

# THE NEW "PSYCHIANA"

---

(RE-WRITTEN BY DR. ROBINSON IN 1946)

Being a spiritually-revealed manifestation of The Power of God to the human race. First, to the Christian Church, after that, to men and women of all creeds and faiths, and the millions without either. A revelation of The Spirit of God to all men, containing the assurance of Eternal Life for all.

Conceived and written by  
**DR. FRANK B. ROBINSON**

Founder of  
**THE PSYCHIANA RELIGION**

\* \* \*

**TRUTH DOES NOT MAKE A MAN GREAT, BUT A MAN  
CAN MAKE TRUTH GREAT.**

## **STUDY - LESSON SEVEN**

Copyright 1946  
**Frank B. Robinson**

(All Dr. Robinson's writings are covered by U. S. Copyright and must not be reprinted except permission be granted in writing)

The PSYCHIANA Religion has operated exclusively by mail for twenty years. Through this Movement the actual Power of The Spirit of God is being manifested to all men. The only creed we have is: "I BELIEVE IN THE POWER OF THE LIVING GOD."

**EACH LESSON SHOULD BE READ CAREFULLY EVERY  
DAY. SPEND 15 MINUTES DAILY WITH GOD.**

Address all correspondence to:

**The Archbishop of PSYCHIANA**  
**MOSCOW, IDAHO**



# THE NEW PSYCHIANA

By Dr. Frank B. Robinson

## STUDY-LESSON NUMBER SEVEN

This Lesson, number seven, contains the most dynamic truths of God ever to come into your life. There has not been written, for the past thousand years, words which contain as much spiritual truth as these words contain. Nor has there been written, in the same period of time, words, giving more complete and direct instructions for finding the Power of God than the words in this Lesson contain.

So, before you begin the study of this Lesson, let us make sure that you are alone and completely relaxed. Be sure that you will not be disturbed. Then, read carefully, and ponder every sentence in this Lesson. The Spirit of God is not only in me as I write it, but that Great Spirit is recognized by me. I have opened up the flood-gates within me, and you may be very sure that when you have grasped what I am writing, you will be closer to the manifestation of God in your life, than you have dreamed possible.

I have only one regret, that is, that I cannot be sitting in your home with you, speaking to you direct, instead of having to write this dynamic message to you. I should love to talk with you face to face. But I shall endeavor to bring you face to face with Someone very much more interesting than I. You will realize, of course, that there is not an auditorium in existence capable of holding even a small fraction of the men and women round the world who have studied these electrifying truths during the past twenty years. So, much as I should like to be there in your home, talking with you, I shall have to use the printed word instead.

The Life impulse being the same, It operates with the same precision in your Life as in mine. There are no favorites in the Realm of The Spirit of God. The one who gets closest to God, and who therefore can use the Power of God for spiritual and material manifestations, is the one who has worked the hardest at finding the God-Power within him. The Source of Power being constant, Its manifestations are same to all. None can find a richer experience than another. One may discover more of the Spirit of God than another, but the Power is always the same. Remember this. You might write it in the little note-book you are keeping.

So then, at this point in our studies together, I want you to understand that the Great Fundamental Law which is God, operates with unerring precision in every life that will allow It to. The vast ocean of Power in God, is available to you, *because It lives in you*. You have no more of The Power of God than I have. You have no less. Where you go along this road depends upon how much of the God-Power in you, you use. I am sure that you will see that. Equally sure am I that you have stopped looking for God "above the



sky" or anywhere else but in you. If you are looking somewhere else, you will never find any Power of any sort.

You will find theories of God, for the most part completely unprovable, and there may be a certain amount of satisfaction in meeting every Sunday with the members of your church. That is good. I like it. But you will NOT find the actual and literal Power of God there. It is not there. It is not being taught. It is an unknown thing in the vast majority of our churches. They have a very easy type of religion, which calls for very little work, and, of course, accomplishes very few results. The excuse is that we cannot know anything about the actual Power of God until after we die. Then, if we have believed certain church tenets, we may find Eternal Life with God—"up there."

I deny that, completely and absolutely. It is my statement to you that the place to find the actual Life and Power of God is not "up there," but DOWN HERE. And the place DOWN HERE where God is contacted, AND THE ONLY PLACE, is IN YOU. Therefore, it is essential at this point in our studies, that we find the place IN YOU where the Power of God may be contacted. Such a place exists, and can be as definitely located as your heart. It is not a physical organ, of course, for The Power of God—the Power of Life, lives in every part of your body. It thrills every atom of it with the melody of Life. It enthuses your nerve-centers with the power to control the muscles and the nerves, and it is the Illumination of God in your brain which gives it the sovereign right to rule every physical function of this body of yours, wherein The Life which is God actually lives.

It has been definitely established that The Spirit of God not only built your body, but has taken up Its abode in it, there to reside as long as you want It to. You have the say. The Life which is God is there. God gave, and only God can take away. But God will NOT take that Life away just as long as you want it, and just as long as you use it for the spreading of the amazing truths of God. It can be yours forever, if that is what you wish, and if that is what you IMPRESS on The Spirit of God within you.

I said "IMPRESS," and that is what I mean. Normally, the unbelief of the human race has been so gross, and has been indulged in for so long a time, down through the countless ages of time, that The Spirit of God has had the definite conclusion forced upon It, that man does not want a single thing from God. No calls are made upon The Spirit of God in man, for anything. Our religious-minded friends gather together and "pray," but such prayers never get higher than the roof on the building in which they are uttered. There is no contact between man and God in the "prayer" we usually hear. God cannot hear such prayers because God lives in the body of the person uttering them. Therefore, the one uttering such prayers is, in fact, talking to himself if he is addressing such petitions to God. But "asking" is not the way The Spirit of God brings anything into manifestation. Asking, as per the usual "prayer" method, is wasted



time. For God has made other arrangements whereby every right desire of man can be granted. He has given unto man himself, the means whereby the actual Power of God can be contacted and used. In this way, the results are always sure. The other way, *unless The Spirit of God in one is aroused by the prayer*, is utterly useless.

It is a waste of time to ask God for something which He has already made provision for. The Christian Church insists that we must approach God for these good gifts, its way. But the Almighty has made His own plans, and He says: "You will do it MY way or it won't be done." So I believe we had better try God's way for finding Him, and securing from Him, whatever things we need through life, and for finding Eternal Life, which, we have seen, The Great Life-Spirit has already placed in us.

I have stated that there is a place in you—must be a place in you, at which you can make actual contact with God. I have stated too, that all of God you can ever need, is in you. Therefore, to find that place in you where the Spirit of God is, it will be necessary for you to dig deep—not into God, BUT INTO YOU.

The practice of "digging into yourself" is something you have never indulged in. The human race does not do it. A scientist, when on the trail of some new discovery, digs deep into himself. There, if he persists, he finds what he is after. The spiritual pioneer has dug deep into God for what he suspects, and, as in the case of the scientist, he has found what he suspected to be true, and what he expected to find. What was it I suspected? Well I suspected that the answer to all the problems which plague mankind, have their answers in men themselves. I suspected too, that it might be completely possible for man to make actual contact with The Almighty in himself.

So, much like a scientist would, I began to dig deep into myself. I dug and dug. Finally, there came a day, when I was able to prove what I had suspected was true. There came a day when I knew, beyond a shadow of doubt, that all the Power there is in God, is available to man, and available now. I discovered also, that there is no problem which can exist, which cannot be answered by making contact with the God within. I discovered too, that every need of man can be supplied, whether that need be material or spiritual, by making contact with The Spirit of God within us. I am convinced too, although this cannot be conclusively proven yet, that Eternal Life on this earth is possible, through the actual Power of God Who lives within us all. That Spirit is our motivating Power. It is our Life. It was given to us to use, not to suppress. Yet the whole human race has so successfully suppressed The Spirit of God in man, that this Great Spirit will have to be aroused anew if Its Power is to become known to man. Therefore, we shall have to dig deep. Not too deep though, for when The Spirit of God in us sees that we are trying to awaken It to our needs, then it seems to arouse Itself, awaken from the sleep man has lulled It into, and, if fully convinced that we have need of Its services, will instantly spring into life, and the thing we need, is assured when that happens. Jesus



said that The Spirit of God shall not always strive with man. It won't. If we are able to awaken that Great Life-Spirit in nations, believe me, there will be no need for "peace conferences," good as they may be. When one man awakens the Spirit of God in him, miracles begin to happen in his life. When nations, which are only large groups of individuals, begin to awaken The Spirit of God in them, national miracles will begin to happen, and they will happen completely outside the various systems of theology.

There are those who, trying to dig deep into man, have called the guiding Power of Life—MIND. They have divided that "mind" into three parts. They tell us that there is the "Objective" mind, which is the mind which we are conscious of. They tell us that this "mind" functions only through the frontal portions of the brain. As a matter of fact, no one has yet discovered for what purpose the whole frontal brain exists. No one knows what functions through it. It can be definitely proven that certain other parts of the brain control certain physical functions of the body. But none has discovered what this large frontal portion exists for.

Then they tell us that, a bit deeper down into man, is another mind. This one they call the "subjective" mind. They would have us believe that everything that ever happened to us through this life, is all stored away in files, or something, in this subjective mind. Some of the leading psychologists tell us that it is the "dream-mind" but that, of course, is pure speculation. Below the objective and subjective "minds," there is supposed to lie "The Great Subconscious" mind. Here, too, is more speculation. There is no such thing as "mind." What there is, which the psychologists have tried to comprehend by using the term "mind," is The Spirit of God. You may write in the little note-book that there is no such thing as mind—it is The Spirit of God.

This is what it is that makes the little humming-bird flap its wings so fast that you cannot see them moving. This it is which makes Billie respond, and talk to me, when I say "Hello Billie." This it is which gives to the robins, the power to mate, hatch their eggs, raise their young, which always turn out to be robins—not scorpions. This it is, which caused those 120 Barberry bushes I planted so many years ago, to grow and grow until now we have a hedge which, every year we have to trim, to keep it from growing too tall.

The Power of The Spirit of God, we have seen, pulsates and thrills and throbs throughout everything. Not only does it fill all nature, but it fills the great cosmic, inter-stellar spaces, billions of light years away. So far away, in fact, that the distance can never be measured, because there is not distance or time in the Realm of God. And all through space, and time, and eternity—NOW—lives the very same Spirit of God, the very same Power that actually lives in, and thrills and throbs and pulsates through you. There never was anything born, either on this planet or on the millions of other planets which, in all probability, are there by the million, which is



not thrilled through with The Spirit of God. The very same Spirit of God that lives in you. Not only lives in you, but which CREATED YOU. That is some Power my friend. Please don't ever tell me that It is insufficient to heal every disease, right every wrong, and give to us all Eternal Life, whenever and wherever we need it.

Someone is bound to bring up here, the existence of what is called "evil," or "sin" in the world. May I tell you that there is no such thing as "evil" in itself? What we call evil is only the absence of good. What we call sin, is only disbelief of God. All the wars, crimes, debaucheries we see on this earth today, are the natural normal results of the actions of men and nations whom, while having the Life of God in them, are not conscious of that fact. I go into a pitch-dark room. I want light in that room. All right, I call for a shovel and shovel out the darkness. Is that what I do? Of course not. To get rid of the darkness I turn on the light. Then, to get rid of the wars, the sin, the crimes, the debaucheries which man is indulging in, TURN ON THE LIGHT WHICH IS GOD. There is no other way. All plans for peace and joy and happiness among the nations, made by men, without turning on the Light of God, will automatically fail.

But who is going to turn the Light on? Man himself. For man is the only being on earth who has the ability and the Power to turn it on. But he can do that. When he does, and when men all over the world begin to turn on their individual lights, revealing The Spirit of God within them, and when they start out to tell others, and join in a huge band of men and women who have turned on the Light, then will this earth begin to discover how very close to, yet how very far it has been from God all the time.

Some years ago, the author was lying on his back on the upper deck of a huge ocean liner. The night was black, and the sea was rough. The Captain was navigating the rough waters of the China sea. As I lay there, watching the sparks emitted from the radio at the mast-head, I heard a voice come out of the stillness of the night—for it was very late. "LIGHT ON THE PORT BOW, SIR." Getting to my feet, I walked to the railing on the port side of the ship and looked for that light. Sure enough, there were many lights off our port bow. Going up to the bridge, I said to the officer on deck: "What are those little lights please, sir"? Turning to me he said: "Well, Dr. Robinson, those little lights come from the cabins of the Japanese tea-planters on the Island, for that is the Island of Formosa." Then, as if in afterthought, he said to me: "We always know when we see those little lights that we are on course."

They were little lights. They came from tallow candles in the shacks of the Japanese tea-planters on the Island of Formosa. But they were big enough, little though they were, to tell a huge ocean liner with its precious cargo of over one thousand human souls, that it was "on course." As I left the bridge, I began to sing softly, the words of an old refrain I have loved from childhood:



"Brightly gleams our Father's mercy,  
From His Lighthouse, evermore;  
But to us (to you and me) He gives the keeping,  
Of the lights along the shore.

Let the lower lights be burning,  
Send a gleam across the wave;  
Some poor fainting, struggling seaman,  
You may rescue, you may save."

In this revelation of how to contact the Spirit of God, you will, of course, realize how very difficult it is to put spiritual truths down on paper. I know how to instantly make that contact. My life proves that I am able to bring actual manifestations from this Realm of God. But the very hardest thing I have ever tackled is to tell men and women, on paper, just how they may find the Power of God in them. But we shall try it.

1. It has been definitely established that you are of dual nature. You are a physical body with The Spirit of God living in you. There can be no question about this, because were it not for the LIFE within you, you could take another step. That Life in you is God. Therefore, you have in you, all the Power God has.

2. You are then, a combination of material, physical body, with Spirit living in it. With God living in it. But you have never known this before. Had not your path and mine crossed, you probably never would have known it.

3. All your life you have considered your physical body everything. You thought that it was all there is to you. Everything you have ever done has been done in the body. You had no way of knowing that you are a dual person. If you have ever thought about God, you probably considered Jesus, who died two thousand years ago, to be God. None ever told you different.

4. There has never been any actual contact between you and the Realm of The Spirit of God, because you considered your body all there is to you.

5. You can, as a dual personality, live either in the consciousness of your physical body, which to date you have done, or you can open up an entirely new realm of life, living in the consciousness of the spiritual, or, The Spirit of God in you. You can either subjugate the Spirit-self to the body-self. This, you have been doing all of your life, and, as the body in itself can do nothing, the treasures which lie in the Spirit-self, where God is, are all unknown to you. All through your life, that Spirit-self has been telling your body-self that It exists. You did not know what it was. But you did know that there has always been, in you, a something which has been pulling you toward something very much higher than you now enjoy.

6. The body, being only the physical house in which The Spirit of God lives, is, of course, quite secondary in importance. It is the house which God occupies, true, but the God Who occupies



this physical house of yours, is of very much greater importance to you than the physical house in which God lives.

7. The Spirit of God in you gives life to this physical house, but that is only because It wants a place where It can reveal Itself to you. Had you no body, there could not be a personal revelation of the Power of God to you. So thank God that He did give you a personal body because, just as long as you are a physical body, just so long will it be possible for the Spirit of God to manifest in you, in all Its fullness. Remember this please. Write it in the little book.

8. What you have been doing, is subjugating the spiritual to the physical. What we are going to do from now on, is subjugate the physical to the spiritual. We are going to always recognize that the body is the Temple in which God lives, but we are also going to recognize the fact that God has taken up His abode in your physical body, for a specific reason.

9. The reason God has taken up His abode in your physical body, is that the beauty and glory of the God in you, living as invisible Spirit, may be made known to you.

10. There are two or three reasons why you have lived to date, only in a body-consciousness. One is that The Spirit of God, being invisible Spirit, has not been seen by you. Therefore, because the Spirit of God has been unseen by you, Its presence has been unknown to you. The second reason is that you did not know what else to do. You had to live in a body-consciousness. In the absence of any evidence to the contrary, you rightfully thought that your physical body is the only body you possess, little dreaming of the existence of the Spiritual God-body within you.

11. As you have allowed the God-body in you to sleep for so long, and as the whole human race has come down through the ages with little knowledge of this God-body in it, the hereditary tendencies of doubt have impressed upon the human race, that it does not want to recognize the God-body, or The Spirit of God within. Therefore, outside of performing what functions are necessary to your life, for the sixty or seventy years the human race has impressed upon the Spirit of God, that Spirit has fallen asleep almost—IN YOU.

12. You live your life then, with a Great Sleeping Giant of spiritual Power in you, and you have not known it. In some vague way, there has been this thing called "conscience" within you, but you have never known what that was. You have never known what consciousness is either. They do not come from the body, because, outside of the operation of the God-Body, the physical just doesn't amount to anything more than the price of a good cake of soap.

13. It becomes naturally evident then, that the first duty for you to perform, is to AWAKEN THE GREAT SLEEPING GIANT OF SPIRITUAL POWER WITHIN YOU. (Write that in the little book, too). There is no one who can awaken this great Sleeping Giant for you. I can call the fact of Its existence to your attention, and I can give you definite, specific, never-failing instructions which



WILL awaken The Sleeping Spirit of God within you. But you must do the awakening. Neither I nor anyone else can do that for you.

14. The first thing then, for you to do, is make up your mind whether or not you WANT to awaken the Sleeping Power-Giant of God in you. Perhaps you would just as soon continue as you are, living exclusively for the so-called "pleasures" you can derive from living solely in the body-consciousness. If that is what you want then you better stop studying with me, for I have nothing to offer you. If, however, you want to actually explore deep into yourself, which means deep into the realm of The Spirit of God, I have much for you, and it will be wise for you to follow me quite closely. Not only do I know the way, I also know how to take you to the very Gates of the Spiritual Heaven, wherein dwells the fullness of The Spirit of God. I cannot push you in however. If you ever get inside, you'll go voluntarily.

15. It follows as naturally as day follows night, that whichever of your two natures you follow, and develop, the other will cease to be in the ascendancy. For instance, when you live as you have lived to date, with no knowledge whatsoever of the Spiritual Power in you, the physical body part of you gets all the attention. It is developed as far as one can develop it. But the spiritual part, disregarded, begins to shrink, until just enough of it manifests to keep you alive, and that's all. If, on the other hand, you decide to develop the spiritual part of you, or the part which is actually God, then the physical takes a secondary place, and all the Power God has begins to manifest. That Power will manifest in you to the exact degree you desire it to, and awaken it. There is nothing the Power of God likes quite so well as performing big feats. This is not a small Power my friend—it is the greatest Power this world, or any other world will ever know. It has the ability to CREATE LIFE, and that implies, of course, the ability to create everything else, for the human body that has the Spirit of Created Life in it, can, through that Life, bring into existence "Whatsoever things ye desire."

16. You cannot develop your spiritual part and your physical part equally. You will live together in the spiritual if you are wise. Does this mean that you are to forget the physical altogether? Why not? What is it that gives your physical body Life, anyhow? It is not so much a case of "forgetting" the physical, as it is allowing the invisible Life in you to direct the physical, and all the while you can be directing The Spirit of God in you. For I repeat again, The Spirit of God lives in you for the sole purpose of being ever available to you, to bring into your physical life, all the bounty there is in the Realm of God. (Write that in the book). So then, you do not forget the physical, but you do forget it to the extent that you are going to live, from now on, in the sense and consciousness of the spiritual. It is a fact, that the spiritual part of you—you dual man—can be developed far more than the physical can. In fact, it is the spiritual development which goes on inside a man, which determines just what effect his physical body shall have to his efforts to spread



the glad tidings of great joy, which this revelation of the Power of God in man is bringing to this world.

17. A decision on your part, to live from here on, in the consciousness of the Spirit of God in you, means that you will become possessed of a source of spiritual Power, the like of which you have never known before. The Power itself will not be visible to those on the outside, but the effects of it will be. For may I assure you, that when a man or woman is CONSCIOUS of the indwelling Power of The Spirit of God, that man or woman becomes a real power in this world. You will note that I said "CONSCIOUS." I say that, because it is a fact, as we have seen, that all men possess, in them, the actual Life which is God. However—they who are conscious of this great Power, and they who CONSCIOUSLY USE IT, are in the very great minority. I question very much if there are fifty men and women on the earth today, who are conscious of the great wealth of Power they have in them, or who consciously use that Power. What do you think Jesus meant when He said: "ALL POWER IS GIVEN UNTO ME, AND BECAUSE IT IS, YOU CAN GO IN THE VERY SAME POWER?" Jesus knew the Power in Him. He knew from whence the Power came. And, best of all, He CONSCIOUSLY USED that Power. He might have been possessed of all the Power there is in God, and He was, but little would it have helped Him if He had not consciously used It. You too, may have a head-knowledge of the great ocean of spiritual Power which is in you because your Life is the Life of God—but until you actually begin to use that Power, directing It into whatever channel you desire It to go, little benefit will come to you or to the world, as a result of your life.

18. There lies ahead of you nothing but physical death if you live in your physical consciousness alone. There can lie nothing more than physical death, because the Life-Spirit of the Living God in you is recognized. Physical death must result, because you have not used the Power of God to bring to you, God's greatest Gift—The Gift of Eternal Life. If you die as a physical body, all the praying and masses in the world can have no effect. Your body is dead—and it can never be called back to life again. YOU HAVE LET THE GREAT OPPORTUNITY SLIP BY. YOU HAD YOUR CHANCE. YOU MUFFED IT.

19. This was not exactly your fault. You muffed the chance because you did not know the existence of the Life-giving Power of God in you. None has ever told you. You have been told that the plan of God for you was death—nothing better than death, when as a matter of fact, God had no such idea for you at all. God's plan for you is a plan of Life, and, as I have told you before, Life is Life—and not death in any sense of the word. This series of Lessons is intended to show you, and prove to you that fact. I trust you will be big enough to see what I am driving at. I trust that you will be big enough to give The Great Creator credit for being able to give you a Life which has more at the end of it than death. There is no



death in the Life which is God, and it is that Life which inhabits your body, here and now.

20. If you want to live forever, you have within you now, all the vast potentialities for just that. What more can there possibly be you can need? You have the very Life which is God living in you, have you not? If you do not believe this, or if it seems too utterly incredible for you to believe—too fantastic, then will you please tell me whose Life it is which is living in your body? There is none but God. There has never been any other spirit which can create Life. If you are a Christian, your Bible tells you that God breathed into your nostrils the Breath of Life—His very own Life, does it not? So—whether you believe it or not, **YOU HAVE LIVING IN YOU NOW, A LIFE WHICH NEVER NEED DIE BECAUSE THAT LIFE IS GOD. IT HAD POWER TO CREATE YOUR BODY, AND IT HAS POWER TO CONTINUE IT IN EXISTENCE INDEFINITELY. IF YOU DOUBT THAT, YOU DOUBT GOD AND YOU CANNOT LIVE FOREVER.**

There is the crux of my Teaching. There you have it, in capsule form. I cannot make it any stronger, and I would not make it any weaker. A friend said to me in Portland, Oregon, not long ago: "My—Frank—what a wonderful future you would have had if you had stayed in the church." - I disagreed with my friend. I can work with any church, and will, if they want me to. I oppose no church. As a matter of fact, I don't care what any church believes or teaches, **SO LONG AS THAT CHURCH IS ABLE TO REVEAL TO THIS SIN-SICK, SUFFERING HUMANITY, THE ACTUAL POWER OF GOD. BUT I SHALL STAND FOR NO SUBSTITUTE.**

I don't care if you believe that Jesus Christ was Almighty God. I care less whether you believe that Buddha was Almighty God. Nor do I care if you choose to believe that Chrishna was the totality of God. I don't even care if you believe that the Man in the Moon is Almighty God, **JUST SO LONG AS YOUR BELIEF REVEALS THE ACTUAL POWER OF ALMIGHTY GOD TO YOU. IF IT CANNOT DO THAT, IT IS USELESS.** Besides, I believe it to be much better for you and I to be able to contact God direct, without the well-meaning assistance of any "middle-men." The Almighty has not given to any church, exclusive bargaining rights between man and God. Some churches claim that. They are very much mistaken. Listen to me—if you ever find the actual Power of God, you will find that Power right here on the earth, and it will be discovered by a direct contact you will make with The Almighty. No one can do that for you. No one can intercede with God on your behalf. No one can offer you a set of beliefs and say: "Here—believe these and they will give you eternal life." No one can say with any degree of certainty that The Almighty has remained silent for the past two thousand years, since Jesus was killed. What foolishness it is to think for one moment that Almighty God has left this earth God-less for the past two thousand years.



21. Just how are you to actually contact the Power of God in you? Well, in the light of what I have been telling you in these Lessons, how would you expect to contact the Power of God in you? Let us use our reason here. You will never find me trying to be mysterious or mystical. I am a true Mystic, yes, but a true Mystic is but one who can reveal from the Realm of God, the things he finds there. You can become as close to the Realm of God as I am, and that is just what you should do. That is the only reason I am interested in you.

It has been clearly shown to you what you really are. You are not what you thought you were. You thought you were just another physical body, did you not? But now it turns out that inside that body of yours, lives the very Life of God. That changes the picture completely. That puts into your hands, for your use, a Power so staggering that it almost places you on a level with God. It does, so far as you are able to manifest the Power of God.

It has been clearly shown to you that you can live in the God-body, or in the flesh-body. I am presuming that you have decided to live in the God-body. That is, you have decided to allow your life to be lived in the consciousness of The Spirit of God which lives in you, instead of living it in the material, fleshly consciousness. That is a good decision. It is the only normal decision any sensible person can make. That decision, followed through to its natural conclusion, will inevitably bring you to God. Once the full consciousness of God dawns on you, "Yours is the world and everything that's in it."

Now if we are going to live in the God-body, we are going to blot out, as rapidly as possible, the fact that we have, to date being living in the flesh-body, are we not? Then what is the quickest way to get rid of the consciousness of the flesh-body? What would you say? Well try closing your eyes. Does not that block out completely the world around you? Now, with your eyes closed, hold up your hand in front of your face. Did you see that hand? No you did not. So then, the one sure way to blot out both your physical body, and the material world round you, is to close your eyes, is it not?

So then, in contacting the Realm of God which dwells within us, we shall always close our eyes. That is step number one. What would you think step number two would naturally be? Why the complete resting of the body would you not? The eyes are closed. We have closed them in order that we may not see our physical body, for we are here to find the God-body are we not? So then, after we have closed the eyes, we make our physical body rest completely. In other words, we do everything we can do to forget that we have a physical body. That means—put it at rest. Jesus said that when we were trying to find the Power of God, we should be at rest. The old hymn "Art Thou Weary" says that too. So then we are going to put the physical, or the flesh-body "at rest."

What is the best way in which to do that? Why lie down, of course. So then, in our attempts to contact the Real of The Spirit



of God in us, we close our eyes, and we lie down. How do we lie down? Well, I lie flat on my back, close my eyes, and, after I am in a recumbent position, I never move a muscle. If I have difficulty in relaxing, which I used to have when I first tried it, I raise one arm off the bed, and then I let it fall heavily on the bed. I let fall in the natural position in which it does fall. Then, I never move that arm. I used to do this with the other arm, and then, if I still had trouble, I would do it with first one leg and then with the other. Finally, I would be completely physically relaxed, and my eyes would be closed.

There is nothing unusual about this. You are only blotting out the physical world, and, preparatory to entering the Realm of The Spirit of God, you are putting the physical body at rest for a while. The person who learns the habit of complete relaxation, has learned a valuable secret, if it is never used for contacting the Realm of The Spirit of God. When it is used with this blessed object in view though, it becomes doubly beneficial.

All right then. We have blocked out the physical world. We have put our flesh-body at rest. Is there anything more we can do with that flesh-body before we progress? Yes. There is one more thing we can do. We can breathe slowly, deeply, and very quietly, so that we hardly hear our breathing if at all. When I used to be learning the secret of physical relaxation prior to contacting the God-body, I used to breathe slowly, and deeply. I still do. I used to slowly and quietly fill the lungs. Then, I would quietly hold my breath for a few seconds, then let the used air out. I used to exhale as slowly as I would inhale . . . and I still do for that matter, most all the time. No matter whether I am standing before an audience of 5,000 people, or sitting alone in my study, you will never find me in other than a perfectly relaxed condition. I have been through times of the greatest stress, and, while all around me, others were agitated, fearful, and excited, through me was running the calm of God, and the sweet peace which only actual contact with the Spirit of God can bring.

So then, while I am not a physician, and do not advocate anything which might harm you, I do suggest that you learn the habit of breathing slowly and deeply all through your life. That in itself will help you to live longer, if you never find Eternal Life through the Power of God. Do not forget a fact I stated back a ways. I told you that with the first breath of air you inhale, you become a living human body. With the last breath you breathe, out goes your life. Now remember here, I have also explained to you that the cosmic emanations which can come only from God, fill all interstellar spaces, and all the universe. You know—I am not saying that this is so, but it might be conceivably possible that these cosmic-rays might be THINKING rays. They COULD BE the very source of your life. Think that over. The idea is very plausible, and, as I say, it could very easily be true. In any event, the benefits of slow,



regular deep breathing cannot be over-emphasized, and this you will readily agree to I am sure.

Now I believe that this period of complete relaxation should become a part of your every-day life. I believe it should be the most important part of your life. It should be done twice daily, or, if that is not possible, there is one time of day when you can do it. That is the last thing at night. If you will make it an inviolable rule to make your last waking half-hour, a half-hour spent with The Spirit of God in you, I assure you it will not be many weeks until the Power of God will begin to actually manifest in you. Moreover, **YOU WILL BE CONSCIOUS OF ITS MANIFESTATIONS IN YOU.** That is something to look forward too, surely.

After a few weeks, you will find that the deep breathing and the complete physical relaxation will benefit you so very much. There is something else you will discover. You will discover that, as the relaxation becomes more and more complete, you will sleep like you have never slept before. If you watch this carefully, you will detect your feet going "to sleep" first. The rest of you will be conscious, but you will know that your feet are "fast asleep." Then your hands, they will fall asleep next, and the first thing you know, you will not know anything. You will have dropped off into a deep natural sleep, in which the entire body is completely—**AT REST.**

It is in this "sleep" period that The Spirit of God operates in you, with the flesh-body completely impotent to interfere. That—is asleep. So then, the God-body is in full and complete control while you are asleep. Have you ever noticed how very refreshed you are when you awaken from what you have called heretofore: "A good night's sleep?" Do you know why that is? It is because the Spirit of God has been running your body unhindered by your body itself. Your body of flesh was inert, so to speak, and for perhaps eight hours, nothing interfered with The Spirit of God in you. After serious illness, many physicians advocate "Much sleep—and complete rest." They don't know why they advocate that, but what they are asking you to do is give The Spirit of God, in you, an opportunity to show what It can do, when your flesh-body does not interfere, by becoming too active. They call it "nature."

Now I have said that while you are asleep, The Spirit of God is in complete charge of your physical body. It is the captain at the helm of the ship. It is the sole guardian of your life through the long watches of the night. (Now listen to me carefully please). There must be a time then, when the "consciousness" of the Spirit of God in you slips away, and the Spirit of God assumes full and complete control, watching you very carefully to see that you keep breathing, and watching also to see that, even though you are not at all conscious, the other physical functions of your body do not stop. You see—you have no control whatsoever over them in sleep. That heart of yours. If it were not for the Life of God in you while you sleep, it would stop beating instantly and you would never awaken.



Those two lungs—if it were not for the Spirit of God in you while you are asleep, would cease to inhale or exhale, and you never would awaken. You see, the Spirit of God in you “neither slumbers nor sleeps.” You have heard that in your church, have you not? Here is the quotation: Psalms 121:3-4. It would be too bad for you if The Spirit of God in you ever took a notion to rest for a while. But the Spirit of God cannot do that. You see—the Spirit of God is the Spirit of ETERNAL Life, and ETERNAL Life means life which never ceases. It does not ever keep still. IT IS IN CONSTANT MOTION, EVER-CREATING FOR YOU, THE THINGS YOU NEED AND MAY HAVE, AND WILL HAVE, WHEN YOU HAVE LEARNED TO TAKE THOSE THINGS FROM OUT OF THE GREAT GOD-REALM.

You see . . . in the moment in which you consciously leave your body at night for sleep, allowing the Spirit of God in you to take over, there is a moment, while you are near sleep, or close to it, when THE SPIRIT OF GOD IN YOU IS VERY CLOSE TO YOUR CONSCIOUSNESS. WHAT MORE REASONABLE TO SUPPOSE THAT IN THIS MOMENT, YOU CAN SPEAK DIRECTLY TO THE SPIRIT OF GOD, AND PASS ALONG TO IT, THE THINGS YOU NEED IN YOUR LIFE TO MAKE IT FULL, COMPLETE, HAPPY, AND FILLED WITH THE SPIRIT OF GOD? This is a very sensible and logical conclusion. You know that the Great Sleeping Giant of the Power of God in you, is about to take control of your body, keeping it functioning normally, and STAYING IN THAT BODY TO SEE THAT IT DOES NOT DIE. All right then, The Spirit of God, having made that body by one of the most profound miracles of all time, is taking care of Its own, and you must not ask me to believe that if you pass over to that Great Spirit, your needs, it has neither the ability to understand them, or the Power to bring them into actual manifestation for you. You will not ask me to believe that—will you? Of course not.

Now what is the proper manner in which to pass your desires and needs over to God? We have seen that it is not to “beg” or “pray.” That can bring you nothing. Seeing that many people who study with me are members of the Christian faith, shall we see what Jesus had to say about the type of praying which gets results, and the sureness of those results? I think that will be wise. I know we shall find the answer there, as we usually do when we listen to the words of Jesus, and interpret them as He meant them. So let us see. We shall find the quotation I am after in Mark 10:22-23-24. These are amazing words. They prove that Jesus knew the approach to God. They prove that He knew absolutely, the only method whereby anyone can get anything at all from God. This one statement alone proves that Jesus had been very close to God. He must have been close to God when He made this statement, otherwise He could not have made it. Listen carefully, and absorb it. If you do, you will have mastered the whole secret, and the only secret of how to



obtain the things you desire from The Spirit which is God. There is NO OTHER WAY.

This is quite a long way removed from the "prayers" which are offered in public in so many churches every Sunday. According to this formula, such prayers cannot avail. They do not comply with the fundamental Law which God has drawn up, and the only Law incidentally which is responsive in drawing the things we need out of the Realm of God, and manifesting them to us in a physical, material, or spiritual manner. Again I repeat—THERE IS NO OTHER WAY. Remember that. Write it in the little note-book please.

Now what does Mark 11:22-23-24 say: "And Jesus answering said—HAVE FAITH IN GOD. FOR VERILY I SAY UNTO YOU, THAT WHOSOEVER SHALL SAY TO THIS MOUNTAIN, BE THOU REMOVED AND CAST INTO THE SEA: AND SHALL NOT DOUBT IN HIS HEART, BUT SHALL BELIEVE THAT THOSE THINGS WHICH HE SAITH SHALL COME TO PASS: HE SHALL HAVE WHATSOEVER HE SATH. THEREFORE I SAY UNTO YOU, WHATSOEVER THINGS YE DESIRE, WHEN YE PRAY, BELIEVE THAT YE RECEIVE THEM AND YE SHALL HAVE THEM." If there are more dynamic words in the Christian scriptures, I do not know where they are to be found.

I cannot possibly finish this subject in this Lesson, so shall carry it over into Lesson number eight. I may give you several Lessons on this one subject. I could write a book on it. However, until your next Lesson comes to you, practice the relaxing and the deep breathing every night. The deep breathing can, if you wish, be continued through the day also. Do not make it a burden. Do it say, for twenty minutes, and then stop. Then again later, and then stop. But be sure that the evening exercises are carefully done. Realize that you can never get as close to God during your waking hours, as you can when you are about to go to sleep.

Then again, consider carefully what you are doing. Blotting out the sense of your physical body by closing your eyes. Subjugating it to the God-body by putting it at rest. Watching carefully for the moment when The Spirit of God takes control while you sleep. Lastly, ponder over these words which I have quoted to from Mark. The clearer your understanding of them becomes, the faster will you get from God, the things you need. Under that principle of "praying," do you not see the awful magnitude of the Power of God? Do you not see how quickly this earth could be redeemed if those who say they believe in God really meant that? I am saying to you my friend, no words ever written are laden with more spiritual dynamite than you will find in those three verses. I shall probably devote several Lessons to them.