A man in a dark jacket and light-colored pants stands with his back to the camera on a grassy hill. He is looking out over a sprawling cityscape at dusk or dawn. The sky is a deep blue, and the city lights are visible in the distance. The overall mood is contemplative and hopeful.

Believe in Yourself

Dr. Joseph Murphy[®][©]

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Dr. Joseph Murphy

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Make Your Dreams Come True

"Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colors.

"And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him.

"And Joseph dreamed a dream, and he told it his brethren: and they hated him yet the more.

"And he said unto them, Hear, I pray you, this dream which I have dreamed:

"For, behold, we were binding sheaves in the field, and, lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance to my sheaf.

"And his brethren said to him, Shalt thou indeed reign over us? Or shalt thou indeed have dominion over us? And they hated him yet the more for his dream, and for his words.

"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.

"And he told it to his father, and to his brethren: and his father rebuked him, and said unto him, what is this dream that thou hast dreamed? Shall I and thy mother and thy brethren indeed come to bow down ourselves to thee to the earth?" (Genesis 37:3-10.)

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* infers 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 on time how he started in a small store. He said that I 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 a 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 liked particularly one comment which 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 which 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. Troward says, "Feeling is the law, and the law is the feeling." Feeling is the fountain-head 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 our mind are your brethren which challenge you, belittle your dreams, and say to you, "You can't; it is impossible." "Forget it!" Perhaps other thoughts come into your mind, which scoff at your plan or ambition. You discover 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 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 whole-heartedly to it. Praise it; give your attention, love, and devotion to your ideal, and as you continue to do this, all the fearful thoughts will make obeisance to your exalted state of mind; i.e., 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—i.e., he is radiant, happy, prosperous, and successful. Your imagination is the *coat of many colors*; it can clothe and objectify an idea or desire. You can imagine abundance where lack is; peace where discord is; 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 twelve 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, God-like concepts and ideas, you will find it is the most effective of all faculties in your spiritual ongoing.

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.

“Our of Egypt have I called my son—” Joseph is 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, twentieth century city in his mind, complete with super highways, swimming pools, aquariums, parks, etc. He can construct in his mind the most beautiful palace that 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 to her the Biblical meaning of Reincarnation, 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 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 toward the book and the writer.

You can develop the right, mental attitude when you realize that nothing externally 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 you permit them to move you in thought negatively. Realize 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, or the gossip, or criticism of others to upset you, or bring about mental depression? If you do, you must admit 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 the other is mean, dishonest, and jealous, notice the motion you evoked within yourself. Now reverse the situation. Begin to imagine the same girl or boy is 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 which determined 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, the 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 which directs their reaction to everything.

A person's mood of joy is usually short-lived who is constantly singing the blues when something wonderful comes into his experience or that of his family.

A young boy of sixteen years going to high school said to me, "I am getting very poor grades. My memory is failing. I do not know what is 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 grade 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 which responds to thought. This young man realized 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 student. This young man is now enjoying a greater freedom than he had 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 have followed this change of attitude towards his studies.

We have said previously that all our mental attitudes are conditioned by imagination. If you imagine: It is going to be a black day today; business is going to be very poor; that it is raining; no customers will come into your store; they have no money, etc., you will experience the result of your negative imagery.

One time Troward was walking the streets of London, and he imagined he saw a snake on the street. Fear caused him to become semi-paralyzed. What he saw *looked* like a snake, but Troward 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, which dignify, elevate, please, and satisfy. If you imagine 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, 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 response 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 eleven stars represent the eleven 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 fifty years ago. He said nothing for one hour, but remained passive and receptive, seeming to be in a pensive mood. I asked him what was he 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, 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 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 the 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 the invisible secrets of nature are revealed to you; you will find that you can plumb the very depths of consciousness calling things that be not as though they were, and the unseen becomes seen.

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 of 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."

Is it really out of the imaginative mind of man all religions are born. It is not out of the realm of imagination television, radio, radar, supersets, 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, 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 though 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 men everywhere.

Imagination was Melton'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 en-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 stores, 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, 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 measure of service to your fellow creature.

If you are a writer of short stores, you can be about your Father's business. Crate a story in your mind which teaches something about the Golden rule; then pass that store 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 the 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 torn shall come up the fir tree, and instead of the brier 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, a Phidias, or a Beethoven. Men accomplish great things through quiet moments imagining that the invisible things of Him 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 Christmas time. Some of these poems were beautiful gems of spiritual love. He said 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 complete poem, song, or lullaby would appear complete and ready in his mind without the slightest effort. His habit was to imagine he was writing beautiful poems which would still the hearts of men.

Shelley said 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 you are on 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 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 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 you 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 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 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. Pressured 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." "The 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, 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 abstract your attention now from appearances of things and from sense evidence. Even though your senses deny what you pray for, affirm it as 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 you 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, persisting to the end, knowing in your heart the end is secure, because you saw the end. Having seen and felt the end, as Troward said, you have willed the means to the realization of the end.

Copernicus through his vivid imagination revealed how the earth revolved on its axis, causing the old astronomical theories to be cast in the discard.

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 which 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 which are not 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, superstition, and opposed everything which 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 the Einstein theory of relativity existed first in his imagination.

Archaeologists 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 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 twenty first chapter of Revelation some time ago in the Wilshire Ebell Theatre 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 hear 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 good will. Your mind is clothed with God's radiant beauty, and your mood is exalted, noble, and God-like. 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 use it 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—perhaps you said, "I hope this last forever?" Nothing in this transitory world last 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 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, success and failure. You find yourself moving through opposites; through your power to imagine what you wish and to feel its reality subjectively 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; i.e., 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 moulds them into a pattern of life which brings you peace or discord, health or sickness. You can imagine a life which 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 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, and 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 mountain top. 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 which governs your mind. The ideals of life are like the dew of heaven, which 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 good will 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, 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 which 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 which 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.)

"Hither 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 sages 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 writing 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. These artists through the Divine artistry of imagination clothed all these ideas with pictorial form. In the act of imagination that which is hidden in your deeper self is made manifest. By 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 are going to be married, you had vivid, realistic pictures in your mind. With your power of imagination you saw the minister or priest. You heard him pronounce the words; you saw the flowers, 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 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 friend 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 there was and is an Internal Creator with Power to mould all these forms which 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 dish, 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 foe. 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 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 the 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 One Mind and himself into the feeling of being one with his image, and according to his faith or conviction was it done unto him. There is 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, Christian Science, the Nancy School of Medicine, Osteopathy, etc. get healings? All these schools of thought are meeting levels of consciousness, and are doing well.

Any method or process which alleviates human misery, pain, and distress is good. Many churches practice laying on of hands; others make novenas and visit shrines; all are benefited according to their mental acceptance or belief.

When are you 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; when all your allegiance is given to the Spiritual Power within you, you realize it as the only Presence and the only Cause, you will not need any props of any kind. The Living Intelligence which 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 grower a tooth through prayer, the obvious thing to do is 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 of a close 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 sold 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, 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 business man 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 receiving 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, 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."

The was the business man'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 premises. 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 fill many hourly quietly holding imaginary conversation. 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 over any problems, he imagined his friend was giving him the right or appropriate answer, accompanied with the usual gestures, tonal qualities of the voice, making the entire imaginary scene as real and vivid as possible.

I was very well acquainted with a stock broker 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 uses to dramatize this imaginary conversation until he had psychologically fixed it as a form of belief in his mind.

Mr. Nichols, Ouspensky's student, use 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 his main purpose in his life was to make money for others, and to see them prosper financially by his wise counsel. It is quite obvious 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 which 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 awhile it will become a definite, habitual pattern. The inner movie, which you have seen with your mind's eye, shall be manifest openly, "He called 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 law suit which 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 mannerism. She ran the movie so often; 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 inwards parts." Her conclusion was, "It is God in action," meaning all round harmony and peace. (*Harmony* is of God, and what you want in a legal case is a harmonious solution.)

In the science of the 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, destruction 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 idea, 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 whatever 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, e.g., imagines 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, etc.

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, see 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 always something bad or destructive is 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; i.e., 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, the condition their subconscious mind negatively. The 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 he is going to catch cold, become an alcoholic, become loose morally; or if he is in combat they imagine he will be shot, and all manner of destructive things enter their mind. 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 God 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 heard you; it is your own silent thought. Perhaps you are saying to yourself, "I can't; it is impossible." "I am too old now." "What chance has 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 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 may do it. See I have set before thee this day life and good, and death and evil."

Decree now, and say it meaning: "From this moment forward I will admit to my mind for mental consumption only those ideas and thoughts which 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. *Picture of silver* mean in the Bible 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 our experience.

“Faith cometh by hearing,” Paul says. Listen to the truths of God. Listen to the voice of God. What language does He speak in? It is not Gaelic, French, Italian, but the universal language or mood of love, peace, joy, harmony, faith, confidence, and goodwill. Give you 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 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, i.e., experiences, conditions, circumstances, environment, as well as your physical health, financial states, social life, etc., 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. 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 centre and contemplate the Infinite Power within you which lies stretched in smiling repose. The 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 which emanate from a central point. You can direct the rays of the magnifying glass, so 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 you have operated a definite, psychological law which is now working for you in the dark house of your mind. As you do this 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, 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 which read, "For sale by owner." The second day after placing the sign, I said to myself as I was going to sleep, "Suppose 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 it *was* finished. The next day a man gave me a deposit of \$1,000, and said "Take down your sign; 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 it is on the objective screen of your life.

This procedure or technique is older than our Bible. The outside mirrors the inside. External actions follow internal action.

I was engaged by a very large organization to do some spiritual work for them. Though 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 which 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 afterwards.

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 which 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 current required in the bank; i.e., 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 regularly.

There is a young lady who comes regularly to our Sunday morning lectures. She had to change busses three times; it took her one and one half hours each Sunday to come to the lectures. In the sermon I told how a young man prayed for a car and received on. She went home, and experimented as follows: Here is her letter in part published by her permission:

Dear Dr. Murphy:

This is how I received a Cadillac; 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 saying now, I do not know of any way to get the money to pay off the mortgage; do not worry about it. To *worry* means to strangle. Realize there is a Power inherent within you, which can provide you with everything you need when you call up 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 prayer 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 desires. You can imagine also a letter from the mortgage company informing you that you are paid up; rejoice in that 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 capable of bringing what you imagine and feel as true into manifestation. Sitting idly by, day dreaming, 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 imaging the realize of your desire through focused attention. As you do this in a relaxed, happy mood, the picture is case on the sensitive film of the subconscious mind. You need also a time exposure; it may be two or three minutes or longer depending on our 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 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 which attracts to the individual the conditions necessary for his success. Man should make it a special point to do the things 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 non-selective.

A business friend of mine, a tailor by trade, has a favorite saying, “All I ever do is add. I never subtract.” He means *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 God-like. 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 successful movie actor. Out in the field mowing hay, or driving the cows home, or even when milking them, he said, I would constantly imagine I saw my name in big lights in a large theatre. 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 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 our prayers, and in your contact with the Universal Power within you.

Imagine yourself doing the things you long to do, and possessing 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 drug clear who was a licensed pharmacist receiving \$40 a week plus his commission on sales. "After twenty five 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; 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 this idea*. He began to imagine he *was* in his own store. He participated in the act mentally. He arranged the bottles, dispensed prescriptions, 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 drug store clerk put himself whole-heartedly 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 district manager. He made enough money in four years to make a down payment on a drug store 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 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 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 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 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 it can be done. A conviction and sincere belief is necessary. Affirmative statements establish definite impressions on the subconscious mind.

A wonderful way to impress the subconscious is through a disciplined or scientific imagination. By illustration if your knee is swollen, and you are lame, imagine you are doing the things you would do were you in perfect health. You might say that I would go down town 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 external movement can take place.

By example the chair does not move 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 imagine 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 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 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.

You can develop confidence by knowing and realizing that nothing can prevent you from achieving success. Develop a certainty in our 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 which 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.

Cease looking upon God as some Being living in the skies with a long beard. God is the essence of man. God is the Life of man. We cannot comprehend all of God; for the infinite mind cannot comprehend the Infinite in total.

For example you're conscious and subconscious mind are projects of God; they are working tools. God is Infinite Wisdom, Boundless Love, infinite Intelligence, Absolute Bliss, Eternal Harmony, and Indescribable Beauty. All these, and others, are Qualities and Attributes of God.

You are not cast adrift on the ocean of life deserted by the Creator of Life. This Presence and Power is within you. This Knowledge or Awareness of Divinity within you is the greatest and most powerful contributing factor to success.

Develop your talents; begin to use them; they are God-given. You have faculties and powers which require constant development.

“Man shall decree a thing, and it shall come to pass.” What are you mentally decreeing now? What is the nature of your inner talking, inner conversation, and your idle moods? Man shall account for every idle word he speaks. The idle words are doubt, fear, anxiety, and worry. If these are present, you are not giving definite, positive orders to your subconscious mind, because there is no definite impression made as to what you wish to bring to pass.

Fear and worry cause confusion in the conscious mind. This creates confusion in the subconscious mind, and nothing happens but confusion in man's affairs. Continue to trust in the Divine Power, and that which you desire will come to you in some manner. Have faith in God, in the Divine Power, in His Divine Love, and His Overshadowing Presence always watching over you, and you will become invincible. “Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.”

CHAPTER 1

MANY ANSWERS TO YOUR MANY QUESTIONS

Spirit and matter are one, and modern science today speaks only of the interconvertibility of energy and matter. Energy is a term used by science for Spirit, or God. Many people today deny the existence of God, or the Living Spirit Almighty. We also have groups here on the West Coast of the United States who even denies matter.

We are living in a subjective and an objective world. There are two ends of a stick. The formless takes form, the invisible becomes visible. The ancients said that God becomes man by believing He to be man. All of us are manifestations of the Infinite Spirit. We are here to discover our Divinity.

Paul says, . . . *Therefore, glorify God in your body* . . . (I Corinthians 6:20). Spirit needs form to express itself. Your body is a vehicle enabling you to express the wonders and glories within you.

Should I Go to an Ashram?

A sincere young girl from a local college who is deeply spiritual asked me if I thought it advisable for her to go to India and enter an Ashram in order to get away from the rat race, as there was so much conflict in college, drug abuses, sexual aberrations of all kinds, and some of her teachers of philosophy had claimed there was no God.

I explained to her that I had been to many Ashrams in India and had spoken there but that it is not necessary to go to India to find God, for God indwells her, and walks and talks in her. She could practice the Presence of God on Broadway, New York City, or on Hollywood Boulevard in Los Angeles, as well as in her own home, in the college, or in the street or marketplace.

I explained to her that true wisdom and spiritual growth do not consist in running away from where she is to some foreign shore. On the contrary, her task and duty is to live where she is, complete her studies, and learn to contribute of her talents to the world. The "world" in which she was living is the mass mind, and she must learn to *come out from among them, and be ye separate* (II Corinthians 6:17).

She learned to pray scientifically by disciplining her thoughts and by radiating love and goodwill to all the students and teachers. I gave her a book of meditations entitled *Quiet Moments with God** and suggested that she saturate her mind night and morning with one of the sixty meditations in the book, knowing that as she reconditioned her mind, her whole perspective of life would change, and it did. She began to think, speak and act from the Divine Center within herself, not from the superimposed structure of fear, ignorance and superstition.

Foolish Beliefs

Many people have weird, grotesque beliefs about money, possessions and earthly amusements. You are here to have recreation, love in your life, and the full expression of your talents. There is no reason why you should not have a wonderful home, the best possible clothes, a wonderful car and literally the best of everything . . . *God, who giveth us richly all things, to enjoy* (I Timothy 6:17).0

You are not possessed by external riches; neither do you give undue importance to them. God possesses all, but you have the use of all the comforts of life while on this plane. You know that God is the Source of all things, and you look to the Source for all your blessings because you know. Your security and happiness is not in external accumulations or possessions but in your conviction of God's goodness and God's riches in the land of the living

Never separate Spirit from matter. You are living in both worlds, and you are here to lead a balanced and harmonious life. We find some non-thinking people condemning material things, money, land, automobiles, gold and diamonds. Many, however, will not wear gold, considering it to be a sin. Of course, there are crime, misery, suffering and injustice in the world; but these are due to man's destructive and negative thinking.

* *Quiet Moments with God* by Dr. Joseph Murphy, De Vorss and Company, Inc., Marina del Rey, California, 1956.

God made the world and all things in the cosmos and pronounced everything good. It is frightfully stupid to call God, the "All Good," and the world ugly. This creates a conflict in the mind, resulting in confusion and mental disturbance. The world is Spirit made manifest in multitudinous forms.

A man asked me the other day what Gandhi meant when he said, "Renounce the world and take it back in different terms." When he spoke of the world, he did not mean sticks, stones, trees, lakes, etc. What he referred to in this statement was the mass mind, the dull, opinionated, confused, irrational thinking of four billion people in this world. You renounce and completely reject the false beliefs, fears, ignorance and superstitions of the mass mind, the great psychic sea, in which all of us are immersed. You renounce it when you begin to think right, feel right, do right and act right and pray right. By prayer, we mean the contemplation of the truths of God from the highest standpoint.

You become what you contemplate, and by dwelling on the attributes, qualities and potencies of the Infinite within you, you are no longer in the world, or mass Mind. You are then in tune with the Infinite, and you are living at higher levels of consciousness, enabling you to find peace in this changing world.

Rebellion Against Texas

I received a letter recently asking me to send a donation to a certain group who said it is unlawful to pay taxes. The writer of the letter quoted the Constitution to back up his argument. All this, of course, is so much folderol. You know that this question was asked two thousand years ago . . . *Is it lawful to give tribute unto Caesar . . . ?* (Matthew 22:17). Jesus knew what the motive of the question was, because he could read the mind of the interrogator.

The people in that era were under the Roman domination. They chafed, resented and hated the tax collectors of that day; however, they were compelled to pay taxes to Caesar, or Rome. If Jesus had answered in the negative, he would have been advocating rebellion against the Roman government, and, consequently, would be subject to arrest and imprisonment. He said: *Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's* (Matthew 22:21).

Caesar represents the world in which we live. We have to pay tribute to Caesar and fulfill the demands of Caesar. We are here to express ourselves, clothe ourselves, feed ourselves, wash ourselves, and contribute our talents to the world. All of us are interdependent. The carpenter, the plumber, the doctor, the pharmacist, the lawyer, the farmer, the teacher and the engineer are all needed. Furthermore, we have to contribute taxes to support the local, state and federal governments.

The government has no money except that which it extracts from the people. Officials may not use it wisely, but nevertheless, in an ordered society, all of us have to contribute to Caesar. The world demands of you your skill, your talents, your abilities and your labor. Your family demands protection, loving care and all the necessities

of life. You must pay tribute to Caesar and put your shoulder to the wheel. Make this world a better place in which to live for yourself and your posterity.

The most important thing in the world is to put God first in your life. God is the Supreme Cause, the Creator of the world, and He is the Progenitor of all mankind and the entire cosmos. Every morning and evening, set aside some time for a visit with God—your Higher Self.

Commune with this Presence and know that your thought and feeling control of your destiny. Claim Divine law and order in your life and realize that Divine love and Divine peace are moving through all your actions and all the experiences of your life. Affirm boldly: "Divine law and harmony govern my mind, my body and all my undertakings. Wonders are happening in my life."

Handling that Burden

When you feel frustration and obstructions to your good in life are apparent, then render to God the things that are God's, which means to pray according to universal principles. Pray this way: Think about the Infinite Intelligence, Boundless Wisdom, Absolute Harmony and Supreme Power within you; then claim, "Divine freedom is mine, Divine peace is mine, and there is a Divine harmonious solution taking place now." Be constantly aware that Infinite Spirit knows the way and reveals the solution, and you will soon find the answer in your physical world.

When you tune in with the Infinite, your spiritual thoughts will transform your physical or material world and redeem it from sorrow, lack and limitation, bringing beauty and order into your physical world.

Do You Serve Communion?

Since the first Sunday in November, 1976, I have been speaking at the Saddleback Cinema Theatre, 23682 El Toro Road, El Toro, California. A woman called me on the phone recently and asked if we serve Holy Communion. Many people mean by Holy Communion consecrated wafers and wine, all of which are purely symbolic and which represent your thought and feeling, the idea and the emotion, the Spirit and form.

Bread represents the bread of life, such as the thought of peace, joy, love, goodwill, courage, faith and confidence. Without that you cannot live nobly in this confused world. Wine represents the exhilaration of the Holy Spirit in you, i.e., the Spirit of goodness, truth and beauty moving on the waters of your mind and the emanation of goodwill to all.

Bread is the Divine idea in your mind, and the wine means that you animate, vitalize and emotionalize the idea so that it is impressed in your subconscious mind and becomes manifest in your life. The thought and the thing are one. Spirit needs a body in which to express it. Divine life and Divine substance are one. You can't separate Spirit from form.

The whole world is God made manifest in countless forms. Everything you see came out of the mind of man or the mind of God, which is really the same thing, for there is only one mind.

We must not despise or criticize material things. You are composed of Spirit and matter yourself, and you must demonstrate what you believe in. You must, therefore, show forth your results by your daily communion with the Divine Presence within you. As you meditate on the qualities, attributes and potencies of the Infinite, you will feel the Spirit of God moving on your behalf, animating, sustaining and strengthening you.

When you experience this Divine transfusion taking place within you, then you can rest assured you are partaking of Holy Communion, because you are communing with wholeness, beauty, love and peace in the silence of your own soul. You must demonstrate what you believe. Remember, though, you are what you contemplate. Contemplate whatsoever things are true, lovely, noble and God-like. This is Holy Communion.

The Dignity of Labor

During a speaking engagement at the Unity Church in New Orleans, operated by Dr. Ruth Murphy and her lovely daughter, I had a consultation with a prominent business woman, who told me that she has great difficulty hiring men to mow the lawn, clean the horse stables, etc. Furthermore, the maids she has for her large household refuse to do certain types of work in the house, believing it to be degrading and demeaning. One maid, for example, refused to do the laundry, so she had to get a Chinese man who came and was glad to do the work with a song in his heart. She said he took a delight in his work and brought forth spotless clothes for her inspection.

No work is degrading. We are here to do all things for the glory of God, whether it be washing windows, cleaning the floor, or cleaning out the stable. There is no such thing as menial labor, as it is the Spirit, or God, operating in and through the bodies of all men and women throughout the world. A dead man cannot wash the floor or clean the bathroom: The Life Principle has left him. It is God working in you and through you, no matter what you do.

You can misdirect the Divine Energy in you, or you can use it constructively. No matter what your assignment is in life, realize that it is God in action. By that you mean God is thinking, speaking and acting through you, and wonders will happen in your life.

Religion Is the Practice of the Presence

Recently I counseled a man who had a suppurating wound in his leg, which emitted a very foul odor. I sent him to a local physician who has the reputation of praying regularly for his patients.

I explained to this man that God is the Holy Spirit within him and that it could cleanse, heal and restore his leg to wholeness and beauty. He prayed for his doctor also, realizing he was Divinely guided to do the right thing. His simple prayer was: "The Holy Spirit remolds and reshapes all the tissues of my leg to beauty, order and symmetry so that in my flesh I shall see God's wholeness made manifest."

The doctor dressed his wound and told him to continue claiming, "God is healing me now." The doctor did not look down his nose at the man, but he realized that the Infinite healing Presence could rearrange the atoms of his body to wholeness and perfection. In a short time, this man had a remarkable healing. This doctor did not think that he was degrading himself by cleaning out the stable in the mind of this man or in removing the pus from the wound.

The Bible says: . . . *If I wash thee not, thou hast no part with me* (John 13:8). This refers to Jesus washing the feet of his disciples. Feet means understanding, and the disciples are your faculties of mind. It is incumbent, therefore, on everyone to open the mind and heart and let in the cleansing healing power of the Holy Spirit.

Wherever disease, lack and misery are present, no matter how loathsome the sickness may be, the Holy Spirit can restore, heal and reintegrate the atoms of the body into God's pattern of wholeness and vitality. This is the practice of the Presence of God, which is true religion.

When you give yourself a transfusion of God's grace and love, you are truly partaking of holy communion in the same way that a piece of bread you eat is transmuted into tissue, muscle, bone and blood in your body.

The Harlots of the Bible

We are all harlots when we cohabit with Evil, such as resentment, hate, jealousy and hostility, in our mind. These negative emotions spawn an evil progeny, bringing about all manner of disease and mental conflict.

In a recent lecture at the Saddleback Valley Plaza Cinema, Laguna Hills, I pointed out that I had conducted many marriages for women who had walked the primrose. They had eventually completely transformed their lives, however, and had married wonderful lives. Some of these women asked me if they might meet former customers who might inform their husbands of their past.

I explained that inasmuch as they had forgiven themselves and were leading God-like lives now and had ceased accruing themselves, no man could accuse them or trouble them . . . *Where are those thine accusers? Hath no man condemned thee? She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more* (John 8:10-11).

They understood the meaning of this part of the Scripture and realized that the past is dead and that nothing matters but this moment. A new beginning is a new end.

The Bible says that Jesus consorted with harlots and publicans. The Son of man is come eating and drinking; and ye say, Behold a gluttonous man, and a winebibber, a friend of publicans and sinners! (Luke 7:34).

The reason is obvious. The harlot has sunk to the depths of degradation. She is despised and ostracized by society. But oftentimes these same people are most receptive to the Truth. They are hungry and thirsty for the eternal truths of life. They rejoice at hearing that God never condemns and that all they have to do is to change their thoughts and keep them changed and then their subconscious will respond. The past is forgotten and remembered no more.

Perfunctory prayer will not suffice; but a real inner transformation of the mind and heart where the woman has an intense desire to become a daughter of the Infinite and a true child of eternity, when that inner change takes place in her, the law of her subconscious being compulsive, she is compelled to lead a new life dramatizing loyalty, love, honesty and integrity . . . *Their sins and their iniquities will I remember no more* (Hebrews 8:12).

The Pharisees of the World

The Pharisee is everywhere. He is the type of person who follows rituals, ceremonies, liturgies and the tenets of his church. He takes a wafer and some wine and thinks he is communing with God. The bread is still a piece of flour and the wine is the distilled essence of grapes, and he thinks to partake of these is Holy Communion. He may follow all the rules and regulations of his church and feel he belongs to the right religion.

He is usually proud and beautiful on the outside and may be conventionally good, but the only important thing is the belief in his heart. The lip service to some prescribed doctrine, dogma or creed is meaningless. The eternal verities must be felt sincerely as true in our hearts. The prayers used must be full of Spirit and Life and not mere mechanical recitations without understanding or love in the heart. *Woe unto you, scribes and Pharisees, hypocrites! For ye are like unto white sepulchers, which indeed appear beautiful outward, but are within full of dead men's bones, and of all uncleanness* (Matthew 23:27).

Nothing Good or Bad

Shakespeare said: "There is nothing good or bad, but thinking makes it so." The only real good or bad is in our own thought about the thing, the process, the condition, the plant or the flower. Many people touch poison ivy and poison oak and they have no reaction whatsoever. They have a good relationship with all plants. Others have the thought that poison ivy is dangerous and poisonous, and even though they may be four or five feet away from it and don't even touch it, they get the reaction of their thought.

Their subconscious knows that they fear it, and what they fear they experience. *For the thing which I greatly feared is come upon me . . . (Job 3:25).*

Her Mother Said She Was a Sinner

A few weeks ago I conducted a seminar at Unity Church, Phoenix, which is operated by Reverend Blaine Mays, one of the most outstanding ministers of New Thought in this country.

A woman visited me at the hotel complaining that her mother was condemning her because she played cards, danced, went to the movies, took a cocktail now and then, and ate meat. The explanation oftentimes is the cure. Her mother was speaking from the standpoint of ignorance, fear and superstition. Her mother was brainwashed by some cult and was projecting her taboos and prohibitions onto her daughter. This young woman was thirty years old, had not married and was afraid of sex, of men, and was full of conflicts.

I suggested that she go out and do all the things she had been told not to do. As Emerson said: "Do the things you are afraid to do, and the death of fear is certain." I suggested to her that she explain to her mother in definite, concrete terms that she would no longer take any instructions from her and that she was a choosing, volitional being and would come to decisions in her own life about her clothes, her food, her companionship and all other phases of her life.

There is a Guiding Principle within her which responds to her thought. The evil was in the mind of her mother, for there is no evil in cards, in wine or dancing, or having a date with a young man. She came to a decision and cleansed her mind of all these foolish, stupid proscriptions of her mother and decided to lead her own life, taking God as her partner, guide and counselor.

Since then I have received a letter from her saying that the sense of freedom was wonderful, and that she is now engaged to a young dentist. In her words, they are madly in love and she is looking out through the eyes of love. All nature has taken on a new hue. She is dedicating her thoughts, desires and actions to Truth, realizing that Divine law and order govern her life.

As she continues to practice the law of harmony and love, she will go forward to victory, fulfillment and achievement *And the desert shall rejoice, and blossom as the rose (Isaiah 35:1).*

A Visit from Las Vegas

An old friend of mine visited me from Las Vegas. She proceeded to tell of the entire test she had had made by her allergists. She said that she was sensitive to dog hair, cat hair, eggs, dust, pollen, and trees of all kinds.

I pointed out to her how a doctor friend of mine had healed a woman who was allergic to red roses. He got some synthetic roses from one of the Woolworth stores

and placed them on his waiting room table prior to her entry. She had an acute attack and was angry that he had the roses on the table. He explained to her that they were synthetic, and she laughed. Both of them had a good laugh, and suddenly she realized that the whole problem was in her mind. She had no further trouble with red or white roses after that.

Many people are allergic to their wives, husbands, or the fellow next to them on the bench. If you hypnotize a man who says he is allergic to timothy grass or ragweed or pollen and put a glass of distilled water under his nose, telling him this is timothy grass, he will get all the symptoms, indicating that the allergic belief is hidden in the recesses of his subconscious mind.

I explained to my friend from Las Vegas about my recent trip to India, Nepal and other places. In banks in the street, you will see people there suffering from various ailments, their hands oozing from suppurating wounds. They give change in rupees to fellow natives and also to tourists. These rupees handled by the various vendors in the stores and banks were absolutely filthy and undoubtedly laden with all manner of virulent germs, yet nobody had any reaction. It is obvious that no one is allergic to money. They seem to have made peace with all kinds of money-tainted or otherwise.

A medical doctor in India told me that during the bubonic plague, when many died like flies, people stole money from the dead and no one seemed to get the disease. Apparently their spiritual attunement with money neutralized all toxic bacilli and virulent organisms.

Acquaint now you with him, and be at peace . . . (Job 22; 21).

CHAPTER 2

THINGS YOU SHOULD KNOW

Recently a woman asked me if it was a sign of insanity to talk to oneself. Apparently, her husband engages in this act occasionally. I explained to her that talking to oneself is not unusual and is not necessarily a sign of insanity. Her husband was merely reacting to the pressures of his business.

Basically, the reaction is caused by the sensing of the two selves in each of the spiritual; namely, the human, or five-sense man and us. Children often chatter with invisible playmates, which is explained by some psychologists as a keener sense of the subjective self. In many circles the psychic explanation of the reaction is put forth and accepted.

Why He Talked to Himself

While talking with her husband, I found that he was quite rational. His reason for talking to himself was that he was experiencing a serious legal problem, and the inner spiritual side of him criticized his outer words and actions. This quarrel set up a state of imbalance, which was resolved when he began to claim, "There is a Divine harmonious solution through the wisdom of the Infinite within me." As he adhered to this simple truth, he found in a short time that his prayer paid dividends. There was an amicable settlement out of court.

The Headlines Annoyed Him

Talking with a man who had very high blood pressure, and who was on medication, the author learned that his complaint was that he would like to find inner peace, but that the articles in the morning newspaper vexed, annoyed and irritated him beyond measure. He even allowed the headlines to disturb him.

I pointed out to him that it is true that the world goes from one crisis to another, but that it need not affect him personally. He began to perceive and understand that he as an individual could not prevent crime, mass murder, social upheavals, war and disease, but that he could take charge of his own reactions and modify his attitude toward these happenings. There is no law that compels a man to get boiling mad because a newspaperman writes a sordid and morbid article.

The Bible says, *No man taketh it from me . . .* (John 10:18). The meaning is quite obvious that no man, news article or circumstance or condition can take away our peace or faith in God. We can give our peace away by giving up our control over our thoughts and emotions.

This man saw the point and decided then and there to let no article, news report or happening rob him of his inner peace, poise or serenity. When thoughts of fear, anger or hate came to his mind, he immediately supplanted them by affirming, "God's peace fills my soul." He made a habit of that (and prayer is a good habit), and he eventually had the joy of hearing his doctor tell him to discontinue the medicine as his blood pressure was normal. In two weeks he had accomplished a state of inner peace and perfect composure.

Be Faithful to the End

A few nights ago I gave a lecture at Dr. Bitzer's Church of Religious Science in Hollywood. The subject, "The Wisdom of I Ching" After the lecture an old friend who was present told me that his brother had promised her husband a sum of money and that he would send it immediately. This would have solved his acute financial problem. The letter was to be sent air mail, and he expected it in a few days. When he failed to receive the letter, though, he became terribly depressed and allowed despair to overwhelm him, which brought on an acute heart attack. The next day the letter arrived Special Delivery Air Mail.

He had permitted anxiety to control him. Had he remained quiet, still and relaxed, trusting in the Divine Presence, he would have realized that the letter was on the way. When his wife showed him the letter and the contents, he had a marvelous and rapid recovery. His physician said that his brother's letter was the best medicine. Remain faithful to the end, every step of the way. There is always an answer.

Wealth Is in You

I had a most interesting conversation with an oil man on the plane returning from a series of lectures at Unity Church in Phoenix, Arizona. He was what he termed an old-timer. His father had prospected for oil in Texas many years ago and had given up in disgust, saying there was no oil anywhere. He asked his son, "Why don't you try?" This oil man said that he went to the fields explored by his father and found oil, which netted him a small fortune over the years. His father had given up too soon.

The son's attitude was that God would guide him to the right place, and he discovered a profitable well in the same area where his father had explored. Wealth was in the mind of the son. It was also in the ground, but it took some intelligence and mental acumen to find it. He said to me that his Dad had a blind spot, since he was very jealous of his neighbors who had found oil and who had become rich. Looking through the eyes of jealousy and envy had blurred his father's vision, and he couldn't see the oil underneath his feet.

The Kingdom Is Within You

The Kingdom of intelligence, wisdom and power is within you. In other words, God indwells you, and all the wisdom, guidance, power and strength you need is instantly available to you. Your kingdom is an attitude of mind; a way of thinking, and an emotional accent whereby you know you can achieve and overcome any challenge through the power of the Almighty within you. Make it a habit during every day to affirm frequently, "Divine peace fills my soul. Divine love governs all my activities. Divine right action is mine. Divine guidance is mine."

Make it a habit to pray as above and you will find peace and rest generated from the depths of yourself. Conditions, circumstances, people, the mountains, the lakes or the sea will not by themselves give you peace of mind. The world is in constant turmoil, and this is why you go within and find and claim the peace that passeth understanding. Tune in with the Infinite, which lies stretched in smiling repose. Wonders will happen as you pray.

Overcoming the World

The Bible says: . . . In the world ye shall have tribulation: but be of good cheer; I have overcome the world (John 16:33). The world does not refer to material objects such as sticks and stones, trees and lakes. The world is the mass mind with its confusion, hate, jealousies, conflicts, dreams and aspirations, the good and the bad, and wars and strife. In other words, it is the thinking, acting and reacting of four billion people.

All of us are immersed in the mass mind, or law of averages. There is no use in getting excited, agitated and perturbed about the conflicts in the world. Furthermore, you cannot run away from the world. You can rise above it by thinking spiritually,

constructively and harmoniously. Adopt an attitude of victory and triumph, and claim boldly: "God in the midst of me is guiding me, prospering me and giving me strength and power to overcome." Radiate love and goodwill to all. Claim poise, balance and equilibrium. As you claim these truths regularly, you will move through the maelstrom of this world's thinking into the experiences of satisfaction, contentment and accomplishment.

She Said, "I Can't Stand It"

A young nurse said to me after the service at the Saddleback Theatre in Laguna Hills that she had received her first appointment in a medical clinic but that there were constant complaints, interruptions, strife and contention. She was vexed and said to me, "The situation seems impossible. I can't stand it."

I suggested to her that it would do her no good to run away; that she was there to meet the challenges and difficulties and overcome them. Complaints, interruptions, contention and upset people are a part of the job. She listened and decided to remain calm and affirm frequently, "None of these things move me . . . (Acts 20:24). I am here to conquer, to serve, to radiate love and understanding and to gain experience."

She discovered that her changed attitude changed everything. She moves in the clinic now with a quiet mind . . . (Isaiah 30:15). She discovered that the power of transcendence over turmoil and vexation was within her. She found there was a power within her greater than any situation. Greater is he that is in you, than he that is in the world (I John 4:4).

Everybody meets with difficulties, challenges, problems, strife and contention as an inevitable part of experience here on earth; but the man or woman who realizes that every problem is divinely outmatched wins victories and knows that joining up with the Infinite presence and Power brings about the joy of the answered prayer. Your knowledge of the Divine Presence within you forms the basis of faith and peace of mind.

Be a Good Gardener

Your mind is the garden where you sow seeds, or thoughts, impressions and beliefs. Your mind is called a vineyard in the Bible. The Bible deals with mental and spiritual laws under the guise and symbolism of physical and earthly things. Whatever we impress on our subconscious mind, good or bad, comes forth into our experience.

Man is forever blaming conditions, events and circumstances rather than looking within himself and realizing that he becomes what he thinks all day long. Your health, happiness and prosperity are not predicated upon events and actions of others but upon the way you think and feel. Your thought and feeling control your destiny. Remember, you are dealing with your own thoughts and your concept of yourself, which determine your future.

What Are You Projecting?

Recently I talked with a man who was projecting anger, resentment and hostility to his associates, and they were responding with similar attitudes toward him. He did not know that he was at fault himself and was blaming them.

I explained to him that his mind was like a motion picture machine, which projects images on the screen. Accordingly, he reversed his attitude and began to silently exude goodwill, love, harmony and peace toward all his associates and co-workers, and he discovered a different response. He perceived the cause within himself.

The Bible gives the answer in a beautiful way: *Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged . . . (Matthew 7:1-2) . . . With the same measure that ye mete withal it shall be measured to you again (Luke 6:38)*. It is said, and rightly so, "Beauty is in the eye of the beholder." If your eyes are identified with the lovely, you will see only the lovely. *Unto the pure all things are pure . . . (Titus 1:15)*.

Remember, you have the authority, the dominion and the ruler ship over the government of your mind. You are the husbandman and the vineyard is your mind. Learn to possess your own mind and recall frequently that the treasure house of Infinity is within you. Learn to lay hold of the vast potentialities of the Infinite within you and move forward into a greater measure of health, happiness and peace of mind.

He Found the Treasure House

A young man of ninety years, chronologically speaking, told me after the service on Sunday at the Saddleback Valley Plaza Theatre that he had discovered hidden talents he never knew he had. He began praying that Infinite Intelligence would reveal to him new creative ideas, which would bless and inspire people. He showed me some beautiful poetry which came forth freely from his pen. He is submitting these poems to various spiritual publications. They are, indeed, spiritual gems of wisdom.

As a young man he wandered all over the country doubting, questioning, fearing, grieving, hating and fighting with others until, as he said, at the age of thirty, he discovered that life's greatest gifts were within himself and not in the fifty states of the Union. He is now living in Laguna Hills and contributing to the beauty and harmony of the area by giving of his wisdom and largess to all those around him.

Look Within Always

Contemplate the Living Presence of God within you. Realize you live, move and have your being in this Infinite Presence and Power. As you do this frequently, you will find yourself sustained, strengthened and protected in all your ways. Spend some time every day contemplating things Divine. Remember, it is not running to and fro but accomplishment and achievement that counts.

Every morning when you arise, give thanks for your many blessings and live in the joyous expectancy of the best, claiming it is the greatest day of your life because your Higher Self is revealing to you better ways to serve and grow spiritually. At night prior to sleep wrap yourself in the mantle of God's love, forgiving yourself for any errors of the day, and go off to sleep with the praise of God forever on your lips.

Are You Ready?

In a recent lecture I used the statement, "All things be ready if our mind be so." Shakespeare here points out a great truth dealing with mental and spiritual laws. A young lady present wrote me and said that she had never heard it explained before and that it applied to her. She had been constantly postponing marriage, since she felt she was not ready because she had been looking after her parents. Suddenly, she came to the conclusion, "I am ready now." She phoned the young man who wanted to marry her, and the author had the privilege of performing the ceremony.

You can be and you can do what you want to be and do if you are mentally ready. Your great opportunity in life is really your mental acceptance and readiness. This young woman's parents were not a stumbling block to her fulfillment in life. This was a blind spot in her own mind. Her parents were delighted, and they hired a nurse and a maid to help them in their home, which actually proved to be a far better arrangement for all concerned. When love comes into your life, it contributes to the peace and happiness of all those around you and all people everywhere.

Remember a simple truth: Whenever you are mentally ready, you will find that everything else is also ready. In the early days of America, the Pilgrims could have used the telephone, radio, automobile, cinemas, airplanes, etc., but they were not mentally ready. They believed that the horse and buggy was the only means of transportation. Moses, Elijah, Buddha and all the ancient teachers could have used radio and television to dramatize and portray the great truths of life had they been mentally receptive and ready.

The laws of nature never vary, however, and were the same then as now, but the minds of the ancient seers and prophets were not ready for these inventions. Supply and demand are one, but you must supply mental readiness and the answer will then come to you in Divine order.

Putting God First

Recently I conducted a memorial service for a man who was 104 years old. His widow said that as far as she could recall, he had never been sick, but the night prior to his transition, though, he had told her that he was going on to meet his loved ones. He then passed on in his sleep. His widow said that every morning of his life he had read out loud the 91st Psalm, emphasizing the phrase; *with long life will I satisfy*

him . . . (Psalm 91:16). He emphasized the following statement also: *Thou wilt show me the path of life . . .* (Psalm 16:11). *Keep thy heart with all diligence; for out of it are the issues of life* (Proverbs 4:23).

Life to this man meant a life of happiness, achievement and usefulness. He enjoyed life and gave of his talents in a wonderful way. The long life spoken of in the Bible is a long period of joy, freedom, peace and accomplishment. The abundant life comes to all when they keep and practice the Golden Rule and put God first in their lives.

She Was Using the Ouija Board

I receive many letters from men and women who live in different states, claiming that they hear voices at night shouting obscenities and vulgarities in their ears, as well as all kinds of profane language. One woman wrote saying that an entity had been telling her to commit suicide and join him in the next dimension.

She had been using the Ouija Board and lived in constant fear that some evil entity would take over. What she continually feared finally came upon her. She did not know that her subconscious mind accepts all kinds of suggestions, good or bad, and that her fear of an evil entity was a constant command to her subconscious mind, which responded and played the role of an evil spirit. Actually, it was her own subconscious mind talking back to her.

I gave her the following, which is very effective, telling her to repeat this prayer aloud many times, day or night, as often as needed, and she would feel the Presence of God. This awareness will dethrone from one's mind all negative influences that are bothersome. Make it real, affirm these truths and boldly assert:

"I mean this and I decree it. God lives in me. God talks and walks in me. My life is God's life, and God's peace fills my mind and heart. God's love saturates my soul. I am growing in wisdom, truth and beauty. I am whole, I am strong, and I am happy, joyous and free. I can do all things through the God-Power which strengtheneth me. I know that whatever I attach to 'I AM,' I become. God careth for me. I am surrounded by the sacred circle of God's eternal love. The whole armor of God surrounds me. God is guiding me. His light shines in me."

Following this spiritual meditation, she was to issue this command to her subconscious mind boldly, incisively and decisively: "I decree you to get out now. I mean this. I am sincere. Get thee hence. God is here now. Wherever God is, there is no evil. Are thou gone. I am free."

Following this technique, she became completely free in two weeks' time, and she no longer dabbles with the Ouija Board.

Lay Hold of this Key

The Bible says, . . . I AM THAT I AM . . . (Exodus 3:14), which means unconditioned Being—the Living Spirit Almighty. It is a nameless name. It means the Only Presence

and Power—God. It is an attempt by Moses to express the Infinite Nature of God, which is without face, form or figure. It is timeless, ageless and formless.

“I AM” means you are announcing the Presence of God in you. You are an individualization of the Infinite. If you say, “I am John Jones,” you are announcing that you are a man possessing a certain name, nationality, characteristics, position in life, etc. In other words, you are the Universal Life appearing in the form of man. Whatever you attached to “I AM” you become.

Use this affirmation and feel the truth of what you affirm: “I AM whole, strong, powerful, loving, prosperous, successful, illumined and inspired.” Make it a habit to reiterate these truths and you will have found the key which unlocks the treasure house within you.

The First and the Last

In a recent Bible class on the inner meaning of the Book of Revelation, a man asked the meaning of . . . *I am Alpha and Omega, the first and the last* . . . (Revelation 1:11).

He was a businessman, and I explained it along these lines: I AM is the Presence of God in all of us. It is the unconditioned consciousness or awareness. It is the only Presence and Power and is the Cause of all manifestation. It is Omnipresent and the very Life of all of us. The individual I AM is the universal I AM conditioned by man’s thinking and beliefs. It is our personal consciousness, which means the way we think, feel, and believe as well as to whatever we give our mental consent.

He began to see what the Bible meant by the statement *I AM the first and the last*, the beginning and the end, for our own consciousness is the beginning of every enterprise or undertaking. Our actions, experiences and results are secondary.

We may begin writing a book, which takes some time; then it comes to an end when finished. The same would apply to any invention, discovery or business. The beginning was in the mind of the person. If he began or started his new business with faith and confidence, the end, or result, would end up as a successful enterprise. The end would agree with the beginning.

This man said that he began making picture postal cards of a religious nature with great love in his heart, and he received loving letters from nearly everyone to whom he sent them. His present wife received one of the cards, and that his how his loved one came into his life.

She Failed Three Times

A real estate saleswoman said she had opened a different office three times and had failed miserably. She went to church, received the sacraments, and prayed regularly for prosperity and success. The explanation was the cure for this saleslady. She feared failure and expected to fail. She had a mental picture of failure. Her

constant negativity undermined all her work. She attracted clients and opportunities came her way, but the pattern of failure persisted. Since she began with thoughts of failure, the result coincided with the beginning.

She learned to reverse her mental attitude and enthroned in her mind the pattern of success by affirming every morning and night: "Infinite Spirit attracts to me clients who have the money to buy and who want the homes I have for sale. They are blessed and prospered, and I am likewise blessed and prospered. I AM a tremendous success in all my undertakings. I AM born to win and succeed in life. I know that when I begin with the idea of success, the end will be successful."

When fear thoughts came to her, she supplanted them immediately by affirming, "Success is mine. It is wonderful." She made a habit of this, and since the subconscious is the seat of habit, she is now compelled to succeed and is moving onward and upward.

Your Mood is Contagious

Everyone knows the workman or salesgirl who is sour, cynical and full of criticism of others and about everything else in general. This negative attitude is picked up subconsciously by others, and they find themselves in a daily rut, never moving up in the ladder of life. Many are bitter and jealous of those who have gone up the ladder of life. This mood of jealousy and envy robs them of life's energy, and they are always tired, exhausted and lethargic.

Warm, kind, understanding and outgoing people release the healing power of life, and they pour out the sunshine of Divine love into their works.

Be a Good Boss

You become a good boss when you cease blaming your environment, your early childhood, your parents and your inheritance. It is no use blaming others; the cause lies in your own thought and feeling. There is no one to change but yourself.

Learn to take control and be boss over your thoughts, feelings, actions and reactions. Realize that you are a king over your own household. Claim that Divine law and order govern you at all times. Begin to think, speak, act and react from the standpoint of the Divine Center within you. You can order your thoughts around and tell them where to direct their attention. See to it that all your thoughts pay you dividends in health, success, and good human relations and in all other phases of your life.

The man who refuses to take charge of his own thoughts will be bossed and controlled by conditions, circumstances and people. He finds himself pushed around and coerced and controlled by the mass mind. Choose your own thoughts based on Divine principles and eternal verities, and all your ways will be pleasantness and all your paths will be peaceful.

Good Fortune

Recently I talked with a man 80 years old, who told me that his maxim all his life had been: "I expect good fortune." And he has had good fortune all his life. His mother, who was a Quaker, told him when he was very young: "John, always expect good fortune and you will have it." This is wise advice, because all of us get what we expect out of life and not what we want.

Believe in good fortune and you shall experience good along all lines, because the law of life is the law of belief.

Know Who You Are

The Bible says: *A bastard shall not enter into the congregation of the Lord; even to his tenth generation shall he not enter the congregation of the Lord* (Deuteronomy 23:2). "Our Father" mentioned in the Bible means the Life Principle, which is the Progenitor or Father of us all. We are all brothers and sisters and are intimately related to one another.

Every man should know the Source from which he springs. The Bible deals with psychology and metaphysics and speaks in metaphors, similes and parables. We must see the hidden meaning. When a man does not know that God, or Infinite Intelligence indwells him, he is unable to meet life's challenges in the right way. He fails to see that there is a wisdom and power within him, enabling him to solve all problems and to rise triumphantly and express him at the highest level.

If a man looks at his human ancestors as the source of his being, he is indeed limiting himself and will feel restricted and circumscribed by his environment, upbringing and limited beliefs of his forebears. Knowing that God is his real Father and that he has inherited all the powers, qualities and attributes of the Infinite gives him the feeling and the awareness that he can do great things, and he will go forth conquering and to conquer.

To take the passage from Deuteronomy literally would be absurd, but when a man knows his true Source and tunes in with the Infinite, he rejects completely the illusions, false beliefs and superstitions of the masses and becomes master of his environment and conditions. Man comes of royal lineage, for his Father is God, and God is Spirit; and, as Emerson says, "Every spirit builds itself a house." Then he is in complete charge and molds and fashions his own destiny.

. . . And as thou hast believed, so be it done unto thee . . . (Matthew 8:13).

CHAPTER 3

THE SECRET OF SUCCESS IN LIFE

Every person in the world wants to succeed. You are born to win, to conquer and to lead the triumphant life. You should be a wonderful success in your prayer life, your chosen work, and your relationship with people and in all other phases of your life.

Success itself is a powerful incentive, for the Life Principle in you are always seeking expression through you at higher levels. You are successful when you lead a full and happy life, when you are expressing yourself at your highest level and contributing your talents to the world. In a successful undertaking you rise as high as you can, and your enterprise is of benefit to humanity. It brings you material reward and its production is a pleasure to you. Success is many-sided, however, and what is deemed success by one may be regarded as failure by another.

He Said, "I am Not a Success"

Recently I talked with a man who said that he had subordinated all ends to money-making, and he had subordinated all ends to money-making, and he had accumulated a vast amount of money and real estate holdings. He added that in the business world he is called a great success. He admitted to me, though, that he was not a success; he had used questionable means to take advantage of others and had won his fortune through cheating and deceiving others who trusted him. He was presently suffering from bleeding ulcers and extremely high blood pressure.

Furthermore, he had a guilt complex, which meant to him that he had to suffer and be punished.

His bleeding ulcer, as I explained to him, was due to ulcerated thoughts. Further, if he would reverse his thought pattern a healing would follow. He was suffering from the side effects of the drugs he was taking. He consequently reversed his thought patterns by reiterating the following truths out loud night and morning:

"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 thoughts 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."

As he saturated his mind with the interpretation of the 23rd Psalm over a period of time, he noticed a distinct change in his whole demeanor and outlook on life. He became more kindly, considerate and more loving in all ways. Drugs were no longer necessary. He discovered that a changed attitude changed everything.

He ceased condemning himself. The Life Principle never condemns, and when you begin to use your mind in the right way, right results follow. Your mind is a principle, and if you think good, good follows; if you think lack, lack follows. The Life Principle holds no grudges, no more so than the principles of mathematics or chemistry hold grudges.

You may have been fired by companies you worked for because you could not add or subtract correctly, but by following proper instruction you don't make these mistakes any more. The principle of mathematics has no grudge against you. The same is true of your mind. Begin to use the law of mind in the right way according to the Golden Rule and the law of love. The Mind Principle has no grudge against you. The past is forgotten and remembered no more.

The Law of Reversibility

Edison knew that speech produced adulatory waves and theorized that these vibrations could reproduce the speech or song. In other words, he conceived of inverse transformation, the reproduction of speech or song by mechanical motion, namely the phonograph.

Students of scientific laws know that all transformations of force are reversible. Heat produces mechanical motion. Reverse it and you discover that mechanical motion can produce heat. Science says electricity produces magnetism; likewise, magnetism can produce electric currents. Cause and effect, energy and matter, action and reaction are the same and are inconvertible.

Therefore, I say unto you, what things sever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11: 24). Here you are told to pray, believing that you already possess what you pray for. This is based on the law of inverse transformation.

Achieving Success and Prayer

A mother wished to visit her son in London, who was graduating from college. However, she did not have the necessary funds. I asked her what her attitude would be if she were over there now, embracing him and witnessing the graduation exercises. She said, "Oh! I would be so happy! I would be delighted."

I suggested that she experiment at night prior to sleep, making there here and the future now and to feel herself embracing her son, making the whole scene vivid and realistic—so much so that when she opened her eyes she would be amazed that she was not in London with her son.

Experimenting along these lines, the third night she subjectified the state. When she opened her eyes she was really amazed that she was not physically there. The answer to her prayer came with the repayment of a loan she had given to a woman ten years previously. With the interest added to it, it was more than the amount necessary for her trip.

She assumed that she was already witnessing the ceremony and conversing with her son, and that joyous feeling and assumption brought about the joy of the answered prayer. She contemplated her objective as an accomplished fact. She understood that all transformation of force is reversible. She knew that her physical presence in London would bring her great joy and satisfaction. Capturing in her mood the joy that would be hers in being there, this mood, she knew, must produce the answer to her prayer.

. . . *He . . . called those things, which are not as though they were* (Romans 4:17). Success in your prayer life is based on laws of mind. Realize that if a physical fact can produce a joyous mental state in you, the joyous mental state can produce the physical fact.

Unscrupulous Methods

When a man uses unscrupulous financial or business methods, he may not suffer financial loss, but loss can come to him in many ways, such as loss of health, loss of promotion, loss of prestige, loss of self-respect, loss of love, etc., for the ways of the subconscious are past finding out. All misdeeds or misuse of the law of mind must be accounted for sooner or later.

The only success that permits a man to rest peacefully and harmoniously is that which conforms to the Golden Rule, i.e., to think, speak and act toward others as he would wish others to think, speak, feel and act toward him. Success is primarily moral and spiritual, governed by honesty, integrity and justice and tempered by goodwill to all men everywhere.

All of us are interdependent, and it is reasonable to assume that the welfare of others is essential to the success of every man. It is undoubtedly true that the more man cares for and appreciates the spiritual life, the more he will use his material wealth wisely, judiciously and constructively.

A spiritually-minded person should be comfortably housed, clothed and fed. In other words, he realizes that all things are here for his use and enjoyment . . . *God, who giveth us richly all things, to enjoy* (I Timothy 6:17).

It is true that no one possesses anything in the absolute sense. God possesses all, but we have the use of God's treasures in the earth, including the sea and the air. A spiritual-minded person should have all the money he needs to do what he wants to do, and when he wants to do it. Money is simply a medium of exchange, and it has taken many forms down through the ages. It is God's way of maintaining the economic health of a nation.

He was President of a Large Corporation

Recently I gave spiritual advice to a president of a very large corporation. He was very successful, had all the money he needed, lived in a million dollar home and had all the comforts and luxuries of life. Of course, there is nothing wrong with that. He came to this country penniless and had reached the top in his field, all of which is good.

However, he was not successful in the art of living. He had very high blood pressure, and suffered from migraine headaches and colitis. He said to me, "I am a nervous wreck. I have tried tranquilizers, sedatives, antispasmodic tablets and nothing seems to help."

I suggested that all he really needed was peace of mind and that no one could give him that but himself. I pointed out to him the direction where he could find it. I suggested that he read and meditate on the inner meaning of the 23rd Psalm two or three times a day and affirm frequently During the day, "God's peace fills my soul. I emphasized that if he began to think constructively and about the eternal verities in the 23rd Psalm, he could improve himself physically and find inner peace.

He was desperate and was willing to try anything. I gave him the book *Within You Is the Power*, in which the inner meaning of the 23rd Psalm is given. He had an open mind and began to meditate on the Psalm and other chapters of the book. He found the inner quietude and peace which he had been seeking. Turning back to the God Presence within and communing with Divine Love and Divine peace, his soul was restored.

The 23rd Psalm

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, thou I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou prepare a table before me in the presence of mine enemies: thou anoint my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever (Psalm 23:1-6).

The Closed and Open Mind

A full cup cannot receive any more. There are some minds so full of false beliefs, opinions, and weird and grotesque concepts of God that it is impossible to insert anything new, vital and constructive. I recently said to an alcoholic, "Admit that you are an alcoholic. Open your mind to new ideas. A closed mind can receive no interpretations of life, no more so than your closed hand can receive a proffered gift of a book from me."

He said that his excessive drinking was all due to pressure and tension at work. He made a great deal of money, but most of it went to the bar. He was hungry and thirsty for a healing. At this point he came to a decision that he wanted to be healed, which in itself is seventy-five percent of the healing process.

I explained to him that his subconscious mind would accept his whole-souled conviction and that sincerity was essential. At night prior to sleep, he affirmed feelingly, knowingly and lovingly: "God gives me freedom, sobriety and peace of mind. Thank you, Father." That was his prayer for five or six minutes every night. Actually, he was writing with his conscious mind freedom, peace and sobriety in his subconscious mind. In less than a week he succeeded in impregnating his subconscious mind and he lost all desire for alcohol. The law compelled him to freedom, whereas before it compelled him to be a compulsive drinker. You can use any law two ways. He decided to use this one the right way.

The Source of All Blessings

The Bible says: *Come unto me, all ye that labor and are heavy laden, and I will give you rest* (Matthew 11:28). The Bible is a psychological and spiritual textbook and is

not referring to a particular man. The characters in the Bible are personifications of truth. You do not go to any person for rest, security or peace of mind. You go to the God of peace within you and boldly claim: "God's river of peace, love and joy is now flowing through me vitalizing, healing and restoring my soul."

The Divine Presence is within you. As you contemplate God's love, light, truth and beauty in your own heart, you are enfranchised and lifted up because you have found God in your own heart. The Divine Center is within you.

The Psalmist says, *Rest in the Lord, and wait patiently for him . . .* (Psalm 37:7). The word "Lord" represents spiritually the Lordly power, which is God; but to "rest in the Lord" means to rest and trust that Infinite Spirit in you which created you, governs all your vital organs as you sleep and is in complete control of all externals. In other words, it is your Higher Self.

In ancient times there were feudal barons who had the power of life and death over the serfs, slaves and peasants under their control. The lords in England today represent titled nobility and have no such power. Look at the whole thing this way: The Lord in you is really your dominant conviction, your master thought or belief, which controls and dominates all lesser thoughts, ideas, opinions, actions and reaction. For example, your Lord could be fear, i.e., if you are dominated by fear. I fear predominates, then fear governs and controls all your thoughts, feelings, actions and reactions.

A wonderful Lord to enthrone in your mind would be a God of love ruling, guiding, and directing you along all lines. This dominant conviction would work wonders in your life, and your whole world would magically melt in the image and likeness of your dominant conviction. When Divine love and Divine right action govern you, the true Lord is ruling in you and will keep you in peace. You will be successful in your work and in your relationships with people. You will have good health and be free from despondency and melancholia.

Your dominant belief rules your world and determines your future, where you shall go and what your experiences will be, whether good or bad. Quimby said in 1847: "Man is belief expressed." You will be assured of success, true expression and harmonious relations with others when you make it a habit to tune in to the Divine Center within you and look upon the Divine Presence within you as your guide, counselor, way shower and source of your promotion and welfare. Then all the petty, fearful, annoying worries, jealousies and envies will fall away. There is no room for them in your mind any more.

All of us suffer until we get the insight to look within. The Bible says: . . . In returning and rest shall ye be saved . . . (Isaiah 30:15).

Successful Living

There is a man of over ninety years, chronologically speaking, who comes to hear me occasionally on Sunday mornings. Recently he said to me that about thirty years ago he had had the same concept of God as he had had when a little boy.

His concept was that of an angry, spiteful God, a sort of Oriental sultan who ruled tyrannically. He lived in fear and thought that the will of God was that he should suffer. He became very ill and the doctor said, "You have about two months to live. Get your affairs in order."

A young woman visiting another patient in his hospital room gave him a pamphlet on how to use the Healing Power, which he read avidly. All of a sudden, he had a great thirst and hunger to live. He got up out of bed, insisted on going home, and invited all of his friends to a restaurant for dinner and refreshments. He said, "I am celebrating my resurrection. His belief and new insight into the Infinite Healing Presence within him responded, and this spiritual transfusion transformed his whole life.

He said that he has accomplished far more in the last thirty years than he had in all the previous sixty years. He broke away from all of the old, moth-eaten patterns, the old ruts and false concepts, and entered into a new life wherein he contributed to the success of all those he supervised and befriended.

Watch Your Words

Your subconscious mind takes you literally. I know a man, a builder, who is about fifty-five years of age. His wife complains that he is constantly saying, "I am getting old. I'm not as strong any more as I used to be. My memory is failing. I can't take it any more." This man looks to be over eighty years old and is experiencing weakness, decrepitude, lack of vitality and the joy of living. She reminds him of the working of his subconscious mind, but he ridicules it and says that there is no such thing as a subconscious mind. His mind is closed and he is expressing what he is impressing on his subconscious mind.

Life never grows old. Age is not the flight of years, but the dawn of wisdom. Love, faith, confidence, joy, goodwill, laughter and inspiration never grow old. Love is always seeking expression through you at higher levels whether you are ninety or nine. Learn to listen to the impulses from within. These are the urges of the Spirit, or god, in you, saying to you. "Come on up higher. I have need of you." Welcome the soft tread of the unseen guest in your heart.

... *I am come that they might have life, and that they might have it more abundantly* (John 10:10). This is the urge of the Life Principle within you. It is the Infinite Presence causing you to be aware of the murmurings, whisperings, inspiration and dreams enabling you to move onward, upward and God ward.

Triumph of Principles

Emerson said, "Nothing will give you peace but the triumph of principles." You would not wire your house unless you understood and applied the principles of electricity. You would not manufacture chemicals unless you understood the

principles of chemistry. In building a house, you must be initiated into the principles of construction. If you decide to become a musician, you must study music and practice, and as time goes on, perhaps you can play a classical piece of music even though blindfolded. You will have established the equivalent in your subconscious mind, which enables you to play automatically.

Your mind is a principle. Think good and good follows; think of lack and limitation and you experience lack and impoverishment. You are what you think all day long. Learn the laws of your mind and practice them. For example, any idea you have which is emotionalized and felt as true enters into your subconscious mind and comes to pass. Knowing that, you are careful how you impress your subconscious mind.

Why They Did Not Pay

During a conversation I had with a practitioner, she mentioned that she gives people a lot of time and good advice but many never pay her. I suggested to her that she could overcome that by affirming that all those who come to her are blessed, healed and prospered and that they gladly pay in Divine order.

She changed her attitude and her subconscious responded. The reason many clients had not paid her was because in the daytime she was a social worker and her subjective thinking was about poor people and poverty. She became very successful following her new insight into the way the mind works.

Some Common Superstitions

Many people say, "If it's the will of God, I want it." If your prayer is preceded by "if," your manifestation will be very "iffy" and probably will never come to pass. A woman seeking companionship said, "I'm too old. I'm homely." She recited all the reasons why she could not get married instead of all the reasons why she could.

I said to the woman who had these defeatist ideas, "The man you are seeking is seeking you. The last time he got married his wife was so beautiful she ran around and slept with all the boys. He does not want that now; he wants you."

I continued by saying that she should read the newspapers and see all the names and ages of people sixty, seventy and eighty years of age getting married. Infinite Spirit will attract to you the right companion in Divine order, but you must claim it. Think of all your good qualities and what you have to give a man. Let that be your broadcast, and by the law of reciprocal relationship, you will attract the right man into your life. Your sincerity will make it real.

She followed these simple instructions and in due course received an answer to her prayer.

Another superstition is, "If it's God's will." That is too absurd for words. The will of God is a greater measure of life, freedom, expression and growth. Any idea or desire

that you have for growth, wealth, success or healing is the will of God for you. Focus on your desire. Bring your conscious and subconscious together at one point—then you will bring your desire to pass.

Another superstition is, “If it’s right for me.” What is not right for you? It is right for you to lead the abundant life. It is right for you to lead the abundant life. It is right for you to have perfect health, peace, harmony, joy, abundance, security, true place and all the blessings of life. God gave you richly all things to enjoy.

The Law of Mind is Impersonal

Take a weaver’s loom. All threads are on it—black, brown, yellow, etc. The loom takes all the threads and cares not. Supposing you look at a carpet and say that it is awful, an eyesore. Change the thread and the loom is mechanical and responds accordingly. Your conscious mind is the weaver; your subconscious is the loom.

A man opens up a brothel and makes a lot of money. The subconscious does not care; it has no morals. It expresses what is impressed upon it, whether good or bad. For example, a man may inherit a lot of money. Perhaps he will spend it badly. Perhaps he will gamble and lose it all, or perhaps, if he is of a religious persuasion, he will teach limitation and instill fear into the minds of people.

Remember, the law is impersonal. If you misuse the law by hurting others or by robbing or depriving them in any way, the law of your mind responds in its own way . . . *Vengeance is mine; I will repay, saith the Lord* (Romans 12:19). Live according to your highest ideals.

A man asked me why it was that sexual perverts and dope fiends write good poetry, music and wonderful plays. The answer is simple: God, or Infinite Intelligence, is no respecter of persons and will respond to the altruist, pervert or murderer, providing he believes; and according to his belief is it done unto him.

Another superstition that some people have is that God is testing them. They have a sort of a Messianic complex that God is up there in the clouds somewhere and is going to drop a great challenge to them to see how they are going to handle it. God does not punish or test anyone. Man punishes himself because of ignorance and misuse of the laws of mind. The only sin is ignorance, and all the suffering in the world is the consequence.

You Are Needed

Every person wants to feel needed and wanted, and desires to achieve his true place in life. In other words, he wants his riches in life and all the necessary money to do what he wants to do when he wants to do it. Money is a sample of freedom, luxury, refinement, abundance and security.

Look to the Source of all blessings and affirm from an Infinite standpoint: “God’s wealth, spiritual, mental, material and financial, is circulating in my life and there is

always a Divine surplus." The Infinite Intelligence within you will respond according to the universal law of action and reaction.

Each person is unique and wants to express himself at his highest level. To be successful in the art of living, contribute to the well-being and fulfillment of other people's desires and hope. Then you will be prospered. Recall the old Hindu maxim, "Help thy brother's boat across and, lo, thine own hath reached the shore." The most worthwhile and truly successful person is the one who continuously aids and assists other people to achieve their hearts' desires.

The poet said: "We are all parts of one stupendous whole whose body nature is and God the soul." There must be joy in your work. In olden days when they made a table, a statue or a chair, there was a song in their heart. They took pride in their work. The larger piece in the table or the building needs the small. All the component parts go to make up the unit. You are needed. There is no misfit in the universe. All notes are necessary for the symphony.

There is no one in the entire world that can do something just like you because only you are you. You are unique. If you are a cook you are essential to the General of the Army. There is nothing useless but your belief and concept that you are. Your subconscious accepts what you really believe, and you experience accordingly.

Meditation for Success

"Whist 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."

* See Luke 2:49

CHAPTER 4

FULFILL YOUR DESIRES

God is forever seeking expression through you. God speaks to man through desire. If you are sick, you desire health; if poor, you desire wealth; if in prison, you desire freedom; if lost in the jungle, you desire to find your way out and be secure.

The realization of your desire is your savior. Everyone is his own savior, and every man answers his own prayer, because whatever he really believes comes to pass. You have to desire to grow, expand, unfold and realize your heart's desire. You desire to be greater tomorrow than you are today.

If you are a musician you don't want to be a mediocre musician; you desire to excel so that your music may stir the souls of men and women. Scientists desire to know more of the secrets of the genetic code; other scientists delve into the secrets of the atom. Their desire or hunger for more knowledge of cosmic laws and the secrets of the universe is continuing to bless mankind in countless ways. The urge to express is in everything, everywhere.

Your Innermost Desire

Your real innermost desire is to find your true expression in life where you are doing what you love to do, Divinely happy and Divinely prospered. You may do six things well, but there is one thing you can do better than the six—that is your true place, or true expression.

Your Higher Self knows all your talents and will reveal to you the answer. Affirm, "Infinite Intelligence within me reveals my true place in life and I follow the lead which comes clearly into my conscious, reasoning mind." The lead will come to you. Follow it. You desire to express yourself at your highest level and exercise your faculties at the highest degree, and you desire a marvelous and wonderful income consistent with integrity and honesty.

Desire is Natural and God-Given

Some years ago I was acquainted with a Spanish girl who was working in a department store. She told me in consultation that all she wanted to do with her life was to become a singer. She had a wonderful, trained voice. She tried to get a contract to sing on television, radio and night clubs but met repeatedly with rejection. She was very frustrated and all bottled up, in a manner of speaking.

She understood that by repressing her desire to sing and go forward to new areas of living brought about ulcers in her system. So she changed her attitude, and her changed attitude changed everything. She turned within to her Higher Self and affirmed: "Infinite Spirit gave me this desire to sing and opens up the way for my perfect expression in Divine law and order." She made sure that she did not subsequently deny what she affirmed.

Shortly after her prayer process, she was invited to sing at a Spanish club, and a new career opened up for her almost immediately with a greater income, greater prestige, and, above all, she was expressing her real talent to the world.

Self-Preservation

Self-preservation is the first law of life, which means that the first desire of life is to preserve itself and to expand along all lines. Your desire to be, to do, to have and to express yourself in a wonderful way, living life to the fullest, is a powerful urge within you.

There is the sex desire planted in you for the continuance of the race. Sex is a love act and must never be used to inflict harm or guilt on another. It must be based on mutual love, freedom and respect. You can give all of your desires healthful expression.

Desire Is the Gift of God

Desire is basic in life. Desire is! It is impossible to get rid of desire. If you are hungry, you want food; if thirsty, you want water. A man asked the electrical wizard, Thomas Edison, "Mr. Edison, what is electricity?" Edison said, "Electricity is. Use it."

You can use the power to bless mankind in countless ways. You can also use it to electrocute someone. You can thus use any power two ways. You never, under

any circumstances, should desire another man's job, his wife, his home or anything that is his. To covet or envy another is to attract loss, lack and limitation to you. You impoverish yourself along all lines. You are saying to yourself, "He can have these things, but I can't." You are denying your own Divinity. To steal from another mentally is to actually steal from you.

The loss can come to you in many ways: loss of health, prestige, promotion, love or money. The way loss comes is past finding out. You do not want the other fellow's position: You really want a position like it, giving you the same privileges, emoluments, salary and perquisites.

Infinite Intelligence can open a new door of expression for you if you call upon it. You will get an answer.

Suppression of Desire

In India and other places in the East, students are taught to suppress their desires. This is foolish and has disastrous consequences. One woman said to me that she wanted to reach the place where she did not want anything, and then she would be free. However, she was the most frustrated, neurotic woman I have ever met in any Ashram.

I asked her: "Don't you desire a cup of coffee in the morning? If you are a musician, don't you desire to play music and lift others up? If you are a medical doctor, don't you desire to alleviate pain and suffering? If you are a farmer, don't you desire to plant and harvest and have food for your children?"

His Desire Was to Go to College

A young man was stealing money from his employer and was caught and discharged. He said to me later, by way of explanation, that he stole because he wanted to go to college. He had misdirected his desire. There was nothing wrong with the desire to go to college. I explained to him that God, who gave him the desire, does not mock him and that he has the unqualified capacity to go to the God-Presence within and claim his good. I added that God, being the Source of everything in the world, would somehow open up the way for him to complete his college course.

I gave him a simple prayer, as follows: "God is the Source of my supply, and God's wealth is circulating in my life. There is always a Divine surplus. God opens up the way for me to enter college in Divine order."

I explained to him that his desire was good but that he had misdirected it and misused the law of mind. You do not steal, rob or injure another in order to get ahead. To do so is to attract all manner of loss and limitation to you. The mere fact that you steal indicates you are in a mood of lack, followed by a sense of guilt, all of which have destructive consequences.

So he used the law constructively based on the above prayer, and the way opened up for him. He won a scholarship and found the Source of all blessings.

Reason Things Out

If you did not desire, you would not make any choices. However, you are a choosing, volitional being. If you made no choices, you would not grow. You would not do anything. In everyday language, you would not exist. If you did not desire, nothing would rouse your interest. You would be dead to love, to peace, to laughter and to motivation. You would shrivel up spiritually, emotionally and physically. Actually, you would be a nonentity.

Trying to suppress or eradicate desire is a sort of spiritual suicide. Welcome the desires for health, happiness, peace, joy and true expression. You are here to express all the qualities, attributes and potencies of God. You are here to reveal more and more of your Divinity every day. You are here to contribute to humanity, to put your shoulder to the wheel and to make the world a better place to live in. You are here to glorify God and enjoy Him forever.

There Is An Answer To Every Problem

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. And he said, let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him, what is thy name? And he said, Jacob. And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed. And Jacob asked him, and said; tell me, I pray thee, thy name. And he said, wherefore is it that thou dost ask after my name? And he blessed him there. And Jacob called the name of the place Penuel: for I have seen God face to face, and my life is preserved. And as he passed over Penuel the sun rose upon him, and he halted upon his thigh. Therefore the children of Israel eat not of the sinew which shrank, which is upon the hollow of the thigh, unto this day: because he touched the hollow of Jacob's thigh in the sinew that shrank (Genesis 32:24-32).

Jacob means man awaking to the Presence and Power of God within him. The word "thigh" is a euphemistic expression representing the creative organs of man. The significance of the changing of Jacob's name to Israel is this: Israel means a man who sees God or a prince ruling with God, all of which means he now comprehends that the I AM within him is God—the only Presence and Power—and he gives no allegiance to any power. He is controlled by Infinite Spirit, which thinks, speaks and acts through him. A great light of understanding indwells the mind, and the type of mind which feels the Presence of God within him is called Israel.

Jacob means you yourself wrestling with a problem in your mind until the breaking of the day. At daylight the sun comes up and the dawn appears. Nighttime is the playground of your subconscious where the subjective powers begin to function and answers come sometimes in dreams and visions of the night.

Prior to sleep look at your problem, try to solve it, study it from all angles, then take your attention away from it, knowing that Infinite Intelligence in your subconscious knows the answer and will reveal it to you. Turn your request over to your deeper mind, which is full of wisdom and understanding, as follows: "I am surrendering this request to my subjective mind, knowing the answer will be revealed to me in Divine order. I sleep in peace and I wake in joy." Of times, when you awaken, the first thought you have is the answer. If not, repeat the request the next night as if you had never done it before. The answer will come to you in Divine order.

There Is an Answer

Realize that desire is the motivating force behind all progress and advancement in science, art, industry and in all phases of life. It is the moving principle behind all of your achievements. There is an answer for every true desire of the heart. There is a right way to fulfill your soul's sincere desire. You could not desire unless the answer to the desire existed. Realize that Infinite Spirit which gave you the desire will reveal to you the perfect plan for its unfoldment in Divine law and order.

Paul said, *for it is God, which worked in you both to will and to do of his good pleasure* (Philippians 2:13). You desire to excel and grow in wisdom. This desire is of God, the Life Principle, working in and through you, urging you to climb the ladder of life and express yourself at higher levels. Do not repress desire. To do so is to repress the Life Principle, Itself. It is foolish to refuse to breathe air or drink water, since death would quickly follow.

The Golden Rule

Every great religion down through countless ages has taught the Golden Rule, which means, in a simple way, that you wish health, happiness, peace, prosperity and all the blessings of life for all people everywhere. You are here to serve and give of your talents and abilities to the world. The joy is in serving. As you serve others nobly, generously and lovingly, your good will return to you a thousand fold; furthermore, you will receive honor, recognition and wonderful financial rewards for work well done.

Find a need in your location and fill it. The world will richly reward you. Wherever you are, and no matter what kind of work you are engaged in, you can help others to help themselves. You can always give a transfusion of faith and confidence to all those around you. You can give joy and gladness and exalt the Divinity in all of your co-workers, as well as all people everywhere. This attitude of mind will pay fabulous dividends.

She Found a Need

Speaking in the St. Louis Church of Religious Science recently a girl from Peru told me that she had come to St. Louis three years ago and was working as a translator

in an office. She heard men and women frequently say that it would be wonderful to have a good Spanish restaurant nearby. Since she had had experience as a cook in Lima, Peru, she told some of the men that she could operate a restaurant and fill this need. Two men in the organization decided to back her financially, and today she is a wonderful success.

Mental and spiritual food is just as necessary as physical food. Food for the body is a prerequisite, as it is very difficult to convey the great truths of life to a hungry man. God's ideas enthroned in your mind and Divine inspiration are just as essential as bread and meat. Furthermore, you have to love and be loved if you want to life nobly.

The Two Brothers

Two brothers went into business together and were doing fairly well for several years. Recently, they started to play the futures market and the commodity market and ended up losing everything, including all their business and savings. Actually, they owed \$50,000, which they were unable to pay, and they went bankrupt.

I talked with one brother, who had a very good attitude. He said, "I have lost money. I will make it again and I will go into business again. I have learned a good lesson which will ultimately pay me dividends. I have lost my faith, my confidence or my ability to rise and grow. I have much to offer and I am going to be a tremendous success again."

He went to work for a brokerage firm and, due to his large number of friends; he had no trouble acquiring new accounts for his employers.

He also told me about his brother, whom he had tried to get to change his attitude. It seems that his brother felt humiliated and disgraced because he had lost everything. He started telling everyone he met about his losses and monotonously repeated the old refrain that it was his broker's fault, seeking justification for his own wrong decisions and errors. His friends began to shun him and his health was adversely affected by his gloom and despondency. He refused counseling and went on welfare.

Here you have two brothers who experienced the same loss. One reacted constructively and the other reacted negatively and with a complete sense of futility. It is not what happens to us individually that matters so much; it is our thought about it, our reaction, which can be constructive or negative. One brother used his imagination wisely, rebuilding in his mind a new pattern, seeing future possibilities, using the wings of faith and imagination for rebuilding a better life. He discovered that success and wealth were in his own mind.

CHAPTER 5

THE BOOK OF LIFE

Phineas Parkhurst Quimby, America's greatest spiritual healer, said in 1847 that children are like little, white tablets upon which everybody who comes along scribbles something. All of us were born without any religious beliefs, fears, prejudices or racial bias. When we were children we were highly impressionable and malleable and subject to the teachings and beliefs of all those who had any control over our lives. Children grow up in the image and likeness of the dominant mental and emotional climate of the home. The first language you spoke came from your parents.

Your subconscious mind is a book of the law, and the dominant impressions and convictions of the mind become the ruling and governing forces of your life. In talking with and counseling many people through the years, I have found that the main reason many do not advance in life and remain healthy and prosperous is that when they were very young they had impressed on their deeper mind (the subconscious) feelings of inadequacy, unworthiness and inferiority, which governed their choices in life and their reactions, preventing them from succeeding and prospering in life.

Sigmund Freud, the great psychopathologist, pointed out that all of us are governed by subconscious impulses which are mostly irrational, which means that most of the religious beliefs, taboos and strictures which were given to us when very young are illogical, unreasonable, unscientific and completely contrary to basic common sense. One man, for example, said to me, "It's wrong for me to make so much money." Since he kept thinking that way, he eventually lost his business and did not know why. However, he learned the hard way that his subconscious takes what

he says and thinks literally, and that whatever he conveyed to his subconscious mind would be made manifest, whether good or bad.

His family could have used the money and he could have done a lot of good with it, but this false and irrational impulse and belief in his subconscious governed his actions long after the earlier statements of his mother had been forgotten. He had to fail, because he was constantly reminding himself, "It is wrong to make so much money. Money is evil." This was a record implanted in his deeper mind, and it was being played back to him.

He learned that there is nothing good or bad, but thinking makes it so, and that there is nothing evil in the universe, for good and evil are the movements of his own mind relative to the One Being—God—the Living Spirit, which is whole, pure and perfect. Use determines whether a thing is good or evil. How do you use the Power? If you use the One Power constructively, you call It God, Allah, Brahma, peace, harmony and prosperity. If you use the One Power negatively, ignorantly or maliciously, you can experience lack, limitation, sickness and disease. The world calls it Satan, devil, hell, etc., all of which are states of mind. The word Satan means to err, to slip, and to deviate from the truth.

As you continue to read this chapter, the truth will be revealed to you about the Book of Life. Remember, when a person is fearful, suspicious or angry, he acts and reacts in an abnormal way even when there are no circumstances or conditions warranting such actions. What is written in his Book of Life (his subconscious) becomes a law governing his experiences and relationships with others.

How Your Mind Works

The Book of Life is your subconscious mind, and you are always writing in that book of life based on your habitual thinking and imagining. Shakespeare said, "What is in a name?" Well, when I mention your name, it indicates your particular sex, your nationality, your background, your training, your education, your financial structure, your social status, and all things appertaining to you.

Shakespeare wrote many plays. *Romeo and Juliet*, for example, is a drama of your own conscious and subconscious mind. And when your own conscious and subconscious mind work harmoniously, peacefully, and joyfully together, the children of that union are happiness, peace, health, abundance and security. The disharmonious relationship of the conscious and subconscious mind brings misery, suffering, pain, sickness and disease into your life.

Abram left Ur of Chaldea. Ur means sorcery, black magic, worship of stars, idols and all that sort of thing. Abram changed his name to Abraham, meaning the father of the multitude, indicating the one God, the one Presence and Power.

We are all children of the one God. That's unity of all life. All men and women are brothers and sisters—same mind, same spirit and same substance. Therefore, to hurt another is to hurt you; and to bless another is to bless yourself.

You can write a new name, a new estimate and a new blueprint of yourself. Get a new concept of yourself. Is it great enough, noble enough, or grand enough to redeem you, to bring about an inner transformation of your heart, your mind and your whole being? Today people have many idols just as they had in Chaldea thousands of years ago. Superstition is rampant. They still have false gods, such as "The weather is going to give me a cold," or "If I wet my feet I am going to get pneumonia." Some are afraid of germs, so that when someone sneezes, they feel they may get the virus. If you ask the exposed person, "Did you get the virus this year?" the response is, "No, not yet." The infection is anticipated, though. What you expect, you always get.

Some people say, "I don't know the right congressman. I have no pull. I can't get that job." They are thus denying the Creative Power within them. They say it is omnipotent and supreme, yet all the time they are denying it. If it is supreme and omnipotent, there is nothing to oppose it or challenge it. Therefore, you should say, "Infinite Spirit opens up the door for me, revealing to me my hidden talents and showing me the way I should go." That's exactly what the Infinite Spirit will do for you.

There are congressmen who speak and touch wood when they talk about something negative, as if the wood had some power. Do you give power to other people? To the atmosphere? To the weather? All of these things are innocuous. They have no power. The power is in you.

Changing Your Name

Saul's name was changed to Paul. The meaning of Paul is the "Little Christ," and many miracles were wrought by the hand of Paul. Paul was illumined on the road to Damascus, which means a sack of blood, or rebirth. This means a mystical illumination where your mind, or intellect, is flooded with the light of God and you are a transformed man. Sometimes this takes place in the twinkling of an eye, like that which St. Theresa experienced and many others.

Paul became a changed man. He was no longer the murderer who sent people to death. He was transformed. He was illumined from On High. You can go to court and change your name every year if you wish. It doesn't mean anything. It is absolutely meaningless. You must change your nature, your disposition, your viewpoint and your concept of yourself. There must be an inner transformation. Then, of course, you will have really changed your name, or your nature.

Some time ago a man came to see me who was a "sourpuss," and who was cynical and who would habitually snarl at his secretary and at the salesman when he came in. If someone said, "It's a good day," he would say, "What's good about it?" And when he came down to breakfast in the morning, he would hold the paper in front of himself lest he might see his wife. He would always criticize the bacon and the eggs. He was just a plain sourpuss—nasty and ugly.

He went to a psychologist, and the psychologist said, "I'll tell you what you do. You can change your whole nature. When you come down in the morning, kiss your wife and tell her she looks lovely and the food is delicious, and she'll probably faint. The man said, "Well, I'll be a hypocrite if I do that." The psychologist said, "Go ahead, Start it, anyhow. Break the ice in your heart. When you go into the office, tell the secretary how beautiful her hair is or her eyes—there must be something lovely about her. And be genial, courteous and affable to the salesman."

After a month's time, as he practiced these things, gradually they sank into his subconscious mind and he became transformed—genial, affable, amiable and philosophical. People said, "What happened to that fellow?" Others said, "He's in love." Well, I guess he was—in love with the Higher Self.

"He that guided me this far will open up the rest of the way." That's a magnificent truth. A teacher wrote me from Alabama, and I gave him that simple truth. He said that his building was three-quarters finished and now there was a strike; he did not have the money, and what was he going to do? "He that guided me this far will open up the rest of the way."

He said, "*That* is not correct. You should say, 'He *who* guided me will open up the rest of the way.'" I said, "No. I meant *that* literally." It was not a slip. It was deliberate, because I am dealing with a principle, an impersonal Presence which is no respecter of persons, a universal Presence and Power available to all men. The cutthroat, beggar, thief, holy man, atheist, or agnostic—any man can tap it. Any man can use it.

God is not a person, so we don't say, "Our Father, who art in Heaven." We say, "Our Father, *which* art in Heaven," indicating an impersonal Presence and Power—an Infinite Life and an Infinite Intelligence. So, you see, he had a concept of a God-man up in the sky somewhere. He practiced, however, what I taught him to do, and he found that he attracted the necessary funds to complete the building.

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 subconscious embodiment of all the good things of life. Essentially, answered prayer is the realization of your heart's desire.

Born to Win

There are a great many people who work very hard, but they nevertheless fail in life. The reason is that they have a subconscious pattern of failure, or they believe they should fail. Sometimes they think a jinx is following them. They feel inferior. Perhaps they were told when they were young, "You'll never amount to anything. You are stupid, you are dumb." These thoughts were accepted by their impressionable mind and now these thoughts have a life of their own in the subconscious mind, and are experienced by them.

But man can change his life. These subconscious or irrational impulses act long after the events which caused them have been forgotten. Man can feed the subconscious mind with something new. He can say, "I'm born to succeed; the Infinite cannot fail." He can feed his subconscious life-giving patterns such as: "Divine law and order govern my life, Divine peace fills my soul, Divine love saturates my mind, Divine right action reigns supreme, Infinite Intelligence guides and directs me in all my ways—It is a lamp unto my feet and a light upon my faith."

When you are angry, suspicious or full of fear, these emotions are negative and destructive. They snarl up in the subconscious mind, and they cause you to do the wrong thing and to say the wrong thing. When you want to be happy, you are sad; when you want to do the right thing, you do the wrong thing. This is true when you are under the sway of negative and destructive emotions, for very likely, whatever you do then will be wrong.

The Seven Seals

So, you can write a new name in the book of life. The book of life, as previously explained to you, is the law of your own subconscious. The Bible says, *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. And I saw a strong angel proclaiming with a loud voice, who is worthy to open the book, and to loose the seals thereof? And no man in heaven, or in earth, neither under the earth, was able to open the book, neither to look thereon. And I wept much, because no man was found worthy to open and to read the book, neither to look thereon* (Revelations 5:1-4).

Now, the book written within and on the backside is your objective and subjective mind. You have a conscious and subconscious mind. Whatever thoughts, beliefs, theories, opinions or dogmas and you experience as objective manifestations, as circumstances, conditions and events. What we write on the inside we experience on the outside. We have two sides of our lives—objective and subjective, visible and invisible, thought and its manifestation.

The seven seals are the seven states of consciousness. Our concept passes through seven degrees of awareness whereby 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 your conscious or subconscious mind, your prayer is always 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 truths about any situation. See perfect health where sickness is; see harmony where discord is; love where hatred is. Then you are seeing the truth and you are disciplining your faculty of sight.

The second is hearing. You hear the glad tidings, the truth of God. You hear your mother tell you what you long to hear—that the miracle of God has happened; that she is healed. In other words, you do not see her in a hospital as being ill. You hear the opposite. You hear her tell you about her perfect health. Then you are hearing the truth.

The third is smell. You smell the truth by coming to a definite decision, realizing that God who made your body can also heal it. You reject all other food unfit for mental consumption. A dog smells food; if it is unsavory, he rejects it. Likewise, reject all thoughts, ideas and opinions that do not fill your soul with joy.

The fourth is taste. You taste the sweet savor of God. You taste the truth by appropriating the ideas or truths of God in your mind through meditation, reading and through frequent occupancy of the mind regarding the perfect outcome you want.

The fifth is the joy you feel when you touch mentally and emotionally the answered prayer, while feeling the reality of it.

The remaining two seals are your conscious and subconscious mind. When you succeed in disciplining the five senses, the male and female principle in 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 joy of the answered prayer.

That is the book of life that people are talking about. If someone could photograph your subconscious mind, they could see your future, your past and present thinking. The future is your present thoughts grown up. You can always change the future by changing the present. Feast on whatever things are true, lovely, noble and God-like. Think these thoughts with conviction. The old thoughts will die. They will fade away. They will be obliterated, expunged from your deeper mind, because the lower is subject to the higher.

Think of everything lovely and of good report. Get new thoughts and ideas regarding principles and the eternal verities. Remember, your subconscious mind does not accept your idle wishes, dreams or hopes. Instead, it accepts your convictions—what you really, sincerely believe deep down in your heart.

What do you believe? Do you believe in the goodness of God in the land of the living and the guidance of God, and the harmony of God, and the love of God, and

the abundance of God? If you do, all of these things will come to pass, because to believe is to live in the state of being it. It is to accept something as true.

Who Are You?

Look at your spiritual heritage. We are all children of the I AM, as Moses says. Within you is the real nature or the real name, because you are pronouncing it all day long. I AM. It's called Om in India. The Bible says, I AM THAT I AM (Exodus 3:14). Moses, said I AM hath sent me unto you (Exodus 3:14).

Realize that I AM sent you to your business tomorrow, to a tough assignment, to solve it, to overcome it. The engineer, when he meets with a pressing problem, realizes I AM has sent him there to solve the problem. The engineer grapples with the problem courageously and he sees the solution.

We are all children of the IAM (God). Whatever you attach to I AM, you become. If you say, "I am no good, I'm a flop, I'm a failure, I'm going deaf, I'm going blind, I'm nobody," then you become what you affirm. Therefore, reverse it and say, "I am happy, joyous and free. I am illumined; I am inspired. I am strong; I am powerful. 'Let the weak say, I am strong.' 'Let the widow say, it is well.' I am a son or daughter of the Living God. I am heir to all of God's riches. I am born to win, and to succeed, for the Infinite cannot fail. I am a tremendous success. I am absolutely outstanding. I am unique, and there is no one in all the world like me."

Why don't you claim the above and write these truths in your heart and inscribe them in your inward parts? *He that hath an ear, let him hear what the Spirit saith unto the churches* (Revelation 2:29) . . . *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 received it* (Revelation 2:17).

Manna is a symbol for the bread in Heaven. *I am the living bread which came down from Heaven* . . . (John 6:51). It is the bread of peace, of harmony; it is the blessed bread of God. Eat this bread of inspiration and guidance, for no man can live in the world today without spiritual food. You may sit down to dinner and have the choicest food but still be hungry for peace, harmony, love, inspiration and guidance.

Manna is a symbol of inspiration, of strength, power and of wisdom. It will feed you in the desert of loneliness, of unhappiness, because the greatest desert of the world is not the Sahara; it's under the hat of man. Often there is very little growing there but weeds of ignorance, fear and superstition. Buddha asked God the cause of all misery, suffering, crime and sickness in the world. The answer he received was "ignorance," for ignorance is the only sin and all punishment is the consequence.

Call on this Presence and Power. It will answer you. It will be with you in trouble. It will set you On High, because you have known its name or nature. The nature of Infinite Intelligence is to respond to you. Turn within to the Fountain of Life and feel refreshed from the standpoint of truth. You can be replenished there *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). The price is recognition, acceptance, and conviction. The price is to honor God and to believe in Him. That's the only price you pay.

If you don't honor God and recognize Him, it's just the same as if the Presence were not there. You can eat of the bread of peace, of joy, of faith and of confidence in the only Power there is. Your confidence and faith should not be in creeds, dogma and traditions. Believe that whatever you impress on your subconscious will be expressed as form, function, experience and event. Then you are learning to know yourself a little better.

A new name is a new disposition, a new perspective, a new insight. You can affirm, "God loves me and cares for me. I am illumined from On High." You can claim right action. You can claim, "The wisdom of God anoints my intellect and I am now writing this with my conscious pen into my subconscious mind. Whatever I inscribe in my subconscious mind becomes effective and functional."

Discover Yourself

You are here to solve problems. The reason you have problems and challenges is because you are here to discover your Divinity and sharpen your mental and spiritual tools; otherwise you'd never discover yourself.

There are failures in life, yes! That's why you had a rubber at the end of your pencil when you went to school. Everybody knew you were going to make mistakes. Through the mistakes, however, you learned how to add and subtract as well as many, many other things.

You must have a basis for thinking constructively. When you know that thoughts are things, and that what you feel you attract, and that what you imagine you become, then you begin to think constructively because you realize, "My thought is creative—not because it's my thought, but because it is thought."

"Nothing can give you peace but the triumph of principles" (Emerson). Quimby said that a child is like a little, blank tablet; and the uncles, and the aunts, and the clergyman, and everybody else comes along and scribbles something on it. This is easy to do because the little mind, of course, is impressionable, malleable and open to all the beliefs, opinions, creeds, dogmas, superstition, ignorance and fear of the parents. The child grows up in the image and the likeness of the dominant mental, emotional and spiritual climate of the home.

Who is scribbling on your mind today? Does your mother-in-law, father-in-law, or some in-law scribble something on your mind? Do they disturb you? Does someone tell you are going to fail? Or do you reject it and say, "You don't know what you are saying. I can't fail. How could I fail? The Infinite is within me. I am born to win. I am a success in my prayer life, in my relationship with people, and in my chosen work." The minute you affirm the above, the Power will respond to you.

How could the Infinite fail? Where is the Infinite? Within you. And you are born to win, to overcome, to triumph. You are here to go from glory to glory, and from octave to octave, for there is no end to the glory which is man.

Is the columnist writing something in your mind? Or are you writing the truths of God, which are the same yesterday, today and forever? What are you writing in your mind every day? Some people write grief, despair, hopelessness, loneliness, etc. Inscribe the conviction that you are worthy, that you are adequate, that you are full of faith and confidence in the only Power there is, and that you know you are inspired from On High, and you believe implicitly that God is guiding you in all your ways and is a lamp unto your feet and a light upon your path.

Your subconscious mind, which is the book of life, will receive these impressions, viewpoints, opinions and convictions because you are sincere, because you mean them. Whatever you think feel and believe to be true, your subconscious mind will bring to pass—good or bad.

Inscribe in your mind harmony, health, wholeness, beauty, peace, perfection and right action. These are principles. You do not create these truths, but you activate them and make them effective and functional when you affirm them. Stir up the gifts of God within you.

Anything that fills you with faith, with confidence, with joy and with enthusiasm has power over you, and it governs your conduct. Enthusiasm governs all activities, because enthusiasm means “possessed by God.” You will never go so far as when you are possessed by the One, the Beautiful and the Good.

You are a mental and a spiritual being, because when you say I AM, you are announcing the Presence of the Living God. You have always lived. A billion years from now you will be alive, because Life was never born and never die; water wets it not, fire burns it not, wind blows it not away. You are alive, and that life is God’s life; therefore, you have always lived.

Are you the same person you were five years ago? Ten years ago? Twenty-five years ago? No, you’re not. Are you the same person you were when you were three months old or a year old? You have had hundreds of reincarnations since you were born. Reincarnation is Spirit making itself manifest at higher levels. So, at five years of age you were different; at 10, at 20 and at 30. If I showed you photographs of every month of your life, you would hardly recognize yourself in some of them.

You are not the same as you were six months ago. You have a new concept of God, of Life, of the universe—a new estimate, a new blueprint, a new insight. You don’t talk the same; you don’t walk the same or think the same. Your life is going from glory to glory. When you go on to the next dimension, you still go on from octave to octave. You can’t be less tomorrow than you are today, for life goes not backward nor tarries with yesterday.

Write, “I go from glory to glory. I go from octave to octave.” Write these truths in your life, because you are alive and you are always implanting something new in your deeper mind.

Lake of Fire

I receive many letters, a few of which say, "You will be cast into a lake of fire because you are telling people on your radio program that each man is his own savior, that God indwells him, and all he has to do is contact this God-Presence and It will lead him, guide him, and solve his problems for him. You also say that every man answers his own prayers. Some day you will burn in the lake of fire for all eternity for saying these things." Then they quote the Bible and say, "*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*" (John 3:16).

All this is based on a lack of understanding. Everybody is the only begotten Son. We are all begotten of the Only One. There is Only One. Your only begotten Son, spiritually speaking, is your desire. If you are sick, health is your savior. You have a desire for health. Realization of your desire is your savior. If you are lost in the woods, guidance is your savior. If you are imprisoned, freedom is your savior. If you are imprisoned, freedom is your savior. If you are dying of thirst, water is your savior. So, every man who is able to contact the God-Presence is, of course, his own savior.

The lake of fire mentioned in the Bible is no literal fire, of course. The Bible is a spiritual book. It is speaking in spiritual, mental allegorical, figurative, idiomatic and mystical language. When you go to a hospital in the psychotic ward, or to any mental institution, you will find people there burning in the lake of fire. The lake, of course, is your subconscious mind. The fire means they are seething with jealousy, hate, resentment, hostility and anger. They are burning up their tissues and their hearts with these negative emotions.

A psychotic is tormented, isn't he? He's on fire with his own misery. Some people are on fire with their own hatred, resentment, hostility, etc. Of course, they are living in a lake of fire created by them, because every man creates his own hell and his own heaven.

Omar said:

I sent my soul to the Invisible.
Some letter of the After-Life to spell;
And by and by my soul returned to me,
Saying, "I, myself, am heaven and hell."

Anger, depression, fear and foreboding are the inner fires. The doctor tells you these emotions give you ulcers, high blood pressure, cancer and arthritis. Hate will give you arthritis if you keep it up; it will bring about changes, bring on calcareous deposits in your tissues and play havoc with you. Sometimes jealousy will drive a person absolutely insane, because there is no more destructive poison than jealousy. It is called the green-eyed monster and is the greatest of all mental poisons.

Therefore, sow for you treasures in heaven, where the moth and the rust doth not consume, and where thieves cannot break through and steal. Sow for yourself harmony, health, peace and beauty. Write in your heart the truths of God. What will you write? Write . . . *whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, and whatsoever things are of good report. If they're by any virtue, if they're by any praise, think on these things* (Philippians 4:8).

Success in Spiritual Work

You must realize that a spiritual work or a spiritual organization is not a success if it is constantly begging for more money. This practice is evidence of downright failure. This could be called spurious spirituality. If the spiritual approach to life is successful, it is needed by the world and will be supported.

The successful man is not a mere partisan, but a real truth seeker. The spiritual-minded person is not a proselyte, but a co-worker on the way. The secret of the truth seeker is his fidelity to the inner promptings of his Higher Self. The Infinite Presence in each of us grants us the potentialities of success, and we are here to go forth conquering and to conquer.

The Closed and Open Mind

A full cup cannot receive any more. There are some minds so full of false beliefs, opinions, and weird and grotesque concepts of God that it is impossible to insert anything new, vital and constructive. I recently said to an alcoholic, "Admit that you are an alcoholic. Open your mind to new ideas. A closed mind can receive no interpretations of life, no more so than your closed hand can receive a proffered gift of a book from me."

He said that his excessive drinking was all due to pressure and tension at work. He made a great deal of money, but most of it went to the bar. He was hungry and thirsty for a healing. At this point he came to a decision that he wanted to be healed, which in itself is seventy-five percent of the healing process.

I explained to him that his subconscious mind would accept his whole-souled conviction and that sincerity was essential. At night prior to sleep, he affirmed feelingly, knowingly and lovingly: "God gives me freedom, sobriety and peace of mind. Thank you, Father." That was his prayer for five or six minutes every night. Actually, he was writing with his conscious mind freedom, peace and sobriety in his subconscious mind. In less than a week he succeeded in impregnating his subconscious mind and he lost all desire for alcohol. The law compelled him to freedom, whereas before it compelled him to be a compulsive drinker. You can use any law two ways. He decided to use this one the right way.

CHAPTER 6

TAKING CONTROL

You can take control of your thoughts because you are the boss and your thoughts are your employees. You tell them where they are to direct their attention. You want your thoughts to pay dividends and increase your health and wealth. Your thoughts are the coin of your mental world. Change your thoughts and keep them changed. Your thoughts generate emotions and your thoughts and feelings control your destiny. If you do not take charge of your own thoughts, then the thoughts and moods of others will control you and order you around like a slave. Never permit your thoughts and emotions to run riot, as then you will have lost all control.

She Was a Nervous Wreck

A woman said to me, "I am constantly upset by my relatives. Nearly everything they say upsets me. I feel slighted and insulted. My mind has taken hold of the idea that they don't like me and resent me, and I can't get rid of it." All this was due to her morbid imagination. She saw slights and hurts where none were intended.

She decided to break the spasm, as it was caused by her habitual negative thinking. She began to affirm every time any one of them came to her mind, "God loves you. God be with you." She made a habit of this, and after some days she broke the spasm altogether, because she had established a new habit in her mind.

Normal Concern

When a loved one is ill or in the hospital, you have a normal concern for his or her well-being. You overcome anxiety by realizing that the healing power of God is flowing through your loved one and that God's love saturates the mind and heart of that person, knowing also that God is guiding all those who minister to your loved one. A normal concern is not anxiety or fear. You are concerned, but constructive in your attitude and not dejected and depressed. There are some men and women who are walking zombies. They use Valium, Librium and other sedatives, and they seem to have no concern for anything in particular.

How He Handles Neurotics

A doctor friend of mine here in Leisure World said to me that when a neurotic comes to him (and he defines a neurotic as one who thinks confusedly about many things which are not true), he suggests that the person becomes active in the hospital. There are many opportunities for such people to give of their time and ability. As they care for others and get interested, their own condition improves remarkably. The reason for this is that they are releasing love and goodwill.

He suggests to others that they get involved in music or gardening or some hobby which appeals to them. He said that as they get involved in these outer activities and give of their time and talent, they heal themselves. In some English hospitals they get the mentally disturbed patients to make toys for children, tool leather and make various trinkets and other useful objects. This activity takes the mental patient out of himself and results in healing of the mind.

The Inside Controls the Outside

Recently I talked with a man who was terribly concerned about his two young sons, his business, his home life and the security of his family, as he was away so much on business. I explained to him that the inside (his thought and feeling) controls external conditions and experiences. Thoughts are things, and the Spirit in him is God, the Only Presence, Power, Cause and Substance. Thoughts take form.

I gave him a special prayer to use three times out loud in the morning and also at night. I suggested that he memorize some paragraphs during the day, and when fear-thoughts came to him, to affirm at once, "God loves me and God loves and takes care of my home and family." I added that after a period of time, these Godlike thoughts would become a habit. The special prayer follows:

"God is all there is. One with God is a majority. *If God be for me who can be against me?* (Romans 8:31). I know and believe God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know

and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, so I direct thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living . . . *in thy presence is fullness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

The practice of this prayer is creative meditation, and the regular application of it brought peace to his troubled mind. When troubled, focus your attention on all the thoughts which make for peace of mind.

Cause of Warfare in Mind

If you have an intense desire to do something and also a belief that you can not do it, this is warfare and is also disease. A boy had acne all over his face. He had an intense desire to become an air pilot, but his father objected and made him work in his grocery store. The skin is the individuality of a person. Clean skin indicates clean blood. The father of the boy was made to understand the cause of the boy's acne and his frustration, so he permitted him to prepare for the career he desired. The skin condition disappeared. The skin is an envelope of God's love.

Watch Your Thoughts

A man I knew in England was afraid his money would be destroyed in a suitcase. He cautioned, or ordered, his wife (men order their wives in England) to let everything burn but the money in case of fire. Fire occurred some years later when both were away, and the suitcase and everything else were destroyed. Job said, . . . *the thing, which I greatly feared, is come upon me* . . . (Job 3:25). Let your words be words of wisdom, truth and beauty.

Some years ago I read that the captain of the Titanic always paced the deck wondering what he would do in case of disaster, and then disaster finally came. However, one man's consciousness could not sink a ship, provided others had the right thoughts, as there is a balance throughout all nature. Fear is contagious, but so are love, faith, confidence, enthusiasm and laughter. Fear kills. Shock kills due to chemical changes in the body. Fear of old age causes one to grow old, wrinkled and withered.

Recently an engineer seventy-five years of age applied for a position which was not open to men of his age. He assumed in his mind that the position was his: he was hired. Either the employer failed to see his age in the application or simply did not care. He had all the qualifications. You must be convinced first, not the employer.

How a General Solved His Problem

Many years ago, I read an interesting article about General Cynaresky who fought during the Napoleonic War. He and his staff were discussing strategy: how to combat successfully the French army. He listened for a few minutes and brushed aside all their suggestions regarding General Staff mapping strategy. He went off to sleep with the one consuming idea—victory—and he saw the end.

It is said that he snored while they conducted the discussion. He had his plan and did not want to be swayed. He went to sleep, repeating to himself over and over again, "Victory," and undoubtedly succeeded in impregnating his subconscious mind. His deeper mind responded and brought forth results in conformity with the impression in his subconscious. He was instrumental in defeating Napoleon.

Your subconscious mind is deductive. It takes all impressions given it as facts. It is wholly impersonal; it accepts the idea as existing *now* and acts accordingly.

How She Became a TV Singer

A young singer had received many rejections as she attempted to get a position to perform professionally. One night she fell into a sort of sleep, a drowsy state. She felt completely relaxed. She could hear the clock tick and the baby cry, but she had no desire to move. This sleepy state brought about an outcropping of her subconscious mind, and her conscious mind was partially submerged.

In this passive state she said, "I want to be a singer on TV." She had already framed her request; then she condensed it down to one word, "TV." She then sank into a deep sleep, repeating the one word, "TV." A few days later she was accepted. She had succeeded in impressing her subconscious mind. She goes into that passive, psychic, receptive state of mind of heightened suggestibility or increased susceptibility to suggestion, which is an easy, simple way of impregnating the subconscious mind.

The Psalmist says, *Thou hast put gladness in my heart . . . I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety* (Psalm 4:7-8).

When Will My Prayer Be Answered?

Seeds mature at different periods, according to their kind. Likewise, seeds, or impressions made in the subconscious mind, mature at different periods: days, weeks, months or years. *But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father . . . Ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing . . .* (Mark 13:32-35).

The reason something turns up which you did not expect is this: Perhaps, for example, some years ago you were in business and your partner stole money. You think of it now, and you get very excited. You live the role over again. It is not withered, it is not forgotten, and it is not forgiven. The root is there yet, but would not be there

if you had completely forgiven. The proof of forgiveness is: If you can remember the episode and remain indifferent altogether and with no particular feeling about it, then you have forgiven. You live the scene over again, you create it in your mind, and like the seed that recedes and grows again quarterly, annually, biannually (for example, certain plants die and bud again according to season), your old condition appears in a new form and you wonder where it came from.

The proof that you are free of bitterness and antagonism is this: Are you able to see the other person as happy, harmonious, joyous and free? If not, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are there, and roots wither by Divine indifference. Kill the root by wishing for them all the blessings of life. Mean it, decree it, loose them and let them go. According to your decision is it done unto you?

Happy in Spite of

Some people say, "I'm happy in spite of," and not "because of." You must be happy *because of*. If, for example, John Jones next door is out of a job and you say, "I'm better off than he is; I'm working. I am glad, I am happy and I will be happy in spite of the conditions around me," you are acknowledging lack, are you not? You are being stoical about it. You must be happy because you have decreed happiness, peace, harmony and abundance. When your mood or feeling is natural, you do not at the same time become conscious of lack all around you and dwell on it, because that mood of lack and limitation will be expressed by you.

He Did Not Really Love Her

A woman said to me that she was in love with a certain man, but that, unfortunately, he was not in love with her. She didn't seem to recognize that simple truth. I explained to her that if he really loved her he would take her everywhere and that he would not see her only in a shady hotel where he knew no one would see them. He never took her to meet his family or to meet his friends at his private club. When he saw a friend coming down the street, he would cause her to join him in running in to the nearest store, lest he be seen. He feels that he does not want to offer excuses for his actions. He has not accepted love as a real thing or a fact. If he had, he would take her everywhere.

She subsequently discovered that he was already married and had been lying to her for three years. You should do everything openly, because you can't conceal anything indefinitely.

Joyous Expectancy

A man said to me that he could not experience a sensation about something he has not experienced. Suppose I told you the most wonderful thing happened, and yet

did not tell you what it was, but held you in suspense for several minutes, building up the wonderful thing. Could you not experience joy and expectancy? Of course, you could. You can enter a feeling regarding the happy ending of a protracted law suit.

Praying is the same thing. You pray for something you have not yet experienced, but you accept the reality of the idea or thought-image in your mind, knowing that an Almighty Power will bring it to pass.

Blind Faith Gets Results

Recently I had an interesting talk with a man who had returned from Israel. He said his father had been suffering from what is called terminal cancer. This young man constructed a story about how he had obtained a piece of the true cross from a monk in one of the monasteries in Israel, for which he paid five hundred dollars. His father, who is a devout Catholic, believed his son and was overjoyed. He placed the object on his abdominal area overnight and to the amazement of his doctor, X-rays showed that the affliction has disappeared.

The subconscious had responded to his blind belief. The cross was a piece of wood the son had picked up from a tree. His father believed and was healed. You might call it an instantaneous cure by his father's blind belief in the magic power of the touch of the true cross.

Do not try to shake people's belief or give them a new philosophy of life when they are not ready to receive it. It's their crutch, and if you take away their crutch they fall.

Perpetual Motion

Many men talk of perpetual motion. The only perpetual motion, though, is your own consciousness, or Awareness, I AMness. It is Self-Existence and is eternal and requires no other power. It is the initial velocity or vibration; therefore, all other vibrations are lesser vibrations of the one. For example, if you fix something definitely in your consciousness, it is arrested in this motion; that is, it is completely accepted in your mind. It must be objectified.

Your Religion

Your religion is your relationship with God. If it makes you happy, contented, and you get comfort from it, don't try and force your opinion on others. Recently a Lutheran girl was very ill and a Unity minister said to her, "Put your hand in mine and we will pray together to Jesus." This girl became healed. She believed in a personal Jesus to heal; and according to her belief was it done unto her.

If half the people really believed in their religions this would be a vastly different world. If a person is ill, don't say to him, "You had the wrong thoughts," or, "Your

religious belief is all wrong." In that way you only make him worse. When he is healed you can, if he is agreeable, explain the laws of mind to him. Don't take a man's creed or belief away from him unless you give him something better instead—something that he can use and thereby become a greater, nobler, and more dignified character. There is truth behind the many rituals, ceremonies, rules and formulations. The truth seems to be covered all over with a thick cloud, and you must find the hidden meaning behind the symbols and rituals.

A Longing to Believe

A longing to believe is not real belief. To believe is to accept something as true, to live in the estate of being it, to be alive to the truth. A woman in a local hospital who had a malignant tumor read some pamphlets published by Unity School, a wonderful teaching organization, and refused an operation. Her friend said, "This teaching is bad." The woman read the words about remarkable healings in the pamphlet and said to her, "This is what I've been waiting for." This type of thinking is like the sad that was dropped on stony ground and flourished but then withered away—a passing mood or fancy which sounded good. She similarly tried the prayers, but they didn't work because she had no conviction.

... *Faith is the substance of things hoped for, the evidence of things not seen.* (Hebrews 11:1). Substance means confidence. Her minister explained to her that if she had the necessary faith in the healing power of God, she would not be in the hospital in the first place, and he suggested that she cooperate with her surgeon, as all healing is spiritual. She agreed, with excellent results. Remember, a longing for faith is not true faith. According to your faith is it done unto you?

You Can't Buy Respect or Dignity

Many think they can buy respect and dignity. They cannot. For example, the late Benito Mussolini of Italy knew he did not have the dignity of Haile Selassie. Selassie was a king and said at the time, "I will return to my land as a king and a conqueror." History reveals that Mussolini eventually lost prestige and met an untimely end. He would love to have had the honor, but he did not feel it and could not claim it in consciousness. Hitler strutted before his generals; he seized power, demanding prestige and honor. But he was always conscious of his deep inferiority complex.

Likewise, there are those who believe they can buy their way into a select club; that they can buy respect. They cannot. The bell boy and other attendants of the club give more respect to the man who can barely pay his dues, because he has the consciousness of being a dignified persona and demands respect. The queen is not conscious of doing wrong; therefore, no one accuses her of doing wrong, even though she may violate certain codes established by the public. She is still a queen and has no consciousness of guilt.

Many people of various religious beliefs feel guilty if they eat meat, drink wine, dance, wear gold or drink coffee; and when they violate these weird “don’ts” they feel guilty and suffer accordingly. Paul says: . . . *There is nothing unclean of itself; but to him that esteemed any thing to be unclean, to him it is unclean* (Romans 14:14).

Success Is a Mental Attitude

A shoemaker wanted to open a shop in certain street where there were not very many stores. It was practically deserted. Friends said to him that he should open up a place next to a big shoe repair shop elsewhere and he would benefit from their expensive advertising. He did that and was successful. Another man, however, opened up a shop in the deserted spot that the former had turned down and was also very successful, illustrating that evidence of senses is of no avail and is fallacious.

You propound a theory or proposition and another will give you an equally good argument against it. There are two sides to every proposition. Within you is all knowledge, all power; the infinite cannot fail. God is always successful in all His undertakings, whether making a new cosmos or a new star. God indwells you. Remember, you were born to win, to succeed and to triumph in life.

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 that there is only One Power, and that 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.

CHAPTER 7

THE WONDERFUL MEANING OF THE MORNING STAR

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 (Revelation 22:16).

One of the meanings of the word Jesus is the same as that of Joshua, i.e., God is the emancipator, or God is the savior. It also means your desire. Your desire for health, happiness, peace, true expression and the abundant life is like the morning star which heralds the birth of the sun, which in turn redeems the earth from darkness and gloom and lights up the heavens with all its glory.

For example, your desire for perfect health heralds the birth of your savior, for the realization of your desire would save you from any trouble, be it what it may. Your desire is the root and the offspring of David, for David means God's love, and your desire is Life's love to express itself through you. A seed in your hand is a promise of a harvest, but you must first deposit it in the soil. Likewise, your desire for health or any other good thing 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.

Affirm boldly: "God gave me this desire. It is good and very good. The Infinite Spirit Which gave me the desire, idea or plan will reveal the perfect plan for its unfoldment." As you adhere to these truths, your desire will come to pass.

The Meaning of Prophecy for You

And he saith unto me, Seal not the sayings of the prophecy of this book: for the time is at hand. 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 (Revelation 22:10-11).

You are your own prophet, because according to your belief is it done unto you. Your own inner feeling, your faith, your inner mood and expectancy determine 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 prophecy of that which is to come.

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 mass mind. These are the illegitimate children of the world. You must first change yourself; then your world will change the other person.

Grant your relatives, friends and all other people the right to be different. Grant them their peculiarities, idiosyncrasies and religious viewpoints. Permit them to worship differently from yourself. Be glad there are Catholics, Jews, Protestants and Buddhists, as well as followers of other religions. If the other person is mean and nasty, that is no reason why you should be, also. You are here to let your light so shine before men and that they will see your good works and recognize you as being a good example.

Spend some time every day radiating the glory, beauty and love of God, and never mind whether the other fellow does it or not. You are not responsible if some friend of yours shoots his or her spouse. All you are responsible for is the way you think about him or her. Since your thought is creative, you will therefore bless both, realizing that the journey of the deceased person is ever onward, upward and God ward and that the light of God shines in the person who committed the act.

There is no death; there is only life. If someone wants to make you feel guilty because a president was assassinated, you know that that hypnotic suggestion does not apply to you. There is no end to the glory which is man, and the journey into the next dimension must be one of growth, expansion and progression along all lines. It is wrong to permit others to make you feel guilty; if you allow that, such people and manipulate your mind and you no longer own your mind.

Change yourself, and while you are changing your world will magically mold itself in the image and likeness of your concept of yourself. Identify yourself with the lovely, and you will be unable to see the unlovely. As your eyes are identified with beauty, you cannot see the ugly things in life. Fill your mind with Divine love, and you will then discover that love transcends all creeds and dogmas.

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: 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 (Revelation 22:18-19).

It is absolutely absurd to take statements literally. First of all, the Bible was not written in English. You must become aware of the figurative, allegorical and metaphorical meaning of these verses. 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 are known to have been mutilated in this matter, but Bible scholars, philologists and other research specialists 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 actually the mat 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.

The Meaning of Your Word or the Word

Your word is your idea, thought or formulated desire. Like a seed, it has its own method of expression or manifestation. Your desire for wealth is a prophecy of that which is to come in the same way that a seed is a promise of a harvest. Your desire for health, peace, true expression or prosperity is the voice or urge of the Divine Presence in you telling you that you can not only become healthy but also have all these other things.

This is how man adds to the word of God: he prays for wealth and affirms that God is his Source of supply and that God's riches are circulating in his life now. 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 out. Man must learn that the ways of the Infinite Spirit are past finding out and that the Infinite Presence has countless channels. Man's prayer may be answered in countless ways and in a manner that he knoweth not, and in an hour that he expected not.

You Must Believe What You Affirm

Some time ago, I talked with a man who was constantly praying for prosperity and looking to God as the real Source, but at the same time he was deeply resenting his

employer because he did not give him an increase in salary. This man did not believe what he was affirming. Actually, he was praying two ways and, like a soldier marking time, he was not getting anyplace. This man was double-minded and had a double allegiance. You must come to a clear-cut decision and know that God or Infinite Spirit is the Source of all our blessings and believe in your heart that whatever we claim to be true, Spirit will respond, for It is all things to all men.

Taking Away from the Word

You take from the word or the cherished desire of your heart when you say, "I can't be that" or "I can't accomplish or achieve my goal." You are actually denying the Presence and Power of God, saying that God can't fulfill His promise.

Recently a man said to me that his boy suffered from a disease that was incurable. I pointed out to him that what he was really saying was that God couldn't heal the boy. He was shocked at his own statement and in an about-face began to affirm that the Infinite Healing Presence Which created his son could certainly restore him to harmony, health and strength. Gradually a perfect healing took place, curing the blood disorder which had afflicted the boy.

A man came to see me about his son, who wanted to go to college to learn to become 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 frustrated and unhappy. The father was taking from the word of God, saying, "God could not open up the way for my boy to become a physician, so I'll get him a job somewhere." The plague that follows this attitude of mind is the failure to realize the desire of the heart, which is the cause of endless frustration and misery in the world.

The father changed his attitude and 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 and at other times his son showing him his medical diploma and praying for guidance and right action. In a few weeks' time an aunt of his son passed on to the next dimension and bequeathed a large estate with ample funds for his son's education.

The Fragrance Lingers

Dr. Helena Davis, who lectures for me occasionally, phoned me this morning and said her living room is full of flowers of all kinds, sent to her by loving friends. One woman had attached a note to the basket of flowers saying that the fragrance of these flowers lingers with her also. The good you do returns to you in many ways you know not of. When they sent flowers, it made each one happy; therefore, they were also blessing themselves.

Let the Morning Star Rise in You

When you say, "I AM," you are referring to the God-Presence within you, which is the Living Spirit Almighty. That is the Lord of all. When you realize that your own I AMness is the Lord God Almighty, and when you recognize It as the only Presence and Power, while at the same time recognizing that the Spirit within you is your boss, your guide, your way shower, your paymaster, your counselor as well as the Source of all your blessings, then you are becoming aware of the morning star, Biblically speaking.

The Bible uses metaphors and figures of speech to illustrate the invisible powers within you. The morning star comes into your experience when you become aware of God within you; then you are able to cast light upon your problems and rise to great heights along all lines.

He Shoots the Stars

There are stars of truth within you just as there are stars in the heavens above. A captain on the plane to Tokyo told me that sometimes his plane is caught in a great storm; then he "shoots the stars" and gets a reference point. In other words, he said that with his instrument he gets a "fix" on a certain star, and from that angle he can calculate his exact position.

In a similar manner, when you have a difficult problem turn your eyes to the Divine Presence within and affirm boldly, "God knows the answer and I give thanks for the answer now."

In Greenwich Observatory, the positions of the stars and the sun are calculated in order to get the exact time. The stars were the first clocks and calendars of the ancient seers and mystics, who noticed that at certain seasons of the year beneficial changes on earth, coincided with astronomical changes in the heavens. So, in a sense, the stars were the first calendars. The earth moving around the sun caused the ancients to become aware of spring, summer, autumn and winter. The apparent movement of the stars was really due to the orbital movement of the earth. The ancient mystics knew that the stars were revolving also; they had no instruments that we know of, but undoubtedly they had an intuitive perception.

The morning star heralds the dawn or the birth of the sun, which spreads its glorious rays over the heavens and all darkness disappears. When the sun crosses the equator in the spring, all nature is resurrected and the desert rejoices and blossoms as the rose. This is why the sun in its northern journey was called the savior of the world. It is darkest before the dawn, and when the sun appears all nature rejoices. The sun was a symbol for God among ancient people. They knew it was not God, but its movements and functions were Godlike insofar as all life on earth was concerned.

She Discovered the Light Within

A woman living here in Leisure World told me that she was in the depths of despair. She had just received a diagnosis of a hopeless, terminal case of cancer, considered inoperable because it had metastasized to such a great extent. She called it her darkest night. She said that all night long she claimed out loud, "The light of God shines in my whole being." Finally, she fell into a sound sleep, however, and a saintly figure appeared to her, saying, "You are healed."

She realized that this undoubtedly was a revelation to her from her deeper mind, and she intuitively knew that she was healed. Her physician confirmed the healing, referring to it as a spontaneous remission. The answer came to her as she turned with faith and confidence to the Light within, which cast out all the darkness in her subconscious mind. She had discovered the morning star within herself.

Her awareness of the Healing Light was the star that heralded the dawn in her life. God created the stars and the whole world. Symbolically, the stars of God are the stars of truth, light, love and wisdom, which light up the heavens of our mind and give us peace, poise, equanimity and serenity. To many aerial navigators, poets and writers, the stars represent a matchless source of inspiration and encouragement. In all Scriptures light is a common symbol for Truth, as darkness represents false beliefs and errors in the mind.

The Light of the Body is the Eye

The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness! (Matthew 6:22-23).

The eye, symbolically speaking, means spiritual perception. You might ask: How can light be darkness? False information, wrong concepts of God and superstitious beliefs represent darkness or ignorance. Millions believe many things about Life which are absolutely false. These beliefs in the subconscious mind of the masses bring forth all manner of troubles, sickness, lack and limitation.

The sun in you means awareness of the Presence and Power of God within you. The Son, or sun means that you can express here and now the wisdom, the power and the glory of the Infinite by turning within and claiming boldly that all that is true of God are true of you. As you make a habit of this, these truths will revolve in the heavens of your mind and appear on your earth, i.e., your body, your business, your home, your expression and all phases of your life. Remember this simple and very practical truth: Whatever you focus your attention on is the thing that governs life.

You have heard many times that attention is the key to life. Ask yourself this question: How am I directing my attention now? Spiritual-minded people steadfastly direct their attention to God, realizing that God is their guide, counselor, paymaster and the source of health, wealth and all the blessings of life. They give no attention or

power to externals, other people or conditions. They give power to the Creator and not to the created thing. Millions of people do not direct their attention to spiritual principles. They are governed by mass propaganda, traditional beliefs, etc. They are like drifting logs in the sea, tossed to and fro, double minded and unstable in all their ways. This attitude on the part of so many people brings on poverty, misery, ill health and all sorts of trouble.

Put God first in your life and realize that you are a son or daughter of the Infinite and a child of Eternity and that God flows through you as harmony, beauty, love, peace and joy. When God, or the Living Spirit, in your life is in complete charge and governing your entire life, your eye is single and your whole body, or embodiment, will be full of light, love, truth and beauty.

You Can Find Yourself Now

The real you is the I AM in you, which is God. It is the only creative power. It is all there is, for there is nothing but God and his countless manifestations.

A young girl who had a beautiful voice wanted to be recognized and expressed her talents. She pictured herself singing beautifully before an audience, and she heard her teacher congratulating her. She practiced this over and over again until the private movie of her mind had all the tones of reality. At the time of this writing, she has appeared again and again before social groups as the major attraction. She created according to the image and likeness of her thoughts. The cause was her own consciousness, which means the way she thought, felt and imaged.

The Cause of all creation is the Spirit in you. You are sovereign over your world. You are also in charge of your relationships with other people. Darkness is here so that we may appreciate the light; poverty or lack is present so that we may learn and experience the fullness and abundance of God in the land of the living. The primitive man living in the jungles (and some people are still living in the Stone Age) may have never seen a home in his life and is satisfied with his lot. But when some missionary builds a hut for himself to protect him from the inclemencies of the seasons, the primitive man becomes aware of something better. How would you know what joy was unless you could shed a tear of sorrow? Your problems and difficulties enable you to discover the Divinity within you.

She Ceased Condemning Herself

Recently I counseled a woman who had just been married. She had committed murder in another state and had served time; she was full of self-condemnation and guilt. She was also full of fear of being exposed, as she moved in very high professional circles.

I explained to her that the very first thing she must do was to cease condemning herself. Whenever the guilt or fear-thought came to her mind, she should supplant it

immediately with, "I am a daughter of God. God loves me and cares for me." I added that as she keeps this up, the day will come when she will be completely at peace. I advised her not to fight the thought of self-condemnation but to supplant it with the God-like thought and that after awhile the subconscious is reconditioned. Even if she went back to the town where the crime occurred, the accusers and the wagging tongues of the gossips would cease to be. The reason is that when you stop accusing yourself, others stop accusing and vilifying you.

She began to see that the Real Self of her was God, and that it was the false self, or the malconditioned self, that had committed the crime. She was, of course, responsible for her act and had served time in prison as punishment for it for many years. The point is that she no longer has to browbeat herself and torture herself mentally. God never punishes; all of us punish ourselves by our misuse of the Laws of Life and the way of the Infinite Spirit. She practiced that simple truth and is now radiating the sunshine of God's love.

Don't Let Others Manipulate Your Mind

I visited Germany, Switzerland and England last year and gave a series of lectures in the major cities. In Germany one of the teachers told me that he had heard of an ex-convict in Holland who became friends with a carpenter. This carpenter was an honest and upright man and also very religious. It seems that the ex convict had hypnotized him several times, suggesting each time to him that he should get a gun, hold up a certain bank and bring him the bag of money. These hypnotic suggestions were repeated frequently to the carpenter, gradually breaking down high sense of honesty and integrity, and reconditioning his subconscious with the diabolical suggestion to rob the bank.

One day he went to the particular bank with a gun, demanded the money, and in the scuffle that followed, he shot the teller and was eventually brought up on first degree murder charges. A court psychiatrist dehypnotized the carpenter and got the answer, because the carpenter, under hypnosis, revealed word for word the suggestions given to him by the exconvict. The latter was later sentenced and the carpenter set free.

Many people with their eyes wide open are being similarly hypnotized by false ideas. For instance, they believe that others can mar their happiness and hurt them by such things as voodoo practices. Others believe they are victims of karma and are placed here on earth to suffer and expiate for past crimes. Countless people are full of a myriad of religious prejudices and hatreds, and many even kill each other in the name of religion. These are suggestions and lies repeated over and over again, and many who have no spiritual awareness accept these lies as truth, bringing misery and suffering in their train.

Reject any teaching which holds you in bondage and which teaches fear or limits or inhibits you in any way. No one can imprison you if you live in freedom in God and

His love. No one can steal your days and nights from you or deprive you of wealth, health or happiness unless you first steal from yourself. The angel unlocked the cell of Peter and set him free. Likewise, as you rise to the conviction of your Divine freedom, the angel of your Higher-Self, which is your conviction of God's Presence, will open the prison doors for you and set you free to practice the Presence of God.

How To Become Sons of God

When we are imbued with lofty ideals and when we think Godlike thoughts, unpleasant ideals 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 is the joy of Truth, we no longer are sons of man, but 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 if 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 heartstrings.

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* (I John 3:2).

CHAPTER 8

DO YOU HAVE FREE WILL?

We had a most interesting trip to Chengtu, a beautiful city, with its temperate climate, broad streets and many public parks. It is a center of handicrafts and was known as the City of Brocade under the Han Dynasty. Local buses in this city are run entirely on natural gas stored in bags on top at a cost of one cent for sixty miles. In one of the factories, where everything seems to be done by hand, I chatted with one of the workers who had formerly lived in New York City and who had at one time listened to a series of lectures by the late Dr. Emmet Fox. For obvious reasons, he does not promulgate his knowledge of the laws of mind. I also found that some of the monks in the many monasteries have an excellent knowledge of the scriptures of the world.

He Keeps His Vessel Covered

This worker I spoke of knows the meaning of Moses' injunction to the children of Israel to "never leave any vessel uncovered." *And every open vessel, which hath no covering bound upon it, is unclean* (Numbers 19:15). In other words, keep your awareness of God and your deep conviction of the eternal verities as a cover, i.e., keep your illumined, conscious mind as a cover over your subconscious, or any old opinions, idle thoughts and false beliefs which will come floating in and take over the powers of your subconscious mind.

Think, speak and act from the standpoint of universal principles and eternal verities rather than from the superimposed structure of fear, ignorance and superstition of the mass mind, sometimes referred to as the race mind, which means the thinking of four and a half billion people. Do your own thinking or the mass mind will do it for you, and as a result, your life will be chaotic.

Taking the Cover Off

The hypnotic operator takes “the cover” (conscious mind) off of the subconscious mind. He gives a suggestion directly to the subconscious, which acts immediately upon the suggestion. It has been demonstrated and proven that even a post hypnotic suggestion will be carried out to the consternation of even a recalcitrant hypnotized subject. Time is actually collapsed in experiments of this kind.

What does all this show? Simply that there is a creative medium in your subconscious that responds to the nature of your thought. When you find creativity, you have found God, or the One Power, in essence. God created the universe and all things therein contained. God created you, and the Creative Power is within you. You have freedom to use any power two ways. You have freedom to create sickness or health, failure or success, poverty or wealth by the nature of your habitual thinking and imagery. This is the ancient mystery of good and evil—never quite understood through the ages. The Bible points out that Moses drew forth his hand white with leprosy or glowing with health according to the way he used his mind. This applies to all of us.

You Are Adam and Eve

And God said; Let us make man in our image, after our likeness . . . (Genesis 1:26). This means your two natures—conscious and subconscious—bring forth all manifestation and experiences in your lives according to your habitual thinking and imagery. Adam (your conscious mind) and Eve (your subconscious mind) simply represent a portrayal of the interaction between your conscious and subconscious minds. Through these two (male and female) you create always a third—a “son”—your world, your experiences and conditions in life, your demonstrations and all other phases of your life.

Do You Have Free Will?

What are you choosing now? You have choice, volition and initiative. Millions choose old age, lack, limitation, sickness, disease and misfortune of all kinds. All this is a result of man’s having surrendered his real heritage (spiritual dominion). Your free will ends when you make the wrong choice such as a belief and faith in outer conditions and effects.

You are here to choose from the Kingdom of God within you. Choose harmony, peace, beauty, Divine love, Divine right action, and Divine law and order, which is Heaven's first law. In other words, choose whatsoever things are noble, Godlike, dignified and wonderful. The fall of man is simply man's failure to choose the beautiful and the good. Millions are held in the chains of bondage to false beliefs, sickness, hate, jealousy and false concepts of a God of love.

You Were Not Born with Fears or Complexes

I explained to an elderly woman during our trip to China that she was not born with any fears, prejudices, religious beliefs or racial taboos; that all these were given to her by parents and others such as relatives, teachers, clergymen, etc. She was full of a fear of death and afterlife and believed she would be punished by some angry God for her past sins.

She began to understand that her mind when she was born was like virgin soil; then the fears, false beliefs about God, life and the universe were impinged on this subconscious mind and left their imprints there. Her racial and religious prejudices were all imparted to her and acquired when she was young and impressionable. She was hungry for the Truth, however, and came to realize that God, or the Life Principle in all of us, is no respecter of persons, does not judge or punish, but that we do hurt and punish ourselves by misuse of the Law and by erroneous and stupid thinking.

At my suggestion she began to read out loud three or four times a day the 27th Psalm, the great antidote to fear; and I observed a tremendous change in her attitude during the rest of the trip. Of times the explanation is the cure.

Original Sin

Man's failure to realize his Divine origin and his sense of separation from the Divine Source, taking the commandments of man for the commandments of God, is original sin—a falling away from and missing the mark of harmony, health, peace and abundance. The Fallen Angel, Fall from Heaven and Lucifer's Fall all mean the same thing—a fall from harmony, peace, beauty and love—a fall from grace.

Heaven means the Invisible Intelligence in which you live, move and have your being. It also means your mind at peace. The old saying is true: "Self-forgiveness is heaven, self-condemnation is hell." Jesus said: *While I was with them in the world, I kept them in thy name: that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled* (John 17:12). This means 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 of the thing prayed for.

The son of perdition means the belief in loss, and once this belief in loss dies, there is no loss. There is no such thing as a lost soul, for example. No man or thing can be lost in the Infinite. God can't lose Himself. God is the Life of you, the Reality

of you. You may be lost temporarily to health, peace, joy or wealth; but you can always go back to the Infinite Source and claim boldly that which you thought you had lost. Nothing is lost in the Infinite.

The Meaning of the Unforgivable Sin

But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation (Mark 3:29). The Holy Ghost means the Holy Spirit, or God within you. To blaspheme in biblical terminology is to tell lies about God. To sin means to miss the mark of harmony, health and peace, or failure to reach your goal in life.

You are sinning against the Holy Spirit when you fail to believe in the One Power and ascribe power to outer things instead, thereby living in bondage to false gods. There is no such thing as an unforgivable sin. God, or the life-Principle, is forever forgiving you, whether you cut your finger, burn yourself or get ill. The Divine Presence always seeks to heal, to restore, and it never punishes.

We punish ourselves by shutting ourselves off from the guidance, love, and healing power of God. When you forgive yourself, you are forgiven. As long as you refuse to accept the Truth appertaining to God, however, and as long as you refuse to forgive yourself, then you are rejecting the Divine influx and the healing power of God. As long as you insist on condemning yourself and feeling guilty, no help or healing can come to you. In that sense only is it unforgivable—while it lasts in you.

All you have to do is to change your attitude. Forgive yourself and the past is forgotten and remembered no more. You must not read the Oriental language of the Bible in a literal sense. For example, the man who was a thief, robbing widows and others, and now is honest, sincere and leading an upright life has forgiven himself and is no longer a thief. He is a new man in God and is transformed. The old man (the thief) is dead and a new man is born. He is no longer the same man spiritually, mentally, psychologically or physically. Science says we have a new body every seven months. The murderer who is now a good man, contributing society and leading a full and happy life, has forgiven himself; he is a new man in God.

The Operation of Grace

In talking this morning with a widow here in Leisure World, called Laguna Hills, I learned that she had had a malignant tumor, but that her surgeon had told her this morning that an X-ray revealed it had disappeared. She was very happy. A month ago she was worried and upset, and at my suggestion she began to operate the spiritual power of Divine love, which is called Grace. She knew the law of mind being a former student of the late Ernest Holmes.

She spoke with authority to her body; and for about half an hour three or four times a day, she affirmed boldly and with confidence, "God's love saturates my whole being. God's peace fills my soul, and I give thanks for the miraculous healing taking

place now." She adhered regularly to this prayer process; and when fear thoughts came, she supplanted them with the words, "God's love fills my whole being."

This neutralized all the negative thoughts, forming constructive energy, blessing her. She took the painkilling drug, Codeine, prescribed by her doctor and blessed him regularly. By speaking with authority, she had succeeded in dissolving everything unlike harmony, wholeness and perfection in her body. She played on her body a melody of God.

You Are Not a Slave

Realize that the Spirit within you is omnipotent, supreme and the primal cause. There is nothing to oppose it, thwart it or vitiate it. This inner movement of the Invisible Power to the visible makes you a lord and master in your own world. Realize that you were born to have dominion and place all things under your feet (understanding).

A few weeks ago I was speaking at the Unity Church in Phoenix, whose minister is Dr. Blaine Mays. His ministry is going ahead by leaps and bounds. He inspires all his co-workers in a wonderful way, and he is the central figure in the propagation of the New Thought message around the world, since he is the President of the International New Thought Alliance.

I had an appointment with one of his parishioners, who informed me that for years she had suffered from emphysema, due she was told, to cigarettes. I gave her a very old prayer, which is lost in the mists of time: "I inhale the peace of God and I exhale the love of God. The breath of the Almighty giveth me life, peace and harmony."

I have recently received a beautiful letter from her, wherein she said that she had used the prayer for about half an hour slowly, quietly and feelingly prior to sleep every night, and that a complete healing had followed. She proved that she was not a victim of matter (physical condition) but heaster, a free-born spirit moving triumphantly and victoriously wherever she desired.

Spirit and Matter

Modern science today confirms what the ancient Vedas said thousands of years ago: that matter was the lowest degree of Spirit and that Spirit was the highest degree of matter. Einstein said that matter and energy are interconvertible and interchangeable; that matter is energy slowed down to the point of visibility. Energy is a term used by science for Spirit, or God. Basically, Spirit and matter are one. Today we say it is a world of densities, frequencies and intensities. In other words, all is Spirit, and the whole world is Spirit manifesting in multitudinous forms of expression.

The Spirit in you is the real cause of all experience. Matter, in and of itself, has no volition, no initiative. It is not self-acting. It is subject to your mental activity. Your body moves only as it is moved upon. Your body acts as it is acted upon. The

body of a man who has gone on to the next dimension does not talk, walk, smile or move. The reason is that the Life-Principle has left him and he is now functioning in higher dimensions of mind. His body undergoes dissolution, which is a natural phenomenon, and becomes grass, hail, and snow. In other words, it returns to its primordial substance.

You must become aware of one cardinal truth: Externals, such as people, conditions, circumstances and the phenomenalistic world, are not causative and do not determine your misery, suffering or happiness. You must begin to inculcate into your cranium that effects are not causative. The cause is always within your own beliefs and attitudes of mind. For example, a man working in the bank learns that there is an epidemic of flu going around and he is full of fear and anxiety that he might get an attack. Some of his associates in the bank are at home ill with the flu. The suggestions from the radio or from others in the office have no creative action. It is his own fear or expectancy. The suggestion, in and of itself, is powerless unless it awakens the creative action of his mind, which is the movement of his own thought. The creative power is in his own mind, and he has the power to reject all negative suggestion.

Recently, in talking with a banker friend of mine who was full of fear that he might catch the flu because others in his office were quite ill at home, I suggested that he affirm frequently, "I am all health. God is my health," realizing that God, or the I AM within him, could not be sick, frustrated, depleted or hurt in any way. Gradually, he seemed to build up immunity and remained completely free, even though all the other members of his family became ill with the flu.

External conditions, circumstances and suggestions of others are secondary causations only. In order for any external condition to affect you, you must accept the idea or suggestion; then it becomes a movement of your own mind, which is the primary cause. Remember that it is only when a suggestion awakens a response in you that creative action takes place.

She Was Allergic to Red Roses

Recently a woman said to me that she was allergic to red roses; that they caused paroxysmal attacks, tearing of the lachrymal ducts of the eye and inflammation of the mucosa, creating great difficulty in breathing. She felt that the red roses were the cause. If this were a law, then all those in contact with red roses would be allergic.

However, the truth of the matter was that the man she married had always given her red roses, sending them to her office and home, while courting her. After a few years of marriage, though, he had run off with a younger girl, telling his wife that she was too old for him. She was full of resentment and hatred towards her ex-husband and his girl friend. From that moment on she became allergic to red roses.

Roses have no power to induce attacks of hay fever, asthma or any other respiratory condition. She associated red roses with her ex-husband; and her resentment,

antagonism and intense hatred caused the subconscious to bring on these symptoms. Negative, destructive emotions lodged in the subconscious mind cannot have a constructive outlet. Being negative, they must have a destructive effect on the body as well as all phases of life.

Her release came when she began to understand what she was doing to herself and that what is inside the mind causes experiences outside the mind—that thoughts are things. Her attitude and emotions are always projecting themselves into form, expression and condition. She decided to forgive herself for harboring these negative emotions and decided to release her ex-husband and his girl friend to God, wishing for them all the blessings of life. Whenever they came to her mind, she would affirm, “I have released you. God be with you.”

After some days she was free in her mind, because there was no longer any sting there. She filled her subconscious with these life-giving truths several times a day: “I live, move and have my being in God. I breathe the pure breath of the Holy Spirit, and my whole being is permeated by the vitalizing life of Spirit. I am now whole and perfect. Praise God, from whom all blessings flow.” She healed herself and is now free.

The Monk Had the Same Idea

The city of Foshan in China is noted for its restored ancient temple and its famous pottery factory. In talking through an interpreter with one of the monks, he asked me my idea of the Crucifixion. I explained to him the age-old teaching that when the Absolute becomes relative or is made manifest, that is the Crucifixion. The crossing over from the Invisible Presence to the manifest world. That is the first Crucifixion.

He agreed with that. Furthermore, he added that every man portrays the Crucifixion, which, of course, common sense tells you are true. God, the Living Spirit Almighty, is embodied in every man, and each man is crucified on the cross of matter. The monk spread out his arms to the right and left, revealing the real crucifix. It is true that the Divine Spirit (God) is stretched upon a cross of matter, limited by it and controlled by the seeming evidence of the five senses. The average man is not aware that he houses God and that the power of the Almighty is within him. Actually, you are not imprisoned by your body.

Some time ago Professor Hart, an associate of Dr. Rhine of Durham University, wrote an article, “Man Outside His Body,” wherein he pointed out that students could leave their bodies, move ponderable objects, and that they had tactile, auditory and visual capacities outside their bodies. Of course, this is not new. Thousands of people all over the world, including the author, have left their physical bodies and appeared to others at a distance. I read some time ago that the Russian secret service had trained certain psychics to leave their bodies and investigate and explore the secret operations of our Defense Department. Again, this is nothing new. You can use any faculty of the mind two ways.

Phineas Parkhurst Quimby was America's greatest healer. He promised a woman one hundred miles away that he would 'visit' her the following Sunday at 7:30. He gave the letter to his son, who forgot to mail it. In Quimby's manuscripts, edited by Horatio Dresser, it points out that at exactly 7:30 p.m. on Sunday Quimby was seen by a guest in the woman's home, who described him in detail, and the lady of the house said, "That is Dr. Quimby. He is treating me."

Quimby said, "I know that I can condense my identity and appear at a distance." He could be in two places at the same time. In other words, his physical body was in Belfast, Maine, and his subtle body, or fourth-dimensional body, was one hundred miles away. The astral body or, as some call it, the spiritual body is a more rarefied, attenuated body capable of going through closed doors and collapsing time and space.

You have all your faculties outside your body, as you are, in reality, a mental and spiritual being, and you will have bodies to infinity. Dr. Quimby was not bound, restricted or circumscribed by a physical body.

Cosmic Crucifixion

A teacher at the Yoga Forest University, India, stretched forth his arms and said to the students that the Holy Spirit was crucified on a cross of matter and felt confined, but he also said that he was not limited or restricted and was able to teach people at a distance and appear to them whenever he wished. Psychologically speaking, the Crucifixion is the crossing over of your desire to your subconscious mind, where it is fixed or impregnated in the subconscious; and when that takes place, your prayer is answered. Whatever is emotionalized and felt to be true is expressed on the screen of space.

When your prayer is answered, you experience the resurrection. There can't be a resurrection without first experiencing a Crucifixion. This is the basis of all prayer. The words "Crucifixion" and "crossification" mean the same thing. When the sun crossed the equator on March 21, the ancient mystics referred to that phenomenon by saying that the sun had crucified or crucified itself so that man might live. At this time all the seeds frozen in the ground during the long winter sleep are resurrected and the desert rejoices and blossoms as the rose.

The ancient Hebrews referred to the crossing of the sun over the imaginary line called the equator as shedding its blood or life on the Passover. The Passover and the Crucifixion both tell the same story. The only difference is in the words "pass over" and cross over." Both mean the same thing. Blood in the Bible refers to the giving of life, and the rays of the sun at that season of the year certainly give life to all nature. All scriptures are psychological and spiritual dramatizations of the Truth and reveal their meaning only as they are interpreted psychologically and spiritually.

If you are ill and you mentally and spiritually unite with the ideal of wholeness, vitality and peace of mind and you feel the reality of perfect health, you have crossed

over from sickness to health. You are nailed to the ideal of wholeness. Nail in the Bible means your inner feeling, and your conviction of God's wholeness, beauty and perfection. You are nailed or fixed in the belief of perfect health now.

Dictionary of the Sacred Language Of All Scriptures and Myths (Gaskell)

The Crucifixion is a very old symbol and represents the death of the archetypal man on the cross of matter, all of which means that the Divine Presence of God is housed in every person in the world. This dictionary also refers to the Crucifixion as another symbol of the Divine Sacrifice, that is, the limitation of the Divine energies and qualities of God within forms of matter. The Crucifixion story was regarded as symbolical of the Divine Spirit (God) involved in matter.

... *For it is written, Cursed is every one that hanged on a tree* (Galatians 3:13). A curse is the negative use of the Law, and when a man is hung on a tree, naturally he can't walk or move around or go anywhere. He has no traction and is actually immobilized. He is a victim of his environment.

This is all symbolic, indicating there are millions of people who feel they are victims of their environment, conditioning, heredity and social surroundings. Man must learn that the Living God is in this tomb of matter which he calls his body and that by uniting with this Presence and Power, he can rise, transcend, grow and lead a full and happy life. Some of our greatest minds came out of the slums and ghettos of the world.

She Said an Angel Saved Her

I received a phone call from a woman who was staying at the MGM Hotel in Las Vegas, where so many people lost their lives, hundreds of others were seriously hurt, and many lost their valuables. This woman had had a vivid dream, wherein a beautiful angelic-like woman had appeared to her, saying, "Leave the hotel at once. There will be a fire and many will die." She followed the instructions and checked out twelve hours before the holocaust. The angel was the Invisible Intelligence of her deeper mind, warning her and revealing what was about to take place.

Your Higher Self always seeks to protect you. Sometimes the answer comes in a dream and a vision of the night. This woman meditates on the 91st Psalm every night of her life.

Special Prayer of Protection

"God is all there is. One with God is a majority. *If God be for me who can be against me?* (Romans 8:31). I know and believe God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know

and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fullness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

CHAPTER 9

THE ROAD TO SERENITY

You often hear people today saying, "I'm so worried." Many times they do not realize the implications of what they are saying, because every time one says, "I'm so worried," the speaker is making grooves in his subconscious mind. The latter being the seat of habit, the speaker becomes a chronic worrier. For example, the mother worries about her son or daughter, the father worries about the stock market, the salesman about his job, and millions worry about the country, their health and prosperity.

In talking with chronic worriers, I have found that it is not heavy burdens or great tragedies that irritate and upset them, but petty things and insignificant problems. These are . . . the little foxes that spoil the vines . . . (Song of Solomon 2:15). Medical men today know that chronic worry undermines the digestion, brings on ulcers and debilitates the entire system. Most worries are inconsequential trifles that fritter away your vital forces.

It Hasn't Happened Yet

The nature of most of our worries is that it is about something that has not happened yet. Look back on your life and you will find that most of the things you worried about never happened, but at the same time you robbed yourself of peace, harmony, vitality and perhaps even made yourself a physical and mental wreck.

What Is Worry?

Worry is faith in the wrong thing. Faith is living in the joyous expectancy of the best, and worry is a focusing of attention on a negative idea to the exclusion of others. Worry could be looked upon as an obsession, which means that you permit a false idea to dominate your mind. You are held in a sort of a hypnotic spell, all self-imposed. In other words, you have a "fixation," which is simply a negative auto-suggestion given to your subconscious mind. A fancy name for chronic worry is compulsive neurosis, which means that you are chewing constantly on some negative aspect, like a dog gnaws at a bone, and sometimes the worrier actually resents being told to change his or her attitude to a constructive viewpoint.

Worried About an Earthquake

An elderly woman living here in Leisure World, Laguna Hills came to see me with all sorts of statistics about earthquakes all over the world and some predictions by psychics regarding possible earthquakes in California. She seemed to be obsessed with the idea of earthquakes. She was of French origin, so I asked her if she had not heard the phrase *laissez-faire*, which means non-interference, unconcern, and philosophic indifference.

I explained to her that most of the predictions by psychics in books and newspapers never happen and that all she had to do was to look at the recent election of President Reagan. Nearly all of the psychics were wrong, wrong, wrong. Paul said, *whether there be prophecies, they shall fail . . .* (I Corinthians 13:8). Her faith had gone wild, yet she was a profound student of the works of Unity and Science of Mind.

It dawned on her what she was doing to herself. Her blood pressure had become abnormally high and she was a victim of insomnia. Her physician, Dr. Frank Wm. Varese, who practices holistic medicine, told her to go back to the Psalms, such as the 27th and 91st. I told her that she was looking for trouble, running out to meet all day long, yet it never arrives. Moreover, other scientists say that there is no sign of an earthquake.

Faith in God and all things good destroys worry and fear. A changed attitude changes everything. I suggested that she give her attention to the great eternal Truths of life, which she was to affirm boldly and feelingly several times a day. In that manner, she would supplant her worry with faith in God and all things good: "I am surrounded by an envelope of God's love. I am invulnerable and nothing can touch me but that which is good and very good. I clothe myself with the garment of Infinite love and Infinite peace. God watches over me, and where I am God is. The whole armor of God surrounds me and I bear a charmed life. Whenever fear or worry comes to my mind, I will immediately affirm, 'God watches over me.' It is wonderful!"

Making a habit of this prayer brought results. She is now practicing *laissez-faire* in her attitude toward events over which she exercises no control

It Is Not What Happens to Us

I talked with a man recently who had missed a plane. He had a very important contract to sign at the city for which he was headed. His particular flight was cancelled, and he said to him, "Infinite Spirit has a far better way of handling this contract. It is God in action." He remained poised, serene and calm and took the next flight out, after explaining by phone the situation to those he was to meet.

Everything worked in Divine order for him. You can see that it isn't what happened to him that mattered, it was his thought about it. He had the right attitude. Another man next to him in line at the airport had been very abusive to the clerk, and was obviously agitated and disturbed. He was in what is called an emotional stew, which undoubtedly was destructive to his entire system. All this man really had to do though was to accept the situation and affirm, "I am serene and calm and realize, like Paul, *None of these things move me . . .*" (The Acts 20:24).

Psychosomatic physicians today point out that anger, rage, resentment and frustration cause adrenalin-type hormones to be generated, which, in turn, bring on high blood pressure and an abnormal pulse rate. You can always choose how you are going to react to a certain situation. Remember, all reactions take place in your mind. You have control over your thoughts. You are the boss, and you can order your thoughts along constructive, spiritual lines. You can begin now, today. Affirm frequently: "I am unmoved, undisturbed. I am relaxed and at peace." Decree it, mean it and be sincere, and your subconscious will accept it.

Mental Hunchbacks

There are a great number of people who are what might be termed mental hunchbacks. They feel insecure, inadequate and frustrated. Usually they are down on themselves and suffering from self-criticism and self-condemnation. Their tendency is to project their shortcomings on to others.

You can easily reject their statements and attitudes. You understand their problem: bless them and walk on. This ancient prayer will solve many problems for you: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Drifting at Fifty

A lady said to me that she was unhappy, frustrated, had gone through three divorces, was fifty years of age, had written many articles and is in demand as a speaker before women's clubs, but none of her writings had been published. She added, "Maybe a jinx is following me, but in any case I know something is wrong with me." This was the essence of her conversation.

I suggested that it is far more important for her to give up her abnormal fear of evil powers working against her and that it would be far more wonderful and interesting for her to enter a life of goodness and fulfillment. All she had to do then to improve the situation was to direct her attention to that which is good, constructive, harmonious and prosperous, ignoring all the rest.

Accordingly, she performed an experiment for a month, at which time she was to report the results. She deliberately turned her attention to the desirable elements in her life, claiming: "Infinite Intelligence opens up the way for my writings to be accepted. I am happily married, I am divinely active, and I am divinely compensated. I have a marvelous income consistent with integrity and honesty. I am giving of my talents in a wonderful way. I am appreciated, I am wanted, and I am needed. It is wonderful!"

She adhered regularly to these great affirmatives, redirecting her attention on the constructive side of life. Before the month was over, she advised me that out of the blue sky, recognition came. She was invited to be an assistant to a publisher, and her writings shortly thereafter were all published. Many people became cooperative chiefly on account of her changed attitude. Formerly, she said, they would not have endured her.

She is no longer possessed by limitation, but instead the idea of abundance rules and governs her mind. She is happily married. The enthusiast is a person who is first possessed by a dream, an ideal, and then after a while the dream possesses the person, who is no longer governed by the past.

There is an old poem that illustrates what we have been talking about:

Mind is the master power that molds and makes
And man is mind, and ever more he takes
The tools of thought, and shaping what he will,
Brings forth a thousand joys, a thousand ills.
He thinks in secret and it comes to pass,
Environment is but his looking glass.

Her Psychic Pain

A well-educated woman working in a very prestigious office complained that she was very upset, troubled and annoyed by the frightful, immoral lives her co-workers seemed to be leading. Some of the girls were married and had extra boy friends. The married men had mistresses and openly flaunted infidelity. This woman felt very self-righteous. She was the sanctimonious type, sometimes referred to as being disgustingly holy.

I explained to her that she does not control the lives of her associates, and if some of them had cancer I'm sure she would not be upset and worried, but compassionate.

Or, if some of them had tuberculosis or were crippled or lame, undoubtedly she would want for them health and happiness. Some people have twisted and distorted minds, and the only thing for her to do in that case was to overcome her condemnation of them and pray for them. In that way she would overcome her anger and hostility. Marcus Aurelius said, "Where there is no judgment, there is no pain."

She was to cease passing judgment on them, because whatever bitter thoughts she had about them were created in her own life and highly injurious emotionally and physically to her, leading to all manner of physical troubles. She began to pray for her associates every morning and night, as follows: "All my co-workers are known in Divine Mind. God is guiding them. Divine love fills their minds and hearts. God's river of peace saturates their whole beings. God loves them and cares for them, and I radiate love, peace and goodwill to all of them."

I explained to her that when the angry, resentful thoughts came to her mind, she was to immediately supplant them with spiritual thoughts, such as "God loves you and cares for you." This new attitude healed her of her self-righteousness, sense of condemnation and criticism. She completely recovered and discovered the value of praying for others, enabling her to get outside herself and drop all the negatives from her mind.

Tennyson said:

For how are men better than sheep or goats
If, knowing God, they lift not hands in prayer,
For those they love and those who call them friend,
For so the whole round earth is every way
Bound by gold chains about the feet of God.

Emperor Marcus Aurelius, the famous Roman philosopher and stoic, said: "Whatsoever any man doth or saith, thou must be good; not for any man's sake, but for thine own nature's sake; as if either gold or the emerald, or purple, should ever be saying to themselves, whatsoever any man doth or saith, I must still be an emerald, and I must keep my color."

Are You Tense When Visiting a High Personage?

When visiting one whom you consider to be a very prominent or any great personate, be sure to send your messengers before you to prepare the way. Affirm: "Divine love goes before me making straight, happy and joyous my way. I send the messengers of peace, harmony, joy, love and goodwill before me and they follow my orders implicitly. The Spirit in me salutes the Spirit in _____ and there are harmony, peace and Divine understanding between us. We are both blessed." Affirm these truths until you believe them in your heart. You will know when you believe them because your mind will be at peace.

The stoic philosopher Epictetus, who lived in the first century, said: "When you are going in to any great personage, remember that Another (God), also from above, sees what is going on, and that you ought to please Him rather than the other."

Never Seek Revenge or a Desire to Get Even

Listen to the ancient philosopher Epictetus: "Shall I not hurt him who has hurt me? Consider first what hurt means. For if good consists in my choice of action, and the evil also is my choice of action, see if what you say is not this: what then? Since that man has hurt himself by doing an unjust act to me, shall I not hurt myself by doing an unjust act to him?"

You Are Wonderful

Did you ever consider how wonderful you are and what tremendous potentialities lie at the unplumbed depths of your mind? All the powers and qualities of God reside in your subjective depths, waiting to be called upon and utilized. You are here to discover how capable, how great and how noble and Godlike you are. You are here to lead a full and happy life.

Cease believing the old way. Shed the old garments of sick man, poor man, and deaf man. Get out of the old ruts; break away from your childhood pattern. Do you sing the same old hymns and visit the same old pew in the church? Do you still believe everything grandmother and grandfather told you about God, life and the universe? Are you still thinking the dead thoughts of dead men which today, in the light of science and knowledge, are completely false? Millions of people today have weird, grotesque, outlandish beliefs about God and the laws of life, which any high school boy knows is absolutely false and ridiculous. Let the truth and the sunshine of God's love enter your mind and heart, and become a new being.

Watch Your Words

The late Dr. Frederick Bailes, one of the great teachers in Los Angeles for many years, told me of a friend of his who used to say to him, "Bailes, all members of my family passed on when they reached seventy-two. I will be seventy-two next year, and that's it."

Dr. Bailes told his friend of the dangers of making such a statement, as his subconscious would accept it. He paid no attention, though, and on his seventy-second birthday he dropped dead in the street. He had decreed his own demise. The Bible says: *For by thy words thou shalt be justified, and by thy words thou shalt be condemned* (Matthew 12:37).

Others say, "I'm too old now. I won't last much longer. You know, I am sixty-five." These suggestions of weakness, decrepitude and old age enter into the subconscious

mind and come forth after their kind. Let your words heal, bless and inspire yourself and everybody else

She Said, “I’m Going to Die Here”

Recently I visited a woman in the local hospital, and she said to me, “I know I am going to die here. People are dying in this place every day.”

I said to her, “You should change your attitude and affirm, ‘I am alive with the Life of God. I am now at home with my husband, doing what I love to do.’”

Her doctor said that there was no reason why she could not get well and live for many years. I told her husband what she was saying, and he and the doctor agreed that she was well enough to go home. He brought her home and she is now rejoicing in being back in her own condominium.

Her husband broke the fear thoughts in her mind. Had she continued making those negative statements, she would undoubtedly have passed on in the hospital. The subconscious takes no jokes, and it is foolish and stupid to make such statements as she did.

You Should Teach Along These Lines

As I write this chapter, I have just received a wonderful Christmas letter from a woman in another state saying that I had told her at one of the International Thought Congresses that she should teach along these lines. Probably this was an intuitive perception on my part at that time. She said that she had taken many courses, but was timid, shy and fearful of appearing before a group; yet, she had remarkable results as a counselor.

She began to think about what I said—that Life flows from the inside to the outside, from thought to thing, from subjective to objective, and from Spirit to manifestation. She began to teach in her home, starting with five students, and is now a very successful minister along New Thought lines. Fear had held her back. She had been saying to herself, “Maybe in five years I will be ready,” not realizing that in five years’ time she would say the same thing. Her desire to teach and communicate the truth to others was the impulse of the Life-Principle in her seeking expression.

This universal Life-Principle, called God, is in all of us and is forever seeking expression through us. She said in her letter that she welcomed the idea in her mind to teach. Encouragement came from others and all doors opened up to fulfill her dreams. The longings, the yearnings, the urges and inner aspirations of your heart are God-given. Welcome them; accept them and claim boldly: “God gave me this desire. It is good and very good. God opens up the way for its perfect manifestation.” Begin now and prove it to yourself.

Be Ye Doers of the Word

If you want to become a great chemist, you must study and apply yourself diligently, learning all the principles of chemistry. As you grow in knowledge and awareness of the laws underlying chemistry, you will command prestige, recognition and advancement. If you wish to play music and become outstanding in your profession, you must study music. Fall in love with it; then you can play a melody of God for all of us. The great surgeon is in demand everywhere, but he had to study for many years anatomy and surgery and the various principles underlying his technique, in order to qualify and be successful.

There are the laws of mind which must be learned and practiced before we can have and do the things we desire to do. To be is to have. You must be the great musician: Study, and then recognition comes. You succeeded through application and devotion in understanding and conviction. The thrill is in the music. The joy comes in achievement of a job well done.

Your thought becomes things. It is not a question of mind over matter. Matter is simply the Spirit in you condensed into matter so that it is visible to your three-dimensional frame of reference. Your thought becomes the things—the book, the invention, the new device, the novel, the trip, etc. They are all in your mind as thought images. Your thought and feeling become matter. You don't make grapes out of thistles by thinking, as each seed grows after its kind. But if you were hungry for grapes and you really wanted them, then you would attract grapes by believing you have them now. Your expectancy and confidence would attract grapes to you.

Change the Mind and You Change the Body

A student asked me how she should pray about her physical condition. She was denying the arthritis with which she was afflicted, and the medicine she was taking provided little or no relief. I suggested that she cease denying, because to deny is to affirm. All she had to do was to change her mind and forget the inflammation in her body. She was not to say, "I don't have arthritis, pain," etc. These symptoms are not "Unreal" but are manifestations of a disturbed, agitated mind based on suppressed rage and hostility.

Her job was to bless the doctor, knowing that he was Divinely guided in all ways, and right action reigned supreme. The pain she experienced was a warning that something needed to be corrected in her subconscious mind where the problem was. She had felt a deep-seated, unresolved resentment and was full of hostility toward another student. She now began to fill her subconscious with life-giving patterns, knowing that she would crowd out of her mind all the negative patterns submerged there.

She prayed as follows: "God is guiding my doctor. He is God's man, and whatever he does can only bless me. I forgive myself for harboring this sleeping grudge and

hostility toward _____ and I wish for her all the blessings of life. I mean this. I am sincere, and it is finished and done. God's Healing Love is focused at that point in my subconscious where the problem is, and it is shattered, making way for the Holy Spirit to flow through me. My soul (subconscious mind) is restored, and I give thanks. My mind is stayed on God and His Healing Power. *Thou wilt keep him in perfect peace, whose mind is stayed on thee . . .* (Isaiah 26:3)."

In due time she healed herself.

Getting a Sense of Oneness

After this manner, therefore, pray ye: Our Father which art in heaven . . . (Matthew 6:9). The word "which" indicates you are dealing with a universal, impersonal, Presence available to all people. It is available to the altruist and the agnostic, as well as to the holy man. This presence is limitless, timeless, space less and ageless. You can make it personal by appropriating more of love, light, truth, beauty, peace and harmony. This Presence responds to all who call upon it.

"Our Father" indicates that all of us have a common Father. It is the One Life animating all things. It also means that we are all brothers and sisters and intimately related, because it is the same Life-Principle operating in all of us. We have a common Source and are made of the same universal substance.

Realize your sense of oneness with all people when you pray and wish for everyone all the blessings of life. It takes over four billion people in the world to tell you who you are. They are all extensions of you. To be angry or resentful toward others or animals or anything that God created destroys your sense of unity and oneness with the Divine Presence. All men and women, all animals, and everything else in the universe came from a common Source. It follows, therefore, that no one thing can be in opposition to another. Spirit (God) is one and indivisible, and all things are Spirit made manifest. Spirit can't fight itself. This is why it is written: . . . *All things work together for good to them that love God.* (Romans 8:28). That applies to all those who understand the nature of the life-Principle. Establish in your mind the law of unity, and wonders will happen as you pray.

The Upanishads, a mystic teaching forming many portions of the early Vedas of India, are among the most astounding productions of the human mind in any age or country. The following are quotations from the Maitri Upanishad: "Let a man strive to purify his thoughts. What a man thinketh, that is he; this is the eternal mystery. Dwelling with God with thoughts serene, he will obtain imperishable happiness. If the thoughts of a man were so fixed on Brahma (God) as they are on the things of the senses, who would not then be free from bondage?"

CHAPTER 10

GOD'S WILL AND YOUR WILL

A man said to me one time that he would be happy, joyous, and successful if God would let him alone. This man really believed that God caused him to suffer. Somehow he believed that he could run the universe better than God. He said to me, "I hate God for all the failures, trouble's and tragedies He has brought upon me."

I explained to this man that God had nothing to do with the misery, suffering, and tragedies of life. Man experiences sickness, pain, suffering, and failure because of his own negative, destructive thinking. Man punishes himself by the natural laws of cause and effect. Punishment ceases when man ceases wrongdoing. I also pointed out to him that it was blasphemy to say that God sent sickness, disease, and suffering on man. On the contrary, man brings these things on himself by his own wrong thinking and ignorance of the laws of his mind.

Man must not blame God because through ignorance and inexperience he made mistakes. The powers and forces of nature are not evil; they are neutral. Good and evil are in the movement of our own minds, in the way we think and act, and in the attitude we take towards things, not in the things themselves. The wind that blows a ship on the rocks will also bring it to a port of safety. Electricity is not evil, but man must use it the right way; otherwise, he may electrocute himself and others.

Man's subconscious mind is not evil, but if he thinks evil, evil will follow; if he thinks good, good will follow. Man must decide what kind of seeds (thoughts) he plants in the garden of his mind, because seeds (thoughts) grow after their kind.

The ideas contained in this chapter will prove to be of priceless benefit to man as he reads and applies them.

Nothing Good or Bad

Shakespeare said, "There's nothing good or bad but thinking makes it so." The problem you have at this moment is a wonderful opportunity for you to overcome it. You can meet the challenge. There is a wisdom and power within you which will enable you to overcome the problem. If you had no problems, difficulties, and challenges in life, you would never grow. The problem is not bad; it depends how you think about it. Realize your difficulty or problem is a marvelous opportunity for you to transcend it and prove your capacity to overcome.

He was Bitter and Resentful

Mr. Jones, almost deaf and nearly blind, for years felt bitter and resentful, saying, "Why did God do this to me?" He felt insecure and inferior. He had great difficulty in seeing, and his hearing aid was not satisfactory and caused him great annoyance. He did not want his friends to know he was gradually going blind and deaf and felt embarrassed when they said to him, "I met you yesterday at the club, but you never spoke to me." He made excuses, and his resentment and anger against his condition were intensified.

Mr. Jones made a list of all his blessings. He gave thanks for his lovely and faithful wife, for his three brilliant daughters, for a lovely home, for his marvelous friends and all his kind neighbors. He ceased blaming God, and admitted to himself that there were certain people he did not want to see and voices of certain relatives he did not want to hear. He overcame this by blessing and releasing them mentally, and his constant prayer was as follows:

"My vision is spiritual, eternal, and a quality of my mind. 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 light of God is revealed in my eyes and ears.

"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 Healing Presence quickens my hearing, and my ears are open and free."

At the end of a month he experienced a great personality change, and his eyesight and hearing improved remarkably. In fact, he came to see and hear almost normally. He transcended his problem. He transmuted that which he had heretofore called evil to a great good, and now he is happy, joyous and free.

God's Will and Your will

Longfellow said, "To will what God wills is the only science that gives us rest." It is the will of God that we should all be healthy, happy and joyous, and that we led lives full of marvelous experiences; that we should express more and more wisdom, truth, and beauty, day by day and week by week, until we become the man that God intended us to be—the happy man, the joyous man, the free man who is illumined and inspired and walks the earth with the praise of God forever on his lips.

A tragic mistake, that is often made by many people, is to assume that the will of God for them is bound to be something evil and uninviting, if not downright unpleasant. One reason for this strange and weird concept is that these people look upon God as a hard taskmaster of some sort of a capricious tyrant living up in the skies, meting out punishment to disobedient children.

The marvelous and priceless truth is that the will of God for us means greater peace, greater self-expression, more wisdom, greater and brighter experiences, radiant health, prosperity along all lines, and the capacity to give wider and greater service to others. In short, the will of God for you is the life more abundant! If the will of God for you were sickness, then all the doctors, psychologists, nurses, ministers, priests, and rabbis would be working against the will of God—this, of course, is the quintessence of absurdity.

If a man is ill, frustrated, lonesome, bored, impoverished, or is a square peg in a round hole, he may be certain that he is not expressing the will of God. As long as man is not expressing His will, he will experience discord and confusion in his life. But when man unites with God and expresses His will, harmony, peace, vitality, and prosperity will come into his experience.

The Will or Tendency of God

The will of God, as Judge Thomas 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, and Beauty, and Its tendency is to express Its own nature which is the same yesterday, today, and forever.

The will of God is the nature of God, and God is love; therefore, God cannot wish for you anything unloving. God is Absolute Peace, and God 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 sickness or disease. God is Infinite Riches of all kinds and cannot wish poverty; to think so would be a denial of His abundance. God's will for you is something transcending your fondest dreams. It is wrong, therefore, to say, "I am poor; I am weak; I am tired; I am broke," because you bring that condition on yourself by your negative, destructive statements which are lodged in your subconscious mind and which come forth as experiences and events in your life.

Your Power to Choose

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.

The Meaning of Will

The dictionary defines will as choice, intention, inclination, determination, and 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 will busy his mind with these eternal verities until they become part of his consciousness in the same manner that an apple becomes a part of his bloodstream. Choose Divine guidance, right action, Divine order, and Divine success in your life. What is true of God is true of you, for God dwells in you. God is always successful, whether making a star, planet, tree, or the cosmos. Therefore, you were born to succeed, because 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 that 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 you this day whom ye will serve.*” (Joshua 24:15)

Let God's Will be done

Realize that God's will is 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 this 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 God-ward.

If God Wants Me to Have It

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 Boundless Love, why should you think that God does not want you to have it, whether it is health, peace, joy, true place, abundance, a 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.

God's Infinite Riches are yours

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, and a new real estate 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.

Your Source of Supply

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 the opinions of men 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 prosper in all your ways.

Your Desire is from God

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 the opinions of men 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 prosper in all your ways.

Your Will Becomes God's Will

You are not glorifying God when you are 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.

If you have a desire to write a play, write a novel, or build a new house, would it not be extremely foolish for you to think that God did not will these things? God is within you, and your desire to express is from God. God gave you your brain, your mind, the hands to write and build, and the urge to achieve and express, plus the intelligence and capacity to do all these things.

His Conscious and Subconscious Will

A man came to see me some time ago. He was an alcoholic and said that if he took one drink he would 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 his spirits, he was rejecting the power of God within him and was 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 had a mental bartender established in his subconscious mind that reminded him repeatedly, "You need a drink." When he took one, he lost control. His wish or conscious will was not to drink, but the will of the subconscious took over and said, "You must drink." His choice to drink, which he had repeated over and over again until it became an established habit pattern, was now in control.

He Reversed the Pattern

This man reversed the pattern and freed himself by the use of the same law which made him a compulsive drinker. Regularly and systematically he contemplated freedom and peace of mind, claiming that his food and drink were God's ideas which constantly unfolded within him, bringing him harmony, health, and peace. He ran a

movie in his mind several times daily by imagining himself free, happy, and joyous. He pictured himself doing what he longed to do and heard a friend congratulate him on his freedom and sobriety. Whenever he was tempted, he flashed the movie in his mind, knowing that the power of the Almighty was flowing through his mental movie and that by a process of mental and spiritual osmosis the mental image was sinking down into his subconscious where it was being developed in the darkroom of his mind.

Impressions are made in the subconscious by repetition, faith, and expectancy, and as he continued faithfully imagining his freedom and peace of mind, the dawn came and all the shadows flew away. His conscious will (desire for complete freedom from the destructive habit) became a subconscious will (his deep abiding conviction was lodged in his subconscious mind), and he was 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.

The Joy of the Answered Prayer

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 (your 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 desert has become paradise, and *your will has become God's will* or the joy of the answered prayer. It is wonderful!

Steps to Triumphant Living

1. God does not send sickness, disease, or suffering; we bring these on ourselves by our own wrong thinking.
2. The powers and forces of nature are not evil; it depends how man uses these powers or forces.
3. "There is nothing good or bad but thinking makes it so." Your problem is not bad—it is your opportunity to overcome.
4. Count your many blessings, bless the diseased organ, and you will be amazed at the wonders happening in your life.
5. To will what God wills is the only science that gives us rest.
6. It is the will of God that you lead a full, happy, and joyous life and that you experience the abundant life spoken of by Jesus.
7. A tragic error is to suppose that the will of God for you is something unpleasant or uninviting.

8. If you are ill or depressed, you are going contrary to the will of God.
9. The will of God is the tendency of God. God, being life, cannot wish anything detrimental to itself.
10. The will of God is the nature of God, and God is Love. Love cannot wish for you anything unloving.
11. You are here to reproduce the qualities, potencies, and aspects of God.
12. Your thoughts, imagery, and mental patterns mold, fashion, and shape your life.
13. You have the power to choose. Choose health, happiness, peace, guidance, and right action.
14. It is superb spiritual strategy to affirm, "God's will be done," particularly when you understand the spiritual significance of these words.
15. To say, "If God wants me to have it," is rank superstition. God wants you to be happy. He gave you Himself and the whole world.
16. God wants you to be prosperous and successful. Nature is lavish, extravagant, and bountiful. Everywhere, you see a profusion of God's wealth.
17. The channels through which you receive your wealth are not the source, and you should not confuse the channel with the Eternal Source.
18. Your desire for growth, expansion, and unfoldment is from God. Accept your desire now, and Infinite Intelligence will bring it to pass.
19. Your will (desire, choice, plan, purpose) becomes God's will (conviction in your subconscious mind) when you feel the reality of your fulfilled desire. Your conscious wish or desire has now passed from wishing to a subconscious conviction.
20. The law, which holds you in bondage or in any limitation, is the same law, which will free you as you entertain the concepts of freedom, peace, joy, and happiness. What you feel as true in your mind (heaven), you shall experience on earth (the objective world).
21. Let your will (your conscious choice or decision) become God's will (a subconscious conviction) by living with It mentally, by nursing it and giving it your attention, and you will experience the joy of the answered prayer.

CHAPTER 11

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 you. 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 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 your 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 or 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.

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 letting 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 you 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 for Forgiveness

The following is a simple method which works wonders in your life as you practice it: quiet your mind, 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, wish the delinquent well, and say, "Peace is to you." Do this as often as the thought enters your mind. You will find that after a few days the thought of the 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, 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 any more. 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.

CHAPTER 12

PRAYERS TO LIVE BY

For there is nothing covered, that shall not be revealed; neither hid, that shall not be known. Therefore whatsoever ye have spoken in darkness shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops (Luke 12:2-3).

This means that whatever we decree meaningfully in the depths of our own mind will be made manifest for all to see. Many people seem to think that these paragraphs refer to the sins of the other fellow which will be exposed or revealed; e.g., the last day of judgment when all our sins would be replaced on our forehead. However, people would not read them anyway, as they would be too busy with their own.

These verses refer to the laws of involution and evolution. In other words, whatever is involved in your mentality will be evolved or objectified in all phases of your life. It means the law of action and reaction. Fear, anger love, joy and sadness will all be made manifest on the screen of space.

One man said to me, "I suffer here, and when I die I go to Paradise." All suffering is due to ignorance. I explained to him that Spirit, or God, couldn't suffer. We suffer because of our misuse and misapplication of the laws of mind. We suffer until we learn the laws of mind and the way of the Spirit. All the suffering and misery in the world is primarily due to ignorance. Ignorance then is the only sin, and all suffering is the consequence of it.

Why He Passed Away in a Bathtub

While attending a funeral recently, the surviving widow said to me that her husband had held a constant fear of drowning, which apparently went back to his childhood. He never went on a boat or near the ocean for fear of drowning, but she said he had died in the bathtub. This impression was made in his subconscious, and it fulfilled itself in its own way. He could have neutralized it at any time, but he rejected scientific prayer and refused to consult with anyone regarding that hidden fear.

This is why the Bible says there is nothing covered that shall not be revealed, which simply means that whatever is impressed in our subconscious mind will be made manifest on the screen of space and come forth as form, function, experience and events.

Having Done All, Stand

While speaking recently at the International New Thought Convention in Chicago, I had a long conversation with a medical doctor, who told me that many years ago he had tried every conceivable way to get into Yale Medical College and had pulled all the strings, but had failed. He tried other medical schools, with the same result.

His mother quoted some words from the Bible . . . *Having done all, to stand* (Ephesians 6:13). She said to him, "That means to stop running in circles; relax, let go, and stop trying with your conscious mind." She said, "You have done your best. Turn your request over to your subconscious mind and let the creative intelligence of your deeper mind solve it."

This was wise advice. The Second World War began about that time. He was drafted and, since he had the proper preliminary education, the Army sent him to medical college. His prayer was answered—not the way he expected, though, for the ways of the subconscious are past finding out. Therefore, whatsoever ye have spoken in darkness shall be heard in the light, all of which means that when he turned his request over to the darkness, his subconscious mind, where his idea gestated, the answer was presented full blown to him in due season.

There remained therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his (Hebrews 4:9-10). The rest spoken of is your inner conviction—it is relaxation and a sense of indifference—it could be called the silent, inner knowing of the soul, your inner certitude, whereby you know your prayer is answered. When you are indifferent, you fail to react. You are indifferent when you are asleep. Divine indifference means you know it is impossible for your prayer to fail.

How She Practiced the Sabbath

A young woman had many dates and many disappointments. The men she went out with told they were single but in time she discovered they were married and

had lied to her and were just using her. Her two previous marriages had ended in divorce.

At my suggestion she practiced the following technique prior to sleep: She imagined I was shaking hands with her, wishing her all the blessings of life on her happy marriage. She felt the solidity, naturalness and tangibility of the ring on her finger. All this took place in a passive, sleepy state every night, while she was fully conscious that she must first accept the ideal in her mind before any marriage could take place on the objective plane.

The ideal she had in mind was that of a spiritual minded man who harmonized with her perfectly. Hearing me wishing for her all the blessings of life every night was a means of impregnating her subconscious mind. Following this procedure, a short time afterward, she married a minister and was very happy.

Become aware of the subtlety, the substantiality and the soundness of this simple technique.

She Worried Needlessly About Her Son

A mother was terribly troubled because her son cursed God and said, "There is no God." She had read in the Bible: *But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation* (Mark 3:29).

This passage in the Bible has frightened many people. Life, or God, however, is forever forgiving. *Thou art of purer eyes than to behold evil, and canst not look on iniquity* . . . (Habakkuk 1:13). *For the Father judged no man, but hath committed all judgment unto the son* (John 5:22).

The son means your mind, and you judge yourself by the thoughts you think and by the conclusions are rived at in your own mind. When you cease to criticize, castigate, demean and condemn yourself and enthrone God-like thoughts in your mind, there is an automatic response from our subconscious mind and the past is forgotten and remembered no more.

If you formerly misused or misapplied the principles of chemistry of mathematics and you now begin to use these principles in the right way, the principles of mathematics or chemistry have no grudge against you; likewise, your mind is a principle, and when you begin to use it in the right way you get immediate results. A new beginning is a new end. Begin with love and you end with success, health and peace of mind.

If a man refuses to seek guidance and inspiration or believes that he is incurable, he is simply shutting himself off from the Power of God to heal him, because his subconscious responds to his belief. For example, if you say that you know all the Truth and that there is nothing more to learn, then it will not be possible to cause you to see a greater measure of Truth, which is infinite in scope. As long as you refuse to forgive yourself and believe you are an incurable or that the situation is hopeless, your attitude of mind is unforgivable while it lasts.

The Bible speaks in Oriental idiom and symbolic language, and to take the paragraph mentioned literally would be absurd.

When you Pray Don't Dwell on Time

And he looked up, and said, I see men as trees, walking. After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly (Mark 8:24-25)

Eyes in the Bible mean spiritual perception, an insight into the laws of mind. Man has dominion because he can exercise reflective control of his subconscious mind. For example, you can close your eyes now and sense and feel that you are already in the place you desire to be. You actualize the state not only by making there here but the future now. In your imagination you dramatize the estate, and in that sensory vividness you open your eyes and you are amazed that you are not there. That means you have fixed the state in your subconscious mind and it will come to pass.

The Bible says, He looked up and saw men walking as trees. However, a tree does not walk; it is rooted in the soil and must wait for the various seasons to bring forth fruit. Man creates his own seasons and is not rooted like a tree. He doesn't have to wait for a healing of his eyes, or for health, love, peace or inspiration. God indwells him and is timeless and space less. Love is now; he can claim it now. Peace is now, and he can claim God's river of peace is flowing through him now. Strength is now, and he can claim that the Almighty Power is flowing through him now.

It is foolish to say, "Some day my eyes will be healed." The Infinite Healing Presence is within you. It is timeless and space less. Vision is spiritual, eternal and indestructible. Claim boldly, "My eyes are God's eyes and I see perfectly now." Why say, "Some day I will make my mark in the world"? Claim that Infinite Intelligence is guiding you now, this very minute, revealing to you your hidden talents and opening up a new door of expression for you. Cease postponing your good, for whatever you seek is within you as an idea, a thought or a principle, and everything you see in this world came out from either the mind of man or the mind of God. All inventions, discoveries and indeed everything you use in your workaday world came out of the mind of man. There is only One Source.

The Wonders of Prayer

For I say unto you, Among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he (Luke 7:28).

This means that any man who prays successfully and touches Reality is greater than the so-called wisest man in the world. One man may be wise in the ways of the world and be completely governed by his five senses; the other man knows how to contact the Infinite within him and find peace in this changing world.

The Meaning of Our Father

After this manner therefore pray ye: Our Father which art in heaven . . . (Matthew 6:9).

Our Father means that all of us have a common progenitor—the Life Principle—and we are all intimately related. Actually, we are all brothers and sisters. The word *humanity* means the One Being appearing as many. This indicates your essential unity with God, with all men and with all things in the world. There is but One Mind and One Spirit animating all of us.

When you pray, it is essential that you have a sense of unity with all men and women and with all things in the world. All things—all the bests of the field and the fowl of the air—came forth from the One Source, and one part of Spirit cannot be antagonistic to another part of Spirit, as Spirit is one and indivisible. When you say *Our Father*, you realize the great law of unity or oneness. This reduces all sense of conflict and releases the imprisoned splendor within you.

Learn to Become Aware

You must be conscious of a state to witness it. A man who never saw an electric switch or a telephone cannot distinguish between the two, because he is not aware of them. Become aware of the Indwelling God within you and claim that what is true of God is also true of you, and wonders will happen in your life.

God is in the murderer as well as in the holy man. God is not less in one than the other. God is, and to tell me about the miracle that happened and to imagine and feel that I was greeting him and congratulating him on the miracle God had brought. He was to make there here and the future now in his imagination, and he was to feel the reality of it all. In other words, mentally and emotionally, in his imagery, he was in my study and he felt my imaginary handshake.

He repeated this over and over again many times a day until he felt the naturalness and sensory vividness of it all. A month later he walked in on a Monday morning and experienced objectively what he had been dramatizing in his mind many times a day for four weeks. He translated the old, crippled state to the man walking uprightly in the law. He died to the old state, and you cannot find the crippled state no matter where you look.

It was written by Men

New Bibles are being constantly brought forth and previous errors in translation are being corrected and modified. The Bible, being written by men, is not perfect, and numerous errors have been discovered from time to time. What we must learn is not the letter or the word—the word is the mood, the thought-feeling, the inner meaning it conveys. Many people believe you must quote the Bible word for word. How can you? The original Bible was not written in English; and the original Hebrew

of 5000 years ago is entirely different from Modern Hebrew, just as the language of Chaucer is vastly different from the English of today.

In this day and age, you would not call your daughter Daisy, Fannie or Pansy—words, through the passage of time, change their meaning. When I was a boy these names for girls were commonplace. Nor would you call your son Judas, because you would not want your son to be ridiculed at school.

We are not dealing with words here, but with the moods. For example, the word John means love; Peter means faith in the One God; James means righteous judgment, i.e., coming to a decision based on eternal truths, which are the same yesterday, today and forever. The word sin means a missing of the mark, failing to realize your desire in life. You are really sinning when you fail to lead a full and happy life. The word Judas means lack, limitation, your personal problem. We are all born with Judas; i.e., we are born into all that our environment represents. We came from the limitless state and find ourselves now in a three-dimensional world. We are here to discover who we are. Through problems, difficulties and challenges, we discover our Divinity. Our joy is in overcoming.

The men who translated the Bible had to capture the moods of the mystics who wrote the book thousands of years ago. They had a partial key—not the entire key. In the King James Version, you read: *The fear of the Lord is the beginning of knowledge . . .* (Proverbs 1:7). The Bible also says that God is love. All this really seems contradictory.

In the days when the King James version was written, however, fear meant to have a healthy, reverent respect for the Lord, or the Law, in the same way you should have a reverent respect for the laws of chemistry or electricity; otherwise, you would get into a lot of trouble. The English of the Magna Carta, that wonderful document, is unreadable and cannot be understood unless you have mastered the English language of that period.

Whose Wife Shall She Be?

The same day came to him the Sadducees, which say that there is no resurrection, and asked him,

Saying, Master, Moses said, if a man die, having no children, his brother should marry his wife, and rise up seed unto his brother.

Now there were with us seven brethren: and the first, when he had married a wife, deceased, and, having no issue, left his wife unto his brother:

Likewise, the second also, and the third, unto the seventh.

And last of the entire woman died also.

Therefore in the resurrection whose wife shall she be of the seven? For they all had her.

Jesus answered and said unto them, ye do err, not knowing the scriptures, or the power of God.

For in the resurrection they neither marry, nor are given in marriage, but are as the angels of God in heaven (Matthew 22:23-30).

If a man is married now and he believes in reincarnation, he must have thousands of wives. Which one is his? Likewise, he must have thousands of mothers and fathers. Which mother is his? Man misses the point altogether. The belief in reincarnation is a solace, an opiate, a sort of narcotic to the individual who has met with many defeats, and the belief is a comfort to him. The theory pleases his vanity and exalts his ego.

If an individual who has now hit the bottom is told in hypnotic regression that he was once famous, he likes to hear that his misfortunes are due to his karma and misdeeds in a former life. Tell a man that when he forgives himself, his sins are forgiven him. Man should stop punishing himself, as God punishes no man.

I have written about the subject of reincarnation somewhat at length in the last chapter of *Psychic Perception* I might add, however, that 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 the explanation that he comes back again and again on this plane to expiate for his former sins gives him some 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. Mozart, Lincoln, Shakespeare and countless others left their impressions with mankind. We read of their works in history, song and prose. All of them live in the hearts of subjective minds of men.

When husband and wife enter into the creative act, they can give conception to any state they are capable of conceiving. The dominant mood will prevail, as the subconscious mind always accepts the dominant mind or feeling. If they dwell on and admire the qualities and attributes of Lincoln and would love to give birth to such a son ("as within, so without,"), then a child is born with these qualities; but it is not Lincoln coming back again. It is the tone struck during conception, or creation, that determines the nature of the child. This is plain common sense: It is the law of mind in action.

Now, to come back to the question asked by the Sadducees, who were a religious sect with strong materialistic beliefs but without spiritual understanding. They looked upon the marriage spoken of as a physical marriage. The Bible is speaking of mental and spiritual things, of the psychological and spiritual man, who makes many mental and emotional unions called marriages in this world.

Like wise, in the *I Ching* a marriage means embracing or believing in an idea or opinion. If you believe strawberries give you hives, that is a marriage, Biblically speaking, and you have an issue from it; namely, the physical result of the belief or opinion embraced by you. If you marry or embrace the idea that sitting near a fan will give you a stiff neck, you will have an issue from that marriage; namely, a stiff neck. Look at the countless mental marriages men make in this world, embracing and accepting all sorts of false beliefs, opinions and superstitions.

Paul said: . . . *I die daily* (I Corinthians 15:31). You must die to what you are now so that you can live to what you want to be. You are in heaven now; it is not some place

you go when you die. You live, move and have your being in that Infinite Spirit within you, which was never born and will never die. You can die to fear and live in faith in God and all things good. You can die to poverty and live in God's riches, which are all around you. You can die to superstitions and embrace the wisdom of God, thereby experiencing the second birth, a spiritual regeneration in which the wisdom of God anoints your intellect, and you think, speak and act from the standpoint of the Infinite Presence and Power; not the superimposed structure of ignorance, fear and superstition, which are called the three ruffians.

Some months ago I counseled an alcoholic who had lost his family, his business and his prestige. He was completely irresponsible and full of self-condemnation. He decided to die at his present state and go to heaven; namely, harmony, health, peace and accomplishment.

Every night he decreed: "Peace and sobriety are mine now. The Almighty Power flows through me, giving me freedom, peace, harmony and strength. I have made a decision and I know the Power of God will back me up." At the end of a week he was completely freed from the habit. He came to a decision to become a new man, went back to his wife and children, attended night school, and began to apply himself with tenacity to *classes* on business management.

His industry and zeal has paid off. He is now conducting his own business and is a wonderful success. He died psychologically to the sick man, the weak man, the insecure, whining and complaining man, and was reborn to peace, tranquility, triumph and accomplishment. Psychologically, he died and went to heaven (peace and harmony).

The inner meaning of the Bible makes sense: . . . *The letter killeth, but the spirit giveth life* (II Corinthians 3:6).

CHAPTER 13

THE MEANING OF AGE-OLD TRUTHS

This was my third visit to Bangkok, Thailand's fairy-tale city of temples and elaborate palaces, and I noticed a great number of changes, most of which were of a healthy nature. We went to the market by boat just as the Thais do. Gliding down the "kalongs" (canals) to the floating market, we saw boats piled with vegetables and flowers.

It was also interesting to observe the saffron-robed monks out in the dawn collecting food in their begging bowls. It was fascinating to view the Temple of the Dawn as well as many other temples and palaces with their indescribable variety of Buddha's—gold ones, reclining ones, even an emerald one! The Temple of the Golden Buddha contains the largest, oldest Golden Buddha measuring ten feet in height and weighing $5\frac{1}{2}$ tons. This represents a lot of gold!

The guide gave an interesting lecture on the topic of Buddhism and the many healings people receive when they pray and make their offerings at the shrine. A man in one group brought up the question of the Sphinx, asking what I thought about it from a religious standpoint. The idea came to me that it would be a good title for a section of this book.

The Sphinx and You

As for the likeness of their faces, they four had the face of a man, and the face of a lion, on the right side: and they four had the face of an ox on the left side; they four also had the face of an eagle (Ezekiel 1:10).

In the ancient Greek myth, the Sphinx propounded to all comers the riddle of man, and those who could not answer the riddle died. The riddle was: "What walks on four legs, on two legs and on three legs?" The ancient answer was supposed to be man, because he crawls on hands and feet as a baby, then walks erect on two feet until such time as he uses a cane or crutch to help him when he gets very old and feeble.

This explanation, however, is not the correct one. The inner meaning is as follows: We must admit that most of the members of the human race are still walking on four legs, which means they are immersed in the mass mind and governed by the law of averages. The mass mind means the thoughts, feelings, beliefs, fears, superstitions, passions, prejudices and false beliefs of four billion people.

There are, of course, a large number of people throughout the world who pray scientifically and who pour into the collective unconscious of the mass mind constructive, harmonious thoughts; but they are in the minority. Therefore, if we do not do our own thinking, each one of us must honestly ask himself: Is it the mass mind thinking in me or am I really doing my own thinking? To think is to compare. You choose thoughts based on eternal verities, truths which never change but are the same yesterday, today and forever.

Think about whatever things are true, lovely, noble and Godlike; then you are truly thinking. If there is any fear, worry or anxiety in your thinking, it is the mass mind thinking in you. Millions of people have forgotten or are completely ignorant of the laws of mind and the way of the Spirit in man.

The four-footed animal is the five sense man who lives to eat and enjoy the pleasures of the flesh. The symbol of the four-footed animal also means the materialistic type of man who walks the earth believing only what he sees and who thinks that his security rests in the accumulation of riches and things of the world. He is the type of man who has forgotten to lay up treasures in heaven by the contemplation of the truths of God from the highest standpoint.

Symbolically speaking, not too many men and women are walking erect who have discarded animal propensities and tendencies; and of those who have spiritually matured, only a small minority walk the earth bearing all their weight on the crutch of intuition or inspiration from the Higher Self.

The symbolism of the Tarot Card "The Wheel of Fortune" is an adaptation of the vision in the first chapter of Ezekiel, which is considered one of the most occult chapters in the Bible—the four sacred animals and the wheels within wheels *And they four had one likeness: and their appearance and their work was as it were a wheel in the middle of a wheel* (Ezekiel 1:16).

The four wheels indicate the four planes, which are spiritual, mental, emotional and physical; or the four stages of an idea, which are consciousness, awareness, the I AM within you, desire, feeling the reality of it, and the manifestation; or the four stages of the seed, which are the seed, the soil, the creative essence and the plant.

Symbolically, the four mentioned in the Bible—the man, the lion, the ox and the eagle—represent the four fixed signs of the Zodiac, which are Taurus, Leo,

Scorpio and Aquarius. The four mentioned also represent the four letters in the name Jehovah, I.H.V.H. The first letter, Yod, means God, I AM, or Unconditioned Consciousness, Spirit, the Source of all life. The second letter, HE, represents your desire, the thought-image in your mind, your clarified mental picture. The third letter, Vau, symbolizes feeling, love, emotion; i.e., you pour life into your idea, and in that manner you subjectively it and make it real. The fourth letter, HE, is the manifestation of what you imagined and felt to be subjectively true. This is the way all things come to pass in your world.

All these symbols refer to the fourfold constitution of man and are referred to as the four beasts of Revelation. Leo represents the lion, or Spiritual power. Taurus means the bull, the beast of burden, as we labor with our desire to till the soil of our mind and deposit our thought-image in our subconscious mind. Aquarius signifies the water bearer. Water means psychological truths, 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 mind, or the finished state. These four fixed signs of the Zodiac can also be explained in this manner: consciousness or Spirit (I AM), desire, feeling the reality of it, and realization.

Getting a New Halo

God indwells all men. Some men are expressing more of their Divinity than others, however, a man may fail and fall, but he cannot forfeit his Divinity. It is untouchable. The poorest slouch you see on the street is a manifestation or expression of God, and nothing can stop his eventual unfoldment.

Jesus saw this, regardless of the hash about an everlasting hell which his followers made out of His teaching. He castigated and criticized nobody but hypocrites. He did not in the least object to keeping what hypocrites called bad company. Neither did Buddha. They each recognized that in all people—be they scoundrels or saints—the Presence of God resides.

Exalt God in the midst of you. Do this many times a day. Also salute the Divinity in every person you meet. As you do this, the glory of God will shine more and more through you, for there is no end to the glory which is man.

Wheels Within Wheels

Your concept or estimate of yourself determines the circle of friends you have, your social and professional status, your financial state and all phases of your life. You can constantly enlarge that circle by getting a greater concept of yourself and by extending your horizons. The diameter determines the circumference of a circle. Your diameter is your real estimate of yourself.

How much are you worth mentally, spiritually and in your knowledge of the laws of mind? All of us are living in different worlds based on our early training, indoctrination, beliefs, opinions, theological conditioning, etc. All of us look out through the contents of our own mentality, and we each see a different world. The world we see is the world we are.

Each one of us has his own private world of thoughts, opinions, beliefs and imagery. The radio engineer tells us that he can send program after program on one beam and they do not collide with each other because they are sent on different frequencies. It is my understanding that many transatlantic messages over the co-axial cables of the telephone company can be sent at the same time at different frequencies.

There may be five members of your family; yet each one is living in his or her own private world—a wheel within a wheel. One scientist said there were about an octillion number of electrons in our body (our body is composed of electrons, protons, atoms, molecules), but each atom or molecule is a world in itself.

The difference between one metal and another is based on the number and rate of motion of electrons revolving around a nucleus. Look at a bar of silver or gold. When examined under the eyes and ears of scientific instruments, they are not solid at all but are composed of billions of little worlds within the bar of silver, gold or steel.

Physicians know that the cells composing your eyes are different than bone cells, and the cells of your heart are entirely different than the cells of your intestinal tract. Each cell functions according to its nature, however, and is a world within itself. For example, the cells in your bronchi cannot do the work of your liver, your heart or your digestive system.

Your body is a complex compound of atoms and molecules. Actually, and more basically, it is composed of waves of light. Furthermore, you have another body within the one you now have. It is called subtle body, a fourth-dimensional body or astral body, which means that you can leave your present body and appear in any part of the world. You will have bodies to Infinity, and you will never be without a body, for a body is necessary for the expression of Spirit.

Each one of us is projecting outwardly on to other people, circumstances, and events the world of his beliefs, feelings and emotional conditioning. Two women may look at a drunkard in the gutter. That does not mean that the women are drunkards; it means the way they feel inside colors what they see on the outside. One woman has compassion for him and realizes the Presence of God within him and calls it forth. The other woman says, "They should experiment with new drugs on him rather than on guinea pigs." She denounces him bitterly. Both see the same man, but they react differently. We likewise project onto others our emotions, temperament, and inner conditioning.

To Be and to Do

Suppose, for instance, that your main desire in life is to become a great singer who will bring joy to thousands or even millions through your singing. Sit quietly

two or three times a day, shut out the evidence of senses and imagine you are singing before a multitude. Claim that God is singing majestic cadences through you, which stir the hearts of people everywhere. Feel the naturalness of it. Hear a loved one congratulate you on your marvelous success.

As you meditate in this manner, you will discover that the time will come when this state of mind is fixed in your subconscious mind and that all the qualities and attributes necessary will be resurrected, as they were always within you in the first place. Remember, the Sphinx is within you. It is your Unconditioned Consciousness, the Unconditioned Awareness, and the God within you.

This is the center, or Sphinx, around which all things revolve. It is the Unmoved Mover of all, while the world, galaxies of space and the wheel of personalities ceaseless turn beneath the One Who Forever Is. You condition the unconditioned by claiming and feeling you now are what you long to be. As you remain faithful to that mental image, you will experience the joy of the answered prayer.

Bands of Love

. . . . But they knew not that I healed them. I drew them with cords of a man, with bands of love . . . (Hosea 11:3-4). In order to form this perfect circle, you must think in harmony with the Infinite Presence and Power. This is sometimes called being "in tune with the Infinite." We are not compelled to love, but we have freedom to love.

Love is spontaneous and joyous, and we have the ability to give or to withhold it. There is no compulsion to love. For example, there would be no joy unless we could experience the opposite. How could you experience joy unless you had known sorrow? Love must be freely bestowed. Someone may feign love due to necessity or a sense of dependency, but this is not love. When our thoughts are in tune with the Infinite, they form a perfect circle or circuit and return to us, pressed down, shaken together, and running over.

When our thoughts are negative, as when, for example, we indulge in criticism, jealousy, or feeling sorry for ourselves or another, we are not in tune with God; consequently, there is no polarity. The circle of good is not formed.

The remedy for problems is to realize that the seat of Omnipotence is within us. By quietly stilling the mind, we realize gently that all power and energy necessary to overcome any situation, be it what it may, are ours now. A battery is formed by connecting opposite poles of zinc and copper, causing a circuit, which generates energy. This identical process is repeated when we meditate. Our thoughts must be charged with energy or emotionalized by love. In other words, we must become one with our ideal by feeling the reality of the state desired within ourselves. This is the polarization of thought, or the wheel within wheels.

You Came from Eden

Thou hast been in Eden the garden of God; every precious stone was thy covering . . . (Ezekiel 28:13). You were in Eden, or the paradisiacal state, the absolute state of all bliss, before you were born. In other words, you were Spirit. Your father and mother, during coition, struck a certain note and the Spirit, or the Absolute, became relative and was conditioned through your parents as you. We are wheels within the one wheel—the Motionless One—yet; all motion takes place within it.

What is a day? A month? A year? A lifetime? A thousand lifetimes? Time ceases for those who turn within to the Timeless One and tap the wisdom, the power and the glory within. Deep within us is something that reminds us of our origin and urges us back to it. Our mission and purpose in this life is to cherish, enlarge and glorify this memory, to follow sincerely that inner impulse until the spark grows by cultivation into a light, which fills us, and we identify ourselves with it.

Eve, the subconscious of man, was taken from the rib while he slept. This is, of course, an allegory. The true meaning is as follows: It is during sleep that the subconscious emerges. She comes forth from the rib. The symbology of the ribs is protective, as the ribs protect the vital organs of the body. This merely portrays the protective nature of the subconscious.

During sleep Eve takes the office of instructor. The subconscious feeds the body and carries on the internal process of which the conscious mind is wholly unaware. It is said that Eve was made subject to man for good or evil. Our subconscious is subject to the conscious mind. We have defiled it, however. In the same way that we have degraded and abused it, though, we can purify it by our thoughts and moods.

Wives, submit yourselves unto your husbands . . . (Ephesians 5:12). The wife in the Bible is your subconscious mind, and the husband is the conscious mind. Psychologically speaking, the subconscious (wife) is subject to the conscious mind (husband). This, of course, is not true in their personal relationship. All of us operate the male and female principle within us.*

In the ancient Tarot teaching, the Hebrew mystic said, "Subservient was she to be to her husband all the days of her life." At night the subconscious takes charge; and, according to your mood prior to falling asleep, you experience joy (if your thoughts are of the good and beautiful), or you have unpleasant experiences, particularly if you have gone to sleep in turbulent mood. In this latter case Eve (your subconscious is simply pointing out to you that you have mismanaged things. She also instructs and guides you and says what she pleases.

* See the chapter on "The Bible and Woman's Bondage" in *Great Bible Truths for Human Problems* by Dr. Joseph Murphy, De Vorss

By filling your mind with the eternal verities and by busying your mind with the concepts of peace, harmony, right action and goodwill to all, you will succeed in eradicating all the doubts, fears and other negative states that may be lurking in your subconscious due to past errors and superstitions. Your subconscious may warn you in a dream. For example, if you fear a certain disease, your subconscious may dramatize your fear when asleep, showing you in the hospital, attended by doctors and nurses.

Now, there is no such thing as an inexorable fate. The dream mentioned can easily be explained. Your subconscious reasons deductively only and deduces a conclusion from the fear of disease entertained by you and magnifies this fear in a dream. You can change the dream and neutralize the fear by contemplating the wholeness, beauty and perfection of God saturating your whole being and realizing that God in the midst of you is healing you now. Rejoice and give thanks for the Infinite Healing Presence operating in you now. Saturate your mind with these truths prior to sleep and your subconscious will respond accordingly.

CHAPTER 14

PRAYERS FOR HUMAN PROBLEMS

And he said unto them, What man shall there be among you, that shall I have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the Sabbath days. Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other (Matthew 12:11-13).

The twelfth chapter of Matthew is a wonderful exposition on mental and spiritual healing. Jesus was at that state of consciousness where he could heal instantly, so the man stretched forth his hand.

There is also an inner meaning to stretching forth the hand. For example, the man with an inferiority or rejection complex is not using the Infinite Power and Wisdom within him. He fails to see that the Presence of God—the Almighty Power—is within his own subjective depths, enabling him to do wonderful things.

How a Salesman Stretched Forth His Hand

A salesman who attended my lectures and special classes in Los Angeles from time to time was not making ends meet, was down on himself and felt inferior to all the other salesmen in his company. At my suggestion, he began to affirm: "I am a son of the Living God, and I am expressing more and more of God's light, love, truth and beauty. I am a tremendous success in all my endeavors and my sales are improving

every day in a wonderful way. Every time I visit a customer I affirm silently, 'The Spirit (God) in me salutes the Spirit (God) in you. It is God talking to God, and the result is harmony, peace, Divine understanding and right action between us.'"

This was his prayer night and morning. He affirmed and reiterated these truths three or four times out loud night and morning, knowing that these meaningful truths would sink into his subconscious and activate the latent powers within him. He learned and understood that his subconscious mind would accept what he sincerely believed in his conscious mind. The subconscious accepts our convictions and what you predominantly think and believe.

In a month's time his whole life became changed. He established wonderful relations with his customers, sales improved and he no longer felt inferior. He continued to contemplate himself as a son of the infinite, while at the same time recognizing the Divinity in everybody else. He stretched forth his hand and manifested the Power of the Infinite within him. His constant affirmation is: "I can do all things through the God-Power which strengtheneth me."

How to Use the Healing Power for Yourself or Another

The Infinite Healing Presence indwells all men and women. Everyone has the gift of healing, for God is the reality of everyone. This is how you can pray for healing for a loved one or a friend: Feel the Presence of God, which is the Presence of vitality, wholeness, power, intelligence, peace and harmony, permeating his whole being, functioning in him and through him. Realize that he or she is being Divinely watched over. The other person may not know about it. You accept what you affirmed and believe it.

Praying for another is thinking of the qualities and attributes of God. Get interested, not tense, e.g., if you are on a train, bus or subway and you see a sign and read the subject matter, you become very interested. Likewise, become very interested in the Divine Healing Presence, and as you rise in consciousness, you will have power.

You can affirm that he or she is being healed now. Feel the Presence of God there and realize that he or she is now externalizing the vitality, wholeness, power and intelligence, which Pure Spirit is. Believe it, accept it, and then leave it. If you think of the person later on, do it again, as if you had never prayed before for that person. If it is someone close to you, do it several times a day.

The healing may come slowly or quickly, according to your faith or belief. That is called in the Bible "sending your word, your thought and your feeling to the other." The person for whom you are praying receives your affirmation. The result is that the sick person's subconscious mind becomes thoroughly imbued with the realization of its own healing power; and according to the law as of the subconscious mind, the latter brings forth into external manifestation that which is impressed upon it. Thus, health is substituted for sickness.

Remember, however, when you pray for another you must never be in a critical mood or a tense state of mind, for you can't storm the gates . . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15).

How a Mother Prayed for the So-Called Dull Son

A teacher said to a mother: "I think your son is somewhat retarded. He is dull; he seems hopeless and cannot learn or be taught." The mother loved the boy, though, and prayed for him in this way: "I claim, feel, know and believe that the Infinite Intelligence of the Infinite One is welling up within him. I know that the wisdom of God is working out through him, and that his intellect is anointed with the light and love of the Infinite. My boy is a perfect expression of the Infinite Healing Presence."

She affirmed these truths for about ten minutes every morning, afternoon and night, knowing that she would resurrect the qualities and attributes of God lodged in the subjective depths of the boy. Following the contemplation of these truths, she made it a special point to imagine that her son was right in front of her, telling her: "Mother, look at my report card. The teacher praised me." She heard this over and over again in a relaxed and passive state of mind, knowing that her mental image must agree with her affirmation.

The mental image you have is always made manifest. The boy gradually becomes more responsive, and he excelled in his studies. He confirmed objectively what she affirmed and imaged subjectively.

For by the words thou shalt be justified, and by thy words thou shalt be condemned. (Matthew 12:37). To justify is to make equal, to balance the imbalance. Her realization of the truth about her boy was resurrected in the mind of her son, which balanced the equation. The 'word' in the Bible is your thought-feeling, your conviction, your dominant belief, which is always made manifest.

How to Gain More Faith

You do everything by faith. You plant seeds in the ground because you have faith in the laws of agriculture. You bake a cake by faith and you drive your car by faith. Everyone has faith. Some, unfortunately, have faith in failure, in sickness, in lack and in limitation. This is faith in the wrong thing. Have faith in success, achievement, health, happiness and abundance. Have faith in the creative law of your mind, Divine right action, the abundance of the Infinite and goodness of God in the land of the living.

How to Develop Faith in God and Forgiveness

There is a price to be paid, but all men and women can pay that price by giving up feeling sorry for themselves, ceasing all self-condemnation and self-criticism and

condemnation of others, and entering into the spirit of forgiveness of themselves and others. When the thought of resentment of another comes to your mind, affirm: "I release you and wish for you all the blessings of life." As you continue to do that, the person will come to your mind and there will be no sting. In other words, you will no longer mentally sizzle—then you will know you have forgiven and forgotten.

Watch the Idle Words

But I say unto you, That every idle word that men shall speak, they shall give account therefore in the day of judgment (Matthew 12:36). The negative thoughts, the doubts and fears, are the idle words which prevent healing or advancement.

Every day and hour is the Day of Judgment. When you pray for another, that is your judgment, the decision you arrived at. You realized the Presence of God, i.e., health, vitality and wholeness; or you dwelt on the sickness in him. How did you judge him? If you saw a diseased man and hoped he would be better, you judged wrongly. If you saw a perfectly healthy man (in other words, if you envisioned him as he ought to be—vital, strong and bubbling over with enthusiasm and energy), you judged correctly.

When Will the Answer to My Prayer Come to Pass?

But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father (Mark 13:32).

Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning (Mark 13:35).

All seeds mature and germinate at different periods according to their kind; likewise, seeds or impressions made in your subconscious mind mature and come to full bloom at different periods—days, months, sometimes years. Your desire or idea, when impregnated in your subconscious, gestates in the darkness; and the wisdom of your subconscious determines when to present the answer or manifestation full-blown into your experience.

The Reason the Old Ailment Returns

During consultation, a man said that he had been completely healed of ulcers but that later the condition had returned. I gathered in talking with him that some years ago he had been in business and his partner had embezzled funds and had absconded to Canada. Recently he heard that his ex-partner was very successful in business and has had become quite wealthy. This made him very agitated and resentful. He was living the role over again and reinfecting himself. The memory was not withered, not forgotten and not forgiven. The roots of resentment and hostility were still lurking in the recesses of his subconscious and, like a festering wound,

sending psychic pus throughout his system. His ulcerated thoughts and emotions reactivated his ulcers.

I explained to him that forgiveness of himself and the other was absolutely essential for his health and well being and that he would know when he had forgiven because he could remember the incident and remain indifferent altogether—no feeling, no word. By living the scene or experience over again, he recreated the condition, and like the seed that recedes and grows again quarterly, annually, or biennially in the same way, the old ulcerated state appeared in a new form. Certain plants die and bud again according to season. It is essential to eradicate the cause to prevent a relapse of the disease. He decided definitely to release him completely in his mind, wishing for his ex-partner all the blessings of life, and a healing followed.

The Proof that you are Free From Bitterness and Hostility

Can you see the other person as happy, harmonious, joyous, etc.? If not, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are still there, and the roots of bitterness wither by indifference. This is another way to kill that root; Listen to the voice of the other person who wronged you telling you what a wonderful, dignified person you are and how honest and kind you are. Make it real. You want to hear it. Get into the mood of that mental picture. It works.

How His Acne Disappeared

A young boy of eighteen said he had been using lotions, ointments and getting injections. His acne would temporarily disappear and then periodically recur. The doctor called his condition an inflammatory disease of the sebaceous glands, characterized by pustules eruptions on his face.

The real trouble, however, was that he was frustrated. He wanted to be an aviator, but his father objected and said he should learn the business of his father and succeed him when he would retire. There was warfare in his mind. His skin, being an organ of elimination and symbolic of an envelope of Divine love, revealed the hidden conflict.

He faced the problem and discussed the matter with his father. The latter saw the cause of the trouble and thereupon released his son, letting him become what he desired. The pustules disappeared within a week.

How Her Prayer Was Answered By Contemplating the Happy Ending

While lecturing at the Unity Temple in New Orleans a few years ago, I had a consultation with a woman who desired to have a child, but her gynecologist said she had tumors in the womb and advised strongly against it. She had wanted a child for over six years.

This woman was a profound student of the healing techniques of the Bible. She was particularly interested in the following verses: *And it shall come to pass, while my glory passeth by, that I will put thee in a cleft of the rock, and will cover thee with my hand while I pass by: And I will take away mine hand, and thou shalt see me back parts: but my face shall not be seen* (Exodus 33:22-23).

The application of the truths of these verses solved her problem. God, or Living Spirit Almighty, or Consciousness, has no back parts, as your awareness or I AMness is invisible, but you do see the manifestation of your faith or conviction in God. When the sun has set the day is over. I see the back parts of it—the setting sun. Face is the secret. There is no form, figure or face to your deep-seated conviction or belief. The rock means your conviction.

I explained to her that as she turned to the Infinite Healing Presence which created her, knowingly and believingly, she was standing on a rock; that her faith or confidence had become fixed in the belief of giving birth to a child in Divine order; and that God would cover her with His hand, meaning the Overshadowing Presence would give her rest and peace, the protection for her new mental attitude. When the hand (the Power and Presence of God) is removed, you see the back parts—the manifestation of the desire. If I am coming toward you, you see my face; but if I walk past you, you only see my back. The Infinite Presence has no back parts; it's simply the objectification of your desire.

Accordingly, she prayed as follows: "God's Healing Love is flowing through me, permeating my whole being. I AM relaxed and at ease, knowing that the Infinite Healing Presence brings this to pass in its own way and in Divine order. I let go and let God take over. With my imaginary hands, I am fondling, cossetting and cuddling my baby in my arms."

She affirmed these truths night and morning, feelingly and meaningfully, knowing that by repetition, faith and expectancy, these truths would sink into her sub consciousness and come to pass. Shortly afterwards, she did become pregnant and in the ninth month gave birth to a boy who was perfect in all ways. The obstetrician found no tumors. The have been dissolved by her constant spiritual transfusions.

She saw the back parts. Biblically speaking, i.e., the manifestation, the happy ending the objectification of her desire. There was no tension, no anxiety; just a quiet assurance that the Healing Presence was flowing through her and would bring things to pass in its own way and in Divine order. When you pray, imagine the happy ending, the Divine solution, through the wisdom of the Infinite. Relax and believe, and when you relax, let go and believe, you experience the joy of the answered prayer.

Do not Deny What You Affirm

When you want a healing of any condition, get silent, relax, think of the Infinite Presence and Power, and affirm that the healing is taking place now. There must be

no resentment or bitterness. Forgive everyone. Your subconscious made your body and it can restore you to the Pattern on the Mount. If you can't heal yourself, go to a doctor and bless him and pray for him. To think because you go to a doctor you should not pray is rank superstition.

When you think of the condition from time to time, affirm immediately: "God is healing me now." To fret and fuss and deny and say, "I'm getting worse," "Prayer doesn't work," "I'm hopeless," or "I'm doing something wrong" is somewhat as if a surgeon operated on you, cut out the appendix, and then in ten minutes ran back and opened you up again to see how you were getting along or to see if he had forgotten something, and then in a half an hour again ran back and sewed you up again. He would probably kill you by blood poisoning or shock. You will have to account for every idle word you speak, for the simple reason that your subconscious mind takes you literally and brings all your beliefs to pass

How a Father Healed His Son

While speaking some time ago in Pawtucket, Rhode Island, a man consulted with me about his son. He was divorced, and he said his former wife had poisoned the mind of his son against him so that when he went to visit the boy, he would run out the back door and disappear into a neighbor's home. He went through the courts trying to get custody of the boy but failed. He offered his ex-wife considerable money over and above the legal settlement in order to get custody of the boy, but she refused. The boy was not getting on well in school and was as hateful towards his father, as he had been taught that he didn't want him.

I suggested that he try the spiritual approach to the problem, since the human approach had failed. He prayed as follows: "I surrender my ex-wife to the Infinite Presence and Power. She is Divinely led in all ways, and Divine love fills her soul. God flows through her, filling up all the empty vessels in her life." Whenever he thought of her, he would immediately affirm, "I released you. God loves you and cares for you."

He also prayed for his son: "Bill, my son, is in his true place, ministered to by Divine love, harmony, peace and understanding. He knows the truth, he loves the truth, and he hears the truth. There are peace, harmony, love and understanding between us." Whenever he thought of Bill, he would affirm, "Divine love watches over Bill."

I received a letter some time later from this man telling me that his ex-wife had called him up saying Bill was sick. He went over and had a wonderful reunion with his son. She wanted him to take the boy, as she had fallen in love with another man and was delighted to release Bill to his father. This was a perfect working of the Law . . . *what things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

Your Inner Conviction is Always Made Manifest

You do not pretend to be vital, strong and healthy when you are sick. Admit your sickness. Realize that nothing is forever and that you can and will overcome the condition through your knowledge of mental and spiritual laws. It is foolish to pretend you are getting better when obviously you are getting worse. There is no use trying to mesmerize you by calling black "white."

You turn away from the problem and contemplate the Healing Power of God and His guidance; and as you cleave to that positive Truth, conditions will improve. When the outer condition improves, you are on the right track. Remember that if, after prayer-therapy, the outer picture does not change in a reasonable time (hours or days), you are deceiving yourself. You are not working correctly. When the outer condition is changing, you are getting results.

Remember, your mental attitude, your real inner conviction, is always made manifest. Cease all excuses and prevarications of any kind, because when you pray, health springs forth speedily. Lessening of the pain and disappearance of the condition tells the story. This is the Truth which sets you free. *Wherefore by their fruits ye shall know them* (Matthew 7:20).

CHAPTER 15

CREATIVE IMAGINATION

Creative imagination is a marvelous spiritual quality. All of the great discoveries and inventions in science, art and industry came forth from men with disciplined imaginations. When the whole world said, "It can't be done," men with imagination said, "It is done."

Primitive man living in caves was at the mercy of wild beasts, but a budding imagination enabled him to fashion certain clubs, stones and other crude instruments which could kill the beasts which attacked him. The tremendous odds against primitive man forced him to imagine and create all kinds of crude weapons to protect himself. He created fire to warm him and cook his food and eventually discovered the wheel, which has blessed mankind in countless ways. The dimensions of imagination are, indeed, boundless, infinite and limitless.

She Wanted a Home

A widow with a son ten years old wanted a home near her work in the Newport area. She imagined that she was in the home arranging the furniture and showing the yard to her boy. In her imagination, she saw the type of rooms she wanted, including a fireplace. In her imagination she was often showing the house to her close friends. She acted as though she had the home, knowing that, as the night follows the day, she would eventually have it. All of this was based on her belief that . . . *what things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

A few months went by and a young man in the office where she worked proposed to her. They got married and the home he had was a replica of what she had been imagining and living in mentally for the previous two months. A home is a thought-image in your mind.

There is an Easy Way

There are many people who think the way to get ahead is to brush others aside, step over them, push, scramble, out-smart and out-do the other. All of this is absolutely false. You may get ahead that way in a materialistic sense of a time, but the reaction can bring upon you serious penalties in tensions, conflicts, a sense of guilt, and ills of the body as well as various other losses.

To hurt another is to hurt you and attract loss, lack, limitation and impoverishment to yourself. To envy others and seek to “undermine” them will cause you to find dross at the end, not gold.

Develop a vivid imagination, backed by faith in God. You will then move onward and upward and accomplish great things. Mussolini, Stalin, Hitler and others used the creative power of imagination to destroy others. In doing so, they succeeded in destroying themselves.

There is a Light Within You

Years ago I read the words uttered by the late King George of England. He quoted the poet, who had said, “I said to the man who stood at the gate of the year, ‘Give me a light that I may tread safely into the Unknown.’ And he replied, ‘Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light and safer than a known way.’”

The light referred to is the Supreme Intelligence within you that knows all and sees all. As you turn to this Indwelling Light, It will turn to you and lead you to green pastures and still waters.

His Mental Picture of His Daughter

A physician’s daughter was in the hospital, gravely ill. She was receiving expert medical care but was not responding as she should, according to medical findings.

I suggested to the doctor, her father, that he quiet his mind frequently during the day and imagine the love-light in his daughter’s eyes as he talked to her. She embraced him in his imagination with deep affection and kept saying to him, “Daddy, I am completely well. Take me home.” He kept running this movie in his mind; and one of his confreres, who was attending his child phoned him to say, “There has been a remarkable change and drop in temperature in your daughter. She is normal in every way. You can take her home.”

Her father truly experienced what formerly he imagined he was hearing and experiencing. This was the constructive use of imagination and the natural response of life.

You Are Always Imagining

All men and women possess the faculty of imagination. It is the primal faculty within us. Imagine what is lovely and of good report. If your mother is in the hospital, imagine instead that she is at home, doing all of the things she would normally do were she whole. Hear her tell you about the miraculous healing she has had. Make it all real and vivid and rejoice in the reality of it. You will find that she will confirm your conviction of her.

The Misuse of Imagination

Many people are constantly reading murder stories; looking at horror movies; and dwelling upon the violence, viciousness and depravity of murderers, rapists and pornographers. Of times these people have frightful nightmares at night.

When you find so-called gentle people absorbed in these murder mysteries and sordid movies, these experiences give them a sort of vicarious release of their inner hostility, suppressed rage and anger. This vicarious slaughter taking place in their minds brings about all manner of inner conflicts and physical disorders. These emotions are highly destructive.

Instead, get a vision of loveliness that delights you and you will have no room in your mind for such vicarious experiences in these morbid, gruesome and depraved external movies.

Why the Speaker Failed

A young man, a recent graduate from the ministerial school, experienced what he called "stage fright." He was asked to substitute for another minister on a Sunday morning. He told me that he had a mental picture of defeat, failure and humiliation. He stuttered became tongue-tied at times, began to perspire and even forgot what he wanted to say. He created these pictures. The audience, however, was not hostile, but friendly.

He reversed the procedure and began to realize that the Spirit in him was talking to the Spirit in all of the members of the congregation. He began to imagine a circle of light and love enfolding the audience. He affirmed: "God thinks, speaks and acts through me and I radiate love, peace and goodwill to them." He imagined them smiling. In his mind he heard many of them say, "That was a wonderful sermon." He imagined the members of the board congratulating him.

He kept this up the following week. The following Sunday he was warmly received and gave a splendid talk. He had used his imagination wisely.

An Old Mystic Legend

The ancient Bible writers wrote in allegories, fables, myths, parables and fiction in order to portray great psychological and spiritual truths. I read the following story years ago, and I will condense it into everyday language.

The old legend said that the gods had a secret enclave in Heaven and decided that the hidden wisdom of the ages should be given to man so he would for the first time know that the God which created all things and was all-powerful and all-wise was within himself, the very Reality of him. One of the younger gods pleaded with his elders that he be selected to impart and convey this wonderful message to mankind. He added that he did not care what the trials, difficulties and tribulations might be—but that he would meet them and overcome. The other gods voted on it, and they gave him permission to take the priceless “Jewel of Truth” to mankind.

He was overjoyed and ecstatic over this opportunity. On reaching the planet earth, he stumbled and the “Jewel of Truth” was broken and scattered into thousands of particles all over the earth. This caused confusion on the planet earth because forever after, when men found particles of this jewel, each one fancied that he alone had found the truth.

The above story is about the essence of the old legend. Today, all over the world, we have countless creeds, dogmas, ceremonies, rituals and sectarian groups, each proclaiming that they have the Truth. No one has a monopoly on Truth. God is the Truth—the same yesterday, today and forever. You cannot put a label on the Truth.

The ancients said, “When you name it, you cannot find it, and when you find it, you cannot name it.” The root of the word religion is “to bind.” What binds you is your real religion. Millions throughout the world are governed by fear; others are governed by rank superstition.

Your dominant idea or conviction controls all lesser thoughts, ideas and opinions. True religion is to be bound back to God. Enthroned a God of love in your mind and let God’s love govern all of your thoughts, feelings and actions. Let God be your guide, your counselor, and your troubleshooter and way shower. Think, speak and act from the Divine Center within you and then you will find that His name is Wonderful. Having God as your boss and your guide, you will find that all your ways are pleasantness and all your paths are peace.

Meditation for the Riches of Faith

Jesus said, ‘Thy faith hath made thee whole.’

I positively believe in the Healing Power of God within me. My conscious and subconscious mind is 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 manifested 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."

How To Get Along With Others

One of the chief reasons some men and women do not get ahead in life is their inability to get along with others. They seem to "rub" others the wrong way. Often their attitude of pomposity is tactless and offensive. The best way to get along with others is to salute the Divinity in the other person and to realize that every man and woman is an epitome or example of the entire human race. Every person who walks the earth is a son or daughter of the Living god; and when we respect and honor the divinity within ourselves, we will automatically revere and honor the divine Presence in the other person.

How The Special Technique Worked Wonders

While visiting one of the chains of hotels in the Koanapali Beach district of Maui, I had an interesting conversation with a waiter. He told me that every year an eccentric millionaire from the mainland visited the hotel. This visitor proved to be a miserly type who hated to give a waiter or a bellboy a tip. He was churlish, ill-mannered, rude, and just plain ornery. Nothing satisfied him, and he was constantly complaining about the food and the service, and he snarled at the waiter whenever he served him. This waiter said to me, "I realized he was a sick man. Our Kahuna (native Hawaiian priest) says that when men are like that there is something eating their insides, so I decided to kill him with kindness."

This waiter consistently treated this man with courtesy, kindness and respect, silently affirming, "God loves him. I see God in him and he sees God in me." He practiced this technique for about a month, at the end of which time this eccentric millionaire for the first time said, "Good morning, Toni. How's the weather? You're the best waiter I have ever had." Toni told me, "I almost fainted; I expected a growl and I got a compliment. He gave me a five hundred dollar bill." This was a parting tip from this difficult guest, who at the same time arranged Toni to be made an assistant manager eventually of a large hotel in Honolulu, in which he was financially interested.

And a word spoken in due season, how good is it! (Prov. 15:23).

A word is thought expressed. This waiter's words (thoughts) were addressed to the soul (subconscious mind) of the cranky, cantankerous guest, they gradually melted the ice in his heart, and he responded in love and kindness. Toni proved that seeing the Presence of God in the other and adhering to that great eternal truth pays fabulous dividends in human relations, spiritually as well as materially.

A Widow Discovers the Riches of Self-Confidence

A widow with two sons consulted me with the usual complaint: "It's hard for me to make ends meet. I'm lonesome. My boys don't have the right clothes and the right food. I get \$120 a week take-home pay," etc.

I gave her a simple technique, as well as an explanation, as follows. Conceive of yourself now as successful. In your mind's eye, visualize a lovely home with a den for the boys. See them playing there. Feel beautiful clothes on you, including a sable coat or a mink, whichever you prefer. Touch the coat in your imagination, feel a beautiful diamond on your finger, and hear me pronouncing the words, "I now pronounce you man and wife." Hear your regular bank clerk congratulating you on your big deposit.

I said to her, "Remain faithful to this picture in your mind. You want to be married, and feeling the ring on your finger means to you that you are in the process of being married to the ideal, spiritual-minded man, and hearing the words, 'I now pronounce you man and wife' means it has already happened in your mind, and what has happened in your mind must take place objectively, irrespective of any seeming difficulties and obstacles that seem to stand between you and the realization of your mental image. You will triumph, become wealthy, and you will also be happy, joyous and free."

Quietly, this widow began to think of riches for herself and her sons. She also began to feel how happy, joyous and thrilled she would be if she met some man who was spiritually oriented, congenial and harmonious. In this mood, she began to thank the God-Presence within her for riches, success and companionship prior to sleep. She did this each night for about a week. At the end of about ten days, she met a bachelor who was introduced to her by a mutual friend. He proved to be the perfect answer to all her dreams and meditations.

Realize there is always an answer. There is "Someone who cares"—the One Who created you loves you and watches over you at all times, asleep or awake.

How a Secretary Overcame Anxiety And Tension in the Office

A legal secretary complained to me that there was a lot of strife and contention in her office. She added that there was considerable intrigue and undermining among the staff and employees. The remedy I suggested was to explain to her that no one could really disturb her but herself. She disturbed herself by her own thoughts, by her reaction to what was happening. If you stop and think, you will observe that it is always the movement of your own thought that disturbs you.

The suggestions, statements and actions of others have no power to disturb or annoy you unless you transfer the power in yourself to them and say to yourself, "He or she has power to irritate me." Then you are enthroning false gods in

your mind. Your harmony, peace, health or wealth is not dependent on others. Enthroned God in your mind. Let God be your employer, boss, paymaster, adjuster and troubleshooter.

I suggested to this secretary that she use the following spiritual formula regularly: "God's love governs me at work. I have no opinion about others. I judge not; therefore, I cannot suffer or be disturbed. The peace and harmony of God govern me and all that I do. Every anxious thought is completely stilled, for I am working for God, and His peace fills my soul. The confidence and joy of God enfold me at all times. All who work in the office are God's sons and daughters, and each one contributes to the peace, harmony, prosperity and success of this office. Divine love comes in the door of our office; and Divine love governs the minds and hearts of all in the office; and Divine love goes out the door. God is my boss, my paymaster, my guide and counselor, and I recognize no other. I give all power and recognition to God and I walk serenely and peacefully in His light. I laugh, I sing and I rejoice. God works wonders in my life."

She repeated this prayer every morning before going to work and every night prior to sleep and quickly built up immunity to all negative suggestions and thoughts of those around her. When someone was obnoxious, surly or sarcastic, she would silently say to her, "I salute the Divinity in you. God thinks, speaks and acts through you." Nothing bothered her, nothing moved her, and nothing disturbed her and nothing frightened her. She had found God within herself and that was sufficient.

I had the joy of conducting the marriage ceremony for this young lady, who married the president of the corporation she worked for. He said to me, "She is the most radiant and angelic of all the girls in our office." Knowing how to pray paid her fabulous dividends. It will do the same for you.

A Wife Discovers the Riches Of Calling Forth Confidence in Her Husband

The wife of a college instructor said to me that her husband was extraordinarily brilliant but that he seemed to have no ambition; that he had not been promoted in three years. She added, "I think he feels inferior and inadequate."

I suggested that instead of talking to him, which she had tried in vain to do, that she practice instead the silent method, which she accomplished as follows. About three times a day for about three or four minutes each time, she would affirm the following, knowing that he would receive her affirmations subjectively, and that his subconscious mind would compel him to express his latent powers and abilities.

"My husband is a tremendous success. He is absolutely outstanding. The Infinite within him is all-wise and all-powerful. My husband is going from glory to glory; he is going up the ladder of success and promotion. His real talents are revealed and appreciated. He is divinely guided and his success comes to pass now. I give thanks, for I know what I decree stirs up the gift of God within him."

Within three months' time, he was promoted to associate professor. He also became a consultant to a large corporation and his income has trebled. He is fulfilling her conviction for his success, including financial success.

How a Mother Applied the Riches of the Healing Presence

A woman consulted me, stating that she was terribly worried about her son; that he and his wife were quarreling and that the children were not being brought up right. I asked her how old her son was, and she said he was fifty-five years old. She was also worried about the company he kept, as he frequented bars.

I explained to her that she should never interfere with her son's marital problems and that she should immediately cease thinking that he should do what she wanted him to do, or that he should act the way she thinks he should act, or believe the way she thinks he should believe. I suggested to her that she release him, set him free and get his own mind in order and at peace.

I wrote out this prayer for her: "I surrender my son, his wife and family to God completely, lock, stock and barrel. I loose them and let them go. I give him freedom to lead his own life in his own way, knowing that he is God's man and that God loves him and cares for him and his family. I release him and set him free spiritually, mentally and emotionally. Any time he, his wife or family come to my mind, I will immediately affirm, 'I have released you. God be with you. I am free now and so are you.' It is God in action in my life, which means harmony, peace and right action."

She practiced this prayer therapy faithfully and found an inner sense of peace and tranquility which she had hitherto not known. She discovered a simple truth: when we set others free and release them to God's guidance and direction, we are set free ourselves.

Exalt the Divinity in your loved ones and friends and permit them to discover the Divinity which shapes their ends. Never try to bend them to your will or your own preconceived opinions and beliefs. Allow the other to succeed or fail, and if he fails, it may well be the turning point of his life, whereby he discovers the power that never fails deep within himself—the Infinite which lies stretched in smiling repose. In this way, you discover the riches of freedom.

Allow Yourself Success and The Riches of the Infinite

The Life-Principle, which some call God, is forever seeking to express itself at higher levels through you. There is an inner urge in you always prompting you in the form of a desire to rise higher and higher. This Presence and Power is all-wise, knows all and sees all, and is omnipotent and supreme. Insist on the best in life; refuse the second best. Concentrate your thought, feeling and attention on your profession,

realizing that the infinite intelligence of your subconscious is constantly revealing to you new creative ideas and better ways in which to serve.

Realize that you are one with the Infinite and that the Infinite cannot fail. Emerson says: "No one can cheat you out of ultimate success but yourself." Carlyle said: "The wealth of a man is the number of things he loves and blesses, which he is loved and blessed by." Coleridge wrote:

He prayed well who loved well
Both man and bird and best.
He prayed best who loved best
All things both great and small;
For the dear God who loved us,
He made and loved all.

It is not fate that blocks your success or riches, not lack of money, introductions or contracts. It is you. All you have to do is to change your thought-life and keep it changed. Let your habitual thinking be: "Success is mine, God's wealth is mine, harmony is mine, and I am a channel for all the riches of God." Your thoughts are creative and you become what you think all day long.

A Way of Thinking

Confidence means "with faith." Faith is a way of thinking, an attitude of mind, an understanding of the laws of mind. It is an awareness that your thought and feeling create your destiny. You have faith when you know that any idea felt as true by your conscious mind will be impressed on and accepted by your subconscious mind and come to pass on the screen of space. In simple, everyday language, your faith is an awareness of the presence and power of God (the Living Spirit Almighty) within you. Through your contact with this Presence and through the medium of your thought you can live a victorious and triumphant life. You will find yourself meeting all obstacles, difficulties and challenges head on, realizing that they are all Divinely outmatched. Tuning in on the Divine Presence within you, you can move through the vicissitudes of life with a deep abiding trust that you can do all things through the God-Power which strengthens you.

How Your Money Dreams Can Make You Rich— The Secret of Psychic Osmosis

Emerson, in his essay on self-reliance, says: "Trust thyself: Every heart vibrates to that iron string. Accept the place the Divine Providence has found for you, the society of your contemporaries, the connection of events. Great men have always done so and confided themselves child-like to the genius of their age, betraying their

perception that the absolute trustworthy was seated at their heart, working through their hands, predominating in all their being.”

Here Emerson is telling every man that God indwells him, that the absolute trustworthy was seated in his heart and that all man has to do is to permit himself to vibrate or tune in on the Infinite within and receive all the blessings and riches of life. Moreover, Emerson is saying that you are Life, or God manifested, and that you are an instrument of Life’s expression. You are unique; there is no one in the entire world like you, because you are you. Your thumbprint and toe print are different and the rhythm of your heart and the secretions of your glands are different from those of any other person. Infinite differentiation is the law of life. Your thoughts, your attitude toward life, and your belief and convictions undoubtedly are different from others.

You were born with certain endowments, talents, abilities and special inherent gifts. You are here to express more and more of the God-Presence and to experience the joy of living the life more abundant. You are uniquely equipped to express life in a way and manner that no one else in the entire world can do. You want to be what you want to be, you want to do what you love to do, and you want to have all the good things of life.

You can achieve all these goals in life because you are endowed with the qualities and faculties of imagination, thought, reason and the power to choose and act. Let Life flow through you as harmony, beauty, love, joy, health, wealth and fullness of expression.

Meditation for the Riches of 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 of 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 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."

Daily Meditation for the Rich Life

Repeating the following meditation daily will bring the rich life to you faster and easier:

"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."

She Learned to Forget Bitterness And Found Serenity

Some months ago I visited a woman in a local hospital. She was suffering from acute high blood pressure and acute colitis. She began to recount all her former mistakes and errors, and she condemned herself and her stupidity. She said to me that she hated another girl who had undermined her in the office, and she was completely bogged down by destructive emotions which were snarled up in her subconscious mind.

I sat quietly with her for some time and then told her what William James, the father of American psychology, said. "The mark of genius is to know what to overlook." That is, you must turn away from the past—i.e., forgive and forget—if you want to be in perfect health and to have peace of mind.

I quoted a passage from the Bible and emphasized the fact that it was one of the greatest therapeutic agents available to bring about mental and physical health: . . . *Forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize* (Philippians 3:13-14). I explained to her, "The prize that you are seeking is peace of mind. If you have peace of mind, you also will have balance and equilibrium in your body. Peace means balance, equilibrium, equanimity, and serenity, which are due to a sense of oneness with God, the Infinite, the Whole of Life."

Jesus said to sick people: . . . *Thy faith hath made thee whole; go in peace* (Luke 8:48), because their minds were in turmoil and full of discord, confusion, inner warfare, and anger.

I explained to this woman that she could get back on the beam and find the peace that passeth understanding and that peace of mind is not escapism or a retreat from life. On the contrary, it is a constructive attitude of mind where you are vitally interested in the welfare of others and where you are a dynamic, creative person full of creativity, love, and goodwill to all.

I wrote out the following prayer for her to use frequently during the day:

I fully and freely forgive everyone who has ever hurt me. I release them, and it is done with forever. Whenever I think of any one of them, I bless that person. I forget the past and give my attention to a glorious future of perfect health, harmony, and 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 the Cosmic Healing Presence.

Day by day I become more aware of God's love; all that is false fades away. I now allow the Cosmic River of peace and healing power to flow through my whole body. I rest in the everlasting arms of peace. My peace is the deep unchanging cosmic peace, the peace of God.

She practiced this prayer frequently during each day, and when I visited her again in about two weeks, she was very happy because she felt so much better; she was being released from the hospital the next day and had been pronounced healed. She said to me, "I know all my trouble was hate and resentment; I feel clean inside now. Truly, peace is health and happiness

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 sees the God in them.

Recently, while I was speaking in San Francisco under the auspices of The Institute of Religious Science, an old friend had breakfast with me at my hotel. She told me that her only sister would no longer speak to her; when she phoned her sister, the latter would hang up the phone with a curt phrase: "I'm busy; don't bother me."

My friend found it very difficult to understand her sister's attitude, which on the surface seemed so unreasonable and stupid. I spoke to her, pointing out that if her sister had tuberculosis or cancer, she would not be angry with her. My friend answered, "Of course not. I would be most compassionate."

Then I added, "Your sister has what we might call tuberculosis of the mind, and you must realize that many people have twisted, morbid, and distorted mentalities and are often referred to as mental hunchbacks."

Suddenly she realized that she was not responsible for the mental state of her sister, no more than she might be responsible for someone who was an alcoholic, a schizophrenic, a psychotic, or a paranoid.

She said, "Oh, I see now! I am not responsible for her mental sickness and hostility toward me, and all I owe her, as Paul said, is love. I do love her and wish for her all the blessings of life."

She prayed as follows: *I completely surrender my sister to God. I radiate love, peace, and goodwill to her, and there are harmony, peace, and Divine understanding between us. I loose her and let her go.*

After a few days, her sister called and apologized for her rudeness and hostility. She freely admitted that the breakup of her engagement had caused her to project her resentment and hostility not only to her sister but also to many others.

I might add that my friend was spiritually and emotionally mature, but she was overly concerned with the deformed and warped mentality of her sister.

Your understanding will keep you from anger, criticism, and hatred, or from seeking retaliation against the warped minds of others. Remember, you would not hate a person because of a physical deformity, such as that endured by a hunchback; rather you would be grateful that you were spared from such a misfortune.

The person with a distorted personality is very unhappy within him and is a seething cauldron of inner turmoil. Quite frequently, he lashes out at those who have been most kind and generous to him, because their inner serenity, tranquility, and poise reveal his own disturbed emotional state; since he can't reach their quietude, he unconsciously tries to drag them down to his own emotional debauch. Misery loves company!

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 you! When you change yourself, your world and environment will change. Begin with number one—*yourself!*

Control Your Emotions

"He that is slow to wrath, is of great understanding; but he that is hasty of spirit exalted 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 good will 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.

How to Attract Your Divine Companion

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 Christ in him; he sees the Christ 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.

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 person 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 person love, light, and truth. I know I can make this man's life full, complete, and wonderful.

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

The Answered 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!

CHAPTER 16

HOW THE BIBLE LOOKS AT JEALOUSY AND ENVY

For jealousy is the rage of a man: therefore he will not spare in the day of vengeance (Proverbs 6:34).

Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame (Song of Solomon 8:6).

“**T**rifles light as air, are to the jealous confirmation strong as proof of holy writ” (Shakespeare).

“Jealousy sees things always with magnifying glasses which make little things large, of dwarfs giants, of suspicions truths” (Cervantes).

“Jealousy is the injured lover’s hell” (Milton).

“The jealous man poisons his own banquet and then eats it.

“Oh, beware of jealousy; it is the green-eyed monster, which doth mock the meat it feeds on” (Shakespeare).

“Jealousy,” says Rochefoucauld, “is in some sort rational and just; it aims at the preservation of a good which we think belongs to us.” It is in this sense that God is said to be a jealous God, because he is earnestly and, as it were, passionately desirous of our supreme love, reverence and service.

In our modern, everyday language, we speak of a jealous person as one who feels resentment against another because of his success, worldly achievements or monetary advantages. A jealous person is inclined to be troubled by suspicions or fears of rivalry, unfaithfulness, etc., as in love or aims.

The Bible, in Exodus 20:5, says: . . . For I the Lord thy God am a jealous God . . . This means that you must recognize the Living Spirit Almighty as supreme and omnipotent and refuse to give power to any created thing. In other words, you should not worship a created thing; you must give all allegiance, loyalty and devotion to the One Presence and Power within you, called I AM, or Spirit.

For example, if you are looking for promotion or advancement and you say to yourself: "The boss is blocking my good; but for him I would be promoted and receive greater emoluments," at that moment you have exalted him, a false god. Actually, you are making the boss a god and denying the One Source from whom all blessings flow. Your subconscious mind knows that your loyalty is divided and consequently does not respond.

You are like the double-minded man, unstable in all your ways. On the one hand he is affirming that God is the Source of his supply, meeting all his needs, and then in the next breath he is resenting his employer for not promoting him and increasing his salary. You must never give power to any person, place or thing, for actually you are transferring the power within you to externals. You must give exclusive devotion and loyalty to the One Power within you, which responds according to the nature of your thoughts and belief.

He Thought Vitamins Would Heal Him

A man who had ulcers refused to take any medication from his doctor. His faith was in Vitamin C; but he had ulcerated thoughts of jealousy and resentment toward a partner. He was also envious and resentful of his wife, who was making more money than he was.

I explained to him that his faith and confidence should be in the One Supreme Power—the Source of all life. Food is important, vitamins are important, but not preeminently so. You don't put food, diet or vitamins before the Infinite Healing Presence—the only Healing Power there is.

His healing prayer was: "I forgive myself for harboring negative, jealous thoughts, and I radiate love, peace and goodwill to my wife and partner.

God's healing love saturates my whole being. God's river of peace saturates my mind and heart. Whenever a jealous or envious thought comes to me, I will affirm: 'God's love fills my soul.'"

He practiced this discipline, and in a few weeks' time his ulcers disappeared. He realized that ulcerated thoughts of jealousy, envy, ill will and fear caused his ulcers. By reversing the process, and by contemplating harmony, love, wholeness, goodwill and peace, a healing took place. He had to give recognition to the Creator alone,

and not to His manifestations. Always look to the Primary Cause, the Source of life itself, not the secondary cause. A doctor can prescribe a good diet for you, but then realize that whatever you eat or drink is transmuted into beauty, order, symmetry and proportion.

He Said the Planets Blocked Him

A fledgling writer had his manuscript rejected by six organizations, and he said to me that a reader told him the reason was due to a malefic configuration of Saturn and other planets in his chart. I said to him that he would be far better off if he had never heard of Saturn.

God is immutable law, and whatever we impress on our subconscious mind is expressed on the screen of space. He began to understand that he had been the victim of hypnotic suggestion which he accepted. He was giving power to a planet instead of to the God Who made it as well as the whole universe. There is only One Being, One Power; and a spiritual minded thinker does not give power to the phenomenalistic world. He gives all allegiance and worship to the One Power. I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images (Isaiah 42:8).

I read his manuscript. It was very good, and his writing was worthy of acceptance and approval. I suggested that he get in touch with the president of a book publishing company, a friend of the author, and I added: "I'm sure he will see the value of it."

I suggested that he pray as follows: "Infinite Intelligence opens up the perfect way for the acceptance, manufacture and sale of my manuscript; and this man I am going to see is God's man. The Spirit in me speaks to the Spirit in him, and there are harmony, peace and understanding between us. I release the manuscript to him, and it is God in action, which is all around harmony and peace."

The president of the publishing company accepted his manuscript. This man predicated his success upon remembrance of the One Power and not on the created thing. He realized he was not a victim of a malefic configuration of planets in the sky, but that he was a victim of a negative suggestion. The planets have no power, but if you believe they have power over you, it is done unto you as you believe. The law of life is the law of belief . . . *As thou hast believed, so be it done unto thee . . .* (Matthew 8:13).

There is a mass mind or race mind belief that a person born under a certain sign will have certain characteristics, proclivities and talents. It isn't because a man is born under the sign of Taurus that he has certain traits and tendencies; but, rather, it is the mass mind belief about that date or season of the year.

God indwells every person, and any person can contact the Divine Presence within and transform his life. You mould and fashion your own destiny, and it is written: . . . *Whatsoever a man soweth, that shall he also reap* (Galatians 6:7). *For as he thinketh in his heart, so is he . . .* (Proverbs 23:7).

Your thought and feeling represent the Father within, which doeth the works. Your heart in the Bible represents your subconscious mind; and whatever you impregnate in your subconscious comes forth as expression, condition and event. Phineas Parkhurst Quimby in 1847 said, "Man is belief expressed."

What do you believe? Your habitual thinking, or your regular train of thoughts will cause you to arrive, like a train, at a certain destination.

Programming Your Subconscious Mind

Today we read a lot about programming of computers. The computer responds according to whatever is fed into it. When you were young, there is the possibility that you were told a great number of things which were false. Perhaps one of your parents said to you: "Your brother is much smarter than you. Why don't you be like him? He is an angel." This probably gave rise to jealousy and competition as well as resentment.

You were born with only two fears: fear of falling and fear of noise. These represent nature's protective mechanism. Quimby said that every child is like a white tablet upon which everyone who comes along scribbles something. Modern day educators term this a *tubule Rasa*, or blank tablet. Remember, you were born with the Infinite Spirit, or God, within you—the very life of you.

Always ask yourself this simple question: "What did I inherit from God?" If your subconscious has been programmed negatively, you can reverse it by filling your subconscious with life-giving patterns, such as: "God's love fills my soul. God's peace saturates my whole being. The harmony, light, and glory of the Infinite saturate my whole being, and I am illumined from On High."

Do this regularly at least three or four times a day. When a negative thought comes to you, chop off its head by affirming: "Divine love fills my soul." Prayer is a habit, but it is a very good habit. Suppose you have been trained in the wrong way to play the piano or drive a car. You can, by practice, unlearn the old way and play or drive the right way. Many dogs in the First and Second World Wars were trained to kill, but after the war they were retrained to become lovers of mankind again.

Two Wonderful Mantras

Many men and women, at my suggestion, use this mantra every morning for about 15 minutes and also at night for about 15 minutes. They close their eyes, relax on a couch, and talk to their bodies as follows: "My toes are relaxed, my feet are relaxed, my ankles are relaxed, the cables of my legs are relaxed, my knees and thighs are relaxed, my abdominal muscles are relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, and I am at peace"

After relaxing their bodies in the above manner, they silently whisper to themselves for about 15 minutes: "God's love fills my soul." They repeat this over and over again

like a lullaby in the morning and for about 15 minutes prior to sleep. They have told me that it is a wonderful way to recharge their mental and spiritual batteries. They accomplish more. Many have told me that their blood pressure became normal; they experienced far less tension during the day. Their health improved, jealousy and envy disappeared, and they became more affable, amiable, cordial and genial. The simple mantra, "God's love fills my soul," has worked wonders in their lives.

He that loved not knoweth not God; for God is love (I John 4:8). The practice of this mantra dissolves all jealousy and envy.

Another Wonderful Mantra

Many use this wonderful, healing and vitalizing mantra: "God's peace fills my soul." They use it the same way as the preceding one, 15 minutes morning and evening prior to sleep. They sleep in peace and wake in joy. Moreover, they find peace in their home, office, and in their relations with others. They also find peace in their pocket books, because when you tune in with the God of peace within you, all things are added to you.

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusted in thee (Isaiah 26:3). *Peace I leave with you, my peace I give unto you . . .* (John 14:27). *For God is not the author of confusion, but of peace, as in all churches of the saints* (I Corinthians 14:33). *Let the peace of God rule in your hearts . . .* (Colossians 3:15).

The practice of the above mantra, "God's peace fills my soul," brings peace into your home, your heart, your business and all phases of your life. The ancients said that peace is the power at the heart of God. When you are presented with any difficulty, challenge or problem, during the day, silently affirm, "God's peace fills my soul." You will be amazed how quickly the solution or the creative idea will present itself, which reveals the answer. New, original, creative ideas will come to you during each day, and you will find yourself vivified, recharged and God intoxicated.

The above-mentioned mantra is the Divine antibody. The habitual use of this mantra does away with all resentment, hostility, anger, etc. Equanimity, serenity and tranquility become a living part of you, as the apple becomes a part of your blood stream.

He Said, "I am Not Jealous"

Your emotions govern you. Emotion follows thought. You can't visualize an emotion, but you can look back at an old scene, an old lawsuit or some old hurt and grievance and imagine the particular scene again. Of course, you will generate a destructive emotion and reinfect yourself all over again. When the old hurt comes to your mind, practice the law of substitution and affirm: "God's peace fills my soul." You will neutralize it immediately. Your emotions are compulsive.

A man said to me, "I'm not jealous. I don't have a jealous bone in my body." But actually the opposite was true. He had employed detectives, checking up every day on his fiancée. She discovered it and broke off the engagement and would have nothing more to do with him. Oftentimes I say to women, "Don't pay too much attention to what a man says. Watch what he does. What he does is what he means."

His actions belied his statement that there was not a jealous bone in his body. I explained to him that jealousy cripples him emotionally and blocks all his good, holding him back in all phases of his life. Jealousy is the green-eyed monster. He began to see that his jealousy was abnormal and was really based on a sense of inferiority and inadequacy within himself. Jealousy is a child of fear. Love casts out fear, for fear is a torment; and jealousy burns up the tissues like a consuming fire.

If a man loves a woman, he does not do anything unloving. He trusts her in the same manner as, when a child, he looked into his mother's eyes and saw love there. If a man loves a woman, he loves to see her as she ought to be: happy, joyous, free, and expressing herself at her highest level. Love is not jealousy. Love is not possessiveness. Love is not suspicion, neither is it emotional blackmail, such as, "If you loved me you would give up smoking or eating ham" or some other similar foolish, asinine statement. Love has nothing to do with smoking, eating ham or taking a cocktail. Love frees; it gives; it is the Spirit of God in action.

This man learned to pray for a wife, realizing that he marries character and that he doesn't get what he wants in life; he gets what he has established in his mentality. In other words, he must establish the mental equivalent in his subconscious in order to demonstrate what he wants.

Accordingly, he affirmed night and morning: "Infinite Spirit attracts to me a spiritually minded woman who harmonizes with me perfectly. This takes place in Divine order through Divine love. There are mutual love, freedom and respect between us."

He attracted a wonderful legal secretary, and they harmonize perfectly. Every time he thinks of her, he affirms: "God loves you and cares for you." There is no occasion for jealousy where love dwells. He realizes that it is impossible to think of two things at the same time. He can't think of two things at the same time. He can't think of jealousy and love at the same time; no more so than he could laugh and cry at the same time. Two unlike things repel each other. Love and jealousy cannot dwell together.

Jealousy is a Mental Poison

A jealous person usually blames others as if they were responsible for his inferiority or inadequacy. A jealous person generates mental poisons which bring on all manner of disease. Actually, he is destroying himself from the inside. Remember, you are unique. There is no one in the entire world like you. Others do not have the same toe

print or thumbprint; neither do they have the same digestive or glandular systems. They don't think, speak or act like you.

You are an individualized expression of God, and you are here to express yourself in a new and wonderful way. There is no misfit in the universe. You are needed. There is no unwanted note in the symphony; all notes are necessary. "We are all parts of one stupendous whole, whose body nature is and God the soul."

To be envious of others is to demean you. It means you are rejecting your own Divinity, which is the Source of all blessings. When jealous of another, you are placing that person on a pedestal and demoting yourself, thereby attracting lack, loss, limitation and impoverishment to you. It makes no sense. You have heard the expression, "She is green with envy." This is why jealousy is called the green-eyed monster. The eyes are the windows of the soul. It is true the eyes reveal jealousy, which is a mental sickness. Remember also, a jealous person is an angry person.

Though while he lived he blessed his soul: and men will praise thee, when thou doest well to thyself (Psalms 49:18). Do the very best you can, radiating love and goodwill to all. Love is cordiality, geniality, kindness, good feeling toward all, wishing for everyone all the blessings of life. Love is the fulfilling of the law of health, wealth, peace and prosperity. Cooperate with others. Become enthusiastic. Claim that you are always expressing yourself at the highest level. As you continue in this attitude of mind, you will receive approbation, promotion and recognition.

Learn to Sell Yourself

You can always sell faith, confidence, laughter, goodwill, zeal and enthusiasm; furthermore, these qualities are translatable to abundance, security, true expression and a full life. Rejoice in the affluence of others. As you do, you will attract more wealth to yourself. To be jealous or envious of the wealth of others is to impoverish you all the more. Actually, you are denying your own Divinity and saying to yourself: "They can have all that good and I can't," thereby depriving yourself of the very things you seek. Envy and jealousy represent gross ignorance. Ignorance is the only sin, and all the suffering in the world is the consequence.

Sons of God

For as many are led by the Spirit of God, they are the sons of God (Romans 8:14). You are a son, or expression of God when you begin to express health, vitality, beauty, love and success in your life. What governs you now? Are you governed by wisdom, truth and beauty, or by ignorance, fear and superstition? The dominant mood governs you. Let the Spirit of light, love, truth and joy rule and govern you, and you will begin to express more and more of the attributes and qualities of God.

Learn to Lead a Full and Happy Life

Saturate your mind with these truths: “At the center of my being is peace. God’s river of peace saturates my whole being. I am Divinely guided in all ways. Divine love dissolves everything unlike itself in my subconscious mind. I salute the Divinity in every person I meet, and I make it a habit to call forth the Divinity in every person by silently affirming, ‘God’s love fills your soul.’ I realize that God is personified in all men and women. God flows through me now, filling up all the empty vessels in my life. God’s riches—spiritual, mental and material—flow through me now, and I am immersed in the Holy Omnipresence. Wonders happen as I pray.”

CHAPTER 17

WORDS OF WISDOM

And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, When she had heard of Jesus, came in the press behind, and touched his garment. For she said, if I may touch but his clothes, I shall be whole. And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague. And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes? And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, who touched me? And he looked round about to see her that had done this thing. But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth. And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.

While he yet spoke, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troubles thou the Master any further? As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, be not afraid, only believe. And he suffered no man to follow him, save Peter, and James, and John the brother of James. And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly. And when he was come in, he said unto them, why make ye this ado, and weep? The damsel was lying. And he took the damsels by the hand, and said unto her, Tabitha cumi; which is, being interpreted, Damsel, I say unto thee, arise. And straightway the damsel arose, and walked; for she was of the age of twelve years. And they were astonished with a great astonishment. And he charged them straightly that no man should know it; and commanded that something should be given her to eat (Mark 5:25-43).

All the stories in the Bible unfold in the mind of the individual. One of the inner meanings of the word Jesus is illumined reason. When you are in tune with the Infinite and your mind is healed of its limitations and false beliefs, then you are this Presence personified as Jesus, the Power that can resurrect the dead hopes of man.

You are the woman with the issue of blood for the simple reason that a running womb is not a productive or creative womb. In other words, she was incapable of conceiving for twelve years and could not give form to the longing of her heart because of the running of the issue of blood. It is said her faith closed the womb and healed her. As the womb closes, it can give form to the idea or seed.

When you cleanse your mind of fear, hostility, resentment and self-condemnation and fill your mind with Divine love and the spirit of forgiveness toward all, you can then assume that you are one with your ideal or desire and remain faithful to that assumption. You will then succeed in resurrecting your child (your desire). Walk in the feeling that you now are what you long to be, and your assumption will crystallize in your subconscious and come to pass.

The child or damsel spoken of in the Bible means that the cherished desire of your heart is considered dead until you awaken it, nourish and sustain it with faith and confidence and make it visible on the screen of space. Your assumption, when sustained by you, invariably resurrects what you affirm to be true. When you pray, you close the door of your senses, rejecting the evidence of the five senses, and live in the bold assertion that you are that which your senses deny. Your senses challenge you and mock you.

That is why verse 40 says: *They laughed him to scorn*. This means the thoughts in your own mind which challenge you are based on the beliefs of the mass mind and try to dissuade you from believing in the One Power. Reject the evidence of your senses which mock your assumption, and you take the father and mother of the child into your mind, which means your I AMness. This is the Father and Mother of all creation, your Awareness, or Consciousness. As you claim and feel you now are what you long to be, the condition which you desired and assumed to be true becomes objectified in your world and bears witness to your inner conviction.

Looking in the Mirror

We cannot destroy our image or change our estimate of ourselves by looking in the mirror. We must be aware of the law of mind, which states that we become what we contemplate. It is the nature of love, as it is also the nature of hatred, to change us into the image and likeness of that which we contemplate. When we study the wars and revolutions as portrayed in history, we discover that in many instances when men killed the tyrants and despots of the world, which represented to them arrogance and greed, they themselves became that which they thought they had destroyed.

This is obvious in some of the countries of the world today. Hate betrays man and condemns him to be that which he condemns. Oftimes the conqueror becomes like the conquered foe. A nation is an aggregation of individuals, and if you study the people in any nation, they act towards others in the way they act toward each other. For example, if a country has enslaved its people, and it then attacks another country, its purpose is to enslave the population of that country. When we look at a war in which one country wants to dominate the other, you will find that the war is started by those who, within the state, had control and were dominant over the fortunes of the rest.

It is foolish to contemplate something that you heartily dislike, because by condemning it you will become it. Your concept or estimate of yourself is the cause of all conditions and circumstances of your life. All changes must come from within you. There will be no changes on the outside until you change within. It is no use blaming others, and it is useless to blame society for your problems and difficulties. Furthermore, it is a waste of time and effort to blame other nations.

There are those people, for example, who blame the weather for the way they feel, all of which is nonsense. They have forgotten the old aphorism: It is always fair weather when good friends get together. You are forever molding your world in harmony with your inner attitudes and beliefs. Remember also that the behavior of others toward you testifies to that which you have conceived yourself to be. Begin to believe that you are a son of the Living God and heir to all of God's riches. Walk the earth knowing the Light of God shines in you, through you and all around you, and men and women will testify to your new state of consciousness

Nothing Is Lost

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 (John 17:12).

It is impossible for anything to be lost, for the simple reason that nothing can be lost in the Infinite. It cannot even pass away. Energy cannot be destroyed. It can take many forms, but cannot be lost. The little flower that blooms in the desert blooms forever. It is invisible to the three-dimensional focus, but it blooms forever in the larger dimension of your being. That is to say, it can be seen fourth dimensionally.

For example, a good psychic or sensitive can see the house which was there before you occupied your present house. You might say that the old house was torn down and you put up the new house, but the pattern of the old house still subsists in the next dimension of mind and can be seen by a clairvoyant or good sensitive.

You might say that you have lost health, but wholeness, beauty and perfection can never cease to be. The Infinite Healing Presence was never born and will never die. You, by a descent in consciousness, perhaps due to fear or negative emotion, to a lower level, caused health and vitality to disappear; but all you have to do is to turn

your eyes to the Eternal One and identify yourself mentally and spiritually with the Infinite Healing Presence, calling upon It to restore and vivify your whole being, and It will respond to your conviction.

Sanctify Yourself

And for their sakes I sanctify myself, that they also might be sanctified through the truth (John 17:19). Cease trying to change others through effort or mental coercion. The thing to do is to change you. Change your concept of the other, for your concept is what you see. In order to change your concept of the other, you do it best by changing your concept of yourself. You must realize that it was your concept of yourself that made you see others as you did. You see others through the contents of your own mentality.

The world you see is the world you are. If you had a noble, dignified, God-like concept of yourself, you would be unable to see the ugly and the unlovely in others. When you look through the eyes of love to your child in the cradle, what do you see there? The answer is simple. Sanctify yourself, and in so doing you sanctify others.

Unto the pure all things are pure . . . (Titus 1:15) . . . *There is nothing unclean of itself: but to him that esteemed any thing to be unclean, to him it is unclean* (Romans 14:14).

There is nothing in itself unclean, but you, by your concept or estimate of yourself, see others as clean or unclean. It is the most natural thing in the world for a pear tree to bear pears, an apple tree to bear apples, and for you to mold the circumstances of your life in harmony with your inner nature.

I am the vine; ye are the branches . . . (John 15:5). A branch is rooted in the vine. In order to change the fruit you must change the vine. I AM is God, Being, Life, Awareness; and four billion people in the world are rooted in the I AM, or Life Principle. All men and women are extensions of the I AM, or life Principle; therefore, they are all rooted in you and you in them. Like fruit, others bear witness to the state of consciousness in which you dwell.

Your I AMness, your Consciousness, is the way in which you change your world. Whatever you attach to I AM you become. As you affirm with feeling, I am illumined, inspired, loving, harmonious, peaceful, happy and strong, you will resurrect these qualities that lie dormant within you, and wonders will happen in your life. When men and women help you in the realization of your dreams, they are playing their part and are messengers testifying to your beliefs and convictions. You wrote the play, and other men and women execute the parts conforming to your concept of yourself.

It is wholly unnecessary for you to proselyte and try to make the world holy. You will not change the world that way. You will change the world when you actually become the embodiment of that which you want the world to be. Remember a simple truth: Unless you are that which you want the world to be, you will never see it in this world.

. . . *And his name shall be called Wonderful* . . . (Isaiah 9:6). Recently a woman gave me a list of all the things she wanted in life: home, car, friends, money, marriage, new position, new apartment, etc. I suggested that she use an age-old prayer technique which includes them all.

Accordingly, she began to affirm and actually sing to herself: "It is wonderful." She kept repeating this most of the day for about five or six days. She got into a joyous, ecstatic mood and felt wonderful. She didn't ask herself: What is wonderful? To her, the expression meant that God was working wonders in her life, knowing that if she were looking for results she would lose the joyous and happy sensation.

The sequel to her new mood was most interesting. Her boss proposed to her, gave her a diamond ring, bought her a Cadillac car, and arranged a marriage date and a trip by air around the world. Everything in her life miraculously changed, and all her dreams were fulfilled. "It is wonderful" includes all things.

Creation Is Finished

. . . The works were finished from the foundation of the world (Hebrews 4:3). Many have stated to the author that they have seen events in their dreams before they happened on the screen of space; therefore, they postulated that things were predetermined. In the next dimension of mind, the thought and the event are one, and it is possible to see an event before it happens, but you are not fated to experience it.

You can dwell upon eternal verities and saturate your subconscious mind with life-giving patterns, and a new beginning becomes a new end. You mold your future in harmony with your mental transformation. When you change your concept of yourself, you change your relationship to everything in the world. If you take the words of this page and rearrange them, you can write a different interpretation. You did not create the words; you simply rearranged them and got a different result.

Your dominant conviction about yourself, life, God and the universe determines all the events which you encounter; but the things you encounter and experience on the three dimensional plane always subsisted in another dimension of mind.

God's work is finished. God, or Infinite Spirit, cannot grow, expand or change, for it is the same yesterday, today and forever. If we really want to grow spiritually, the thing for us to do is to claim that what is true of the Infinite is true of us, for God indwells all of us. As we claim and feel the Truths of God in our hearts, all our ways will be ways of pleasantness and all our paths will be paths of peace.

The Giants Are Within Us

And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, That the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose (Genesis 6:1-2).

There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown (Genesis 6:4).

The key to Bible interpretations is to transform the factual and historical accounting into mental, psychic and spiritual processes as they unfold the potentialities of Spirit through the instrumentality of man's mind.

Men means mind centers began to be multiplied upon the earth; i.e., made manifest. Daughters (emotional attachments) were born to them instead of positive sons, or true ideas. The sons (sense, knowledge and false beliefs), seeing the daughters of men (fears, doubts, superstitions and false knowledge) that they were fair, took to them wives of all which they chose (married or mated on the basis of negative emotional conditioning). As a result of this wrong mating of beliefs (sons) and emotions (daughters), giants were upon the earth in those days (troubles, wars, sickness, etc., appear as the unholy spawn of these unholy marriages).

In this light, Genesis should be interpreted in such a manner that it will reveal to you how you create your own world. Spirit is God. Your state of mind is the sum total of your beliefs, acceptances, and conscious and subconscious. But you can change your mind to conform to the eternal truths, which are the same yesterday, today and forever. You can use your mind wisely or unwisely, because of your free will. Everything will change in your life when you let the spirit of goodness; truth and beauty govern your mind.

Beyond the Senses

When your senses are awakened and you become clairvoyant, you will perceive that the earth on which you walk, the air you breathe, and the water you drink, as well as the five elements, are peopled by entities unknown to many but well known to many sensitive and illumined souls.

The Trinity is Spirit, Mind and Body

Look upon your mind as the medium between Spirit (God) and your body, affecting the passage of Spirit through mind into manifestation. Another way of explaining it is thought, feeling and manifestation.

Implied Phallic Laws

When men (mind) began to be multiplied upon the earth and daughters were born to them. The implied phallic symbolism simply indicates the universal law of action and reaction, as noted in the interplay of idea and emotion, male and female, Adam and Eve. Curiously, it must be noted that woman (emotion, feeling nature) at first did come out of man (Adam, conscious mind, intellect, idea)—a true mating

of true man with true emotion (Eve). But after this instance, “daughters were born to men as they mismated to negative emotional patterns dictated by the false beliefs of the world, forgetful of the Spirit of God.

Your intellect, when unenlightened by the Spirit, is useful in gathering all kinds of knowledge. It creates terminology such as psychiatry, psychosomatic medicine, Oedipus complex, Electra complex, projective escapism, flight from reality, etc. The average man is covered by a mist and a fog, and the light (intelligence) in him becomes darkness. Fears arise (daughters), and man’s unenlightened mind foolishly marries them, until his offspring are as veritable “giants” (troubles, disease, complexes, wars, etc.) in the land (his world of experience).

The Answer

The answer is to align ourselves with the Infinite and let the love, the light and the harmony of the Infinite Healing Presence flow through us regularly, thereby cleansing our subconscious of these negative patterns.

The Sons of Spirit (Ideas of God; Truths of Life)

And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually (Genesis 6:5).

This is a rather accurate description of what is really the social picture of the contemporary scene. Fear of disease is rampant of every level, the pornographers’ cesspool of iniquity is spreading in all the major cities, and hospitals of all types are rapidly being filled with people mentally and physically ill. We are reading constantly about insecurity, insanity and instability of large numbers of men and women.

Giants are the fearful mismating with the daughters (emotion) of men (intellect). We should find true mating of God’s ideas with lovelier daughters (Divine love and Divine beauty) and the joy of the Lord, which is our strength.

Your Constructive Desire

Every constructive desire is a “son of God,” an offspring of the Father of life. This son, or desire, seeks a true mating to be found on spiritual levels only. The desire is good and very good and will bless humanity. As man affirms and believes that the Spirit of God will open up the door for the fulfillment of his desire, he is having a true mental marriage and will be blessed with lovely offspring. The offspring to the Spirit of God moving on the waters of your mind are wisdom, health, peace, prosperity and happiness.

Realize that God in the midst of you is able to close the mouths of lions (disease, death, insecurity, etc.); and wonders will happen as you pray in this manner.

CHAPTER 18

THE MAGIC QUALITY OF CONFIDENCE

You are Life expressed. Life became you, and you are an instrument for Life's expression. You are very important to Life, and you must recognize the fact that Life is intensely interested in your welfare, development, and unfoldment. You have a special work to do here; moreover, you are different from any other person in the world. You look different; your thoughts, feelings, and beliefs are different. You have a special natural endowment, unique capabilities, and special inherent gifts. You are equipped to express Life in a way that no one else in the entire world can.

Learn to do what you can and should do, and you will have fulfilled your destiny, your reason for existing. Fill your niche in life, and you will feel your importance in the scheme of things. You are endowed with the qualities and faculties of imagination, thought, reason, and the power to choose and act. Life desires to express through you all its glorious qualities of energy, vitality, peace, love, joy, and wisdom.

The Meaning of Confidence

Confidence means "with faith." Faith is an awareness of the presence and power of God within you. Through humble faith in yourself as a child of God you can live a victorious and triumphant life. The difficulties may be many, the obstacles challenging,

the opposition rather formidable, but with real self-confidence you can meet all problems gallantly and joyously. In companionship with God you can move through the vicissitudes of life with a deep, unshakeable, continuing confidence.

There is a wonderful text in the Bible which is of prime importance to all who wish to attain self-confidence. It is considered by many people to be one of the greatest and most profound statements in the Bible. It is found in Paul's letter to the Romans: "If God be for us, who can be against us? (Romans 8:31) Become mentally absorbed in the beauty and wisdom of this truth so that it takes possession of you, and then you can live with confidence. I teach men and women to personalize the verse to read, "If God be for me, who can be against me?" Many men repeat these words before the mirror every morning for three or four minutes, and they have told me that as this thought penetrated their mind, they knew they could overcome all obstacles. They had a spiritual experience accompanied by a feeling of victory.

Place Your Confidence in God

In the Bible you read these wonderful words: "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 11:6) Man must have confidence in the Principle of Life which responds to his thought and never fails him.

A few years ago I spent some time on the Sea of Galilee, and there I met a very interesting man who proceeded to tell me some things about himself.

"Some years ago," he said, "I was in Germany and had very large holdings. I had confidence in my stock, bonds, real estate, in my academic qualifications. The war came, I lost my entire family, and I ended up in a concentration camp. When the war was over I was released and found myself penniless. I discovered that all things pass away but God, and God alone is sufficient. I turned to him, and He answered me. Here I am today—happy, free, successful, and respected by everybody."

I asked him, "How did you pray?" He replied that the substance of his prayer had been something like this: "God shows me the way. He opens a new door for me. He reveals to me a new path of life. God gives me confidence, peace, health, and wealth. God has preserved me, and He has watched over me; I know He will continue to care for me now and forevermore."

This man found the secret of self-confidence. Friends came to his aid, money was advanced to him, and a new opportunity in a new land opened up for him. He is now prosperous beyond his fondest dreams.

Have a Workable Faith

Many people have faith in a system of theology or in certain ecclesiastical dogmas, but they have no workable faith at all and their lives are quite chaotic. Others (who

may or may not have a system of theology) have a workable faith which is expressed in their business, in their talents, in their homes, and in their relationship with people. Your faith in God must be demonstrated in your mind, body, and affairs. Faith in God and all things good fills you with self-confidence. Confidence gives you a light in your eyes, 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, manner, gestures, speech, and by the look in his eyes. Every part of him reveals his estimate or blueprint of himself.

He Was Facing Complete Failure

A man of my acquaintance in charge of a large business said to me: "I wake up in the middle of the night with a feeling of panic and greet every day with the haunting fear that something dire will happen." He was plagued by a sense of insecurity and seemed to have a conviction that his business would be ruined. He owed large sums of money and feared complete failure. He added that he read parts of the Bible every night but the fear persisted.

I gave this man some spiritual medicine to take regularly. The prescription was as follows: "I know and believe my business is God's business; God is my partner in all my affairs. I solve all my problems by placing my complete trust in the wisdom of my deeper mind. I now rest in security and peace. There is a harmonious solution to all my problems. I know that all my business relationships are in accord with the law of harmony. I work harmoniously with others to the end that happiness, prosperity, and peace reign supreme. Infinite Intelligence reveals better ways in which I can serve humanity, and I am full of confidence in my senior partner which is God."

The man read this meditation out loud nine or 10 times a day, knowing that these therapeutic healing vibrations would pass from his eye to his fear-infected brain. His ears also heard the sound of these soothing, healing vibrations and likewise conveyed them to his brain. For 10 days he continued saturating his mind with these truths through his eyes and ears, and he succeeded in wiping out all the fear thoughts. His mind became full of peace and confidence.

Better Ways in Which I can serve

This businessman also began to realize that his business was a wonderful opportunity for him to serve other people. He gave up driving himself and his employees and ceased working himself into frenzy. At the end of a month, he said to me: "Now I know my business is a means of expression, a channel through which the Life Principle can move in wonderful service to my employees and to the public in general. All my tensions are gone, and I have peace of mind. The bank has advanced me money and my business is prospering, and my confidence is returned."

The Lord is Your Shepherd . . .

In the 23rd Psalm, which is one of the most beautiful prayers in the Bible, David said the Lord guided him, cared for him, and watched over him as a shepherd guides and protects his sheep. David pointed out that an inner, guiding Principle led him into peaceful, happy and joyous situations. He believed in it, and it responded to him.

What is the Lord? The Lord is the Infinite Intelligence within you which created you and sustains you and all things. To have confidence and trust in the inner, guiding Principle of Life is to have confidence in ourselves, in our wisdom and power. It is to have self-assurance, which is the opposite of doubt, fear, timidity, and inferiority.

A New Estimate

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 new estimate is your deep conviction and trust 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 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 away cities, towns, and homes. Everything in this world passes away and is subject to change.

Acquiring Self-Confidence

To really acquire self-confidence, you must have faith in the Eternal 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.

Wrong Side of the Tracks

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—they have no confidence in the God-Self within. 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," and so forth.

The way to overcome all sense of inferiority and rejection is to realize that you can change your concept of yourself, and to know 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.

Conquering the Feeling of Inferiority

You can do all things through the God Power which strengthens you. Feel that the God Presence is flowing through our 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 flows through these patterns of thought, you become creative; you become what you want to be, 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 the entire 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 good will 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 these truths several times a day and particularly prior to sleep at night, and you will find all sense of inferiority and rejection disappears. Remember that when you offer 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 Truth.

He Was Panic Stricken

The late Henry Hamblin, editor of the Science of Thought Review, in London, told me that one Sunday morning he received a call from a local Congregational minister. This was when he first started to write along spiritual lines. The minister

wanted Hamblin to substitute 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 that 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 commenced to say to himself: "God guides me and reveals to me what to say." Suddenly, the quotation, "*I will lift up mine eyes unto the hills, from whence cometh my help*" (Psalm 121:1), came to him, and he mentally surrendered, affirming, "I surrender; God takes over and speaks through me." Instantly 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, their shortcomings and frailties, 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. The entire congregation was spellbound. They were seized and imbued by the Holy Spirit. It was his recognition of the Spirit within him which gave 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.

He Could Not Propose

A young man who listens to the author 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 20th evening he went to her home, and with faith, fervor, and confidence proposed and was accepted.

You Can Overcome

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 a certain assignment, begin to think of all the reasons why you can overcome, achieve, and arrive at a happy solution. Say to you, "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 a deep reference 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.

Divinely Outmatched

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 to me." Go ahead and tackle the situation, doing the best you can, and you will find Infinite Spirit will aid and assist you.

Invest Wisely

Do not waste your energy. Watch the expenditure of your thought by seeing 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 for; 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.

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.*

Banishing Worry

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 President banquet, nor would you wear evening clothes in a swimming pool. Are you dressed mentally for God, or is your mind full of rags and torn and tattered garments? You must wear mental clothing for all occasions. When going on a journey, know that "Divine Love goes before me, making straight, beautiful, and joyous my way."

How to Lead a Charmed Life

The Bible states clearly that if you wear the mental garment of faith 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 11:33-334)

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.

The Good Life

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 egotism 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 whom all things are possible to him that believeth.

He Was Bashful, Shy, and Retiring

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 abnormally enlarged 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.

Laughter is Good Medicine

The Greeks said that laughter is of 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 neither 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 some eggs and milk fall on the street, and instead of crying, he laughed. There is no use in crying over spilled milk.

The Sacred Center

Come back to the center within yourself where God abides. Here is all 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 your sense of oneness with God gives you absolute confidence in the fulfillment of all your dreams.

Hard Work is Not the Answer to Wealth and Success

A man may work very hard 14 or 16 hours a day, but if he fears that he will fail or if he has a guilt complex and feels that he should be punished, it will be done unto him as he believes. The law of life is the law of belief. A man may be completely dishonest in certain directions from a worldly standpoint and actually deny the presence of God; yet there is no law which says that he can't acquire wealth, provided he believes that he will be a success and that he will be wealthy. Then, according to his belief is it done unto him. The dishonest man or the wicked man garners his own sufferings and the results of his thinking the same as the honest and so-called good man. *The Great Law is absolutely just and cannot give well for evil, or evil for good.* All evil ultimately destroys itself.

Don't Worry About Evildoers

"The mills of the gods grind slowly, but they grind exceedingly fine." "Vengeance is mine, saith the Lord, I will repay." Remember that your subconscious mind, which in the Bible is called the "Law," is like a recording, which reproduces whatever you have impressed upon it. This is why you are told not to fret about evildoers or the workers of iniquity; their own subconscious mind reacts negatively or positively according to the use they are making of it. The point is this: Use your own mind constructively and harmoniously, and don't bother about the other fellow—just wish himself.

Raise your Sights

Dream lofty dreams, acquire ideals, and realize and know that you go where your vision is. Cherish the vision of what you want to be, and cease whining, complaining, and groaning about bad luck and good luck. Nourish that ideal of yours, feel the music that stirs in your heart, and contemplate the indescribably beauty of God and Nature and the loveliness that drapes your purest thoughts, for out of these frequent habitations of your mind will grow delightful conditions and experiences. Your vision is a definite promise of what you one day shall be; your ideal is the prophecy of what you shall at last unveil.

The oak sleeps in the acorn, the giant sequoia tree sleeps in its tiny seed, the bird waits in the egg; and God waits for His unfoldment in man. You will always gravitate to that which you secretly most love. You will meet in life the exact reproduction of your own thoughts. There is no chance, coincidence or accident in a world ruled by law and Divine Order. You will rise as high as your dominant aspiration, and you will descend to the level of your lowest concept of yourself.

You Mold Your Own Destiny

The man who fails to think constructively, harmoniously, and peacefully, and who is indolent and lazy, seeing only the surface of things, will talk of luck, fortune, and chance. This is why you hear men say, "How lucky he is! How fortunate he is!"

You may observe a beautiful and skilled ice skater who has reached the top and comment, "Oh, she got all the breaks." However, you should not fail to be aware of her early trials, failures, falls, hurts, and the sacrifices she made, or the long and arduous hours of practice training she spent in order that she might realize her goal and thus thrill your heart. There are many people who do not understand the process, but only perceive the results, and they call it "chance."

How to Create Good Luck for Yourself

Here is an example of what is termed "good luck." A young woman came to see me about a problem. During the course of our conversation, she said that she was looking for a position as secretary to a minister who believed along the lines of Science of Mind. I engaged her as my private secretary that same day. She said, "This is my lucky day!" This was a working of the Law. She had been praying as follows: "Infinite Intelligence knows my talents and reveals the ideal place for me where I can express my abilities and receive a wonderful remuneration." Her deeper mind, full of wisdom and intelligence, acted upon this request and brought both of us together in Divine Order. Every meeting and encounter with any person in any part of the world can be full of possibilities and good. This woman's favorite prayer is, "*All things work together for good to them that love God.*" She believed in the Spiritual Presence within her which would always take care of her and set her on the high road to happiness, freedom, and peace of mind.

A Jinx Was following Him

I knew a man who was very religious from an external standpoint; he was the pillar of his church, and he observed all the rites, rituals, and ceremonies. He believed a jinx was following him, and he suffered the tortures of the damned. He met with accidents and found his car stolen. His store burned down. His wife deserted him and married someone else. His son left home and refused to speak to him.

I explained to him that this belief in a jinx following him would cause all kinds of misfortune in his life and that he should begin to believe in the harmony of God, in the goodness of life, in the guidance of God, and in God's love for him. I told him he was created to win and to conquer, and that from now on he should begin to believe in right action, in success, and in the Wisdom of God governing all his actions.

As he changed his mental attitude, his world changed. Whereas before he was compelled to experience misfortune, now he is compelled to express good fortune. He learned the hard way that whatever orders we give to our subconscious mind will be obeyed. If you tell your subconscious mind that a jinx is following you, it will proceed to bring difficulties, delays, obstacles, and all kinds of trouble into your life in its own way.

Our Beliefs Cause Our Experiences

Your mental beliefs are the only cause, and whatever you think, feel, believe, and accept as true in your mind is the only cause in your world. You should remember constantly that it is done unto you as you believe. Feel and rejoice in the Presence of God within you; that is the only thing that counts in your life. Tune in on the Infinite One within you, honoring this Presence as supreme and sovereign in your life, and you will find that all things will work together for good in your life.

Marvelous Surprises Await Everywhere

If you think, pray, and act in a spiritual way while you are in a predicament, you will turn it to good account. A girl in our audience told me that she believes she will be pleasantly and wondrously surprised wherever she goes. She has marvelous and unique experiences in all her travels. She has sold this idea to her subconscious mind by repetition, and her subconscious mind responds accordingly. She has conditioned her subconscious to good fortune.

There were 15 boys in line looking for a job. The boy at the end of the line wrote a note to the manager, which said, "Sir, don't hire anybody until you see me." He got the job. The boy used his mind and trusted something within him to help him say and do the right thing. This was not chance or luck; it was the reaction of his subconscious mind to his belief.

Believe in Yourself

The poet said: "We are all parts of one stupendous whole whose body nature is and God the soul." There must be joy in your work. In olden days when they made a table, a statue or a chair, there was a song in their heart. They took pride in their work. The larger piece in the table or the building needs the small. All the component parts go to make up the unit. You are needed. There is no misfit in the universe. All notes are necessary for the symphony.

There is no one in the entire world that can do something just like you because only you are you. You are unique. If you are a cook you are essential to the General of the Army. There is nothing useless but your belief and concept that you are. Your subconscious accepts what you really believe, and you experience accordingly.

“As Thou Hast 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 Dr. Phineas Parkhurst Quimby of Maine 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.

Important Pointers

1. The law of life is the law of belief. To believe something is to accept it as true, and whatever you mentally accept and feel to be true will come to pass.
2. Opportunities are all around you. Learn to take advantage of them. Be alert and alive.
3. Man’s joy and suffering are the reflections of his habitual thinking.
4. The secret of good luck and good fortune is to think right, feel right, be right, do right, and act right.
5. Don’t worry about evildoers; their own subconscious mind reacts negatively or positively according to the use they are making of it.
6. Your vision is a definite promise of what you one day shall be; your ideal is the prophecy of what you shall at last unveil.
7. There are many people who do not understand the process, but only perceive the results, and they call it “chance.”
8. Realize that every meeting and encounter with any person in any part of the world can be full of possibilities and good.
9. Give your subconscious mind the right orders. If you affirm that a jinx is following you, it will follow your orders, bringing all kinds of trouble into your life.
10. In every adversity there is the seed of opportunity.
11. Constant repetition of the idea of good fortune will be accepted by your subconscious mind, and good fortune will be yours.
12. Good luck is the reaction of your subconscious mind to your belief in good fortune.
13. Don’t look to a particular person to reward you. Life will reward you handsomely.
14. Every problem is divinely outmatched; this is why you can lead a triumphant life.

15. If God be for you, who can be against you? Believe this, and all things will work together for your good.
16. It is not what you profess to believe with your lips that matters. It is what you really believe deep down in your heart that matters

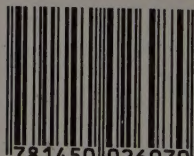
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