

W4-5, 8-11-12

Vol. 6

KEELER'S

No. 1

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# COMMENTS

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# PRAISED

BE MY

# LORD

O Most High Almighty Good LORD GOD to Thee belong  
praise, glory, honour and all blessing.

PRAISED be my LORD GOD with all His creatures and specially  
our brother the Sun who brings us the day and who brings us  
the light: fair is he and shines with a very great splendour.  
O LORD, he signifies to us Thee.

PRAISED be my LORD for our sister the Moon and for the stars  
the which He has set clear and lovely in heaven.

PRAISED be my LORD for our brother the Wind and for air and  
cloud, calms and all weather by the which Thou upholdest  
life in all creatures.

PRAISED be my LORD for our sister the Water who is very ser-  
viceable unto us and humble and precious and clean.

PRAISED be my LORD for our brother Fire through whom Thou  
givest us light in the darkness; and he is bright and plea-  
sant and very mighty and strong.

PRAISED be my LORD for our sister the Earth, the which doth  
sustain us and keep us and bringeth forth divers fruits-----  
and flowers of many colours and grass.

PRAISE ye and bles the Lord and give thanks unto Him, and  
serve Him with great humility.

Translated from St. Francis Di Assisi  
by Matthew Arnold

W4-5, 8-9, 11-12

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January 1938

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COMMENTS

Vol. 6 - No. 1

About Applied Christianity, the Victorious Faith, Direct Knowing (Intuition), and the Greater Power of the Spiritual Empire of the Mind.

An unique periodical published by W. Frederic Keeler, P. O. Box 426, San Diego, Calif.

For those who wish to know the Truth of the Indwelling Christ.

Issued the first of each month.

SUBSCRIPTION: One dollar a year. Six months, fifty cents. Ten cents each post free when mailed separately. Special rates to Centers, Libraries and Bookshops.

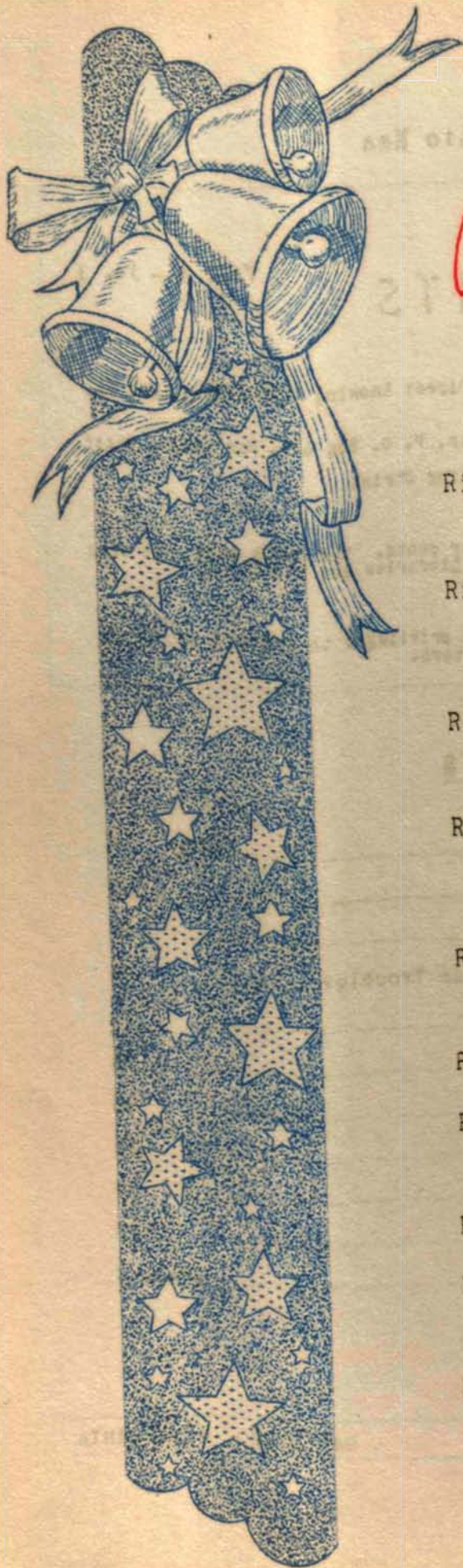
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2



# New Year's Eve

Ring out, wild bells, to the wild sky,  
The flying cloud, the frosty light;  
The year is dying in the night;  
Ring out, wild bells, and let him die.

\* \* \* \*

Ring out the grief that saps the mind,  
For those that here we see no more;  
Ring out the feud of rich and poor,  
Ring in redress to all mankind.

\* \* \* \*

Ring out false pride in place and blood,  
The civic slander and the spite;  
Ring in the love of truth and right,  
Ring in the common love of good.

Ring out old shapes of foul disease,  
Ring out the narrowing lust of gold;  
Ring out the thousand wars of old,  
Ring in the thousand years of peace.

Ring in the valiant man and free,  
The larger heart, the kindlier hand;  
Ring out the darkness of the land,  
Ring in the Christ that is to be.

--Alfred Tennyson

THE  
HEALING  
EQUIPMENT  
OF THE  
CHRISTIAN  
PRACTITIONER



*The Eighth Lesson*

A METAPHYSICAL healer is a physician. A physician is one who is skilled in the art of healing. The metaphysician is not an M. D. for he has nothing to do with medicine. Nevertheless he is a physician; he finds his remedies in Spirit and he applies those remedies to human ills. He is a *META* physician---one who deals with the Higher remedies.

Being a physician obviously he must be or become decidedly interested in humanity, in people. He should have and should always cultivate the physician's instinct, that desire to help which belongs naturally to good physicians, nurses, and mothers. I say this because there are some who think that a sort of grand idealism suffices to make a healer, who argue from what they define as the Absolute, saying that all is right and all is well. If that is true, a healer is not necessary. In the Absolute all is well; but the metaphysician is to deal with humanity just as he finds it, as well as with the Absolute. It is his ability to deal with both of these so-called extremes of concept, and to do it at first hand, that makes him a metaphysician.

The healer is to deal with the most tangible substances of life, and he does this for the benefit of humanity and for the glory of God. As long as God can be glorified man can be glorified.

Any staking attitude of head above skies will avail the practitioner nothing.

I return to my premise: It is necessary that a healer have and maintain to a lively extent a healing, helpful interest in humanity. Remember the tale of Abou ben Adem, who said that he did not know God and so could not love Him, but that he did love his brother man, and who therefore was placed at the head of the list of the righteous. Remember that life is to be "on earth as it is in heaven".

It is plainly stated in our holy text that one is to love the Lord with all one's heart, and that if this is not readily comprehensible we should love our neighbor; "Thou shall love thy neighbor as thyself". Love is the Law. It cannot be avoided by any excuse whatever. Everyone can love one's neighbor as one can love one's self. Even the most selfish and the most materialized mind can learn to do this.

As a matter of fact I, personally, believe that the love of mankind and the desire to serve humanity, or the desire to render individual service, makes for the most practical and best healer, and I stubbornly hold to the fact that the one who heals is the best healer---not the one who yearns to heal or the one who prays most or longest.

It is an axiom that we should proceed from the standpoint with which we are most familiar. True, a healer will come to know God, and should. God is knowable. But if you do not feel secure in His knowledge, do not permit yourself to be disturbed. You wish to serve man. Cultivate that desire; proceed with it; start from where you are. You love mankind. You love God. To do *BOTH* is metaphysical. To attempt one without the other is inconsequential. But you can accept either, and you will find that you accept or give more importance to one than to the other. Very well, follow the course that is most real and acceptable to you. I believe the love of humanity, the desire to really heal, is the more important of the two and that it leads to speedier results. It has the advantage of simplicity and is more readily comprehended by most of us; also it tends to prevent much false effort.

You will find that the expression "dimension of thought" will

be used in the metaphysical world. This is a technical expression with which you should acquaint yourself.

A dimension is merely a direction. A line is drawn in one direction, therefore it has but one dimension. One can proceed in two directions on a plane surface, therefore it has two dimensions. A solid has another direction---that of thickness---length, breadth and thickness---it is a solid. The *NUMBER* of its dimensions defines the thing.

In the above description we have discussed material substance only.

We are now to discuss direction of thought. It is important to learn this because we wish to arrive upon a new plane of thought. We are to learn a new power of thinking and of being, and we are to bring this into conscious use.

All thought has direction. You cannot think without thinking of or toward something. That which you think toward indicates the dimension of your thought. It is very simple. We have just been considering two dimensions of thought. We have talked about thinking of or toward mankind and of thinking of or toward God. Those are two directions of thought. How or what we thought toward or about mankind or toward God, is another thing.

We know this in metaphysics as a dimension because we deliberately build certain structures, kinds, or substances of thought by being mindful of our direction of thought, and we enter upon problems of metaphysical thought and solve problems of life on the metaphysical plane just as truly and as scientifically as does the physicist on his plane. Our thought direction finally constitutes our thought substance, therefore we are justified in the use of our term, "thought dimension".

The first dimension in metaphysical thought is that of the earth and the things that are on the earth. We are not talking about worldliness, but about the earth. "The earth is the Lord's and the fullness thereof". To think of such things is to think in the first dimension.

This lesson deals with the importance of first dimensional thought.



True, the earth is but ash reduced to dust and stone. And man's body is out of that dust. Yet these things belong to the Master and are sacred. And the miracle of the implanting of Spirit is shown upon the earth, for its ash and dust blossom forth in the miracle of verdure and living things, and the uppermost of these things is man in whom is embodied the very love of God. Man can love as God loves. No one can limit or define the love of man or the love of God.

All this praise of the earth and the things of the earth, and of mankind as mankind, is talk and thought in the first dimension. It is called and numbered the first dimension because it is easier for man, as man, to think of the things he sees than it is for him to think of the things he does not see. Animals cannot think in any other than the first dimension.

In metaphysics and in *ALL HEALING* it is necessary for man to retain and to use his appreciation of this first dimension of thought. Therefore respect for and love of this life should be exercised and cultivated. A sick man does not wish to be saved in heaven only; he wishes to be saved right here on earth. If the student does not get this conception he may find himself dealing with angels instead of humans; in which case he would not be a healer. He must do the thing he sets out to do---that is, to heal, to restore his fellows to health and happiness.

Man is made in the image of God; therefore there is nothing higher than man except God. And the perfect man is the only man God knows. We wish to know the perfect man. It is our duty, so far as possible, to imitate God and God loves man. God has faith in man. The healer should ever cultivate and deepen and extend that kind of love and faith. To do this is to exercise the first dimension of thought in metaphysics.

Throughout this discourse we have sometimes exercised another dimension of thought. We have thought toward and of God. In metaphysics we call this the third dimension.

It is the prerogative of the best in man to be able to think of God, i.e., of his Source, of that Intelligence which is fundamental and common to us all. Names do not define it; neither do opinions. We usually call that dimension Spirit.

The healer is to familiarize himself with Spirit, also, and to cultivate an ever deepening respect for it. He does this by studying about it and by meditating upon Spirit, and by being spiritual. His conception and use of Spirit thereby increases.

At this point we arrive at true healing consciousness and at least begin to have and exercise healing power. The unity of these dimensions, Spirit and mankind, metaphysically stated as Spirit in man---is our goal. We are now speaking and thinking as a healer always thinks. The healer always unites. He unites that which the world mind would call opposites, he unites Spirit and so-called matter. By such process he further demonstrates the endowment of man with limitless spiritual powers. True, he uses additional factors. It is also true that he applies them definitely to desired results, but his every method is an extension of this dimensional unity applied to life; and this ability is easily acquirable in its own terms on its own plane by those who sufficiently interest themselves.

- A PERSONAL NOTE -

In answer to such a question as "Wherein do I fail to produce the healing results that I should have?", I would as a first general answer say, "You may not be giving sufficient attention in your treatments to your patient".

God is Right and righteous in His heaven, but your patient needs attention. You cannot bring God's Faith to your patient without being intensely interested in your patient. The healer must reach his patient. To proceed to endeavor to *serve the sufferer* is to exercise Faith and God's Will in healing. One of the first laws of Christianity is "Love one another". Of course we must exercise a lively devotion, but devotion to man's good is also devotion to God's Good.

To be plain, where there is to be analytical criticism about healing, I suspect that the bond of unworried *interest in the patient* may have been forgotten and a personal idealization of spiritual or higher things has been permitted to invade the actualities of one's silent prayers. Treatment is real and the reality of it must not be lost in meaningless meditation. We are to serve and to apply high actualities pointedly to the patient on earth.

This is why I have reprinted the above article which was the very first one in the magazine "Christian Victory" when I started it exactly eight years ago, and that is why I repeat it in this series on Equipment in these "Comments" which followed that magazine. It is a first point with me, the first dimension, the love of man enacted silently in service.

--W. F. K.

# "THE UNSEEN THINGS ARE MORE"

THE Bhagavad Gita, the Song Celestial, says in stating the great fundamental of true doing.

"The right act is less, far less, than the right-thinking mind.

Seek refuge in thy soul; have there thy heaven.  
Scorn them that follow virtue for her gifts,  
The mind of pure devotion---even here---  
Casts equally aside good deeds and bad,  
Passing above them."

"Dwelling outside the stress  
Of passion, fear, and anger; in fixed calms."

Here we have a perfect description of the healing state, the mind of power and mastery.

Where lies Power? It is always and forever located in the thought realm, in the silent workshop of the mind.

I am saying squarely that silent thought is more powerful than any visible act.

It is not true that we accomplish by the visible act. In every instance we accomplish by the unseen, by the thought-act.

What you think when you act counts, not the act. In other words, the *SILENT ACTS* of a mind that is poised, unafraid, and at peace with life, are the producers of the real results.

There is the life of the mortal, the animal man, which deals with the surges and stresses of visible life, combating conditions, living, or rather existing and dying hour by hour in pitiful strivings about the good and bad things of worldliness; "my friends", "my relatives", "my good days, my bad days", "my money, his or her money". Life itself is fine, strong and right; but this sort of struggle is not life. It is a self-induced purgatory. It is neither natural nor normal.

Peace is normal. Poise is life. When we deal with visible things by definitely using these Principles of Life AS powers and instrumentalities, we control conditions; we harmonize every expressed act, whether acts of our own or of others.

We do not use force or dominance. We use God's universal Powers.

What are the Power States? Peace is a Power State. Also, Peace is an instrument. It is an instrument to be scientifically used in achieving things in this world and in all the other worlds of universal life.

Faith, calm, dependence upon the unseen; these are implements of Power. They are the things with which we do things, the things with which we accomplish results; yes, results in our daily lives, the results we most ardently desire.

But the first requisite in the use of these Powers is that they be *RECOGNIZED AS POWERS* in themselves--in no way dependent upon worldly conditions.

Worry never heals---self-psychology does not heal. Peace heals, *NOT WORRY ABOUT USING PEACE TO HEAL*, but the actual use and application of Peace, God's Peace, to any given solution, and that peace is to be applied by means of one's mind. And that application is to take place *ENTIRELY* within the silence of one's mind.

It is the conversion to the Power of *SILENT* Work that makes the master.

Then follows the relating of these Principles to the healable situation that brings the required results.

After Buddha says--

"Before beginning, and without an end,  
As space eternal and as surety sure,  
Is fixed a Power divine which moves to good,  
Only its laws endure.

"This is its touch upon the blossomed rose,  
The fashion of its hand shaped lotus-leaves;  
In dark soil and the silence of the seeds  
The robe of Spring it weaves."

He says--

"This is its work upon the things ye see:  
The unseen things are more; men's hearts and minds."

"Those, too, the great Law binds."

"Unseen it helpeth ye with faithful hands,  
Unheard it speaketh stronger than the storm."

"It will not be contemned of anyone".

I tell you, as all the books and Bibles tell you, the world is unknowing and all matter is blind. Only the SILENT MIND THAT IS GIVEN OVER TO THE USE OF POWERS AND PRINCIPLES exercises creative control. No worldly lack can answer, refute, or withstand such a Silent Mind.

And what does Laotze say in his great book, "The Simple Way"?

"The celestial space is like a bellows---though containing nothing that is solid, it does not at any time collapse. The inflated man, however, is soon exhausted." "The wise man beholds all men as things made for holy use". "Neither Heaven nor Earth has any predilections". "The ancient men were skillful in their mysterious acquaintance with profundities". They were fathomless in their depths".

And what does the Old Testament say is the cause of trouble?

"The wickedness of man was great in the earth and every imagination

of the thoughts of his heart was only evil continually". (Gen 6:5)

All cause is personal; it lies in the heart, in the soul, in the hidden emotions, in the deeper feelings of the individual. It is all a matter of one's silent life. We live silently and all effects arise and result from within. Healing also lies in the inner mind, the silent Soul of man.

The heart feeling, silent activity, is a work of truth. We are to serve the Lord, the Lord of our entire being, we are to "Serve him and to cleave unto him", "For the Lord God proveth you, to know whether you love the Lord your God with all your heart and with all your soul".

We are constantly referred to "an understanding heart" (I Sam. 16:7), "A soul that longeth for the living God" and "Soul and flesh cryeth out". "For where your treasure is, there also will be your heart".

All of which occurs within brings that which occurs without; this is the statement of the bond of the hidden, silent, secret, interior self with all outer, or actualized and expressed conditions. To adjust the inner self with the Powers of Principle and Truth is to bring about harmony, supply, and health; for they are one, they are harmonious, they are heavenly. Heaven is not limited from the earth and our daily needs.

John instructs, "Let not your heart be troubled".

Six times the New Testament repeats, "God reaches the heart". Also, "If thou believeth with all they heart".

What is the secret of Christian healing?

It is the USE of the Powers of the Life of Peace applied by the poised, knowing, and faithful mind in silent heart activities to the problems of life.

Here is the fundamental science of it:

Luke 6:45 - "A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil

treasure of his heart bringeth forth that which is evil."

MATT. 12:35 - "A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things."

Good things are "brought forth" and where are they "brought forth"? They are brought forth on earth, for "the earth is the Lord's".

These good things are "brought forth" directly out of the unseen sources of Life.

Prayer relates heavenly Principles with the earth; it relates heaven and earth.

Workers of Truth and Mastery should always remember the magic six---Matthew 6:6 -

"But then when thou prayest enter into thy closet and when thou hast shut thy door, pray to thy Father which is in secret, and thy Father which is in secret shall reward thee openly".

Shut the door of your mind upon the evidences of the world. Seek your Source. Ask. Do not worry, "Ask". You can only really ask in Peace.

Receive. You shall receive. This is the teaching of Christian power and victory.



## WHY DOES AN ASSERTION OF FAITH SOMETIMES CAUSE TROUBLE?

If you have a pool of goldfish which has stood quietly a year or so, and you stir that pool to the bottom, it is very liable to make the goldfish ill. The hitherto undisturbed debris poisons them, while in the same pool unstirred, they would thrive.

When, after a long interval, one enters upon a rather long-time complete fast, it is liable to poison his entire system temporarily because nature, having no further digestion or assimilation to do, proceeds to act hurriedly to root out all the subtle poisons from the recesses of the system and so stir it up just as the fish pool illustration would show. The intent of nature at that time is to get this poison out of the system, but while it is coming from these back recesses of time's accumulation and passing through the system, it can cause skin eruptions and some passing sickness. For this reason fasts should be one day long and repeated at intervals only until a two day's fast becomes easy; and that two day fast repeated and started over from the beginning until it reaches three days, and so forth.

The point of all this is that when there is a deep and hidden residue of poisonous things, whether they are chemicals or systemic poisons or mental poisons, if a person attacks those things, attacks the problem with fight and upset and over vigorous determination, then a passing trouble may result, for fight and excited personal ambition constitute trouble in themselves.

It is a very common experience that when one has quickly and quite completely, but always suddenly, given themselves over to



what they call faith, a setback is liable to occur, especially in so-called metaphysical self-treatment. The Christian Scientists recognize this experience and call it chemicalization---an efferescence of things undesirable. There are people who have such a setback every time they make an effort to do anything spiritual, and this is because of hidden fear.

All this means that there is in such persons a residue of struggle and fight and personal determination, and when they bring themselves to peace and rest and quiet faith they feel consciously or unconsciously lost. The fact is that their efforts are not true efforts of faith, but partake over freely of their old style habit of struggle. They succeed in digging up all that is undesirable because they really, no matter how much they may pride themselves on their ability to surrender to faith, do not do so. They surrender to their old habit of struggle. If they are going to heal, they are going to do it themselves and, by subtle habit, they think that all things must be done by struggle and insistence.

Seldom do any such patients or self-healers recognize that anything is wrong in their method. If a practitioner has settled this question within himself and is decided to have no chemicalization, it will not occur very often with his patients. But, on the other hand, if a habit of struggle and lack of real faith is thoroughly ingrained, sometimes this chemicalization will occur, but in every instance of the kind it means that the case has been reached. Nothing makes a boil more tender than to touch it.

Much of this tendency toward upheaval comes from the habitual belief that the way of life is hard; that whatever is to be done is difficult of accomplishment; that all great and good steps are very, very difficult; that it takes a mighty effort to become good. All of this is illusion.

Another factor back of this experience is that people are familiar with their troubles. They are accustomed to the life of sickness and defeat, they seem to think that suffering is so natural that the birds in the trees say to their neighbors, "Tweet how is your rheumatism and aches this morning? Is it possible that you slept well last night?" If this un-ease is taken away from such a life suddenly, one becomes temporarily lost. Therefore after making an ascent from the worldliness of their daily struggl

life, if they too quickly pull the cord of the balloon that takes them up, they quickly drop back to earth in familiar circumstances. Habitually familiar circumstances with such persons are unpleasant circumstances. If you ask the average person what life is to him, he will tell you that it is hard and difficult. Very well, then, that is his familiar life and he describes himself.

Entering spirituality, even entering health, is at first sight liable to have the appearance of a barren waste. There must be these other things; there must be excitement; there must be something to do which simply must be done now, no matter what it is; there must be a struggle in overcoming. "Without that, what would I do with myself?" the average person asks. "One has to say something, one just has to do something". To set that person down into a quiet place without a book, without someone to talk to, would bring a wave of despair. Very well, this experience explains "why the acknowledgement and appreciation of a condition that has apparently been met and cleared seemingly causes its re-occurrence". The world calls it testing. It is the last temptation in any particular case. When one chooses to be free from an undesirable condition, of course that undesirable condition is called up in order to be disposed of. Then if the feeling of it and the reaction to it is greater than faith, this worldling is liable to become promptly whipped by his old enemy-friend, his particular undesirable condition.

When giving a treatment, should the case present itself vividly before the practitioner, that means that it is ready to be disposed of; then if the so-called practitioner becomes afraid of that which he has been called upon to eliminate, he is thereupon promptly whipped and defeated. That is why the false doctrine of denial and fear of the word "sick", which word Jesus used so often, have crept into what is supposed to be, but certainly is not, Christian healing.

Remember that when the unpleasant condition or circumstance comes before you, it does so that it may be disposed of. Should it accelerate in response to first treatments in doing so, it promises its own abolishment. You have the power, and the fact of the unpleasant appearance is the proof that you can be rid of it. Even fever and pain are evidences of natural healing. When we meet such conditions with their very opposite of calm and faith, spiritual healing takes place.

Disease can never present true evidences, because disease is untrue to life. We are to meet all symptoms with Life. When we come to know that the undesirable is never necessary the way of Life becomes harmonious in its every step and these artificial reactions will never occur.

Chemicalizations, set-backs, unpleasant reactions, need never occur. They are the result of fear, of unquickness, meddling, halting aims, instead of full acts toward God's Good.

There are no reactions in Spirit. Life is an instantaneous healer, full-flowing all the way.

We are to accept no evidence except the one evidence of Harmony.



An optimist always sees an opportunity in every difficulty; a pessimist always sees a difficulty in every opportunity.

--From "Y's Doing"  
published by San Diego YWCA

# FATE



**W**hat were you doing before you were born?

Are you one of those half-persons who has in his thoughts a half-eternity, of course needing only a half-mind to think about existence, having no "whence", with most everything being "whither", and with the present all "why"?

The question of "whence, whither and why" is a true question, and it is an answerable question.

But no question about life can be answered if all past is eliminated. There is no such thing as an eternity with a beginning. A beginning is an end, and eternity is without end.

And we are going somewhere.

The boy who had been on an errand and was returning home was wrong when he said upon being asked where he was going, "I ain't goin' nowhere, I'm comin' back".

We live. We move. We are here, coming from there, going onward. Always and ever Onward. Onwardness is life.

If backwardness were eternal all existence would have disappeared long ago into nothingness, not into a chaos of nothingness for even chaos could not be, and since it would require a mind to know even nothingness there can be no nothingness. That which exists must be known, else it does not exist. Things are known; therefore, fundamentally, we have mind; nor could we have a mind had it nothing to know.

We are and we are going forward, nor could we go forward without going from.

What do you do -- not did, do -- from what do you go? "From the past". But what kind of past? From the past that is indicated by the present.

We have nothing by which to judge except the present.

Should we know God and all the grandeur of existence we must know it now, in the present, and such knowing, if complete, would include the past and the future.

If we do not have the knowing of these things of eternity, in whole or in part, we must judge the past as well as the future by that which we do know here and now.

If we here and now know that life is hard, that things are not as they should be at present, they were not as they should be in the past.

Whose past?

Your past.

Your past was and is your own. You made it.

If you did not make it, who did? It is your very own and at least you accepted it, you lived it. You believed it. If not, someone believed it for you, and even then you accepted it or it could not have been yours.

"Why are things this way?"

Because of things you did or did not do in the past, and you first did them in your mind by means of your mind. Always the mind first, there is no existence without mind. Existence and mind are one.

Your past belonged to you but it is past. It is an old possession. If you have laid it away it has no further effect.

Of course the Good cannot be laid away. Good is indestructible. One cannot destroy Good, even one's own Good.

Those who act upon the "force of circumstances", those who say

they "are born that way", those who have "bad luck all the time" or "most of the time" are holding to the UNDESIRABLE of the past.

In plain fact, such persons believe in "circumstances" and "bad luck" more than they believe in their own Good.

The evil of the past is dead except that it be accepted as being alive and unmanageable. "I can't help it" means just that. But it does not need to mean anything. Its meaning is what you give it. Why give helplessness any meaning? There is no law of helplessness in the universe. One should accept Helpfulness as a Principle of God and of existence and mentally be open and receptive to it.

God can help it. The whole universe can help anything and anyone, all.

Helpfulness, Love, ability to do, the power to be, all this is an expression of the conspiracy of the universe to aid, to build, to carry forward, to inculcate Joy.

That which causes the yolk in the egg to become a chick and that which brings the chick out of the fastness of the shell is the Loving God, call that ever-present Lovingness what you will.

The shell was not a detriment. It was a protective service--- a love-thing.

So are all things protective love-things, each in its proper place.

If life is hard for you it is a shell-like thing holding, withholding you away from more heavy protective things until you will permit with your own God-power the breaking of that shell so that you may be born, self-born, God-born, into direct and immediate Love-Love, the life of Harmony instead of the life of unpleasant conditions.

What is the answer, the solution? It is this: Accept by means of your mind, by means of the knowing Self of you, the direct and immediate Law of Love. Accept God and His Goodness.

Turn away from the belief of hardness and struggle. Accept

no so-called evidence of anything of that kind. All such apparent evidences are empty shells of the past.

Let the past bury the past, the dead bury the dead. The Good is ever-present. Those who turn from habit and unpleasant thoughts do away with all so-called bad luck. The Law is Onwardness, not habit nor fate.

You cannot bring life from the old, dead self-effacing things of the past by being emotional about them. Emotionalism is false. As Laotze says, one cannot bring a dead serpent to life by constantly keeping it in motion. It is Life, livingness, which one wants instead of an activity of false, unprogressive movement, and dwelling upon the unpleasant past is false, round-the-circle mental motion.

Much of the Good Life is lived for us. Why not? God is capable. Why the anxiety, the hurry, the bonds of the past?

We are in bondage only to God's Good and the Good of the past remains with you for it is eternal.

But you have choice. Live your Good. To attempt to live and to think the past is to be half dead with it.

The horse in its past, its so-called ancestral state, was afraid of everything. It feared every bush, there might be a tiger in it. Therefore now, until it learns better, it is afraid of every stray piece of inert paper. The past of the horse jumps; therefore the horse jumps. The horse is bound to its fears.

But we are not horses. Horses permit themselves to be driven. A horse will go when it is told to go until it drops. What a horse is told to do, it does. Are you a horse? Do you permit people and circumstances to order you?

The inert wayside paper orders the horse into its fright.

The driver orders it to succumb.

The horse is living upon its undesirable past. But the human being who refuses to permit himself to be subject to his horse-mind to the jungle-mind of the past, even automatically, controls his fate and insures harmony as his fate, his Good Fate.

But the human can know the Law of Good as distinguishable from the animal law of things. To convert one's self, with the help of God, to the Law of Good is to become free from all that is not Good.

Your past is you. Your Good is you also.

To have your Good-You now and forever is to become converted

to it as a Reality, and to have it here on earth is to choose it, pray for it, and keep your Peace about it HERE ON EARTH.

Nothing simply happens of itself.

All is Law.

All is mind.

That which "happens" is the result of Law and mind. That which happens to you is the result of the Law and Your Mind.

You are Free.

If you doubt your freedom and work hard at life then you will have a hard life, because you are Free to have the kind of life you wish.

To use your Freedom in thought and belief and to accept the immediacy of that Freedom is to have Your Freedom on all occasions.



**N**EW **Y**EAR  
**G**REETINGS





THE MAN WHO  
COULD SUFFER  
AND  
WHO COULD  
SAVE



By PHILLIPS BROOKS:-

Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in an obscure village. He worked in a carpenter shop until He was thirty, and then for three years He was an itinerant teacher. He never wrote a book. He never went to college. He never travelled two hundred miles from the place where He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself. He had nothing to do with this world except the power of His divine manhood. While still a young man, the tide of popular opinion turned against Him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves. His executioners gambled for the only piece of property He had on earth while he was dying---His coat. When He was dead He was taken down and laid in a borrowed grave through the pity of a friend.

Nineteen wide centuries have come and gone and today He is the centerpiece of the human race and the Leader of the column of progress.

I am far within the mark when I say that all the armies that ever marched, and all the navies that ever were built, and all the

parliaments that ever sat, and all the kings that ever reigned, put together, have not effected the life of man upon this earth as powerfully as has that one solitary life.

By HENRY VICTOR MORGAN:-

This is the soul of Christianity, the Voice eternal in the human heart. As the birth of Jesus is the most important event in human history, so is the birth of the Christ idea the most important event in individual experience. It is the great reality. All else is shadow.

I know of no other conception that so clothes the soul with deathlessness as this entrance into the mind that was in Christ.

The mystical soul of Paul thrills to the thought sublime as he writes: "My little children of whom I travail in birth again until Christ be formed in you." Having realized the Christ truth in himself, Paul discovered a wonderful thing, namely, that he could, through prayerful meditation, help others to form the Christ Ideal and to put on the new conception of man in God's image and likeness. This inner realization, when directed toward physical healing, becomes the transforming power of God. It is the prayer of faith that heals the sick. It is the eternal Christmas message, forever speaking to the shepherd soul within us. It is the straight gate through which we enter into limitless power wherein our will becomes the will of God, our word becomes the word of God, and we may decree a thing and it shall come to pass.

--All from "The Master Christian"  
402 No. Eye St., Tacoma, Wash.



If any of you lack wisdom, let him ask of God, that giveth to all men liberally and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering.

James 1:5,6

AN



COURSE

## LESSON NO. 3

**T**his is a simple lesson on the technique of speaking the Word silently.

Technique means: the specialized method of execution, of doing.

No word is actually spoken until its speaking as an act is ended. Completion is the peak of its performance. Sometimes this completing of the act of speaking the silent Word, this matter of UTTERLY ending a silent statement, is called placing the Word in Spirit. I call it cut-off.

Do just that. Cut it off. Not only have you spoken, but be done with it. Let it go. Trust your Word. Do this completely. Let Faith in your Word and in your silent speaking of it take the place of all after thought about it. Those who continue to talk (orally) say nothing; that is why they continue to talk. They have hopes of finally saying something and there being no finality, nothing is finally said. Get the point?---a thing is said only when the saying of it ceases.

Stop. You meant what you said, therefore you can stop. If you continue thinking about your thought, your silent word, you did not mean it, therefore it is in no way the healing Word.

Learn this concerning mental dynamics: Only the completed

thought produces results. Regardless of what the thought may be, the more distinctly and sharply it is completed and cut off the more swiftly and surely it will produce results. If a thought could be divided into portions or parts, the final, the very last, the conclusive part can be considered as containing all its vitality. Finality is the Word. All else is introduction and preparation for it. All power of impingement is there. The end of a thought is the chisel end. It is a fine point. Its sharpness etches into the cause-stuff of unseen potentials. It compares with the pressed button on the electric wires; the electricity is at hand, pressing the button brings it into activity. But mentalism of forming the thought is at hand, but the button is pressed in mental power by cut-off. Thought cut-off is actual contact with unseen Intelligence. Mentally cut-off is contact.

Consider the psychology of it. A speaker must have a listener. A listener cannot be a good doer and a good listener at the same time. You tell one what to do? Well, LET him do it. To repeat would be to interfere. "Do not repeat as the heathen do". It is time to be polite. When you have said something the universe will have heard what you SAID. If you keep talking it will only hear talk.

The illustration of the insistent talkative orderer over the telephone is a good one. She wants bread. At the telephone she has her doubts, "Do you understand?" "Are you sure you have it?" "Can the boy bring it?" "When?" "Well, I have my doubts." The boy will probably bring it providing she stops talking so that he may do so, and provided she does not succeed in bringing complete doubt to the grocerman instead of giving him her word.

All long continued thought is worry---that is, it is not thought at all. It is a poor and unsuccessful attempt at thinking. It is false motion bending back upon itself. A complete thought stops of itself. If the thought cannot be stopped at will it then becomes the disease called worry. When crystallized into habit it becomes nervousness and depletes one. Worry is a lack of thinking and takes form in time as a lack of co-ordinate vitality.

Be decisive. Be incisive. Say it. Take your stand where you are FOR THE TIME BEING. No, not forever. You live. You always will live. You think. You always have thought. You will

think again. This is a law. You will think again when you please and as you please provided you finish each thought. Do not let a thought finish you by worrying about it afterward. Be workmanlike. Do your job. Should you not like a thought after it is completed, think another one. The favorite and forceful one is the last one, and the last part of that one. The last rendition conquered by the musician, the last picture painted by the artist, the last thought is the best. Power is with the last thought you complete.

Then pass on to newer ones that will ever more freely and more powerfully come.

Do not be anxious about your thinking. Do it the best you can; speed and skill will follow. Some people never learn that they grow by doing, that life is a becoming. It is not attained by perfect steps, it is an attaining and it is lived in the taking of steps, one step at a time. They are the same ones who fear another thought will never come; therefore they must hold this present one. One cannot hold one's thought nor one's breath, nor can one hold life. One thinks, breathes, and lives because of change, constant renewal.

If one does not stop one will never start; how can one start while still going! You could not drive an automobile successfully or even safely until you knew how to stop it.

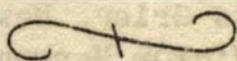
Cut-off is the one technicality that could be called the trick of power thinking. It is really higher than that, though, because it is instant Faith; and it brings answer to your prayer, for your Word is your choice, your prayer. Truth must suffice and a truth is a truth whether taught in the story of Aladdin, or whether taught as the one Holy Law of consciousness, "Ask".

Touch, contact, let go. Think, speak. It is said. It is done. The fires of fulfillment have been lighted. They are living fires of the Living Word; and life is eternal. The Word of life Creates. You have spoken. You shall have. It is finished--that you may have again.

The unseen universe of Spirit conspires to serve. Call for its services. Give its service to others. Do not weep nor explain, for neither will avail. Speak and the Universe will answer.

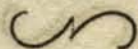


## A PERSONAL WORD



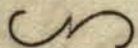
May I personally thank our subscribers and friends for their unusually good response in sending subscriptions and the Xmas issue to their friends? We can assure you that we have carefully mailed to all according to each request.

We confidently expect to issue a larger and even better Xmas issue for this year (1938). It will become a regular institution because everyone tells us that it makes a very good Xmas remembrance and we will prepare it with more of the Xmas spirit and personal remembrance style in the future.



"Twelve Steps of Attainment, a Complete Course of Lessons in the Science of Godpower and Constructive Thinking", by Clarence and Marjorie Mayer is now being offered. This has long been promised and is a culmination of many years' experience in Truth. It consists of twelve actual steps in the acquirement of a working knowledge of applied---well, there is no better word than theirs---Godpower.

The chief recommendation of this Lesson Course, as we see it, is that a person can prepare himself completely for healing by confining himself to a study of this one course alone. It is sympathetic, practical and complete. All inquiries should be addressed to Science of Godpower Publishing Company, P. O. Box O, Ambassador Station, Los Angeles, California.

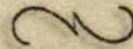


The Inter-National New Thought Alliance's recent New York Congress was not in any sense a mere talk-fest; it was a very

real spiritual gathering of a number of the strongest and most well-grounded of our leaders who offer the Christ message of Truth. Some who took part, although there were many others regarding whose presence we are not at present informed, were Eleanor Mel, Boston; Gladys Grier, New York City; Dr. Amelia Randall, Minneapolis; Henry Victor Morgan, Tacoma; Mary Thayer, Providence; Erma Wells, Spokane; Edith Reynolds, Chicago; Mary Banning, Toronto; Emmet Fox, New York City; and, of course, the three staunch officers, James A. Edgerton, President; Leona Feathers, Secretary; and Ida Jane Ayres, all of Washington, D. C.

We are quite frequently asked, "Are you an organized people? Do you have a headquarters somewhere?" The answer is "Yes". And it is "Yes" thanks to those who are mentioned above, they and their kind who stand before the public carrying the banner of the Healing Christ, the Christ Victorious.

Those interested may write Leona Feathers, 731 Shepherd St., N. W., Washington, D. C.



Are you a whisperette in your prayers, who believes a little, as it were, and willing to repent to some extent, you believe, and doing this your prayers will be answered to some extent? Well, they won't, for there is no "measure", "to some extent", "a little", "as it were", in Divine Law. When you pray, speak up. God is no dispenser of littleness to any "extent". Speak with Him. He is your Father.

.....

God never made a doormat. Be a man; be a woman, just what He made you. You have tried many things, even that of trying to make others over as you believe they should be. But just being yourself, being free under God, and doing this by Silent Decision is the easiest thing to do, and it never offends others.





# CASES

FROM MY

## CORRESPONDENCE



CASE NUMBER 415 (Pain, General Improvement)

October 26, 1937

My dear Mr. Keeler:

"I want to thank you for the benefit -- and I have received from your treatments. My general health is much improved and --'s side does not pain her---she is very grateful for the relief, and so am I. I pray that the power that is higher than we will multiply your powers of doing good and ever bless you."



CASE NUMBER 414 (Improved breathing)

October 25, 1937

Dear Mr. Keeler:

"I am surely improving right along, as I now have no difficulty in breathing and do not cough at all. The pain and soreness in my right side have also disappeared. I am much stronger and can work a great deal longer without that feeling of exhaustion."



CASE NUMBER 417 (Rash)

November 26, 1937

Dear Mr. Keeler:

"I want to report that the rash on my eye is greatly improved, and no longer itches. It is wonderful the way it improved immediately upon your treating it."





CASE NUMBER 416 (Heart Trouble)

November 26, 1937

Dear Mr. Keeler:

"I just wanted to let you know that I have been discharged by my doctor. This is really a little Thanksgiving note in appreciation of your work in getting me so far that I have been dismissed.

"I know I wouldn't have gotten along this nicely if you had not worked so interestedly when I was first taken sick, for the doctor now told me he didn't know whether I would pull through.

"So thanking you for all your good work, I am,"



CASE NUMBER 405 (Increased Peace)

October 1, 1937

My dear Mr. Keeler:

"Thanks to you for the help received. Feeling more peaceful now, peaceful in mind and body, more than I ever did in my whole life. Thank you and God bless you."



CASE NUMBER 413 (Improved Health)

October 27, 1937

Dear Mr. Keeler:

"My husband has been about his regular duties for several days and is in better health than he has been for some time, for which I am most thankful. Everything in general seems better with us, and I again express my appreciation for your good help and say, 'God bless you and your good work', which you so lovingly give."



CASE NUMBER 407 (Vacation Trip)

October 18, 1937

Dear Dr. Keeler:

"I just want to write to thank you for remembering me on our vacation. We had a grand trip visiting the eastern cities. I didn't get the least bit tired and never had a sick moment."



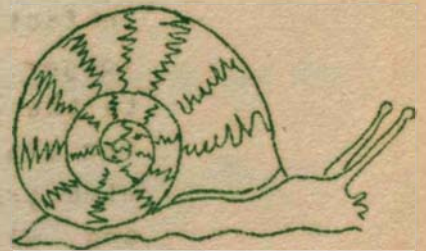
OUR NEW YEAR'S WISH FOR YOU IS:

THE RIGHT DIRECTION  
IN ALL THINGS



SUPPLY

NO HURRY  
NO WORRY



VICTORY



AND DREAMS  
COME TRUE

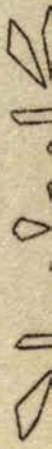


IN A WORD





The "Comments" has, during its three and one-half years of experience in mimeographing, established an unusually complete equipment, and a staff of exceptionally able technicians. In fact, we have so expanded that it is no longer necessary to confine our plant solely to the production of the "Comments"; therefore for the first time we announce that we will mimeograph lessons, books, and periodicals, and will estimate and produce work for our teachers and others and deliver anywhere in the United States. Of course, we will produce cards and colored illustrations and our own mimeo-etchings also, and in any quantities.



"BUT....  
WHAT MUST I DO?"



[It is a surprising thing that when one makes an honest inquiry they generally follow that inquiry with its answer.

The one who asks the above question after telling of years in Truth and in its study says, "It is a marvelous teaching, good reading, but without understanding one will not get very far".

She has answered her own question - "Without understanding one will not get very far".

She says something about a "beautiful theory to day-dream over" and then asks for the "secret" of it all and the "short cut".

Getting Understanding is the point. Notice that I capitalized the word *understanding* into *Understanding*.

Understanding is a spiritual Principle, a spiritual Knowing. It is not an intellectual comprehension at all.

It is not usually the result of reasoning. One simply cannot learn it by reading from a book. Nor can one day-dream it. Idealizing and every form of introspection rather defeats it.

Learn what Spirit is. Meditate upon what Spirit is until you get it. Understanding is a spiritual quality. Really, it is a spiritual faculty. You ten-years-in-the-truth people who fail of peace and success in life and who do not heal do not have the *Knowing-of-Truth*, the Knowing of Spirit.

First face that fact. And start out from "the first time, this time, now". Use spiritual qualities only.

If you will, at not prolonged silent and meditative times, use the spiritual qualities that you *KNOW* about, I say *USE* them at these particular times, Understanding will come and you will heal and your whole life will change.

You must be converted to Spirit. Affirmations and psychology will not do. If you offer a least grain of the pure gold of the Spirit that you already possess, you will be rewarded in treasury measures of the pure gold of Spirit. There is no other way. Talk about the absolute, there is absolutely no other way.

You know that there is such a thing as Peace. You want it, therefore you

know that it is. Very well, take it, *USE* it. Use it at your special thinking times, at your Silence times. *USE* the Peace that you have when meditating upon the Spirit. Peace is Spirit.

And do not deceive yourself. Do not charge yourself or God or the Law or this healing Theory with being at fault. You are to deal with the things of God, not with faults.

Get your thoughts immediately off yourself and off your problems. Meditate upon Spirit and do so in a peaceful, loving, quiet---that is to say---spiritual manner.

If you will do this you will increase your spiritual capital, your spiritual bank account, your reserve, your healing power, your Understanding. You will increase Spirit-for-you, Spirit in you, Spirit at your disposal.

Give time and attention to Silently rehearsing the things of Spirit if you expect to have the things of Spirit come into your life and do things for you. Silent thinking, subject to a higher Knower in aliveness and humbleness but daringly your own thinking, is the *exercise of Spirit* just as surely as the movement of the body is the exercise of muscle.

How nice it would be if by merely repeating your personal desires those desires would materialize! But they will not, I tell you, and I tell you so squarely and plainly.

Auto-suggestion is a failure. It can go a short distance in helpfulness but no farther than that. But perhaps you want to go a short distance and have a little more here and a little more there. Stop it. Get it all. Open to all the good things of life as well as definitely to particular things. There is nothing little or small about Spirit.

The difference between auto or self-suggestion and spiritual meditation that you attach yourself to Spirit, to the limitless good of God that is *SUFFICIENT IN ITSELF*, that is sufficient in itself *FOR YOU*. And you escape limiting yourself to the mere me-I-myself in you.

Cut down the size of your own bigness and enter into the bigness of Spirit. You are to deal with Spirit *first*.

You say, "I am filled with Spirit; all is well". Plainly you are practicing. All is well in Spirit but all is not well with you, and a lie, e

secret, silent lie, will get you nowhere and plenty of that nowhere.

We have a subtle matter before us and this is the "secret" of the whole thing. We must re-educate ourselves out of a late past psychology that has been parading as Christianity. Remove the mark of it from your silent life. Step out of your own personality into Spirit and into a complete dependency upon Spirit. And do not continue, in effect, to say psychologically to yourself, "I have been spiritual and I have called upon Spirit. Now Spirit, see what you can do for me---that is, if you can do anything". Watch your thoughts and your secret attitude; be direct, be simple in your mental actions, do not over do. Speak. Be done. Let God.

You are not challenging anything or anybody, not even yourself. You do not know it all. Spirit knows All for you. Ask. Practice. Offer Spirit what you can in Spirit. Praise. Praise, grabber, praise. Praise the powers that be. Make no trade propositions. This is not a horse swap with you offering *YOUR* precious time, Spirit offering may be nothing! Enjoy yourself; throw yourself into the praising of Spirit, into a review of the everlasting qualities of Spirit, into a realization of the everywhere equal Presence of Good. Know the solid fact that without time, distance or mortal effort Spirit is, and that it is for you. Sit still, Spirit is Still. Well, become as Still as you can. It is for you to do your part as best you may.

Are you at ease now? God is. Are you? Well, become at *EASE*. Now, what do you want? Supply? Say so, say so very simply. *TELL SPIRIT*, do not order Spirit. *ASK*. *LOOK UPWARD* mentally. You are willing to receive the good things of life; say so, but do not lie about it. Do not affirm, do not reject, be still, be at ease. You are now in Spirit because Spirit is always at ease and is always abundant and is always at hand, and because Spirit will speak to you in terms of the things of your need. Let. And again Let. Let Spirit transform the needed things of daily life into your life forthright out of true Spirit itself. Give no instructions; offer no explanations. You are just a human being, no better, no worse than anyone else. State your case and keep your Peace. Doing this you are actually activating *IN SPIRIT* by Spirit and the results will actualize on earth for you just where you want them, and you will come into Understanding.

No, you do not have to wait. You do not have to hurry. Be still. But be alive to Spirit, in Spirit.



- SELECTION -

Now the day is over,  
Night is drawing nigh,  
Shadows of the evening  
Steal along the sky.



When the morning wakens,  
Then may I arise  
Pure, and fresh, and sinless  
In Thy holy eyes.

—From "Now the Day Is Over"  
by S. Baring-Gould