

INTELLIGENCE

LESSON NO. 12

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MASTER HOME STUDY COURSE

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by

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"INTELLIGENCE"

THOMAS ROBERT GAINES HOME STUDY PERSONAL EVOLUTION COURSE OF SELF DEVELOPMENT AND SELF IMPROVEMENT

LESSON NO. 12

MENTAL EVOLUTION -

HOW TO BECOME A PHILOSOPHER AND A REAL, SUCCESSFUL, ADVANCED PERSONALITY

Thought and action are the two instruments whereby we are enabled to solve our problems and press forward to higher altitudes of living. If our thinking is in accordance with facts and our actions expressing in the right direction we begin to move away from danger, pains and difficulties.

The four highest altitudes of human development proceed from these four avenues of self-expression -

TO APPRECIATE BEAUTY
TO SEEK TRUTH
TO DESIRE TO RENDER GOOD SERVICE
TO CONSTANTLY PRACTICE GOOD WILL

The appreciation of beauty marks us as awakened personalities. The quest for truth proves we are aware of greater potentialities in life and living. The urge to render higher service to others shows we want to deal justly with our fellow man. The expression of love or good will toward others advertises we have good within ourselves.

Study the words appreciate, seek, render and practice. Notice they all imply action. Activity is characteristic of life and fulness of life is fulness of free, creative conscious activity. Knowing truth is laudable progress but the practice of truth is of more worth than its knowledge. Self-inactivity is always a sign of degeneracy. The slave-keeping ants have lost all power of getting their own living. Through dependence on their slaves they have become mentally inadequate and depend solely on their active captives for sustenance and service.

The greatest lesson we can learn from Nature is, Nemesis awaits those who are inclined to lean or abandon the personal struggle for self-improvement. Never should we seek inglorious ease or design our life to depend on others for mental and spiritual supply. Always should we be desirous and willing to earn and achieve by personal mental and physical sweating. By develop-

ing the thirst for knowledge we sweat mentally. By the pursuit of knowledge, physical sweating is indicated.

In all of our endeavors for mental evolution we should hold in mind the idea of HARMONY. True harmony makes life easy to live. Primitive Chinese noted the harmony of the seasons and the harmony of music. That is the chief reason China has endured famines, wars, pestilence and upsets for thousands of years. China is noted for freedom from insanity. Possibly the establishment of inner harmony is the answer.

Repeat four times each day, "The harmony of the Universe is established within me". Get into the habit of conversing with the principles of beauty, truth, goodness and good will. Imagine they are actual entities, as indeed they are. Presently they will act as protectors and counselors for you. Actually these unseen principles will become living REALITIES in your life. The more we know that is true the wider we can extend our horizons, also we can create new ones. Witness the use of radio, our environment carries our words seven times around the earth in the space of a scant second.

Endeavor each day to KNOW YOURSELF more deeply. At the same time aim to command your environment to serve you in a higher way. Make your environment free from friction. No normal development is possible in an unfriendly environment. Witness the absence of grass in the desert. You are always surrounded by an environment. As you study it more thoroughly, peace, fame and fortune may become yours.

A monster whale, a plant, an animal, a human being, all start from a minute cell. Shape and future form are determined by the PATTERN in the first developing cell and in the potentialities for growth resident within the environment. Adaptation is a creator of personal power. The increased saltiness of water may cause the extinction of some plants and animals. The plant or animal which can adapt itself to the new hostile condition may survive or even thrive.

The leaning, parasitic habit is a weakening, hindering process. Dare to stand alone, dare to keep on doing your OWN THINKING; above all keep your life learnable by cultivating a readiness to make changes when your instinct guides you to make these changes. The COSMOS is on your side as you appreciate the value of change and adaptation. Behind all invention and progress is the principle of new, not old ideas. Without change your own higher values will remain hidden. Without change of thought the unseen values residing in your environment may never be disclosed.

By cultivating the habits of thinking and changing you are certain to make your life a constant WAY of ascension. Up to 18 months ago I honestly believed that daily bathing was good for the health of my body. This view point is held by almost everyone

because it is taught in the schools. Now I bathe my entire body but once a week and I have doubled my physical strength in that period.

I found this increased strength by permitting myself to believe that daily bathing in water was a WEAKENING process for me. Others who have made this important change testify as to the amazing health benefits accruing. I daily wash the groin, under arms and between my toes as these parts of the body constantly throw off particles of poison and inner waste. I am absolutely convinced, however, daily bathing for adults is a weakening, not a strengthening habit.

Of all the higher principles of life I believe GOOD WILL or LOVE of humanity makes most for peace of mind and tranquility of spirit. Those of us who seek to improve the status of his neighbor become especially favored by the spirit of the universe. Ever keep the habit of good will alive by daily practice. What we do not use tends to disappear or change in form. Science informs us that the pineal gland was at one time an eye. How useful a third eye would prove in this age of blitz and aerial bombing.

The Cosmos is a UNITY and the tiniest part is related to every other part. Our body likewise is a unity. Stab a pin into any portion of your body and the pain is experienced all over. The aim of life should be along the lines of utility and personal mental widening. Learn how to make a good living, learn how to keep well and strong, learn how to be happy, learn how to widen your mind so that you will never deceive yourself or be a source of deception to others. In such an unfoldment you reach the highest pinnacle of human development.

Never depend on others to preserve your health, happiness, youth or well being. It is the nature of humanity to take advantage of the ignorance and fear of others. Seek the truth about yourself, put it into practice and you will always be able to stand alone and accept the responsibility of preserving and maintaining your health and happiness yourself. As you take command of your body, mind, environment and life as a whole you have found your HIGH PLACE in this sphere and the world will honor and preserve you thereafter.

Leaning and being eager to depend on the advice and favors of others is always a PARASITIC form of expressing life. Work out your own progress and you become a creator. Shirk your duty of personal evolution and you degenerate into extinction. A creator is never forgotten; his influence is of a deathless character. In the beginning of your evolution you have to go outside of yourself for knowledge. As you read and study each day, you begin to be a self-thinker. Thus you develop the power of HIGH JUDGMENT; you actually have the ability to recognize values; you can refuse the unprofitable and spurious; you can accept the real

and valuable. In other words you will never be classified as a member of the "blind".

You daily face the mysteries and uncertainties of existence. Devote some time each day to the quest of universal and self values. Stoke the engine of your mind with your own thought fuel as well as utilizing the best thoughts of others. Aim to be more than an argumentative philosopher. Aspire to be a learner devoted to research, observation, receptivity of mind and above all daring to experiment for yourself. To love to learn is to be near to the source of knowledge. As learning is pursued you will most certainly find the higher meanings of life.

ENOUGH FOR THE TIME BEING IS
A DANGEROUS STATE OF MIND.

Ever should one think for tomorrow. We build for a better future as we learn today to improve our thought and direct our actions into the WAY OF TRUTH. Two enemies ever loom up, limiting thought and acceptance of the beaten track. Never allow yourself to become a wilting member of the beaten track. Keep exploring life; thus you improve it. Constantly affirm "Today I desire to become a changing being, which means higher unfoldment for me".

Nature has entrusted you with a body and mind. Do not fail nature by allowing your body to become diseased or your mind to become warped. Day by day try to discover the VALUES in yourself. Place yourself in ever increasing higher levels of consciousness. Remember our influence lives on after death in the form of our words and thoughts. After all is said, you have only your body and your environment. Develop your mind therefore to make the most of yourself and your surroundings.

Effort to evolve must be continuous. The undeveloped personality has a passion for viewing and maintaining his own shallow opinions. The unfolding personality seeks to change from good to better. "If an archer misses the target" says Confucius, "he looks for the cause in himself". In ourselves do we find progress or retrogression. As we seek the SUPREME WAY of living we move away from possible calamity. The man of learning is a man of sagacity and his influence spreads far and wide.

Intelligence and wisdom belong only to those who are awakened to the potentialities of life. They are your best protectors, also they enable you to make suitable, wise, harmonious adjustments to all the changes and conflicts of existence. The awakened personality pays homage to life, he respects it, he studies it constantly. Thus does he ensure a healthy, happy, creative future. Life is frustration and defeat to those who follow the delusions of the beaten track. Life becomes VICTORIOUS LIVING as we honor ourselves by knowing more.

Disciplining of one's self is a necessary habit for improved living. Always is it easier for us to slip back into lower forms of activity than to continue the effort necessary to make our life health-filled and creative. Response is a COSMIC LAW. The response to right eating means an instant improvement in your health. Live for one week on the following four types of food and note the health improvement which most assuredly will follow.

WELL COOKED MEAT OR FISH,
WHOLE GRAINS, COOKED - HONEY FOR SWEETENING,
RAW AND COOKED VEGETABLES AND JUICES,
FRESH AND COOKED FRUIT.

Positively no other foods save water. If stomach gas or indigestion is indicated omit all raw fruit and raw vegetables.

Response to the establishment of inner patience affords a more pleasurable type of personal living. As we become sympathetic and patient toward others, we establish an inner sense of tranquility. This inner harmony enables us to live easier and grants us higher vision so that we can appreciate and understand the problems which confront our fellow human beings. As we practice right response to all conditions which confront us, soon our life will be yielding us much more joy and profit. In the clutch of anger rarely is it possible to act so that the response will prove profitable to us. Note, "a soft answer turneth away wrath".

Higher mental qualities yet undreamed of in the ken of present day men, do exist at this moment. Therefore it is advantageous to become patient, persistent plodders in the field of mind. We make a serious mistake if we assert no higher mental qualities exist save that which we can prove. Fifty years ago telepathy was pronounced impossible; today it is a provable phenomenon. Life is not mechanistic, it is an intelligent spiritual process. Try this experiment: Obtain a fresh water sponge, mince it finely, squeeze it through a piece of cheese cloth. Watch the tiny particles that pass through, begin to unite and form the body of a new sponge.

Science informs us that the body of the ladybird has a nauseous flavor. When a newly hatched chick pecks at his first ladybird and has found it unpleasant to his taste, he avoids pecking at ladybirds thereafter. He profits and learns through his previous experiences. It is said "troubles come and troubles go"; however fewer troubles will have to be faced if we profit by our experiences. Not only should we learn from good books and wise human teachers but likewise we should learn from the greatest of all monitors - PERSONAL EXPERIENCE.

Life is a process. The more you know, the higher the

type of life you can manifest. Intelligence grants freedom of movement as the truly intelligent person knows that wrong eating is the CAUSE of disease so he seeks the truth concerning healthful eating and abides by it. Freedom of physical movement even in old age is a mark of INTELLIGENT LIVING and such an asset is freely offered to all of us. A happy state of mind follows intelligent thinking. Surely an improvement in our brand of thinking is a small price to pay for the benefit of happiness. Success or defeat is contained in the expression PERSONAL BEHAVIOR.

Everything that exists has its own place and its own explanation. Everything that exists is necessary including flies, bacteria, pain and death. When the necessity for these seemingly unfriendly things has ended, they, probably too, will pass away. Witness the passing of the giant animals that roved the earth in the dim past. Avoid any form of life expression that makes you a limp leaner. Says the poet:

"One hour of gallant striving up a hill,
Is worth a hundred years of standing still."

Think and act in the right direction, thus you gain access to your real sources of power. Abstract what you will from them, share your blessings generously and each new day you will be energized anew with increased health and power. To give entitles you to receive. To hoard is to close the avenues of COSMIC SUPPLY.

THIS IS IMPORTANT

THE GREATER YOUR INTELLIGENCE, THE MORE COMPLETELY YOU CONTROL YOUR IMPULSIVE TENDENCIES, THE MORE EFFECTIVELY AND REWARDINGLY ARE YOUR PSYCHIC AND THE COSMIC FORCES ABLE TO DIRECT AND IMPROVE ALL OF YOUR PHYSICAL ACTIVITIES.

Realize that whatever be your need, through the widening of your mind you have the power to bring it to pass. As you do your part in the deepening process your psychic powers and the powers of the Cosmos are attracted to you to heal, help, bless or protect you as the case may be. "Blessed are those who hunger and thirst after righteousness for they shall be filled." When you want a drink of water to soothe your thirst you would never dream of drinking boiling water. The cool water is what you need. Think of this when you are constrained to lose your temper or indulge in the expression of jealousy. Make quietness and good will your daily noble companions and the higher UNIVERSAL FORCES will ever march by your side enabling you to get what you want each passing day.

LIFE IS CHIEFLY MIND MADE. EVERYTHING
IS UNSTABLE AND UNCERTAIN SAVE MIND.

The age of animal hatred is destined soon to go. The age of the bird signifying "freedom for all" is about to dawn. The age of INTELLIGENCE and HEART will presently supplant our present age of ignorance and exploitation. Every day search for living truth and hasten the coming of the GOLDEN AGE. Wrong thinking is reducing our world to ashes and chaos. Improved thinking alone can rebuild our world into a place of peace, plenty, light and health for all of its inhabitants. Since the beginning of time the only struggle has been between IGNORANCE and INTELLIGENCE. If you are living inadequately in any way, seek the cause, but do not deny your weakness. The removal of the cause is the TRUE way to the riddance of pain, need or weakness. There is always a cause behind all suffering.

Says Buddha, "Ignorance is the root of all trouble; therefore the explaining and spreading of the truth is above all other charities." We can never be illumined spreaders of truth if we accept a wishful, drifting type of life. As we learn to steer our body and mind correctly, we are destined not only to benefit ourselves but all others whom we contact. As you anchor your will to know more, the day will surely dawn when the illumination of truth will be a REALITY in your life. There is a twin benefit accruing in the possession of truth. You live to benefit yourself by your wise decisions. You live to benefit others by your higher brand of service.

Human life is MIND, BODY, POTENTIALITY. As life is correctly expressed along these three avenues the result is PERSONAL FREEDOM. Otherwise it is a nagging form of enslavement. What a wise question to put to yourself each evening, "Did I practice wisdom or foolishness today?" We are not here to fear life or run away from it. We are here to constantly question ourselves, "Am I thinking rightly? Am I acting in the right direction?" We are all members of a human society. Life to us is as the quality of our consciousness.

Genuine learning grants us a high consciousness; therefore we are enabled to live in health and security. Besides we can help others to the coveted position we hold. Thus we make a practical contribution to our fellow men and help them to better their type of day by day living. Genuine learning makes you broader -- never narrower. Be like a sponge for genuine learning. Be like a feather in the presence of deception. Simply let it roll off your mind. Translate what you know into a vital pattern of living. As you find freedom, let others know how they too can be free from using a similar program of thinking and living. Ideas are dumb until used. Impress upon those whom you desire to benefit that improvement evidence will not be forthcoming by knowledge alone. Knowledge must be used for results.

All great truth is simple in its application. Avoid complicated techniques of living. Make your heart or emotional

nature less important. Be a seeker of fact and reality. The less important you make your heart nature the quieter becomes your life. Breathe rhythmically to quiet your heart. All breathing affects your heart. Know how to use your lungs, stomach, heart and brain; thus you contact the world understandingly. Make deeds prove the worth of your intelligence. As you live understandingly you make life give you more that is valuable.

When we fail to study our body we advertise, "I am ignorant of the understanding of my own physical apparatus." Everything good is valuable; live in the environment of values and you live to rejoice. Old teachings and beliefs always oppose the new. But it is newness we admire in people and in flowers. Keep learning and you stay fresh and young. If you are frustrated at any time, turn to SPIRIT for guidance. Never forget your instruments of life are yourself and your outer world. Confucius says, "Knowing brings one to his goal."

Knowledge is inward vision. The ability to protect yourself outwardly follows the acquisition of inner vision. Knowledge, fundamentally, leads to wise action. How to answer back under the daily, varying impacts of life and others is the vitally important thing for all of us to comprehend. Cut your finger and the INNER INTELLIGENCE of your body seeks to heal it. An embryo in the womb KNOWS HOW TO DEVELOP. Ever does the invisible realm KNOW HOW to harmonize and bring about harmony in everything that lives and also aims to bring harmony and balance in the surroundings of everything that breathes or lives.

Knowledge grants us mastery of ourselves. It also gives us the power to know our environment and get the best out of it. The natives of the South Seas have no loss of eyesight with the passing of the years. They open and close their eyes a dozen or more times a day while the eyes are held beneath the salt water of the surrounding ocean. Salt being osmotic in its nature helps to draw ordinary inflammation from the eyes, thus relaxing the eye muscles, which leads to the maintenance of good vision. Water, sunshine, animals, air, trees, vegetation, are all parts of our life and should be studied for PERSONAL IMPROVEMENT.

Constantly check up on your experience and see if you are profiting by it. Animals lack the memory or brain registering power of man. Notice when you try to swat a fly and miss it, how frequently he comes right back and alights on the selfsame spot of imminent death. We admire scientists because they ever seek to test and improve the accuracy of their beliefs. Compare scientific knowledge with the beliefs which satisfy the "man in the street." Usually his beliefs are scattered, untested, unorganized, out of date. That is often the reason why so many of us fail to recognize the value in beauty, truth, excellent service and the practice of good will.

The highest use of KNOWLEDGE is to think of CAUSES when pain or distress is present. Recently a man who was troubled for years with head pains, boils on the neck and sores on the back and head entered my class for coaching in health and happiness. There, for the first time in his life he learned that symptoms were not causes as he had erroneously supposed. He ceased his five years use of outer treatment by salves and ointments. He turned inwardly for relief. He had been a heavy user of bread and sugar. Eliminating the use of these two acid foods for two weeks cleared up the conditions which made his life miserable for many years.

Your environment is both friendly and hostile. You depend on your environment for food and facts of living. Bad food is usually advertised and touted more than good food. Likewise is error advanced in many quarters as being truth. Unless we study more deeply we are almost certain to choose wrong food which will disease our bodies. Also we will disorganize our lives by accepting error as truth. Only the constant persistent search for realities will save us and protect us from disease and frustration. Never forget that within and without you are two forces ever striving for expression -- the FRIENDLY and the HOSTILE. Life should be developed along the lines of recognizing these two forces for good or evil.

The highest type of living is the HIGH LEVEL kind. The plan of living which teaches you to be willing to make changes when you are awakened to the danger of your present mode of personal procedure. When we ignore causes and refuse to profit by past experience we advertise we are far removed from good living potentialities. The future holds rosy promise for us as we live to learn to appreciate truth and avoid following the path of error. Intelligence in living really makes life yield us more profit and supply. Note the intelligence of the clumsy pelicans. They always go fishing in numerous packs, and having chosen an appropriate bay, they form a wide half-circle toward the shore and narrow it by paddling toward the shore, thus catching all fish that happen to be enclosed in the circle.

MAKE IT A DAILY HABIT TO CHECK UP YOUR ACTIVITIES AND FIND IF THEY ARE BEING RELATED TO INTELLIGENCE.

There is a twofold journey for all of us. To understand the secrets of NATURE so that our body may express health and youth always. To understand the realm of SPIRIT so that we may develop high ideals which will enable us to love and serve our neighbor as we love and serve ourself. These principles will mark us as personalities of worth and power. A wonderful word is BALANCE. Try to balance your life in the ability to KNOW the values in yourself and the potentialities in your outer world. Balance enables you to be patient, healthy, forgiving, generous and useful.

Nothing great is acquired without struggle. The eminent English scientist Professor J. J. Simpson remarks, "The successful species have come out of great tribulation." We cannot attain very much by wishful thinking. It is the pursuit, the purpose, the sweat, the struggle that insure the living of a greater life and its attendant advantages and many rewards. Life as expressed by animals or human beings is chiefly related to four purposes. The obtaining of food, the practice of reproduction, protection of themselves and their offspring from enemies and hostile conditions, the gaining of increased security from each new experience. A mighty profitable lesson to learn is this. "STRUGGLE AND MEDITATION ARE THE TWO STEPS TO PROGRESS."

The dawn of the age of MIND is already upon us. Guessing is a poor substitute for knowing. The lower we go in the animal series, the less the nervous system is emphasized. True education alone is confined to man with his highly organized nervous system. True education may be defined as being the development of the ability to make right adjustments to all of our environments, which includes our inner world.

THE MORE HIGHLY DEVELOPED AND COMPLEX BECOMES THE NERVOUS SYSTEM, THE MORE FREEDOM OF MOVEMENT, POWER OF CHOICE AND MENTAL EXPANSION BECOMES POSSIBLE.

Fitness to survive follows these four principles of TRUTH. That your bodily health depends on the type of food you eat. That the proper use of your lungs ensures youth of body always. That an erect but relaxed posture is the true key to physical strength. That the right use of the mind makes us creators and masters. To make a decent living. To found a home. To hold one's own in the game of living -- are all desirable essentials: However, in the pursuit of these utilitarian demands we should never forget the importance of widening the mind. Never is it said that the body survives after death. The deathless part of man is his mind. To prevent actual retrogression never cease striving and struggling to make your life great and wonderful.

A human life is like evolution; it does not always involve progress. Science informs us that a thousand million years have elapsed since the dawn of life upon this earth. Always should life be the leaving of a lower state of consciousness and the acquiring of a higher state. Never can we stand still because the principle of existence is CHANGE. Unless there is present a dissatisfaction with the present lesser state there will be no inner ambitious urge to lift our mark of life higher and move forward physically, mentally, emotionally and spiritually to a grander altitude of demonstration.

Intelligent living does not follow repletion and comfort. Progress is born of pain, limitation and discouragement as a general rule. An ideal is a condition as yet unrealized. Why not

write down on a sheet of paper the ideals that you think will make you healthy, happy, wise and rich. Then by the PROPER USE of mind and body persistently struggle until your ideals have objectified into realities. Faith is classified as "The substance of things not yet seen." In all of your seeking and striving toward the consummation of your ideals let the spirit of DEEP FAITH permeate all of your mental and physical activities.

Do not let intellectual pursuits deceive you. Rather let the goal be a spiritual awakening to the higher use of your mind. "The things which are seen are temporal, but the things which are not seen are eternal." Outside of war, the practical nature of the struggle for existence has been along the lines of personal and mass security. Values are more in the form of a discovery than in creation. Force your mind more and more to the appreciation and practice of good will. Just as knowledge is your true protector wherever you chance to be, so is good will your faithful protector too. Truth, love, excellent service, health -- how rich is life when we can express it in these four supreme channels.

The question is often asked, "What is truth?" The right answer I believe is "TRUTH IS THE KNOWLEDGE OF THE USABLE POTENTIALITIES IN THE SEEN AND THE UNSEEN." To share what we discover to be valuable with others is the greatest positive factor in mutual helpfulness and mutual higher evolution. A loftier race is in the making. A race with brotherly love in the hearts of all. Above this, a race of men and women with the light of KNOWLEDGE in their eyes. Your future is in your own hands. How rich in promise is your future as you learn to appreciate beauty, seek truth, serve well and practice everlastingly the greatest thing in all the world -- good will.

World-process is the piling up of things. Spiritual progress is the development of inner VISION. To apprehend the larger meaning of life is to learn how to live; not merely to live to make a living. Spiritual progress means the appreciation of essential things and an everlasting reaching out for an advanced knowledge of cosmic principles, natural laws, universal forces and life realities. Life should never be expressed in suffering. Pay wholesome attention to all essential aspects of life and you ensure freedom from suffering as you practice the entire art of living.

Everything that has an influence upon your life will ultimately be understood as you persist in being a learner and seeker. Make your life an EVOLUTION TOWARD CONSTANT IMPROVEMENT. Life is an evolution but it becomes an accelerated evolution as you seek to improve it by daily reading, observation and meditation. Intelligence means knowledge, understanding, truth, growth. Your brain is fostered by your INTELLIGENCE; also your brain is nourished by your blood. As you watch your thought forms you protect your brain. As you eat more alkaline foods you ensure the physi-

cal health of your brain. Food is the creator of your physical blood. Thought is the maker of your psychic blood.

DRAW FROM YESTERDAY ITS VALUES, NOT ITS MEMORIES. LIVE WELL IN THE PRESENT AND YOUR FUTURE, WHICH IS AN EXTENSION OF THE PRESENT, WILL YIELD YOU ALL THE BENEFITS YOU NEED.

Never forget that life is not intended for suffering. Personal evolution or INTELLIGENCE tends to make you exceptionally active, healthy, strong, inspirational, unselfish, patient, understanding and wise. Thus are you enabled to become a CREATOR; likewise you will be able to get the very best out of life. You may never become a millionaire but you will eat without discomfort, you will sleep peacefully, you will become unconscious of your body, you will establish serenity of mind, YOUR WORD WILL DEVELOP CREATIVE POWER; and above all you will joyfully face the world each new day in the attitude of "THE BEST IS YET TO BE." Claim all these blessings NOW by resolving to put into PRACTICE the necessary plan of procedure to ensure your health and happiness and making you a REAL PERSON so that you can ENJOY all the sunlit years which lie ahead.