

HIGHER MENTAL ACTION

LESSON II

BECOME A MENTAL SCIENTIST

BY THOMAS ROBERT GAINES

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The developed man looks at the masses as they move to and fro and what does he find? He is terrified at the inefficiency and needless suffering of the people. The *Developed* man sees people living in the past consciousness and doing things in a harmful, obsolete, out-of-date manner. He sees men and women lagging when they should be striding; falling when they should be *Securely* afoot; ailing when they should be gloriously well; poverty stricken when they should be affluent. The developed man sees human beings handling their mind and body childishly, inefficiently, outrageously.

He sees the refusal of the real, the acceptance of the unreal. He often beholds the worshipping of the spurious, the turning away from the true. He sees tension when *Relaxation* should be present. He sees efforts of a disorganized nature when activities should be organized. Mental transformation means making life *Easier* to live. It really means more than that. It means through the study and practice of *Higher Mental Action* your new learning makes you more valuable to yourself, also forces life to *Serve* you better. Life is eager and willing to share its rewards with you, but you have to make certain mental changes before this sharing can operate.

**Unless You Are Trained You Are Only Using but a Fraction of the
Natural Mental Powers You Have Inherited and
Which Lie Dormant Within You!**

You can redesign your life. You can refashion your mode of living. You are not like a machine that cannot change of itself. The understanding of *Higher Mental Action* means a process of streamlining your life which ends much conflict, stress, friction and competition. The undeveloped man wastes time and precious energy every hour he is awake. He did not choose to *Learn* how to equip himself with a knowledge of modern discoveries which would have enabled him to conserve his time and *Enrich* his application of his own energy. Undeveloped people sense the presence of some inner power mightier than their own so they turn to praying, affirming and wishing, hoping thereby to secure its aid. Each evening still your mind, look inward for five minutes and ask that mighty power to help you to live better.

The *Mental Scientist* learns to control that unseen power. He does not pray to it. He discovers it, claims it in partnership, commands it to obey, utilizes it every day of his life. The *Mental Scientist* believes in learning, he does not trust in magic or the supernatural. He observes nature, the stars, the trees, the ocean, life itself and knows that all things move according to *Law*, not in accordance with magic or incantations. Behind all great men we find the *Reason* for their greatness. They trained and practiced intensively before they developed the skill necessary for a great performance.

The Happening Which the Undeveloped Man Calls a Miracle or a Supernatural Event, to the Mental Scientist Is but a Higher Demonstration of Nature or a Little Known Exhibition of Cosmic Law

Learning holds a grave danger if your early teaching inclines you toward superstition. In that case you will naturally favor a type of learning which will deceive your reason, delude your intellect, denude you of practical common sense. If your beliefs incline you toward demanding something without paying its *Price*, then your knowledge is not convincing, nor does it hold promise of future rewards or high dividends. In order to obtain a college degree you must attend college for about four years and work hard every day for your degree. The study of *Mental Science* steadies life and cuts down waste and resistance. It leads you rapidly and unerringly to your visioned goal. Proper or *Mental Learning* makes the sluggard a live wire, the laggard a go-getter.

In *Mental Science* the first truth gleaned is: the sickly, the failures, the pessimists, the weaklings are that way through the acceptance of *False* beliefs concerning themselves. In *Higher Learning*, priceless truths about undreamed of inner resources are made available. The undeveloped person often envies the radio star, but you have "star stuff" within you too. *Higher Mental Action* develops a sense of appreciation of yourself and your potentialities that makes you see, you are yourself, a *Creator*, even *Life Itself* and gives you the assurance that you can draw to you all that your heart desires.

Each Night Before Retiring Sit in Silence for Five Minutes and Create a Mental Picture of Any Desired Improvement. The Following Day Will and Work Toward Its Objectification

Mental transformation is merely learning how to use your mind according to *Cosmic Law*. Through mental transformation or learning to think in a higher way you find discordant conditions lose their power to beat you. Disease is not feared because it cannot come nigh you. Failure is not anticipated so it cannot touch you. You become as William Henly, the poet, prophesied, "a master of

fate, a soul captain." There is no agitation or floundering in *Higher Learning*. You know the causes of human suffering and you avoid them. You know how to use your time and energy wisely so you grow increasingly more successful and prosperous. You also know how to reach your objectives in the safest and speediest manner.

As you perceive the undeveloped person making a failure out of his life, you wonder why he does not use his brains. When you see the legion of sickly people everywhere, you are inclined to ask them "What have you been *Doing* with your time?" John Ruskin says: "I am amazed at what men miss." *Cosmic Learning* is a delightful discipline, never a grind. Almost instantly with its study you find yourself mastering circumstances which heretofore may have blocked you. You are happier, you move faster, life begins to be a round of higher revealment and rich rewards. *Higher Mental Action* always makes life a fascinating, romantic adventure.

At This Moment Determine to Make the Most of Yourself. Resolve to Displace All That Is False from Your Mind and Thus Make Space for the True; Decree That You Must Understand Yourself and Life More Deeply

It is never too soon or too late to embark on the voyage of *Cosmic Learning*. True learning of the techniques of your profession leads to assured success. Witness Charles Lindberg and Douglas Corrigan. Before these flyers won fame for their ability to fly, they permitted themselves to *Train* and *Practice* for flying skill. Before you can become a successful *Mental Scientist* you must permit yourself to undertake the pleasant task of higher learning. Learning is always a job, to know more means the personal expenditure of your time and energy. Thinking about learning will not make you learned. You must study, train and practice diligently until you know *Cosmic Truths* which ensure freedom and health for your future.

You can always learn, you can always *Rise* to higher levels of achievement. Perhaps not to the tallest summits, but sufficiently high to get from life a pleasing amplex of its delights. When you observe those who are ailing and defeated you find people who have *Never* developed the will to protect themselves by higher learning. In *Cosmic Learning* you get the most for the least. You get maximum results for the minimum expenditure of effort.

Affirm "I Will Improve My Life. I Will Live So That I Shall Express Life Without the Handicaps of Fear, Sickness, Worry, Weakness or Undevelopment. I Hereby Pledge Myself to Become a Cosmic Scientist"

The heads of great baseball teams and the directors of leading Movie Companies send out scouts searching for talented, outstand-

ing, potential players and stars. Baseball stars or movie stars are always great learners before stardom appears. If I had one last message to leave to humanity it would be "suffer yourself to learn that which makes you inwardly different, outstanding, superior." The learner cashes in on his own gifts, he also extends his powers constantly through added learning. *Higher Mental Action* changes you, it causes you to *Grow* and always in the right direction. A great clergyman is a great learner, a great lecturer is a great learner, a great writer is a great learner.

Greatness starts with the desire to know more. Greatness is never satisfied with limitations. The highest human greatness is to qualify as a master in *Higher Mental Action*. Such mastership gives you more than any other form of education. It ensures the maintenance of health, truth, beauty, strength. It gives you the ability to know inner and outer values. It enables you to *Discover* inner and outer powers and possibilities. As you arouse yourself to the deliberate plan of improving your mind you will *Gladly* give thanks for the excellent accruing benefits.

The Reasons Behind the Suffering of the Masses Are Ineffectiveness, Failure to Know More of the True, Toleration of Pain and Disease, Abandonment of Adult Learning, Inability to Use Inner Powers, Holding to Unwise Habits of the Past

The conjuring up and acceptance of real or fancied limitations are life-breakers. Never fear your failures, discover the *Causes* responsible and remove them. If you fear to learn the reasons behind your limitations you will never enjoy the power resulting from exploring to find these causes. In *Mental Action* we have no time to be unhappy, we are always busy striving to learn improved methods of living. You cheat yourself with excuses and resignation to troubles. You have mighty inner powers that when *Used* grant you mastership over all distress. Well directed persistent efforts are all you require to attain and achieve. If your life is hampered, determine to modify, change or improve your habits of thinking and living. The perfect technique of excellence in living will presently appear.

Life greatness is not achieved at once. The author of a book is compelled to write chapter after chapter until he comes to the last one. Decide to become your own teacher and expect no help at first from the universe or anyone else. Assume full responsibility for your own life, for your health, your happiness, your growth, your success. As you organize your *New Life* let there be one idea uppermost—"the will to learn." Plan for a greater life and expect it to appear. As you learn as you live, you will soon learn to live superbly.

**Do Not Allow Your Mind to Be a Storehouse of Static Ideas. Rather
Plan to Let It Be a Busy Channel of Constant
Expression and Use of These Ideas**

Mental power does not depend upon the quality of your ideas. The quality of your *Facts* are of much more importance. Apply learning to the manner in which you breathe, the way in which you choose your foods, the method you employ in your thought processes. Learning should be an all-round adventure. Keep far away from the *Accepted* modes of present day learning. Napoleon dared to break the fetters of military tradition and developed a new type of strategy which made him a victor for a long time. Weave *Better* thought patterns into your existence. No person has less than a single talent, even one talent developed and unfolded may bring greatness of living.

Unfold your gift of imagination. *Think* deeply. Hegel, the German philosopher, in his earlier years would gaze out of the window for hours at a time. People thought he was wasting his time but his life proved he was creating by concentrated thought. Concentration is always a builder, it is a *Cosmic Principle*. Live to create new opportunities, live so as to find better channels in which to express life. Detest any form of limitation, refuse to be limited or held down. It is the *Cosmic* intention for you and every other *Cosmic Learner* that you may possess the highest that life affords.

**Without the Act of Learning There Can Be No Change for the
Better. Progress Does Not Happen Without Purpose or Learning**

Higher Mental Action Principles are not based on logic, they are founded on natural truths and laws. The answer to everything is the type of results a philosophy or a belief brings. Sanity of results should be the first requisite. The coward who fears to face the reality of living says "'Tis folly to be wise." The *Mental Scientist* who loves to learn says "'Tis folly to remain undeveloped." The government rigidly *Tests* each airplane before acceptance into military or naval service. The airplane must be solidly constructed, scientifically fashioned in all of its various parts. No guesswork is tolerated in its construction, no hoping or wishing goes into the structure of the airplane. It must be good beyond all shadow of doubt and if severe tests prove it is not up to standard that airplane is rejected as unfit.

'Tis folly to remain untaught because it unfits you to face the conflicts and realities of everyday living. *Cosmic Science* is an art as well as a science. It offers suggestions that are not based on accepted facts, but a trial proves they all are *Workable*. Whatever you want, do not just hope for its possession, look for *The True Way* to attract it and make its possession possible. There are ways and ways of getting what you want, but *The True Way* which is the *Mental* way is the superior one. As we choose to live shallowly,

what a hazy idea we have of our own inherent powers or creativeness by *Cosmic Principles*.

**Rich Will Be Your Heritage as You Learn Unceasingly. Your Eyes
Will Become Truly Seeing Eyes. Your Ears Will Develop
Discrimination in Hearing. Your Mind Will
Become Creative and Poised**

Learning gives you a super outlook. It teaches that you are a personality, not just another member of the crowd. *Cosmic Learning* urges you to live up to your possibilities, not down to your limitations. As we evade higher learning, chaos and futility appear. We are frustrated at every turn. We are prone to be visited by sickness or become subject to accidents. Vagueness of expression makes its exit with learning. *Cosmic Learning* points out that the path to freedom is open to everyone who dares to know more. The more you learn of *Truth* the less you have to wrestle with competition or competitors.

Knowing more about carpet cleaning made the vacuum cleaner possible. Who wants to live a broom-like, untrained life when a higher life is possible to all through increased learning. Each new item you learn in *Higher Mental Action* is comparable to a fresh deposit in the bank of life. Each new day of *True* learning increases your deposits in life's bank. It is not necessary to know all about yourself or about life. But you should know all you comfortably can. We do not know everything about electricity but what we do know enables us to live richer, easier and better.

**Cosmic Learning Will Enrich Your Life, It Will Bring Joy to Your
Heart, Serenity to Your Mind, Health to Your
Body, Value to Your Activities**

For the next twenty days concentrate daily on one of these *Higher Mental Action Suggestions* and use it faithfully as a part of your regular life.

First Day

Concentrate exclusively on the special work or job you have in hand. Make no future plans concerning it. Aim to make what you are now keenly interested in more profitable to you today. Set your deepest attention to work on this problem or work and inwardly realize that the outcome will be perfectly satisfactory.

Second Day

Aim to develop a frame of mind that satisfies you to believe that you are superior to any discord or distress that now affects you. Banish any sense of fear that might limit your faith or your power to rise above your stress, sickness or failure. Just know it is

your destiny to rise to the heights of health, happiness, love or success. Affirm "My limitations are passing, my assets are increasing."

Third Day

Take a new grip on life. Feel that strength is returning to your body; that increased vitality is permeating you. Feel that a greater measure of prosperity is being attracted to you. Smile at opportune times. Walk more lightly and move rapidly. Think that you are reborn into a newer and larger plane of living. As you walk push your neck backward but do not turn the chin upward. This will help to make you positive mentally and physically.

Fourth Day

Feel that there is a force mightier than yourself close to you. Feel that this *Cosmic Force* is on your side, that it is eager and willing to help you to attain increased health and happiness. Be grateful to this power although it is unseen and invisible to you. Let this state of mind make you feel that you are important. Begin to set about to improve your habits and service so as to ensure this force will constantly remain with you. Whenever you are alone, mentally declare "I am a channel for the perfect expression of Infinite Mind."

Fifth Day

Make this a day of *Higher Mental Action Learning*. As you glean additional facts concerning yourself and your world, realize that life is but sowing and reaping. Resolve that you will have everything needful for a pleasant life through the power of *Cosmic Learning*. Resolve to let fools do the hoping, wishing and yearning and you will work and think so as to *Deserve* the gifts of a richer life. At least one hour daily should be devoted to the reading of non-fiction books.

Sixth Day

If anything disharmonious crops up today feel that is a test or a lesson as to your *Cosmic Progress*. Preserve your poise and patience even under the most trying conditions. If a musician strikes a wrong note he does not blame his instrument, he begins to practice more rigidly until he is able to play without discord. As our state of *Mind* and habits of breathing improve we attract less stress and increased joy and health into our lives. In the presence of stress turn your chin upward and backward and you quickly tune in with Infinite protection.

Seventh Day

Break away from the sense of limitation. Largeness is another term for life. On every hand, in nature and the *Cosmos* there is found a brimming abundance. Resist any form of expression that hampers you. Open your mind to the possibilities that you are born

to greatness and richness of living. Then think and work to make your realization come true. In the presence of need affirm "I am at this moment attracting ample abundance to me."

Eighth Day

Make this your day of counting your blessings. Overlook all that is negative, concentrate on your gifts. Even if you have but a single asset think about that and ere the day is done you will find it has increased in value or multiplied itself. Always go to bed at night in the consciousness of gratefulness to your Creator for the gift of still being alive.

Ninth Day

Carefully check and calmly deliberate over your attitudes and decisions. The more you employ *Higher Mental Action Intelligence* in your attitudes, the more profitable they are certain to be. Tune your mind in on the wave length of *Infinite Intelligence* and all your activities will be free from future anxiety and distress entanglements.

Tenth Day

As you pursue your studies in *Life Science* the consciousness that "you are mightier than any trouble that comes your way" will develop in your mind. Your *Cosmic Self* will aid in any time of trial, because by your learning you have made this aid possible. Today feel that mastership is your destiny and dare to live in that realization. If your life or person is threatened, throw your hands upward and affirm "I am a child of the Infinite."

Eleventh Day

Cleanse yourself from every taint of doubt and fear today. Feel that because you know more you will not tolerate any sense of ignorance, superstition or false thinking to possess you. If doubt is still present, your learning will soon enable you to make a suitable mental adjustment to it. Presently little by little all false or pseudo ideas and opinions will fade away. Try to cast out at least one false belief or limitation each day.

Twelfth Day

Any unpleasant task that has been feared should be pulled out into the light of accomplishment today. As you begin to labor on it you will find an unexpected inflow of increased vision, courage and inspiration that enables you to have the ability to happily complete your task. Speak to any unpleasant task or situation and say "You are but a stepping stone to something higher and better."

Thirteenth Day

Get the sense or attitude of true accomplishment today. Not by fearing the future, nor by feverish physical effort, do we gain a

higher rung on the ladder of life. By poised, intelligent action in the right direction, and by knowing something about the *Cosmic Principles* back of our desires, do we easily achieve our wants and desires. Get in the habit of finishing today's tasks today. Always will there be new work for tomorrow.

Fourteenth Day

Realize today that all that you need is within your reach. Sickness, poverty, worry are all reactions to lack of *Cosmic Learning*. Put your higher knowledge to work every hour of today and demand that everything that hurts or hinders you shall come to an end. Each night imagine you are a tree and mentally clean off all the dead leaves and unwanted branches.

Fifteenth Day

Today feel that life never intends you to be in need or pain. Mentally turn your face toward the sun of *Cosmic Power* and let its truth and vibration lift you to the type of health and life you desire to attain. Also for a minute or two as you breathe in, hold the thought that as you outbreathe you are casting from you the causes of your pain or limitation.

Sixteenth Day

Make this your day of forgiveness and happy letter writing. Make it a day of loving and giving. Let the sun of serenity and optimism pervade your consciousness and mentally "arise and shine" through all your waking minutes. Above all call a few friends on the telephone and assure them of your friendship.

Seventeenth Day

Think that the allness of living awaits your claim. Determine that you will enjoy this fullness of living. Resolve today and each new day to come to know and practice more of that which is true and, as a result, you will draw all good to you. Affirm often "My life will constantly increase as I shall everlastingly be a learner."

Eighteenth Day

Realize that life never changes; that power to live better comes with increased learning and higher *Cosmic Knowledge*. Write down on a sheet of paper your special desire and visualize it is winging its way to you.

Nineteenth Day

Today do not think of your opposition or weaknesses. Marshal your strength of *Cosmic Learning*, launch it against your stress and soon your barriers are crumbled into fine dust. As you overcome your fears by learning, life becomes a delightful, rewarding

experience. In the presence of danger affirm "I am a child of the Infinite and Infinite power is protecting me now."

Twentieth Day

Today work on your personality. A man or woman of forceful personality can change the atmosphere of a room. Your posture, your voice, your conversation, your tact, your graciousness are the basic points in your personality. As these attributes are improved your power to favorably influence others is augmented. Always strive to be superior inwardly, but calm outwardly.

Learn and Grow, Learn and Live, Learn and Become



