all, enjoy the scenery, knowing that as you continue to do this mentally, you will do it physically with ease and comfort.

HE BLESSED THE ELEVATOR

I knew an executive of a large corporation who was terrified to ride in an elevator. He would walk up five flights of stairs to his office every morning. He said that he began to bless the elevator every night and several times a day. He finally overcame his fear. This was how he blessed the elevator: "The elevator in our building is a wonderful

idea. It came out of the universal mind. It is a boon and a blessing to all our employees. It gives wonderful service. It operates in divine order. I ride in it in peace and joy. I remain silent now while the currents of life, love, and understanding flow through the patterns of my thought. In my imagination I am now in the elevator, and I step out into my office. The elevator is full of our employees. I talk to them, and they are friendly, joyous, and free. It is a wonderful experience of freedom, faith, and confidence. I give thanks.”

He continued this prayer for about ten days, and on the eleventh day, he walked into the elevator with other members of the organization and felt completely free.

NORMAL AND ABNORMAL FEAR

Man is born only with two fears, the fear of falling and the fear of noise. These are a sort of alarm system given you by nature as a means of self-preservation. Normal fear is good. You hear an automobile coming down the road, and you step aside to survive. The momentary fear of being run over is overcome by your action. All other fears were given to you by parents, relatives, teachers, and all those who influenced your early years.

ABNORMAL FEAR

Abnormal fear takes place when man lets his imagination run riot. I knew a woman who was invited to go on a trip around the world by plane. She began to cut out of the newspapers all reports of airplane catastrophes. She pictured herself going down in the ocean, being drowned, etc. This is abnormal fear. Had she persisted in this, she would undoubtedly have attracted what she feared most.

Another example of abnormal fear is that of a businessman in New York, who was very prosperous and successful. He had his own private mental motion picture of which he was the director. He would run this mental movie of failure, bankruptcy, empty shelves, and no bank balance until he sank into a deep depression. He refused to

stop this morbid imagery and kept reminding his wife that “this can’t last,” “there will be a recession,” “I feel sure we will go bankrupt,” etc.

His wife told me that he finally did go into bankruptcy, and all the things he imagined and feared came to pass. The things he feared did not exist, but he brought them to pass by constantly fearing, believing, and expecting financial disaster. *Job said, the thing I feared has come upon me.*

There are people who are afraid that something terrible will happen to their children, and that some dread catastrophe will befall them. When they read about an epidemic or rare disease, they live in fear that they will catch it, and some imagine they have the disease already. All this is abnormal fear.

THE ANSWER TO ABNORMAL FEAR

Move mentally to the opposite. To stay at the extreme of fear is stagnation plus mental and physical deterioration. When fear arises, there immediately comes with it a desire for something opposite to the thing feared. Place your attention on the thing immediately desired. Get absorbed and engrossed in your desire, knowing that the subjective always overturns the objective. This attitude will give you confidence and lift your spirits. The infinite power of your subconscious mind is moving on your behalf, and it cannot fail. Therefore, peace and assurance are yours.

EXAMINE YOUR FEARS

The president of a large organization told me that when he was a salesman he used to walk around the block five or six times before he called on a customer. The sales manager came along one day and said to him, “Don’t be afraid of the boogie man behind the door. There is no boogie man. It is a false belief.”

The manager told him that whenever he looked at his own fears he stared them in the face and stood up to them, looking them straight in the eye. Then they faded and shrank into insignificance.

HE LANDED IN THE JUNGLE

A chaplain told me of his experiences in the Second World War. He had to parachute from a damaged plane and land in the jungle. He said he was frightened, but he knew there were two kinds of fear, normal and abnormal, which we have previously pointed out.

He decided to do something about the fear immediately, and began to talk to himself saying, "John, you can't surrender to your fear. Your fear is a desire for safety and security, and a way out."

He began to claim, "Infinite intelligence which guides the planets in their courses is now leading and guiding me out of this jungle."

He kept saying this out loud to himself for ten minutes or more. "Then," he added, "something began to stir inside me. A mood of confidence began to seize me, and I began to walk. After a few days, I miraculously came out of the jungle, and was picked up by a rescue plane."

His changed mental attitude saved him. His confidence and trust in the subjective wisdom and power within him was the solution to his problem.

He said, "Had I begun to bemoan my fate and indulge my fears, I would have succumbed to the monster fear, and probably would have died of fear and starvation."

HE DISMISSED HIMSELF

The general manager of an organization told me that for three years he feared he would lose his position. He was always imagining failure. The thing he feared did not exist, save as a morbid anxious thought in his own mind. His vivid imagination dramatized the loss of his job until he became nervous and neurotic. Finally he was asked to resign.

Actually, he dismissed himself. His constant negative imagery and fear suggestions to his subconscious mind caused the latter to respond and react accordingly. It caused him to make mistakes and foolish decisions, which resulted in his failure as a general manager.

His dismissal would never have happened, if he had immediately moved to the opposite in his mind.

THEY PLOTTED AGAINST HIM

During a recent world lecture tour, I had a two-hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturb him. His practice is to sit still for fifteen minutes in the morning and realize that in the center of himself is a deep still ocean of peace. Meditating in this way, he generates tremendous power which overcomes all manner of difficulties and fears.

Some time previously, a colleague called him at midnight and told him a group of people were plotting against him. This is what he said to his colleague: "I am going to sleep now in perfect peace. You can discuss it with me at 10:00 A.M. tomorrow."

He said to me, "I know that no negative thought can ever manifest except I emotionalize the thought and accept it mentally. I refuse to entertain their suggestion of fear. Therefore, no harm can come to me."

Notice how calm he was, how cool, how peaceful! He did not start getting excited, tearing his hair, or wringing his hands. At his center he found the still water, an inner peace, and there was a great calm.

DELIVER YOURSELF FROM ALL YOUR FEARS

Use this perfect formula for casting out fear. *I sought the Lord, and he heard me, and delivered me from all my fears.* PSALMS 34:4. The *Lord* is an ancient word meaning *law*—the power of your subconscious mind.

Learn the wonders of your subconscious, and how it works and functions. Master the techniques given to you in this chapter. Put them into practice now, today! Your subconscious will respond, and

you will be free of all fears. *I sought the Lord, and he heard me, and delivered me from all my fears.*

STEP THIS WAY TO FREEDOM FROM FEAR

1. Do the thing you are afraid to do, and the death of fear is certain. Say to yourself and mean it, "I am going to master this fear," and you will.
2. Fear is a negative thought in your mind. Supplant it with a constructive thought. Fear has killed millions. Confidence is greater than fear. Nothing is more powerful than faith in God and the good.
3. Fear is man's greatest enemy. It is behind failure, sickness, and bad human relations. Love casts out fear. Love is an emotional attachment to the good things of life. Fall in love with honesty, integrity, justice, good will, and success. Live in the joyous expectancy of the best, and invariably the best will come to you.
4. Counteract the fear suggestions with the opposite, such as "I sing beautifully; I am poised, serene, and calm." It will pay fabulous dividends.
5. Fear is behind amnesia at oral and written examination time. You can overcome this by affirming frequently, "I have a perfect memory for everything I need to know," or you can imagine a friend congratulating you on your brilliant success on the examination. Persevere and you will win.
6. If you are afraid to cross water, swim. In your imagination swim freely, joyously. Project yourself into the water mentally. Feel the chill and thrill of swimming across the pool. Make it vivid. As you do this subjectively, you will be compelled to go into the water and conquer it. This is the law of your mind.
7. If you are afraid of closed places, such as elevators, lecture halls, etc., mentally ride in an elevator blessing all its parts and functions. You will be amazed how quickly the fear will be dissipated.

8. You were born with only two fears, the fear of falling and the fear of noise. All your other fears were acquired. Get rid of them.
9. Normal fear is good. Abnormal fear is very bad and destructive. To constantly indulge in fear thoughts results in abnormal fear, obsessions, and complexes. To fear something persistently causes a sense of panic and terror.
10. You can overcome abnormal fear when you know the power of your subconscious mind can change conditions and bring to pass the cherished desires of your heart. Give your immediate attention and devotion to your desire which is the opposite of your fear. This is the love that casts out fear.
11. If you are afraid of failure, give attention to success. If you are afraid of sickness, dwell on your perfect health. If you are afraid of an accident, dwell on the guidance and protection of God. If you are afraid of death, dwell on Eternal Life. God is Life, and that is your life now.
12. The great law of substitution is the answer to fear. Whatever you fear has its solution in the form of your desire. If you are sick, you desire health. If you are in the prison of fear, you desire freedom. Expect the good. Mentally concentrate on the good, and know that your subconscious mind answers you always. It never fails.
13. The things you fear do not really exist except as thoughts in your mind. Thoughts are creative. This is why Job said, *The thing I feared has come upon me*. Think good and good follows.
14. Look at your fears; hold them up to the light of reason. Learn to laugh at your fears. That is the best medicine.
15. Nothing can disturb you but your own thought. The suggestions, statements, or threats of other persons have no power. The power is within you, and when your thoughts are focused on that which is good, then God's power is with your thoughts of good. There is only one Creative Power, and it moves as harmony. There are no divisions or quarrels in it. Its source is Love. This is why God's power is with your thoughts of good.

CHAPTER TWENTY

HOW TO STAY YOUNG IN SPIRIT FOREVER

Your subconscious mind never grows old. It is timeless, ageless, and endless. It is a part of the universal mind of God which was never born, and it will never die.

Fatigue or old age cannot be predicated on any spiritual quality or power. Patience, kindness, veracity, humility, good will, peace, harmony, and brotherly love are attributes and qualities which never grow old. If you continue to generate these qualities here on this plane of life, you will always remain young in spirit.

I remember reading an article in one of our magazines some years ago which stated that a group of eminent medical men at the De Courcy Clinic, in Cincinnati, Ohio, reported that years alone are not responsible for bringing about degenerative disorders. These same physicians stated that it is the fear of time, not time itself, that has a harmful aging effect on our minds and bodies, and that the neurotic fear of the effects of time may well be the cause of premature aging.

During the many years of my public life, I have had occasion to study the biographies of the famous men and women who have continued their productive activities into the years well beyond the normal span of life. Some of them achieve their greatness in old age. At the same time, it has been my privilege to meet and to know countless individuals of no prominence who, in their lesser sphere, belonged to those hardy mortals who have proved that old age of itself does not destroy the creative powers of the mind and body.

HE HAD GROWN OLD IN HIS THOUGHT LIFE

A few years ago I called on an old friend in London, England. He was over 80 years of age, very ill, and obviously was yielding to his advancing years. Our conversation revealed his physical weakness, his sense of frustration, and a general deterioration almost approaching lifelessness. His cry was that he was useless and that no one wanted him. With an expression of hopelessness he betrayed his false philosophy, "We are born, grow up, become old, good for nothing, and that's the end."

This mental attitude of futility and worthlessness was the chief reason for his sickness. He was looking forward only to senescence, and after that—nothing. Indeed, he had grown old in his thought life, and his subconscious mind brought about all the evidence of his habitual thinking.

AGE IS THE DAWN OF WISDOM

Unfortunately, many people have the same attitude as this unhappy man. They are afraid of what they term "old age," the end, and extinction, which really means that they are afraid of life. Yet, life is endless. Age is not the flight of years, but the dawn of wisdom.

Wisdom is an awareness of the tremendous spiritual powers in your subconscious mind and the knowledge of how to apply these powers to lead a full and happy life. Get it out of your head once and for all that 65, 75, or 85 years of age is synonymous with the end for you or anybody else. It can be the beginning of a glorious, fruitful, active, and most productive life pattern, better than you have ever experienced. Believe this, expect it, and your subconscious will bring it to pass.

WELCOME THE CHANGE

Old age is not a tragic occurrence. What we call the aging process is really change. It is to be welcomed joyfully and gladly as each phase of human life is a step forward on the path which has no end. Man

has powers which transcend his bodily powers. He has senses which transcend his five physical senses.

Scientists today are finding positive indisputable evidence that something conscious in man can leave his present body and travel thousands of miles to see, hear, touch, and speak to people even though his physical body never leaves the couch on which it reclines.

Man's life is spiritual and eternal. He need never grow old for Life, or God, cannot grow old. The Bible says that God is Life. Life is self-renewing, eternal, indestructible, and is the reality of all men.

EVIDENCE FOR SURVIVAL

The evidence gathered by the psychical research societies both in Great Britain and America is overwhelming. You may go into any large metropolitan library and get volumes on *The Proceedings of the Psychical Research Society* based on findings of distinguished scientists on survival following so-called death. You will find a startling report on scientific experiments establishing the reality of life after death in *The Case for Psychic Survival* by Hereward Carrington, Director of the American Psychical Institute.

LIFE IS

A woman asked Thomas Edison, the electrical wizard, "Mr. Edison, what is electricity?"

He replied, "Madame, electricity is. Use it."

Electricity is a name we give an invisible power which we do not fully comprehend, but we learn all we can about the principle of electricity and its uses. We use it in countless ways.

The scientist cannot see an electron with his eyes, yet he accepts it as a scientific fact, because it is the only valid conclusion which coincides with his other experimental evidence. We cannot see life. However, we know we are alive. Life is, and we are here to express it in all its beauty and glory.

MIND AND SPIRIT DO NOT GROW OLD

The Bible says, *And this is life eternal, that they might know thee the only true God.* JOHN 17:3.

The man who thinks or believes that the earthly cycle of birth, adolescence, youth, maturity, and old age is all there is to life, is indeed to be pitied. Such a man has no anchor, no hope, no vision, and to him life has no meaning.

This type of belief brings frustration, stagnation, cynicism, and a sense of hopelessness resulting in neurosis and mental aberrations of all kinds. If you cannot play a fast game of tennis, or swim as fast as your son, or if your body has slowed down, or you walk with a slow step, remember life is always clothing itself anew. What men call death is but a journey to a new city in another dimension of Life.

I say to men and women in my lectures that they should accept what we call old age gracefully. Age has its own glory, beauty, and wisdom which belong to it. Peace, love, joy, beauty, happiness, wisdom, good will, and understanding are qualities which never grow old or die.

Ralph Waldo Emerson, poet and philosopher, said, "We do not count a man's years until he has nothing else to count."

Your character, the quality of your mind, your faith, and your convictions are not subject to decay.

YOU ARE AS YOUNG AS YOU THINK YOU ARE

I give public lectures in Caxton Hall, London, England, every few years, and following one of these lectures, a surgeon said to me, "I am 84 years of age. I operate every morning, visit patients in the afternoons, and I write for medical and other scientific journals in the evening."

His attitude was that he was as useful as he believed himself to be, and that he was as young as his thoughts. He said to me, "It's true what you said, 'Man is as strong as he thinks he is, and as valuable as he thinks he is.'"

This surgeon has not surrendered to advancing years. He knows that he is immortal. His final comment to me was, "If I should pass on tomorrow, I would be operating on people in the next dimension, not with a surgeon's scalpel, but with mental and spiritual surgery."

YOUR GRAY HAIRS ARE AN ASSET

Don't ever quit a job and say, "I am retired; I am old; I am finished." That would be stagnation, death, and you would be finished. Some men are old at 30, while others are young at 80. The mind is the master weaver, the architect, the designer, and the sculptor. George Bernard Shaw was active at 90, and the artistic quality of his mind had not relaxed from active duty.

I meet men and women who tell me that some employers almost slam the door in their faces when they say they are over 40. This attitude on the part of the employers is to be considered cold, callous, evil, and completely void of compassion and understanding. The total emphasis seems to be on youth, i.e., you must be under 35 years of age to receive consideration. The reasoning behind this is certainly very shallow. If the employer would stop and think, he would realize that the man or woman was not selling his age or gray hair, rather, he was willing to give of his talents, his experience, and his wisdom gathered through years of experience in the marketplace of life.

AGE IS AN ASSET

Your age should be a distinct asset to any organization, because of your practice and application through the years of the principles of the Golden Rule and the law of love and good will. Your gray hair, if you have any, should stand for greater wisdom, skill, and understanding. Your emotional and spiritual maturity should be a tremendous blessing to any organization.

A man should not be asked to resign when he is 65 years of age. That is the time of life when he could be most useful in handling

personnel problems, making plans for the future, making decisions, and guiding others in the realm of creative ideas based on his experience and insight into the nature of the business.

BE YOUR AGE

A motion-picture writer in Hollywood told me that he had to write scripts which would cater to the twelve-year-old mind. This is a tragic state of affairs if the great masses of people are expected to become emotionally and spiritually mature. It means that the emphasis is placed on youth in spite of the fact that youth stands for inexperience, lack of discernment, and hasty judgment.

I CAN KEEP UP WITH THE BEST OF THEM

I am now thinking of a man 65 years of age who is trying frantically to keep young. He swims with young men every Sunday, goes on long hikes, plays tennis, and boasts of his prowess and physical powers, saying, "Look, I can keep up with the best of them!"

He should remember the great truth: *As a man thinketh in his heart, so is he.* PROV. 23:7.

Diets, exercises, and games of all kinds will not keep this man young. It is necessary for him to observe that he grows old or remains young in accordance with his processes of thinking. Your subconscious mind is conditioned by your thoughts. If your thoughts are constantly on the beautiful, the noble, and the good, you will remain young regardless of the chronological years.

FEAR OF OLD AGE

Job said, *The thing which I greatly feared is come upon me.* There are many people who fear old age and are uncertain about the future, because they anticipate mental and physical deterioration as the years advance. What they think and feel comes to pass.

You grow old when you lose interest in life, when you cease to dream, to hunger after new truths, and to search for new worlds to conquer. When your mind is open to new ideas, new interests, and when you raise the curtain and let in the sunshine and inspiration of new truths of life and the universe, you will be young and vital.

YOU HAVE MUCH TO GIVE

If you are 65 or 95 years of age, realize you have much to give. You can help stabilize, advise, and direct the younger generation. You can give the benefit of your knowledge, your experience, and your wisdom. You can always look ahead for at all times you are gazing into infinite life. You will find that you can never cease to unveil the glories and wonders of life. Try to learn something new every moment of the day, and you will find your mind will always be young.

ONE HUNDRED AND TEN YEARS OLD

Some years ago while lecturing in Bombay, India, I was introduced to a man who said he was 110 years old. He had the most beautiful face I have ever seen. He seemed transfigured by the radiance of an inner light. There was a rare beauty in his eyes indicating he had grown old in years with gladness and with no indication that his mind had dimmed its lights.

RETIREMENT—A NEW VENTURE

Be sure that your mind never retires. It must be like a parachute which is no good unless it opens up. Be open and receptive to new ideas. I have seen men of 65 and 70 retire. They seemed to rot away, and in a few months passed on. They obviously felt that life was at an end.

Retirement can be a new venture, a new challenge, a new path, the beginning of the fulfillment of a long dream. It is inexpressibly

depressing to hear a man say, "What shall I do now that I am retired?" He is saying in effect, "I am mentally and physically dead. My mind is bankrupt of ideas."

All this is a false picture. The real truth is that you can accomplish more at 90 than you did at 60, because each day you are growing in wisdom and understanding of life and the universe through your new studies and interest.

HE GRADUATED TO A BETTER JOB

An executive, who lives near me, was forced to retire a few months ago because he had reached the age of 65. He said to me, "I look upon my retirement as promotion from kindergarten to the first grade." He philosophized in this manner: He said that when he left high school, he went up the ladder by going to college. He realized this was a step forward in his education and understanding of life in general. Likewise, he added, now he could do the things he had always wanted to do, and therefore, his retirement was still another step forward on the ladder of life and wisdom.

He came to the wise conclusion that he was no longer going to concentrate on making a living. Now he was going to give all his attention to living life. He is an amateur photographer, and he took additional courses on the subject. He took a trip around the world and took movies of famous places. He now lectures before various groups, lodges, and clubs, and is in popular demand.

There are countless ways of taking an interest in something worthwhile outside yourself. Become enthusiastic over new creative ideas, make spiritual progress, and continue to learn and to grow. In this manner you remain young in heart, because you are hungering and thirsting after new truths, and your body will reflect your thinking at all times.

YOU MUST BE A PRODUCER AND NOT A PRISONER OF SOCIETY

The newspapers are taking cognizance of the fact that the voting population of the elderly in California elections is increasing by leaps and bounds. This means that their voices will be heard in the legislature of the state and also in the halls of Congress. I believe there will be enacted a federal law prohibiting employers from discrimination against men and women because of age.

A man of 65 years may be younger mentally, physically, and physiologically than many men at 30. It is stupid and ridiculous to tell a man he cannot be hired because he is over 40. It is like saying to him that he is ready for the scrap heap or the junk pile.

What is a man of 40 or over to do? Must he bury his talents and hide his light under a bushel? Men who are deprived and prevented from working because of age must be sustained by government treasuries at county, state, and federal levels. The many organizations who refuse to hire them and benefit from their wisdom and experience will be taxed to support them. This is a form of financial suicide.

Man is here to enjoy the fruit of his labor, and he is here to be a producer and not a prisoner of society which compels him to idleness.

Man's body slows down gradually as he advances through the years, but his conscious mind can be made much more active, alert, alive, and quickened by the inspiration from his subconscious mind. His mind, in reality, never grows old. Job said, *Oh that I were as in months past, as in the days when God preserved me; When his candle shined upon my head, and when by his light I walked through darkness; As I was in the days of my youth, when the secret of God was upon my tabernacle.* JOB 29:2-4.

SECRET OF YOUTH

To recapture the days of your youth, feel the miraculous, healing, self-renewing power of your subconscious mind moving through your whole being. Know and feel that you are inspired, lifted up, rejuvenated, revitalized, and recharged spiritually. You can bubble over with enthusiasm and joy, as in the days of your youth, for the

simple reason that you can always mentally and emotionally recapture the joyous state.

The candle which shines upon your head is divine intelligence, and reveals to you everything you need to know; it enables you to affirm the presence of your good, regardless of appearances. You walk by the guidance of your subconscious mind, because you know that the dawn appears and the shadows flee away.

GET A VISION

Instead of saying, "I am old," say, "I am wise in the way of the Divine Life." Don't let the corporation, newspapers, or statistics hold a picture before you of old age, declining years, decrepitude, senility, and uselessness. Reject it, for it is a lie. Refuse to be hypnotized by such propaganda. Affirm life—not death. Get a vision of yourself as happy, radiant, successful, serene, and powerful.

YOUR MIND DOES NOT GROW OLD

Former President Herbert Hoover, now 88 years old, is very active and is performing monumental work. I interviewed him a few years ago in his suite at the Waldorf-Astoria, New York City. I found him healthy, happy, vigorous, and full of life and enthusiasm. He was keeping several secretaries busy handling his correspondence and was himself writing books of a political and historical nature. Like all great men, I found him affable, genial, amiable, loving, and most understanding.

His mental acumen and sagacity gave me the thrill of a lifetime. He is a deeply religious man, and is full of faith in God and in the triumph of the eternal truth of life. He was subjected to a barrage of criticism and condemnation in the years of the Great Depression, but he weathered the storm and did not grow old in hatred, resentment, ill will, and bitterness. On the contrary, he went into the silence of his soul, and communing with the Divine Presence within him, he found the peace which is the power at the heart of God.

HIS MIND ACTIVE AT NINETY-NINE

My father learned the French language at 65 years of age, and became an authority on it at 70. He made a study of Gaelic when he was over 60, and became an acknowledged and famous teacher of the subject. He assisted my sister in a school of higher learning and continued to do so until he passed away at 99. His mind was as clear at 99 as it was when he was 20. Moreover, his handwriting and his reasoning powers had improved with age. Truly, you are as old as you think and feel.

WE NEED OUR SENIOR CITIZENS

Marcus Porcius Cato, the Roman patriot, learned Greek at 80. Madame Ernestine Schumann-Heink, the great German-American contralto, reached the pinnacle of her musical success after she became a grandmother. It is wonderful to behold the accomplishments of the oldsters. General Douglas MacArthur, Harry S Truman, General Dwight David Eisenhower, and American financier Bernard Baruch are interesting, active, and contributing their talents and wisdom to the world.

The Greek philosopher Socrates learned to play musical instruments when he was 80 years old. Michelangelo was painting his greatest canvases at 80. At 80, Cios Simonides won the prize for poetry, Johann von Goethe finished *Faust*, and Leopold von Ranke commenced his *History of the World*, which he finished at 92.

Alfred Tennyson wrote a magnificent poem, "Crossing the Bar," at 83. Isaac Newton was hard at work close to 85. At 88 John Wesley was directing, preaching, and guiding Methodism. We have several men of 95 years who come to my lectures, and they tell me they are in better health now than they were at 20.

Let us place our senior citizens in high places and give them every opportunity to bring forth the flowers of Paradise.

If you are retired, get interested in the laws of life and the wonders of your subconscious mind. Do something you have always wanted to do. Study new subjects, and investigate new ideas.

Pray as follows: *As the hart panteth after the water brooks, so panteth my soul after thee, O God.* PSALMS 42:1.

THE FRUITS OF OLD AGE

His flesh shall be fresher than a child's: he shall return to the days of his youth.

JOB 33:25.

Old age really means the contemplation of the truths of God from the highest standpoint. Realize that you are on an endless journey, a series of important steps in the ceaseless, tireless, endless ocean of life. Then, with the Psalmist you will say, *They shall still bring forth fruit in old age; they shall be fat and flourishing.* PSALMS 92:14.

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance; against such there is no law. GALATIANS 5:22–23.

You are a son of Infinite Life which knows no end, and you are a child of Eternity.

PROFITABLE POINTERS

1. Patience, kindness, love, good will, joy, happiness, wisdom, and understanding are qualities which never grow old. Cultivate them and express them, and remain young in mind and body.
2. Some research physicians say that the neurotic fear of the effects of time may well be the cause of premature aging.
3. Age is not the flight of years; it is the dawn of wisdom in the mind of man.
4. The most productive years of your life can be from 65 to 95.
5. Welcome the advancing years. It means you are moving higher on the path of life which has no end.

6. God is Life, and that is your life now. Life is self-renewing, eternal, and indestructible, and is the reality of all men. You live forever, because your life is God's life.
7. Evidence of survival after death is overwhelming. Study *Proceedings of Psychical Research Society of Great Britain and America* in your library. The work is based on the scientific research by outstanding scientists for over 75 years.
8. You cannot see your mind, but you know you have a mind. You cannot see spirit, but you know that the spirit of the game, the spirit of the artist, the spirit of the musician, and the spirit of the speaker is real. Likewise, the spirit of goodness, truth, and beauty moving in your mind and heart are real. You cannot see life, but you know you are alive.
9. Old age may be called the contemplation of the truths of God from the highest standpoint. The joys of old age are greater than those of youth. Your mind is engaged in spiritual and mental athletics. Nature slows down your body so that you may have the opportunity to meditate on things divine.
10. We do not count a man's years until he has nothing else to count. Your faith and convictions are not subject to decay.
11. You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts.
12. Your gray hairs are an asset. You are not selling your gray hairs. You are selling your talent, abilities, and wisdom which you have garnered through the years.
13. Diets and exercises won't keep you young. *As a man thinketh, so is he.*
14. Fear of old age can bring about physical and mental deterioration. *The thing I greatly feared has come upon me.*
15. You grow old when you cease to dream, and when you lose interest in life. You grow old if you are irritable, crotchety, petulant, and cantankerous. Fill your mind with the truths of God and radiate the sunshine of His love—this is youth.
16. Look ahead, for at all times you are gazing into infinite life.

17. Your retirement is a new venture. Take up new studies and new interests. You can now do the things you always wanted to do when you were so busy making a living. Give your attention to living life.
18. Become a producer and not a prisoner of society. Don't hide your light under a bushel.
19. The secret of youth is love, joy, inner peace, and laughter. *In Him there is fullness of joy. In Him there is no darkness at all.*
20. You are needed. Some of the great philosophers, artists, scientists, writers, and others accomplished their greatest work after they were 80 years old.
21. The fruits of old age are love, joy, peace, patience, gentleness, goodness, faith, meekness, and temperance.
22. You are a son of Infinite Life which knows no end. You are a child of Eternity. You are wonderful!

ABOUT THE AUTHOR

A native of Ireland who resettled in America, **Joseph Murphy**, Ph.D., D.D. (1898–1981) was a prolific and widely admired New Thought minister and writer, best known for his metaphysical classic, *The Power of Your Subconscious Mind*, an international bestseller since it first appeared on the self-help scene in 1963. A popular speaker, Murphy lectured on both American coasts and in Europe, Asia, and South Africa. His many books and pamphlets on the auto-suggestive and metaphysical faculties of the human mind have entered multiple editions—some of the most poignant of which appear in this volume. Murphy is considered one of the pioneering voices of affirmative-thinking philosophy.

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[*](#)See Chapter 2, *How to Attract Money*.

[*](#)See *Love Is Freedom*

*All Bible references are from the *Book of John*, unless otherwise indicated.

[*](#)See my recent book *How to Attract Money*, second chapter concerning changing water into wine.

[*](#)See my book *The Meaning of Reincarnation* pages 22–23.

[*](#)Read chapter on “Give Us This Day Our Daily Bread” in *Traveling with God*.

[*](#)See chapter on Holy Communion in my book *Prayer Is the Answer*.

*See chapter four in my book *Meaning of Reincarnation*.

*(See the chapter “Holy Orders” in my book *Prayer is the Answer*.)

*See *Prayer Is the Answer*.

*See my book *Prayer Is the Answer*, “Chapter five”.

*(See chapter 1 in my book *Traveling With God*.)

*(See my book *Quiet Moments With God*.)

[*](#)See my book *Quiet Moments With God*.

*See Chapter 4 in my book *The Meaning of Reincarnation*.

*See Chapter 5 in my book *Peace Within Yourself*.

*(By J. Rogers, a merchant marine captain, written during World War II.) Published by Navy Chaplains Bulletin, Washington, D. C.

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[*](#)Herbert Parkyn, *Autosuggestion* (London: Fowler, 1916).

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