



# FROM THE SILENCE

OR

## THE PATHWAY OF HOPE.

BY

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"JUST A GLIMPSE."

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"THE AGE OF THOUGHT"



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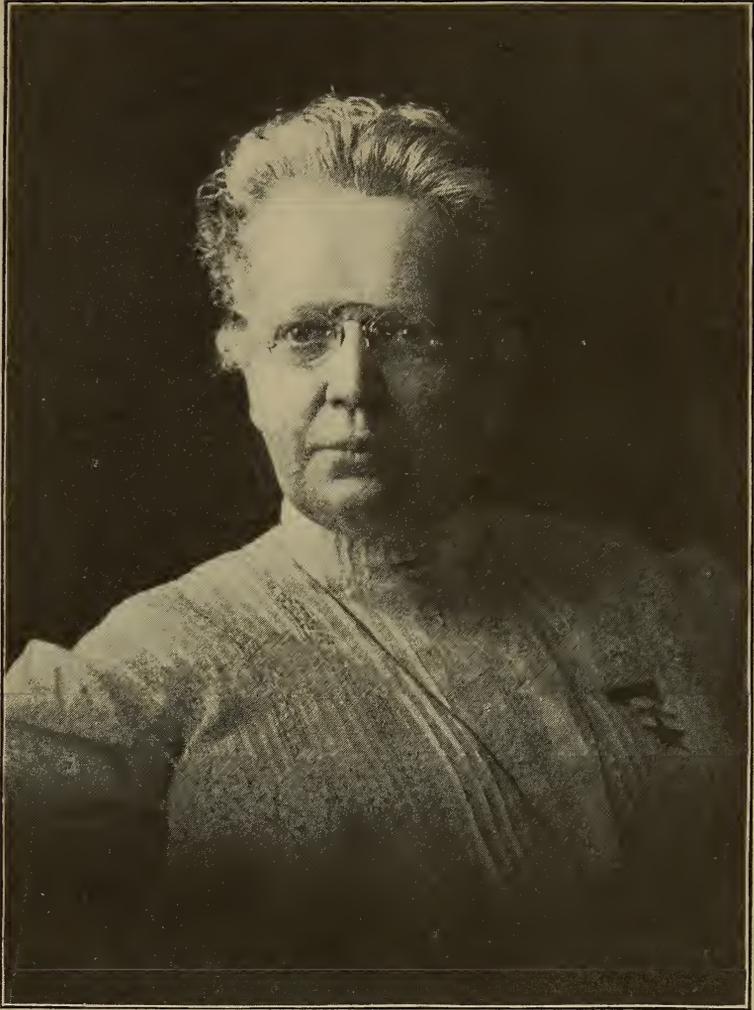
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*Your loving teacher,  
Mrs. Dan. M. Davidson*



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## PREFACE.

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In presenting this volume to the world I do so with the honest conviction that its teachings, if faithfully followed, will lift the student of Nature's Laws to a consciousness of his own reality. So, dear one, if you would become great, let me enjoin you not to cast aside one thought herein expressed as useless, for each one is a step on the way to the higher life and all are of the utmost importance.

In spiritual unfoldment we can take but one step at a time, and remember that step is one more nearer your goal. Hence, I say to you: take them as they come classified and give strict attention to them; for 'tis only by gaining complete mastery over the one thought in hand before passing on to the next, do we progress.

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PREFACE

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There is not a thought in these lessons, but what must be, not only **mastered now**; but, practiced all along the way. To realize the power and strength of the real self is worth years of hard work.

Loved pupil, let not the star of hope sink beyond life's horizon, but practiced earnestly and faithfully and your reward will be great.

Remember, Desire expresses through the law of attraction and every moment spent in the silent practice brings success nearer and nearer.

Yours for Attainment,

MRS. DAN M. DAVIDSON.

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### MY CREED.

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I believe in my own reality; in the immortality of the "I"; in the Oneness of All; the Divinity of man; the growth and development of spirit; the unfoldment of my latent powers and the progress of the human race.

I believe love, sympathy and praise will lift man to a higher plane of consciousness. Praise is one of God's many blessings, and I believe in bestowing this blessing wherever it is merited.

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## THE OBJECT OF THESE LESSONS.

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Is, to teach the human race to live to the best there is within.

To lend a helping hand to a less fortunate brother.

To change the thoughts of envy, jealousy, hate and revenge to Love, Light, Truth and Wisdom.

To shed the light of "Truth" o'er the path of suffering humanity.

To teach men and women to love dear old Mother Earth and all living creatures.

To teach men and women how to think and to think for themselves.

To do right; without regard for the opinion of the other fellow.

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THE OBJECT OF THESE LESSONS

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To look always ahead; never down the path behind.

To see the good in every face we meet.

To fear nothing, save our own Conscience.

To bring health, happiness and success to those who understand its teachings.

To teach man how to turn darkness into light; how to be true to himself, how to be honest and frank with his fellow man.

To sift the opinions of others, accepting only that which appeals to the inner consciousness as "Truth."

To know all is good.

To realize the Real—the "I."

To deny the unreal, the not "I."

To awaken in man an interest in the welfare of humanity.

To aid man to become acquainted with himself, thus realizing he is the "Master." So that when my work is completed upon this plane humanity will be the better for my having lived and loved.

Yours for "Truth."

MRS. DAN M. DAVIDSON.

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The Universe is my school,  
Nature is my book,  
And God is my instructor.

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## THE NEW ERA.

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We have entered a New Era, a new age. We have reached the cross roads where the old orthodox narrow path is left behind, and in exchange we find our way broadening and lit by the many beautiful ideals given us by the progressive mind; some of these ideals are new, some are old as time itself, yet all have their work to perform, their purpose to attain—the awakening of the consciousness to a new life.

That there is a new life is no longer a belief, but a scientific fact and the remarkable rapidity with which this new truth is being accepted is indeed

encouraging. The demand for practical knowledge concerning this new life is fast becoming Universal.

Countless thousands of poor souls are hungering and thirsting for this new life—this awakening consciousness—this forerunner of a new birth—for ages humanity has been searching in the darkness of despair for this mysterious something; which, if found, means so much to all.

In order to enable one to live in accord with this new era or new life we must enter into a full realization of the fundamental principle of right. When we begin to view life from a scientific standpoint, we begin to realize the great power lying dormant within man, and immediately he becomes filled with the desire to become all that lies within his power to become.

Those who look upon life with this broader, wider view shuts forever from their mental vision the old narrow path of the past, carrying within his own being a happy song, ever endeavoring to live the best and grandest life he is capable of.

To enable one to live in constant realization of the wonderful truth contained in the new life principle, one must become permeated with its very essence—seeing—knowing—recognizing only per-

fect health—peace—joy and good will to man, thus living in the highest degree of perfection.

It is a demonstrated fact that whoever enters understandingly this new life, realizing his own possibilities, will eventually outgrow every undesirable condition which may exist.

To accomplish this end, however, it is not all to simply say: "I believe in the perfect life," but we must eternally demonstrate the fact by becoming daily and hourly better and better men and women.

Harmony and good will are inseparable companions in this beautiful new philosophy, new, yet old as time itself; we have felt the peace that comes from the realization, of some achievement we have struggled to attain. What joys may not be ours by constantly moving forward now and eternally.

All groping in darkness, searching in vain for a landing place among the breakers of life, should come into this new philosophy and continue to advance, thus opening the windows of the soul, letting in the new life principle, which proves itself conclusively and scientifically.

The good things of life come naturally and are

amply fed by nature's laws. How can it be otherwise when all is good and each day brings forth a condition richer, purer and sweeter than heretofore, blending together in harmony our physical, our mental and our spiritual sense, enriching the mind and soul with the highest there is? Thus we come into the real life by coming into a realization of the new life, thus demonstrating our desires and realizing our ideals.

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### FROM THE SILENCE.

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From the silence comes the sweetest things in life. From the silence we derive our capabilities—in the silence of our thought chamber we accomplish the mighty wonders of the age. From the silence to demonstration comes all the great inventions of our day. From the silence to realization comes every achievement of man, no matter how great or small. In the silence Benjamin Franklin discovered Electricity, using the simple key and kite to demonstrate its truth—it was from the silence Edison discovered how to utilize this same great power.

Down deep in the heart of our silent chamber, there lies a little spark, which, if kindled into a flame will burn and burn for you and me just as it burnt for Franklin and Edison. Dear one, why not go into the silence and touch the match of love to

that little spark of desire and become even greater than our forefathers? For what our forefathers accomplished in the past, you and I can accomplish with ease with the greater opportunities of our day and age. We may not all become a Franklin or an Edison, but, we may build for ourselves a foundation which will resist the storms of life, we may place the lamp of desire at our masthead and with the wheel of destiny in our own hands mould it as the sculptor does his clay—to our ideal.

It is in the silence we receive those beautiful inspirations which turn our frail bark from the breakers of the past to the beacon light of hope in the future.

Go with me, dear one; you whose heart is breaking with its weight of sorrow; whose tomorrow is obscured by the clouds of yesterday and the sunlight today only peers forth like the darker shades of night—to that fine grove of maples just across the way.

Let us seat ourselves beneath the boughs of this giant old tree whose spreading branches reach out as though longing to enfold one in their fond embrace and in the rustling of its leaves comes a whisper: "Weep no more, for I will love thee."

Hark! Listen to that voice which calls to me from the topmost branches, in song so sweet, yea, the beautiful robin sends his carrol forth as nature's God pleading with us to be happy; in his song language he tells us not to mourn, that all is peace and joy. See? As the last note dies away in the distance he turns to the mate in her nest and nobly takes up life's burdens, yet, in another moment we hear his happy lay saying: "Life is not a burden but a joy, work to me is only pleasure. You may take from me my home—my wife and little ones—and I will still sing on and on.

Oh! see that dear little butterfly sipping the honey from the wildflower, it too, is trying in its feeble way to tell us to hope, and the wildflower, with a smile lends a hand in life's battle by furnishing nourishment to the butterfly, while the busy bee comes humming by in search of food for its winter's supply, and over all, peeping here and there through the leafy branches shines the beautiful sunlight, God's lamp which lights the way for all.

Not a human voice within sound of the ear, yet, there are a hundred voices which speak in tones of thunder—which tells us from the silence comes all good.

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SILENCE.

Let us go into the silence,  
And wait for it alone;  
The thought which brings desire,  
Which will teach us to atone.

Let us join our hands in friendship,  
While we watch the lamp above;  
Which tells us of our "ideal,"  
That teaches truth and love.

Let us go into the silence,  
And gather from its ray;  
The peace and joy waiting,  
To light the darkest day.

Let us go into the silence,  
And feel that all is true,  
That every cloud has vanished,  
With the hope just born anew.

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### THE "I."

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This first step in the unfolding of the inner man, is designed for the purpose of developing the inner consciousness to a realization of the real being, the "I" within, which will enable the pupil to cast aside the fetters of the past false teachings, and step forth free and independent into a perfect realization of his at onement. But, before he can go further on the scale, it is a necessity to arouse the "I" to a conscious realization of its Real Identity. Until this truth becomes a reality in his consciousness, he will not be able to understand from whence comes his power.

He must not only form a clear mental conception of this inner self, but, he must feel its very presence—must realize it is the real self—must be-

come conscious of its actual Identity, in fact it must become the only real self, separate and apart from all physical expressions.

There are two degrees of this consciousness, the first of which we will term the realization of the "I", a consciousness of "I" am—a something which causes one to know he lives and has his being, independent of the physical body, a state in which all doubts of man's immortality are at once swept away, and he feels himself lifted up and away from this material plane to a life of sunshine and joy.

The second degree is the consciousness of, All life is One life and "I" am that life, the "I" am consciousness, which causes the pupil to recognize his oneness with the Universal Whole. "I" am the highest manifestation of God's expression.

This awakening is the consciousness that, among all the worlds—suns and planets known and unknown to civilized man, "I" am the highest expression thereof. The unfolding of this "I" am life will enable the student to become Master and to solve the great secrets of the External Universe.

The average man has little or no conception of the real self, which constitutes a makeup of the very highest and the very lowest. The leading

authorities of the day inform us, that there are many planes of activity both high and low in the physical, mental and spiritual mechanism of man. God is no more invisible to the material sense, than is the real man to the field of outer consciousness. It is in the higher realms of consciousness that we come in touch with that which causes us to realize that all is of Divine origin.

“Blessed are the pure in heart for they shall see God.” How true is this beautiful saying of the Master. The meaning of which is, a realization of the real self as the “I” am man.

As the child first learns the A. B. C.’s before he can read, so must the student of the higher life gain a knowledge of the self before he can progress into that realm of divine Truth.

It has long been a demonstrated fact, that in addition to the mental faculties common to the whole race, there are far greater faculties lying dormant within, only waiting the opportunity to express, the manifestation of which will render man far more than just an ordinary individual. Underlying all outer expression, both mental and physical, stands the real living, breathing ego—the man himself, and as he awakens to a realization of him-

self, will he be able to distinguish between the Real and the unreal—the “I” and the not “I” and just in the degree that he awakens to these latent faculties, will he unfold into a true knowledge of his attainment.

As the real pearl is hid from view by many sheaths of rough material substance which must be carefully removed ere the beauty of the gem itself can be seen and admired, so must the Real man shed his many sheaths of material clothing before he can come in touch with the divine spark which radiates from the very center of his being and which for ages past has been struggling to pierce the gloom of its material coverings.

The pupil will find great benefit by studying the physical as it appeals to him in others, by so doing he will soon discover that few of a so-called civilized nation have gone beyond the half mile post. The man of thirty who goes around all bent over, eternally suggesting the very thing he does not want, is proof to the master that he has developed his thinking and reasoning faculties, comparatively, to a very slight degree—living only on the plane of the subconscious mind—thinking only of gratifying the desires of the physical body, never

giving a passing thought to the real "I," and it would be an utter impossibility to convince him of his attributes—so much for civilization.

While to the advanced student who has succeeded in developing the real man, the material existence is only a myth, he has passed above and beyond the limitations of the ordinary man, and the very things which have retarded his neighbor's progress he has converted into stepping stones to greater heights, under the mighty power of a cultivated will, he has made the ego master over his servants, and as he advances along the scale of evolution, he grasps a higher and higher conception of the real "I" until he begins to realize there is something within him that is far more real than this physical body. He finds he is able to set it aside and step forth independent of the body, almost forgetting its very existence, and the man whose mind is thus trained and cultivated under the power of the will directed by the ever watchful Eye, knows he has the key which unlocks the door to all knowledge.

No longer does he advance in fear and trembling, for he recognizes the real man, and his possibilities, he has awakened his slumbering soul to a conscious-

ness of its mighty power, and can afford to laugh at the old pessimistic ideas he once harbored.

In unfolding the consciousness of the "I" we find many stumbling blocks, but we build with these very blocks the ladders up which we climb; always remembering, the Attitude of the Infinite never changes, it is perfect and unchangeable, always working in harmony with all for the unfolding of the Eternal good.

Man in his narrow concepts of the power of God (good) may change, but, that which is recognized as the "I" within—the Divine spark is indestructible—Eternal—Invincible and Immortal, it has always been, it is and always will be. Man is God's perfect expression objectified, not a fallen, but a risen creature.

When the pupil enters that state of Infinite realization he will understand how the Divine Mind, being perfect, cannot forgive; forgiveness means, the changing or altering of one's mind for the benefit of another. Hence the Infinite, being unchangeable, cannot break the eternal Law of perfection, by forgiving man for the wrongs of the physical. Man forgives because of his imperfection.

It was thought that God expressed his anger in

the thunder, and the lightning was the proof of his fury. But, to the advanced student, the thunder's mighty roar is the voice of Divine Love speaking Eternal Truth, and the lightning's flash is only a smile of perfect harmony breaking through the clouds of doubt and fear, which clears away the mist of ignorance and superstition, thus letting in a flood of Infinite sunlight upon the soul, which "illuminates" and brings into expression the consciousness of the "I."

God is the Universal cause—the effect we find in the Eternal Now. The awakening of the inner consciousness to a realization of the "I" is but the first step on the ladder leading to the glory of "Illumination" and the student who attains this consciousness, who realizes the dawn of another life, has taken his first step and paved the way to Mastery. At this point the pupil realizes his relationship with the Great Whole and he begins to grasp the importance of increasing the power he has gained at this first step, which will prepare him for far greater unfoldment.

The man who expects to become a center to exert an influence beyond himself, must first become a center within himself. As the child, in learning to

walk, totters from chair to chair, groping its way along until it awakes the sense of self confidence, when it boldly steps forth and stands alone; so must the pupil feel his way along step by step, aided only by his own efforts and the helping hands of the master, who has crossed the rough places before him, and as he goes higher and higher in the scale of consciousness, will he be able to radiate an influence in the objective world—which will return laden with the fruits of love.

In some the dawn of the awakening consciousness comes gradually, while in others it bursts forth immediately upon the slightest concentration like a ray of sunshine through a darkened cloud. But, be not discouraged, dear pupil, though the journey be long and slow, you will never lose that which you have once gained; there is no going backward, but, onward is the watchword.

Comparatively speaking only a very few people at the present time have but a faint conception of the real self, and are conscious of themselves, as a something a little higher than the animal. They are still sleeping in ignorance of the Real "I."

In the first awakening of the consciousness, the pupil will be unable to distinguish between the real

"I" and the mental thought. Of course he realizes there is a change, that he has advanced several steps, yet he is more perplexed and annoyed than ever at his failure to separate the two, and should he pause here the slight knowledge he has gained would only prove a curse—life would become a failure and the pupil a pessimist of the lower order, a curse to himself and his neighbor. Hence my advice, never attempt to handle nature's Laws in ignorance of their workings.

For many years my husband and I boarded, off and on, at one of the leading Hotels in Windsor, Ont., just across the river from Detroit, Michigan. At our table sat a lady and gentleman whom we will call Mr. and Mrs. A. Mr. A was one of Michigan's wealthiest men, whose every wish could be gratified. Some years previous to our meeting he had dabbled in the Occult, not understandingly, but in utter ignorance of the Laws which control the Occult world. In a short time he discovered the inharmony, not alone in himself, but in others. The things he learned were only riddles which he could not solve, every new problem perplexed and angered him, and it became an impossibility for him to answer his own questions. The tortures of a

man whose mental growth enables him to **know** without understanding can never be conceived by the Master who has traveled the road to realization.

At the time I became acquainted with this man he was the worst pessimist I had ever had the misfortune to meet. He was an Infidel and Atheist, accepting only the bad of all as it appeared upon the surface, believing without knowledge, that this plane is all there is, believing he could breathe, eat, drink and sleep, but, when the breath ceased that, like the snuffing of a candle, was the end, and with these thoughts uppermost in his mind he passed to the great beyond.

Hence I say: let the student who earnestly desires soul growth to gain all the knowledge and wisdom it is possible for him to grasp, for it is knowledge and wisdom which bridges the rough places, answers our questions and works our problems. Now with a purpose born of desire may we push on and on, stopping not upon the path to success.

In the first stages of the unfoldment the pupil is conscious of a something which does not die and cannot be killed or harmed, and with this consciousness comes a strength and power impossible to de-

scribe. All the old pessimistic ideas will fade away and fear, which has pursued him like a gruesome shadow, from the cradle to the now; fades away like the mists of deception before the sunlight of Truth.

At last the pupil has entered the field of consciousness where he is able to realize the "I" and the physical body are **noe** one and the same, at last a faint understanding of the possibilities of the Divine mind dawns upon his mental vision, and firmly he places his foot upon the rung of the ladder and bravely takes the next step.

In silent wonder he watches the magnificent workings of the great within, at last he **knows** he is a center of attraction—he **knows** it because he can **feel** it and he understands it, because the knowledge has sunk deep down into his inner consciousness. In reverent silence he sees himself as he is; a king upon his throne—a center of conscious **knowledge—wisdom—power and Influence**. He knows no harm can befall him—no fear can assail him, for he has received the blessed knowledge that he is and always **has been** and always **will be**. He is **Real**—He is **Spirit**—He is a living, breathing entity, a life which is **Eternal**. All troubles have disappeared, like the mist, from whence they came, happy in the

blessed thought of the "I."

There is one point I desire to impress upon the mentality ere we go further: It is very natural, when first entering the silence to mentally criticize the progress of others—to imagine we are greater or have gone higher than the "other fellow." Comparisons are unworthy of the thought, and are classed in the not "I" series and indicate a lack of development. Simply ignore all consideration of others and realize the fact that "I" am Wisdom. "I" am Knowledge. "I" am Power. "I" am Divine. "I" am a center around which all else must circle.

In just the degree that the pupil realizes he is a center will he be able to manifest its drawing power, which awakens in the soul a desire to scale the summit and plant Truth's banner on the heights. Let the pupil realize from the center of his being comes the great power of concentration, which is the first step on the road to realization, and in order to concentrate, the pupil must compel himself to pay attention. Attention is concentration. No one ever concentrated who said, "I am going to concentrate." Forget what you are going to do and the thing is done.

As we start upon our long journey, the road

stretches far, far away in the distance, but, hope is at the helm and courage is the pilot which will guide us on to safety.

**How to enter the state of realization.**

The pupil must first retire to a room, where you can be absolutely quiet, where there is no danger of interruption, absent yourself as far as possible from all outside influences, and realize you are **alone with yourself.**

Take a straight back chair, place it about three feet from the wall, upon which you have pinned the card with the black spot, place the spot on a level with the eye. Facing the East.

Why do you face the East?

From the North we draw the cold.

From the South we draw the warmth.

From the West we draw the darkness.

From the East we draw the Light, and as it is Light we are searching for, hence we face that which we are looking for.

Sit in an easy position, with the muscles free from tension; in other words, "just let go" and rest in perfect peace in the arms of Divine Love, feel their embrace above, below and around you, letting the eyes rest gently upon the black spot, while you

mentally repeat, "I am resting, I am resting, I am resting." Sit absolutely still, do not move a muscle. Man is the only living creature who never gives his mental capacity a rest. The mind of man is always in a tumult, hence the necessity of the stillness in which state the pupil enters that condition of perfect peace and calm which permeates to the very center of his being.

In the stillness we rest the physical while we calm and tone the mental. At first the pupil will find it hard to hold the thought of rest, but as he acquires a degree of will power and begins to realize his mastership, will he be able to enter the silent stillness, at any time or place.

Remember, that all stages of the development must be under complete control of the **Will** which must master all mental efforts. 'Tis the **Will** which holds the reins over ourselves, and focuses the thought to the centering point, which, in time, will enable us to enter that state of conscious realization of the "I" reality.

One of the important features of these lessons is the fact that the pupil must go into the silences at the same hour each day; at first he only sits ten minutes that he may not overdo the mental as well

as the physical, but, as he progresses, he can gradually increase the time to half an hour.

Now, having gained complete control over both mental and physical conditions, the pupil has prepared himself for the next step, which we will designate as the call.

The pupil will now mentally affirm the following, putting power and strength into every word: "Awake! Awake! Thou real self! Awake, I say! Arouse from thy slumbering state and manifest to all mankind thy higher Attributes, those latent faculties which are the God-given power of the Ego, its birthright from the fountain head! Awake, I say! Awake! At the same time picture yourself as sleeping and waking at the call.

Now the picture changes and the pupil sees himself as an individual Entity—a **Real** living, breathing being—a world within himself. He has just awakened to the fact that "**He**" (the Ego) is the "**I**" he has been calling, the something which is Eternal and can not be destroyed, but will always be the same "**I**" expressing. Wisdom—knowledge and power will come with the passing years, yet the same "**I**" responds to the call of the silence.

**When, in your daily walks of life, you use the**

word I try to realize what I you refer to, and as it sinks into your consciousness it will take up its abode there and become a part of you, every time you use the word I you are referring to the Ego, think of the Ego as "I" and the "I" as the Ego independent of and separate from the body.

This is one of the greatest stumbling blocks, the separating of the "I" from the physical body, but, patience and perseverance will bring its own reward.

I succeeded in separating the two, by picturing myself as living upon this plane without the incumbrance of the body and I soon discovered I could go and come at will. I soon began to realize the body was a beautiful dress I could put off and on at my own pleasure.

As the student progresses in his unfoldment he will find the soul proves its own Immortality. Ah, what an inspiring thought. Well do I remember how it lifted me on the wings of love, and I seemed to soar away and away like a bird freed from the confining walls of its cage, and life has never been the same to me since I realized my own **Greatness**, nor will you, dear pupil, be the same when the Divine "Illumination" floods your soul.

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And **Now** at the close of this lesson, I bid you, dear pupil, a fond adieu. May success crown your efforts, and may you realize:

From the Silence Comes the  
Sweetest Things in Life.

Yours for the Hights,

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**OUR IDEAL.**

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The truth unto thyself proclaim,  
Your "ideal" from on high;  
And side by side we'll brest the storm,  
And grasp the good that's nigh.

Say not that life is worthless,  
That all is sin and pain;  
Just catch its joys and pleasures,  
As they come and come again.

Only listen! dear one, listen!  
To the silent voice so true;  
It tells of home and heaven,  
The same for me and you.

So let us struggle on and on, my darling,  
'Til we reach the golden gate;  
Where Truth's bright lamp is shining,  
And bids us not to wait.

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## MY RELATIONSHIP TO THE UNIVERSAL "I."

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As we dealt with the individual "I" in the previous lesson, I shall endeavor, in the following one, to bring the student into a conscious realization of his relationship with the great Universal "I."

The trend of this lesson will be the oneness of all, and I trust my efforts will be rewarded by arousing the student to a conscious realization of the greatest of all Truth, i. e., our Oneness with the **Whole**.

The affirming of the oneness of the individual "I" with the Universal "I" soon brings the pupil to a condition where he begins to sense the reality of himself and his relationship to the Universal "I." It is my earnest desire that the pupil enter that state of realization where he **knows** he is a reality, where he **feels** he is a real being, a beautiful manifestaion of God's Love, whose mission on earth is to unfold those Divine qualities which have

been inherited from the great Mind, whose infinite possibilities cannot be imagined, and as the light slowly dawns upon our inner consciousness do we realize it is limitless; the reality of life has just begun to burst forth in all its splendor, and in wonder we exclaim: "Surely I am One with God, the father."

So we find this same Oneness of matter underlying all forms and substances, the vital power of which we draw from the great Universal supply.

Ah! Now we catch a glimpse of the real self, and realize that all the higher attributes to which mankind is heir, including mind and thought, are but manifestations of the Universal mind. There is nothing we can call our own—nothing separate and apart from the great Universal Mind.. Thus we find the Oneness of all, and that it is impossible to separate that which is called life from the Universal life, which is unchangeable and Eternally the same.

Thus when you begin to feel your relationship to all other manifestations and to realize that you are only one of the many, then may you grasp faintly the reality of your oneness with the Whole—then will the individual consciousness enlarge and

expand until it enfolds all within the Whole. All is one—and One is all.

Let the pupil turn the attention for a short period to that which is termed the physical body, each atom of which is daily and hourly changing and renewing—drawing from and returning to the great Universal store house from which we draw our supply of mental and physical energy, with which we rebuild and repair the physical body.

The atoms which comprise my hand today, may go to make up some other living body tomorrow. Matter is one constant change, that which you own today may have slipped from your grasp tomorrow, one of the hardest things to realize, is: that we do not own one tiny atom of that which goes to make up our physical bodies, for it is the common property of the race and permeates through all and in all. There is only one Force—one Vital energy, and we find it in all manifestations of life.

This brings us in touch with all physical, mental and spiritual energy. Ah! we are just waking up to the fact, that, the only thing we really own, is the Ego—the Real self, which is Eternal and unchangeable and brings to us a consciousness of the unity of all—the oneness of the stupendous Whole.

Look which way you will all is life. The universe is teeming with life, vibrating and pulsating with energy. The phantom of death has disappeared and in the light of the awakening consciousness comes the realization that we live. There is no death, every atom is alive surrounded by a mighty pulsating, thinking, living sea of life, and as we look here and there, we are surprised at the great intelligent world around us. No matter which way we turn, all is life and intelligence, all drawing their different degrees of vibration and energy from the same mother's breast. All is one and One is all. We draw our energy from the great Universal supply and consume all that we are capable of handling. The remainder must return from whence it came, only to be again passed on and on ever manifesting at all times. Thus we find there is nothing separate and apart one from the other. Yes, even the matter of which our physical bodies are composed is really in touch with and a part of all other manifestations of matter.

So it is with all mind—substance. Each being in touch with all others, although, difficult as it is for us to realize, when we think of our mind as our own; a piece of property which we own, it is

nevertheless true that every thought emanating from your brain and mine has its influence for good or bad upon the mind-substance of all other minds. My mind in reality is only seemingly separate from yours and works under the same Law of oneness as does matter and all other forms of energy.

Picture yourself passing through a great area of untold wealth, picking here and there as you have need, only to be cast aside as useless, as you push on to greater things; as the old coat, which is cast aside today as worthless, will be the treasured property of the tramp tomorrow; will the mind substance we use today become the property of other minds tomorrow.

Clumsy and crude as my illustration is, I am happy to have succeeded in bringing you, dear pupil, to a conscious realization of this most wonderful Truth—a consciousness of your own reality, unchangeable and eternal, and all the rest, both mental and physical are just a part of the Universal Whole from which you draw in order to supply the wants of the **Now**.

May my efforts bring more clearly to your vision the unity of all things; a gathering of the seeming separate parts into one reality. How great indeed is the awakening to conscious realization that the "I" is the only real thing there is. All else, including force,

energy, matter and mind, are but manifestations of the "I" yourself, or if you like, instruments the use of which enables the Ego to express and bring into reality all of Life. There is no death. Each change is but a step to a greater, grander Life. Look where you will all is Life. Life—Life, vibrating, pulsating and teaming with energy—a thinking, living Universe.

Thus, step by step are we brought into a realization of the oneness in spirit, a unity of Life, and as time passes and we continue to grow and unfold, we become more and more conscious of our relationship to one another and to the great **Whole**. Each soul is a center of consciousness in this great sea of Eternal Life. Each one is a real being, seemingly separate and apart from all others; yet, as sheath after sheath is cast aside and our spiritual consciousness awakens do we become aware of our oneness and the thought of separateness fades away like mist before the sunlight.

Each in his own peculiar individuality must gain the heights by the path which most appeals to his inner consciousness. Let the spirit lead you from the confining walls of superstition and dread into the eternal light of Truth, the realization of which will enable you to rise above the conditions of the lower

planes, thus freeing you from the bondage of the undeveloped soul.

At last we have awakened to the fact, that the fundamental principle of all life as expressed in the universe, is the same. Stop for a moment and concentrate and let the thought penetrate deep into your inner consciousness, let it take root, grow, bloom and blossom; let the conception of a mistaken diversity be replaced by a conscious knowing—a feeling of unity—of Oneness with all other manifestations of Life.

Loved one, as you enter the sacred shrine of silence concentrate and meditate upon this thought of Oneness and unity, until the dividing line is lost to view, and all, whether it be matter, energy or Force, merges into one grand Whole. See the many manifestations of the One, witness the constant work of building up and breaking down. New combinations are formed, and the old ones are decomposed and dissolved, thus returning to its originality, and, yet, we find through all the many changing scenes of the wonderful manifestations of Energy with which the universe is filled, the "I"—the real self remains unchanged—unharméd—Real and Eternal. Among all the changing scenes, both visible and invisible, you stand a center of consciousness, around and about which all else revolves,

you the Ego—the Spirit.

I think it well to follow a little deeper than the form of energy known as mind substance, and try to arrive at a clearer understanding of the subject, although, as I said before, it is hard to explain the unexplainable. It is not my purpose to quote from the mistaken conceptions which have been held by the materialists for ages past, but on the contrary I will call the attention to a more advanced idea.

In studying along these lines do not hold to the mistaken idea, that mind is confined to man alone, but carry the thought of mind as expressed in everything from man down to the animal, mineral and vegetable kingdoms, placing the mind of man the highest in the scale of evolution and remember that any act of consciousness is a manifestation of mind, from the lowest form, which is that of “sensation” to the highest of spiritual consciousness, all are manifestations of mind, varying in degrees of consciousness only.

Look where we will we see the different stages of development and slowly the Truth dawns upon us, all is Mind, and we just begin to realize that back of and underlying all forms of expression is the subconscious mind of all.

Now will the student try to realize a great univer-

sal mind from which all may draw, according to the degree of vibratory action around the individual, a mind which stands ready to obey the Ego's commands, for you, the **Real** self is far higher in the scale than mind and can command. But, hold not aloof from any form of manifestation but instead look beneath the outer expression and find the reality—Life, and feel yourself a part of the humblest as well as the greatest. Feel your heart beating in union with the life principle of all Life and remember there is not a living thing in the universe which you are not a part of, and by the light of your dawning conscious realization of your own greatness, do you receive your divine inheritance, but be not blinded by the grandeur of the vision. Remember it is the unfolding of the spiritual—the God within—the One in reality, which is a center of consciousness in this great sea of life.

In order to identify the reality of oneself with the reality of all other forms of life, we must look beyond the sheaths of material matter and search beneath for that which is a part of ourselves, that which is a "kin" to all.

In presenting this lesson to the pupil my object has been to gently lead you into the dawn of unfolding consciousness that you may realize the reality of the

"I." Be not in haste, dear one, remember the "Mills of the gods grind slowly but surely," bear in mind that all mental development must not be forced, but all must sprout, grow, blossom and bear fruits. You do the directing and leave the subconscious to do the work, and as you mount higher and higher in the consciousness of your reality, you will drift from the lower attributes and your soul will be filled with higher ideals and your whole being will vibrate with love and kindness.

Under no circumstances must the pupil use this new found power for a selfish purpose—for those who work black art will sooner or later hang themselves upon the gallows they have erected for another. But, be not discouraged, the road is long with many pitfalls, the feet will become weary and the heart sad, but, oh, the reward is so great, that the stumbling blocks will only be as mists before the sun.

To nuderstand, means power and power means mastery and mastery means your commands must be obeyed. First, gain control of the inner self and you are well on the way to the heights.

All any one can do is to do the best they can. There are many crude conceptions of that part of life which man calls God, but, they are worshipping the highest

conception possible, in their undeveloped state, in other words they are doing the **best** they can. Hence, every student of the beautiful philosophy of "New Thought" recognizes a brother or sister and feels a bond of sympathy and love even for the humblest. He it is who understands and says: "My brother," while he extends the hand of good fellowship.

God is unchangeable—the same now and forever, yesterday, today and tomorrow, but as the race progresses and evolves man's conception of Deity is constantly changing. Just as the Christian's God of today has changed from the God of an hundred years ago. Yet God is just the same. The change has been in the growth and development of the race according to the day and age, as man advances along the line of evolution and unfolds his inner consciousness, his conception of Deity rises to a higher standard. His ideas of yesterday have gone up in the scale today, and so will it continue to go higher and higher as he continues to awaken the consciousness to a realization of the "Truth."

A faithful student searching for the highest realizes that under all outer expression, there is but one Life; one Force; one Reality, and he feels himself reaching out and enfolding the Whole. Look which

way he will he sees himself expressed in all forms, shapes and colors, in all places and at all times. The Life which throbs within his own breast, also beats in all the universe. To him Life is Real, Life is everywhere. Life is Eternal and he sees himself a center of consciousness in the great sea of universal Life and at last the idea of Oneness presents itself and he realizes that all, including matter, energy and mind, are **One**, separate only in appearance, at last he is conscious of his own spirituality, and proudly he steps forth a new person, whose soul has been freed from the confining sheaths of matter, now recognizes the spiritual "Illumination" and humbly he bows his head in silent wonder, and reverently he murmurs "I" am in touch with the great universal "I."

Dear Pupil: I trust I have succeeded in awakening the understanding to a conscious realization of our own relationship to the universal Whole. I now bid you Godspeed, and I know my work has not been in vain.

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**NOW.**

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Let not the sorrows of yesterday  
Darken today,  
Nor the hopes of the morrow  
Lay blocks in **my** way.

For I carry the banner,  
With a hand that knows How;  
Whose ensign is **Truth**—  
Whose emblem is **Now**.

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**CLASS LESSONS IN SPIRITUAL GROWTH**

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As Taught by  
Mrs. Dan M. Davidson.

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Student: "What is New Thought?"

Teacher: "A demonstrated Truth."

"What is the basic principle of the new philosophy?"

"The oneness of all, the unity of Life."

"To what will this conception of unity eventually lead?"

"To the evolving of the present conception of duality."

"What is meant by the term duality in the sense which you use it?"

"For ages past it has been the supposition that there are two opposite forces in nature eternally struggling for mastery."

"What are these two forces called?"

“God, Devil, Spirit, Body, Good, Evil, Health, Disease, Life, Death, and many others.”

“How are these spoken of by the masses?”

“As separate and distinct entities.”

“How does the new philosophy classify them?”

“As one, the Real.”

“Which is designated as the real?”

“God, Spirit, Health and Life.”

“What is the opposite?”

“The unreal; that which is not.”

“Are not Good and evil separate forces?”

“They are not; only one power reigns.”

“What is that power?”

“The Divine Mind, Omnipotent, Omniscient and Omnipresent.”

“Is it possible for this Divine Mind to express both good and evil, right and wrong?”

“No.”

“Why?”

“Because it is the one, the first great principle—ultimate cause.”

“How does the one manifest?”

“In millions of ways, but always in harmony.”

“If evil, wrong, disease and death are not real, where did the idea first originate?”

"They are the effects of man's finite thought, and are Unreal."

"Does this which you designate as the "One" exist in men?"

"It does."

"Can man manifest this power within himself?"

"He can."

"Will this enable him to control the manifestations of the 'One'?"

"Yes."

"Can man utilize this power for his own good?"

"He can."

"How does this power make itself manifest?"

"Through the Law of vibration."

"Can man control other manifestations than those which bear directly upon himself?"

"He can."

"What are they?"

"Those whose vibrations are of a lower rate than his own."

"Through what Law does this power manifest within man?"

"The Law of sensation."

"What governs all?"

"Thought."

“Can this power reason?”

“It cannot, all reasoning faculty belongs to the intellect.”

“How much of this power is controlled by man?”

“All; man, being a center in the Universe, draws all to himself.”

“By what Law does he thus attract?”

“The Law of Attraction.”

“Can man become extinct?”

“He can not.”

“Why?”

“If man could be blotted out, the whole universe would become extinct. Truth realizes only unity. Man Is; hence all else is, the One centered in man, man centered in the ‘One.’ ”

“What is matter?”

“A mode of motion, as is heat, light, sound, and so forth.”

“Matter being Motion, what is man?”

“A mode of motion.”

“How can man be both physical and motion?”

“He can not. Science has long decided, man can not be two; that is, Spiritual and physical, and as both are different degrees of vibration, man is classed as motion of a higher or lower degree. Hegel’s defini-

tion of man is, 'Spirit conscious of its own existence.' "

"What is the vibration of Spirit?"

"The vibration of spirit is the highest there is, and is far beyond the conception of man."

"How do you designate Spirit?"

"As a part of the Universal whole, a Law unto itself."

"Is there any mode of motion, force or manifestation above and beyond that of spirit?"

"There is not; The Infinite Spirit is the highest."

"This being the fact, what is the physical body?"

"A manifestation of the one force or mode of motion, as is thought, only differing in degrees of vibration."

"How are we to study this force in man?"

"By regarding all emotions, differing in rate of vibration only, as a manifestation of the 'One' force."

"Does the thought of man have any influence upon this spiritual manifestation?"

"It does. 'As a man thinketh in his heart, so is he.' It is by thought all manifestations are mastered and controlled."

"Of what good will this unseen force be to man?"

"It will turn the great wheel of evolution, and be the means eventually of greater discoveries than ever

made before, by either inventor, scientist or philosopher.”

“What is life?”

“It is the highest vibratory action expressed by the Infinite.”

“What do these vibrations produce in the human body?”

“A sensation of the different emotions, like love, hate, peace, worry, sorrow and joy, which are but a manifestation of the One life differing in degrees only.”

“Will the time ever come when man will unfold his sense of understanding to a degree which will enable him to respond to every degree of vibration?”

“Yes; man will eventually reach a height where he will **know** all. The book of knowledge lies open before him and Wisdom says he must look beyond the limits of the five senses if he would manifest Truth.”

“What is the object of these lessons?”

“To point the way by which man can claim his inheritance.”

“How can man escape the unpleasant sensations like those of sorrow, pain, and so forth?”

“By an intelligent understanding of the Law of

vibration.”

“Is pain a degree of vibration?”

“Yes, and by possessing a thorough knowledge of the Law which controls the expression (pain) man will be enabled to reduce the rate of vibration and the sensation of pain will disappear.”

“What must be done to reduce a rate of vibration?”

“Hold the positive thought in the field of consciousness until the sensation ceases.”

“What effect will a negative thought have?”

“The sensation of pain is negative.”

“Upon what does the march of civilization depend?”

“The unfolding of the inner consciousness to a thorough knowledge and understanding (which means mastery) of the higher vibrations.”

“How shall we know what sensation to cultivate?”

“By accepting the pleasant and denying the unpleasant.”

“What effect does the pleasant sensation have upon the physical body?”

“They are health, strength and joy builders.”

“What effect do the unpleasant sensations have?”

“They produce the opposite, like disease, worry,

sickness and death.”

“Are these conditions physical or mental?”

“Mental, as are all conditions pertaining to the human body.”

“What are these conditions called?”

“Expressions.”

“Expressions of what?”

“Thought.”

“How shall we control this faculty?”

“By the cultivation of concentration, which will enable the individual to control his thought.”

“Is it possible for man to rebuild himself?”

“Yes.”

“How is this accomplished?”

“By concentrating and affirming, which will enable the individual to realize his Oneness with the whole.”

“Can the spirit sense pain?”

“It can not; the sensations of pain, sickness and death are of a lower vibration and are mental manifestations or degrees of consciousness.”

“Are these conditions real?”

“They are not, only as the individual allows them to manifest in the field of consciousness. If he thinks of them as real, they become real to the outer consciousness only.”

“Change the mental attitude and what will follow?”

“When man refuses to recognize pain, sickness and death as Real, and by its denial closing the avenue of expression, pain, sickness and death will fade into nothingness.”

“Do you mean to say that the conditions of sickness and death do not exist in reality?”

“I do. Man, by the power of his thought, creates the undesirable condition, and pain, sickness and death are the effect of his negative thought.”

“Is it the same with all unpleasant conditions?”

“It is; all conditions in the life of man which make for unhappiness are the effect of his own mental attitude.”

“What Law besides that of thought plays an important part in the manifestation of things real or unreal?”

“The Law of suggestion; man can build himself over into an angel or an ass by this same Law of suggestion.

“How shall we change this attitude?”

“By recognizing—having faith, as it were, in the Real—always denying the unreal, thus refusing to accept an untruth as a truth.”

“Does that which appeals to me as a truth become

a truth?"

"To your outer consciousness only, as the man who writes upon the sand, only to see it washed into nothingness."

"What must be done in order to further promulgate this thought?"

"Soul growth?"

"What is soul growth?"

"Expansion of the self to the highest degree of understanding."

"What is essential to soul growth?"

"Freedom of thought, of speech, of action, and, above all, spiritual Liberty."

"What is spiritual Liberty?"

"Freedom from the creed-bound faith of our forefathers; for ages past man has been but a slave, bound by the chains of ignorance and superstition."

"What is the next step in the field of growth?"

"Desire, that mental attitude which says: 'Give us this day our daily bread'; that part of man which is ever reaching out for things higher in the scale of evolution."

"How shall he obtain his desires?"

"By the Law of effort, in soul growth or expansion, effort bears an important part, but, be it re-

membered all effort must be entirely spiritual."

"Why?"

"Because all spiritual efforts are by the finer vibrations, while those of a physical effort are termed matter and are of the lower vibrations only."

"What does the Law of effort demonstrate in the life of man?"

"A willingness to expand, a desire for spiritual attainment."

"What effect does resisting a Law have upon soul growth?"

"The motto of soul growth is, never antagonize either conditions or opinions; all is spirit, hence all is good."

"Then to argue the point pro and con would not be right as taught by the new philosophy?"

"It would not; demonstrated facts speak louder than words. 'Stand porter at the door of thought,' ever affirming the unity of all, thus opening wide the portals of truth, letting your light so shine that men shall see your good works and profit by them."

"What is the best attitude to assume in order to gain the best results?"

"Keep the thoughts away from negative conditions; for example, you desire to gain health—keep

the thought off your body, live unconscious of its existence; never allow yourself to think or suggest a thing you do not desire.”

“What is the highest expression of the spiritual man?”

“Love is the highest and purest; the first and last, the universe is controlled by Love; there is no progress along any line until love awakens the desire. Love is always present, ever manifesting from the lowest to the highest.”

“Is it possible to master the vibrations of Love?”

“It is not; the vibrations of the Love sensation are far beyond the conception of man.”

“Does it not have its variations?”

“Yes, the vibrations vary according to the scale of evolution in each human life.”

“What is love?”

“Love is the greatest power in the universe. It is Omnipresent, ever manifesting—the one Divine principle of good.”

“Is there a limit to Love?”

“There is not. God is Love, Love is God. Love is the center of all. Love is all. Hence there can be no limit to its manifestation.”

“In what light do you regard Love?”

“As the spirit of good (God). There is a consciousness within man ever affirming: ‘I am Love, I am Spirit, Truth, Wisdom, Knowledge and Power, all expressing in the one manifestation Love.’”

“Is it possible to comprehend love?”

“We can neither see nor comprehend that mysterious something man terms love.”

“How can man direct, control and express his latent forces?”

“By a wise understanding of nature’s laws, and a consciousness that he possesses all power, and as he progresses along the path he will recognize the finer vibrations; and in time the exoteric plane will fade from view and its place will be filled with spiritual truths, in the midst of which he lives and has his being.”

“How can he attain this spiritual attitude?”

“By intelligently directing the One creative power, ‘Thought,’ the ability to think and to be that which he thinks.”

“Is there any law in nature which will aid in this spiritual development?”

“Yes; the Law of affirmation and suggestion. A wise understanding of these Laws will make man a master who will proclaim his own fate.”

“What is progress?”

“Human progress is but the manifestation of the ideal, that which is and has been eternally in man. As the thought of the race advances, so will progression; all external conditions are constantly undergoing a change. Human progress is but the ceaseless turning of the great wheel of evolution, and man is just beginning to realize he is a conscious factor in his own evolution.”

“Then you do not accept the theories of the race degenerating each year?”

“Emphatically, no! The close of the present cycle will see the human race far in advance of any previous one.”

“How can man control these conditions in order to express that which he desires?”

“By holding the unexpressed as a present reality; the very desire itself is proof that it exists for you in the ideal. Thought has builded the model which in time will teach man how to **think**.”

“Why is your philosophy called ‘New’ Thought? Do you consider the thought new?”

“The thought itself is not new, but, the rebuilding and reshaping of the old thoughts, replenishing them with new ideas is “new.”

“To whom are we indebted for the advanced ideas?”

“To all lines of progress that have a tendency to teach men how to **think**.”

“Are there any rules for this Spiritual unfolding?”

“Yes, one very simple rule. Never think or suggest a thing you do not want to express in objectivity; always affirm your desires as present realities.”

“Is it possible to gain more of this world’s goods by thinking?”

“Our supply is Infinite and equals the demand. If you desire a more bountiful supply, think prosperity; never allow the poverty thought to enter. ‘Ask and ye shall receive,’ is the **Law**.”

“Is the spirit of man all that he desires it to be?”

“Yes; within his own being lies the power, only waiting the opportunity to express; the law of life is so simple; just by affirming our desires as a reality do they manifest.”

“What is the fundamental principle of expression?”

“Truth, and by truth man is ever evolving toward his goal, the conscious directing of life’s forces.”

“Will the understanding of this principle lift man

from the ruts of ignorance?"

"Yes, all acts of man are directed by thought. Shall that thought be born of ignorance and superstition, old age and death; or shall it live in the bosom of love, ever under the guiding hand of self-control, which leads to wisdom and knowledge?"

"Is there no other route by which man can progress?"

"There is not; the one Law of realization brings mastery."

"Can this realization be attained in a hurry?"

"No; man unfolds in the same degree that his thought changes from the old to the new, and the thought will change and the spiritual manifest according to the instrumentality through which it manifests."

"Then the physical side has more or less to do with the individualizing of the inner life of man?"

"Yes; before we can manifest the inner we must learn to forget the outer."

"Can the outer manifestations harm the unfolding man?"

"They can not; the only power to harm lies within the Law of choice, to do and to be."

"Is the same Law used by the Christian and Mental Scientist that is used by the New Thought philosophy?"

“Yes; all law is the common property of mankind; all lines of spiritual unfoldment, including healing, are made manifest through the same Law, which is Life itself.”

“What is the worst stumbling block in the way of spiritual progress?”

“Fear; fear has made cowards of us all; conquer fear and you conquer the world.”

“How are we to cope with these conditions?”

“By ignoring them, by persistently denying their reality and as strongly affirming the opposite, and remembering the prophet’s teaching, ‘I am that which I think I am.’”

“What are the principles of man?”

“Man is a being composed of three principles: Spirit, soul and body. Spirit is that mysterious something within, the Real, the deathless part of man, ‘Our Father,’ the divine spark from the Infinite. Soul: There are many theories as to the part soul plays in the life of man; some writers hold the idea that the soul is, as Mrs. Eddy termed it, the mortal mind. The home of the intellect from which thought expresses. For my own part, I simply designate the soul as the spirit’s instrument of expression. The body is the physical side of man, which has descended from

the infinite through long ages of evolution until it has arrived at its present development in the material universe."

"What is the whole?"

"A manifestation of God (good) in which we live, move and have our being."

"Why do you use the word 'which' in connection with God?"

"Because God is a principle, not a person limited to time and space; man is the only limit who gauges his own capabilities."

"Is there more than one God?"

"No; there is but one center, one creative power from which springs all the different manifestations of life."

"Is God a spirit?"

"No; God is Spirit."

"Is spirit visible to the eye of man?"

"It is not."

"Is this body of mine Spirit?"

"No."

"What is it?"

"A manifestation of Spirit."

"When you look at my face, do you not see me?"

"No."

“Why?”

“Because the ‘me’ is spirit and can not be seen by the physical eye, hence I can not see the living, thinking ‘me’ when I look at the face. I see only that through which the ‘I’ manifests.”

“Is God intelligence?”

“Yes; all the intelligence in the universe is God—Infinite wisdom made visible.”

“Is it possible to draw any of this wisdom from the exoteric side of life?”

“It is not.”

“Why?”

“Because all power lies at the center of being; thus all things visible are the different degrees of manifestation of the one spirit.”

“Speaking of the power of thought, can I move a train of cars by thought?”

“Thought is a creative power, not a movable force; but all things are possible to him who understands.”

“In times of great need, to whom should we turn for help?”

“To the invisible.”

“Why?”

“Because there is something which instinctively

prompts the individual that, somewhere in the realm of invisibility there is a power which will relieve his wants."

"What is this power called?"

"Our Father."

"Does this power have any other names?"

"Yes."

"What are they?"

"Universal Energy, Spirit, and God."

"How do you designate the within?"

"As the kingdom of heaven."

"How many different sources of life have we?"

"There is but one source of being, and that is the Infinite, the fountain head of all expression."

"Is this consciousness of a fountain head of any material benefit to mankind?"

"It is; from its source man draws all that he is, and all that it is possible for him to become."

"Do all things in the universe, seen and unseen, originate from the same source?"

"Yes; it is the One manifesting in different degrees upon different planes, hence the Oneness of all."

"Does this thought of Oneness have any bearing upon the spiritual development of man?"

“Yes; it has everything to do with it; the thought of Oneness of the Spirit, soul and body acts as a positive factor in the unfolding of the inner consciousness.”

“What is the work of the intellect?”

“The intellect is that part of the mental capacity which receives its teaching from the outside, through the channels of the five senses. It has no knowledge of right or wrong, truth or falsehood, only as prompted by the spiritual mind, hence the oft-repeated expression, ‘My conscience won’t let me.’”

“What explanation do you make in regard to the biblical saying, ‘Since the fall of man?’”

“In the days of primitive statehood man lived upon the spiritual plane only; but the wheel of evolution brings a change of thought and with it comes a change of expression; instead of living in the depths of his spiritual nature, man has descended to a material plane of consciousness.”

“Then according to your view man has fallen?”

“No; man is not a fallen, but a risen creature. With each turn of the wheel of evolution comes a spiritual awakening, and with it comes wisdom and knowledge.”

“How do you interpret the biblical saying, ‘except as ye be born again’?”

“Entering into a realization of our Oneness with the great whole.”

“How shall I ‘become as a little child?’”

“By expressing a willingness to be taught how to take the first step in spiritual understanding.”

“How am I to ask, in order to receive?”

“‘Ask and ye shall receive’ is the Law, for it is by asking the Divine mind that we are enabled to receive. ‘Knock and it shall be opened unto you.’ Knock at the door of spiritual consciousness and we arouse a desire for spiritual knowledge. ‘Seek and ye shall find.’ Seek for truth and truth will manifest.”

“What is the quickest and surest route to a thorough knowledge of these truths?”

“There are no short cuts. Only by that which brings a sense of knowing to the inner consciousness can man unfold.”

“How can man arouse this inner sense?”

“By a half hour’s meditation in silence, in which we ‘ask,’ ‘knock’ and ‘seek,’ realizing that which we are seeking abideth within our own being.”

“How shall one perceive this truth?”

“Seek it, wait for it, and when you feel the soundless voice it will guide you through all, for it is the One mind to which mistakes are unknown, once felt can never be forgotten; no power on earth can be brought to bear upon you strong enough to convince you against your inner consciousness.”

“What are we to do with the people who are in a hurry—the sort of get-rich-quick class?”

“Let them alone in their ignorance. You can afford to wait, and they are not ready.”

“Are not these lessons intended for all mankind?”

“They are not; only for those who have ‘become as little children’ are these lessons intended. ‘When the disciple is ready the teacher appears.’”

“What is error?”

“It is that which is perceived by the intellect or mortal mind, based upon the evidence of sense only, and are not the expressions of the divine mind within.”

“Can the intellect know a thing to be either right or wrong?”

“The intellect believes but does not know, and is fond of arguing, while spirit does not argue the question, but receives that which it is itself,

'Truth.'"

"Why do we think so many things wrong?"

"We have thought wrong because we manifest the sense, and it is this very manifestation which builds the mountains of troubles and sorrows which humanity has burdened itself."

"Do you think a man can go from a physical to a higher mental plane?"

"Yes; it is a process of growth, a passing through the mental, on to the spiritual."

"Why does man have so many pull backs?"

"'Tis these very pull backs which make us grow; 'tis our mistakes which light the path of progress."

"What kind of thoughts shall we think in order to grow?"

"Never think of the faults and failures of others; they only retard your own progress and make you unhappy. Remember the bad man you see is but a reflection of yourself; the faults you condemn in the other fellow you have within yourself. 'Judge not, lest ye be judged.' Turn your thought to the good within, and see all as it is infinitely good; radiate and shine if you would grow; remember, stagnation leads to death. Did you ever see that lazy, good-for-nothing creature plodding along in

the ruts of ignorance and imagining he has the world at his beck and call? I have, and when he got left in the shuffle was horrified to think the world did not appreciate his wisdom. These are the people who die for the want of right thoughts to enrich the mind."

"Do you think there is hope for such people; that it is possible to lift them to a higher plane of consciousness?"

"I do; change a man's thought and you change his habits—change his habits and you change his character; all things and conditions upon the material plane have been **thought** into existence."

"Ah! I see; in other words, you just build him over."

"That's it, just build him over—that's all."

"What do you consider the most important phase to cultivate, which will be of the most service to the student in his search for truth?"

"Memory. There is no phase of the human mind which plays so important a part in the unfolding of the spiritual consciousness as does memory. Bacon said: 'All knowledge is but remembered,' while Emerson wrote: 'I would rather have a perfect recollection of all that I have thought and felt in

a day or a week of high activity than read all the books that have been published in a century.' A careful study of the wonderful phenomena of memory will convince the most skeptical that there are greater treasures stored away in the inner consciousness than ever dreamed of by the exoteric side of life. Burke said: 'There is no faculty of the mind which can bring its energy into effect unless the memory be stored with ideas for it to look upon.' "

"How are we to cultivate and retain this important faculty, memory?"

"Simply by paying attention, that is, holding the thought to a given point, compelling ourselves to become interested at all times."

"Does the past have any material influence upon our present conception of things?"

"It does. What we are today is but the effect of our former mental conditions; the thoughts we have harbored here-to-fore build for us the **Now**."

"What can one do, who is a victim of past mistakes, to rid himself of his undesirable conditions?"

"Just change the thought; try to realize the mistakes—stop thinking failure and suggest optimism."

"I wish you would tell me how to stop thinking

a thing which is always in front of one?"

"Easy. Just don't see; become blind to all without and realize only the beauties of the great within, which is 'Truth' itself."

"Easier said than done, I am afraid, for the way is dark to me, I tell you."

"Ah, my friend, the way can never be dark to him whose inner consciousness is lit by spiritual illumination."

"But how can I gain this great height which seems so far away? How am I, who has never realized the truth of a spiritual illumination, to enter that state of mind in which I see, feel and know this that you are saying is a 'Truth,' a 'Divine Truth'?"

"Become as a little child, lay aside your previous beliefs; all prejudice; all the authorities of great men and the opinion of friends and stand forth alone, leaning not upon the broken staff of another for support. No longer pin your blind faith to the opinion of others, but let wisdom mount the throne of reason and become a willing pupil to the inner consciousness, and as the wheel of evolution slowly evolves you will become conscious of the omnipresent mind, the 'I am' part of you, which

will lead you on and on until all is clear to your hitherto befogged vision."

"Oh, can I do this?"

"Certainly; try it; trust and watch the result. Let imagination have sway. It is the creating power, as the silken bag attached to the aeroplane lifts it up hundreds of feet above the earth, so does your imagination lift you from a negative plane of ignorance to a positive consciousness in which you *knew*. As the inventor's model is at first only a crude, imperfect image of the ideal which exists in his mental kingdom, so is the thought of man crude and imperfect, living under the influence of the negative thought, which builds a body in sickness and death."

"Don't you think sickness and death a necessity?"

"I do not. Sickness is only the effect of a past cause, for every effect is an expression of the cause behind it (thought); our bodies are laboratories in which the mind experiments and refines its material (thought), with which it builds. Without thought, how much benefit would you derive from the doctors' dope? Take faith in the doctor and his drugs away from the patient, and what benefit would you

receive from either? It is the faith thought in both which evolves a cure."

"Do you think it possible to counteract the effects of a drug with thought?"

"I honestly think that the man who can assert a positive thought and hold it understandingly can not be affected by any drug whatsoever, even the most deadly poison. All is mind and the thought expressed is the Law manifesting. Hence, there is no death, for all is life, and life is Eternal and can not die!"

"Why does the tree die?"

"Because it ceases to grow."

"Does not man cease to grow?"

"Only in the height and width of the physical body. The spiritual and mental eternally grows, and by its growth do the millions of little minds in the physical body grow and rebuild. Thought is the controlling power, hence, if we think old age we necessarily grow old; but, on the other hand, if we mentally suggest to those millions of little minds the truth, which is Health, Youth and Eternal Life, they will work in perfect accord with the thought, thus keeping the body young and strong, with unlimited supply ever ready."

“What is your opinion of the mind of Dr. Crippen?”

“The mind of the murderer expresses only a primitive development and is not responsible for its mistakes, until it evoves beyond the primitive plane of consciousness upon which it manifests; the mind of every so-called criminal is filled with latent attributes of the undeveloped good, for only through the belief in severe want can the belief in evil overpower man; the mania to gain happiness leads many to a mistaken goal.”

“How are we going to do away with the thought of evil?”

“I do not think I can answer that question in any language that so appeals to the heart as do the words of Mrs. Mary Baker G. Eddy: ‘Only virtue is a rebuke to vice.’”

“A beautiful thought that, but, in order to develop this inner consciousness of mine I must accept your theories without question and work them out with a blind faith.”

“No, sir! Far from it. Accept that only which appeals to the consciousness, laying the rest away for future inspection. Study your own theories, analyze them, try to understand their meaning and

why they appeal to you more than others; listen to the opinion of others, but accept only that which appeals to you as **Truth**; remember, a **Truth**, once understood, never carries with it any uncertainty or doubt, for it is **Truth**, and **Truth** is all."

"How am I to realize a **Truth** when I come in contact with it?"

"The very fact that it is a **Truth** will cause you to realize its significance."

"I am sorry to say, I do not understand you."

"No; neither will you until the unfolding of the inner consciousness shall open the way to wisdom and knowledge. The experience of another will never demonstrate a '**Truth**' to you; only the slow opening of the bud will, in time, unfold the rose."

"Is this unfolding of the inner consciousness a growth, the same as the bud slowly changes to the full-bloomed flower?"

"Just the same, and thought sows the seed in the subconscious realm, and if you plant perfect seed (thoughts), you will receive a rich harvest."

"Will you explain this peculiar growth of the inner consciousness? I fail to grasp the idea of a person growing after the individual has reached the years of maturity."

“Ah! I see! speaking of the years of maturity, you refer to the growth of the physical body, while I am speaking of the spiritual, that which is, the ‘I.’ Try to follow me now and see if you are enabled to grasp; to recognize a **truth**. The growth of the inner consciousness is governed by certain fixed laws. I learned this by studying myself, and you may learn, not alone these laws, but, all other truths, by a careful analysis of the inner self; all space is filled by one Universal mind, from which all else springs, the first great cause of all things. This Universal mind (the inner consciousness of man) thinks all things into being; hence, the thought of man being one with the Universal thought creates its own environments; thus, the **real cause** of all things, visible and invisible, is Universal mind. The same law governs all alike, no matter whether it lies at the heart of man-animal—plant or stone; all are manifestations of the same ‘I.’ Hence, the pictures we build in imagination become our ideals (God’s thoughts), and in time manifest in the objective. By slow degrees, step by step, I have become conscious that there is only ‘**One**’ and ‘I’ am that ‘**One**.’ Hence our oneness with the great

Whole, 'I' and the father are 'One.'

"In the primitive state of the human race, man's idea of God was in some far-off abode beyond the reach of man, but, as he slowly unfolds his spiritual consciousness he draws God nearer and nearer, until the fact dawns upon him that **he himself is God**, and the line what here-to-fore has separated him from truth fades into nothingness and he knows there is only one.

"Now comes the query, if God and man are one, whence sprang the idea of a separate being?"

"Because the thought of man is based upon the theory that his physical body is himself, instead of an expression of his thoughts. 'As a man thinketh, so is he.'"

"Explain what is meant by consciousness."

"Consciousness is the awakening of the intellect, a dawning upon the mind that things are not what they seem to be. Man has denied the power of God, and directed his energy to the things already manifested in the outer sense, but the moment his attention is centered upon the ideal he realizes his mistake, and cautiously he opens the door to the higher consciousness of the 'I' am.

"There comes a time in the life of every indi-

vidual when desire is the keynote of existence, and when this law is recognized man begins to grow. Desire satisfied is growth, and this growth brings a new experience—new thoughts and new material from which to manufacture. Desire is progress—denial is stagnation. Desire is the voice of God spurring us on to action.

“One of my strongest points in soul growth, is, to ever ‘stand porter at the door of thought,’ always carefully guarding every thought, that no undesirable ones escape to retard the growth of others or contaminate my own soul. All things work together for the good of all, and by right thinking and right living I am enabled to manifest all that God is. Harmony is the gate to heaven, Love is the key and Truth the way. Listen to the voice of love, have faith in your own ability, cast fear behind, and you will grow.”

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### THOUGHT INFLUENCES.

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“You said before that our thoughts made us what we are outwardly. Will you please explain more definitely its influence?”

“I will try. In the first place, if it were possible to blot each thought from the page of life as soon as manifested, there might be a reasonable doubt as to its influence. But, when we take into consideration the fact, that memory is the woodbox into which thought casts all rubbish, good, bad and indifferent, and it is this material which is ever being utilized to mold our character; and, this being the fact, it is of the greatest importance that we only fill our box with carefully prepared material, that when it is brought forward into the field of consciousness, we find only the best—the purest.

“It is very essential in the study of thought influences that we always bear in mind the fact; that our thoughts of the ‘Now’ affect not our character

today, but days—weeks—months and even years hence the effect of the 'Now' thoughts will make its appearance; every thought and action of today expresses the material we have stored away.

“That this is a scientific fact has been demonstrated, and yet there are few who realize the fact and act upon its principle. The words you utter today are manufactured from the material that memory holds in trust and out of which the loom of thought weaves its fabric. For example I will relate an experience of my own:

“It was away back in the sixties, when our country was cursed by civil war, when brother fought against brother and every man's hand was raised against his neighbor—of which I speak. My father was a staunch Union man; a Republican in politics, and very narrow in his views; so much so that his teachings gave to his children the opinion that all Democrats were secessionists and copperheads. What the meaning of secessionist and copperhead was, we children had no conception, but we were sure they meant something 'awful' bad. Now remember these thoughts were installed in my mental store room on a shelf bearing the date of 1861 to 1865. After the close of hostilities between the

North and South the memory of my father's teachings faded from view and I had seemingly forgotten them, when, in the twinkling of an eye I was brought face to face with this period in my past, and like a flash of gunpowder, all the teachings of my early childhood exploded. This is how it occurred:

"I had stepped across the street on an errand, leaving Mr. Davidson alone in the printing office. I was gone but a few minutes, and when I started to return I glanced toward our place of business, and what was my surprise to behold a man just sticking on my window a cut of the Democratic candidate for sheriff. In a second my whole being was filled with indignation to think that anyone should dare insult my womanhood thus. In less time than it takes to tell you I was again a child living amidst the dangers of civil war. Rushing into the office, I ordered the man to remove the obnoxious thing and take it and himself out of my presence. He tried to apologize, but I would not listen. 'I am a staunch Lincoln woman,' I cried; 'go!' pointing toward the door, and without another word the gentleman did as he was told. As I turned to enter my editorial rooms my husband spoke: 'You have made a fine circus of me; I gave

the man permission to put the picture up.'

"His words brought me back to 1910 and I realized my mistake. I apologized as best I could, but I shall never forget the awful storm of indignation which possessed my very soul; and he, my husband, will never understand why I should so humiliate him. It was a bitter experience, but it taught me a truth, namely, **the thoughts of our past are expressed in the 'Now'** even though years may intervene and childhood turns to old age, yet 'Truth' will never fail to demonstrate itself.

"But, dear one, let not the thought of the past discourage you from attempting to store away some of the right kind of thought material for future use. Put into operation man's strongest weapon, the Will, and step forth free and independent of the past, leaving it behind you by willing it to the rubbish heap.

"Has this lesson been of material benefit to you? Have you received what you were looking for?"

"Indeed I have; you have lifted the veil of ignorance and let in a flood of light on the subject. But, is there no method by which one may demonstrate thought has an influence on the physical body which would be convincing to the individual?"

“To be sure there is. Imagine yourself on a sinking vessel; the men are endeavoring to launch the lifeboats; all is confusion around you; each one is struggling to reach safety; you among the foremost; at last you are seated in the lifeboat and are on your way to home and loved ones; when, all at once the boat, with its load of human freight, is precipitated into the sea and you find yourself struggling in the cold waters of the deep—you sink and rise—sink and rise, and sink for the last time. Try this exercise while in the silence and see in what physical condition it leaves you. Then, on the other hand, change the imaginary picture to some great pleasure; the unexpected coming of some loved one and the happy hours passed in their company, and note the physical change.”

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### CHARACTER.

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“Explain what effect this spiritual unfoldment has upon the character.”

“When one starts to unfold the inner consciousness, the first thing he does, is to change the old worn-out habits, and of course this immediately begins to change the thought and in a short time the change is noted in the character. In order to more fully understand this lesson, it would be well to grasp the meaning of the word character.

“The word character is from the Greek, meaning ‘to engrave’ or ‘to cut in,’ and you will soon observe how the doing away of the old and accepting the new will engrave the change upon our personality. Hence, it is of vital importance that we should weigh every thought and action. If you were going to build a new house, you would get the best material that you may have a first-class home; so must we furnish only good and pure thoughts for our new selves.”

"Tell me how shall I begin to build my character?"

"Carry a mental picture of that which you desire to become. Kay says: 'In anything that we propose or intend to do, we must first of all have an idea or image of it in the mind, and the more clear and correct the image, the more accurately and efficiently will the purpose be carried out.'"

"Do you mean I shall imagine I am this, or that, as the case may be?"

"Certainly; mental pictures are all the work of our imagination."

"Then the success in rebuilding myself over lies in my ability to build 'castles in the air'?"

"To a certain degree, yes. The key to the inner consciousness hangs upon a thorough knowledge of its workings; there are no mysteries when we understand. I find a very good method to arouse the working of the inner self, is, to talk to it, just as you would talk to another person, express your desires, speak firmly but kindly and you will be surprised."

"When shall I practice this talking to myself?"

"At any time which appeals to you, it may be done aloud or in the silence, just as you desire, have

faith, confidently expect results. After your talk is over go about your work and forget it, it will take care of itself.

“Now, dear pupil, we will draw these lessons to a close, hoping, praying they have done you good, that they have opened the way whereby you have been enabled to reach the goal you are struggling for, and I sincerely trust our intercourse, as teacher and pupil, may prove of mutual benefit to both.

Lovingly,

ADIEU.

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“The truth can always be had by those who desire it, but, each one must seek it for himself. That only which we have **within** can we see **without**. If we **meet** no gods, it is because we harbor none.”

—Emerson.

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## AFFIRMATIONS

### For Spiritual Growth.

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In order to enable the pupil to hold to the **one** thought desired, I have separated each affirmation, so that, while studying the range of vision will not take in the one above or below that which he is concentrating upon.

When affirming take each word separately and try to grasp the meaning.

For example, I affirm: I desire to live spiritually in harmony with God. To know and understand the Law, to live it and become it.

I then go back over the same affirmation and analyze its meaning, thus: To live spiritually, what is spirituality? and I compel the silence to answer that question.

Then I take the next sentence and say: in harmony with God. Who is God? What is harmony? and again I wait for the answer, and so on and on to the end.

In using these affirmations the pupil can easily change the wording to fit the desire of his or her special case. In affirming put **great** force into every thought sent out, as the more energy you put into a thought, the quicker it manifests in the objective.

“I” am! “I” can! “I” do! “I” will!

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“I” am God’s highest ideal made manifest.

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“I” am a center.

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“I” am a center of attraction.

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“I” am a center around which my all revolves.

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“I” am a center of consciousness radiating wisdom and knowledge.

"I" am a center of thought forever expressing  
love and truth.

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—————  
"I" am a magnet attracting good.

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—————  
"I" am real.

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—————  
"I" am universal.

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—————  
"I!" "I!" "I!"

I must first become master of myself before I can exert an influence over others.

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I am cultivating my many faculties, that I may intelligently direct the use of them.

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I am on the way to attainment. I can feel the awakening to consciousness of the Higher Self, the Real "I."

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The dawn has come and "I" am well on my journey toward the spiritual "Illumination," the realization of which brings mastery.

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“I” am a center of consciousness in a living universe, a radiant sun from the infinite source.

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There is a mighty power within me which lifts the veil of ignorance and despair and gives strength and energy to my thoughts, that my desires may be fulfilled.

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“I” am a spark from the sacred flame, a tiny gem from the great ocean of life. I will grow and expand until my influence will reach to the most remote parts of the world.

“I” am a sun around which all else revolves.  
“I” am a center of thought in this great universe.

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Dawn has broke for me, the darkness of night has disappeared and the shadows of sorrow and gloom have faded, and my soul is basking in the light of eternal truth.

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“I” am developing a state of inner consciousness which will manifest in a center of thought influence, whose light will radiate into the outer consciousness, bringing hope and comfort to those around whom it may revolve.

"I" am a center of attraction. I radiate only love,  
Divine love.

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"I" realize my relationship to the "whole."  
No person or persons has power to influence me.

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"I" am turning the thought within. "I" am  
growing, growing, growing. "I" can feel the very  
presence of my Real self.

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"I" am a living entity filled with Omnipotence,  
wisdom and power.

“I” am building in the field of consciousness.

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“I” am power, strength, confidence and courage.

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—————

“I” realize the “I” within is the only Real part of me which nothing can affect.

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—————

“I” am a child of “Truth,” and by faith and recognition “I” manifest God.

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“I” am a fragment of the Divine mind; nothing is impossible to me

“I” realize my own greatness, that below this exoteric plane of consciousness lies far greater things in store for me, Wisdom, Knowledge, Power and Mastery.

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“I” am climbing the ladder step by step. “I” am unfolding to a realization of a higher consciousness

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“I” am master of all my faculties. “I” am filled with force, strength, energy and will power. “I” am centered in a center of consciousness.

“I” am treading the path of attainment; soon the joy of the silence will be mine.

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“I” am watching and waiting for the “silence which follows the storm.”

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“I” have faith and trust in the knowledge and wisdom of the unseen law to guide and direct my effort, that I may be enabled to understand its loving message.

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“I” am safe in the arms of Divine Love; nothing can harm me for “I” am Life, one with the All Life whose limitless power “I” daily and hourly manifest, in the one “I” live and have my being.

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“I” am ‘one’ with the Universal Life, My mind is one with the Universal mind. I realize “I” am an expression of the ‘one’; “I” realize my unity with the Universal Spirit; its very essence permeates my whole being, filling me with Divine Love, Wisdom and Knowledge.

“I” am an individual center in the thought world.

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There is but one life permeating the Universe, manifesting in many forms, but one in substance.

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Life is all. Life is Eternal. “I” am Life, “I” am all, “I” am eternal. “I” love Life and will serve Life to the best there is within me, and by right thinking “I” receive all Life has for me.

“I” am in direct communication with the Real self. “I” am slowly but surely rising above the plane of cause and effect.

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“I” am that which “I” think “I” am. “I” Now proclaim my ability to think right, to act right, to live right and be right.

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“I” will hope on, the Truth will clear the mists away. “I” am One with Divine Love and realize nothing is impossible to those who trust and wait. The power within me will make conditions by which all my desires will manifest.

“I” realize “I” live and have my being in the One and in the One possess all.

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“I” am growing and expanding and shall continue to grow, until my influence will reach every human heart, and shed the beautiful light of Truth over all.

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“I” desire to live spiritually—in perfect harmony with God, in oneness with the great Whole—to know and understand the Law, to manifest it, live it and become it.

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“I” will give the best to humanity. “I” will express only Divine Love, thereby may “I” prove a blessing to mankind.

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“I” desire to enter into the Divine realization of that sweet peace which knows no sorrow.

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As my thoughts affect all other minds to a greater or lesser degree, “I” **command** that “I” think only good, pure and helpful thoughts.

“I” desire to cast out all thoughts of envy, selfishness, greed and hate.

“I” have within me the attributes of a God which will manifest and shower blessings upon humanity.

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Be still my soul, and by the mighty power of Eternal Love, help me solve this knotty problem—  
Be still! Be still! Be still!

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Be still my soul and know; be still, oh, thought of Peace, of Love, of Light, of Truth, and in the silent chamber of Eternal good, teach me to understand. Be still, my soul, be still, for in thy stillness do "I" realize all things are mine.

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Be still! my soul, and by thy stillness lead my faltering footsteps to the Eternal kingdom of good. Be still, that I may recognize my inherent birth-right and become master of its power. Be still! I say. Be still!

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Be still! my soul, and rejoice and be glad for the blessing of Eternal Truth. Be still! and listen to the heartbeats of its noble principle. Be still! my soul, for Love wants me.

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Be still, oh Infinite good, and fill my soul with the poise and power of Eternal Truth. Be still! and let my whole being radiate with its light. Be still!

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May the thoughts "I" send out into the Universe  
return laden with hope and love.

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"I" am gentle! "I" am kind! "I" am loving!

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"I" am hopeful. "I" harbor only the good. "I"  
search for only the good. "I" give only the good.

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"I" receive only the good, good is my birth-  
right.

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"I" am good. (God). Good (God) is me.

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“I” am strong in the consciousness of my Infinite being.

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“I” am filled with joy! peace! and Love!

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—————

In the stillness of meditation I attain a complete awakening.

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“I” am holding my thought.

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“I” am one with the All power.

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“I” am one with the All!

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“I” Now claim my all.

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“I” am Master of my own destiny and in “Truth” “I” assist command over my environments.

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### HEALTH AFFIRMATIONS.

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"I" am not sick, my thought is sick, not "I."

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I desire health, strength and youth to carry on my life work. I have a long and useful life before me, I am of use to the human race.

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The arms of Divine Principle encircle me and Infinite Love permeates my very being. Health—health—health is mine.

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With all the intensity of my creative thought I desire life—life—life—more life. I am life—life is health.

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Sheath after sheath of material matter is slowly dropping away leaving behind a clear conception of the Real "I."

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I can set aside all the not "I" things and meditate upon each one separately and I fully realize I am separate and distinct from all my emotions which are in the not "I" class.

I cannot die. I shall live on and on through endless time.

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I am resting—I am resting—I am resting in the arms of Divine Love. Through the Infinite Law I am growing stronger and stronger day by day.

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Omnipotence inspires all things to work for my good, Infinite life permeates my whole being and keeps me ever in health. All life is health.

Right thoughts close the door in the face of sickness and bolt it against sorrow, sin and death.

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Health is mine, for right thoughts make right conditions and only health can manifest.

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I Now demand my birthright; my inheritance from the Eternal Whole; my health, happiness and supply.

I am stern—I am firm—I am strong. I am master of all my faculties, they are subject to my will.

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I am fearless, error is unknown to me.  
I am developing my will, it is very, very strong.

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I do not worry—I have the power to set aside at will any undesirable thought. I carry no burglars' tools about with me.

I am developing my attention that I may become master over all my desires.

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I am young, young, young, old age is unknown to me, old age is unreal—only youth and happiness are realities.

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All things are mine, I am possessed of all I desire.

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I have faith in the Infinite all good, faith and hope are the corner stones which support me.

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**To Relieve Pain.**

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“I” am real! “I” am Eternal! Sorrow, pain and sickness are unreal, but, “I” being real can sense only real

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AFFIRMATIONS FOR THE "INFINITE"  
SUPPLY.

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God is rich and "I," being a spark from the sacred flame, am rich also.

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"I" draw my supply from the Omnipresent Good; my supply is Infinite and will equal my demand; the Law is unerring and cannot fail me.

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"I" am success. "I" am prosperity, poverty and failure cannot enter my atmosphere, where all is good and working in harmony for my welfare.

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My supply is Infinite, no power on earth can take from me my birthright.

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“I” am not discouraged, for success and realization are mine.

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“I” have that which “I” desire, it will soon manifest in the objective.

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“I” am a magnate, for all “I” desire, “I” have unlimited supply, “I” am wealthy. “I” have all the beauties of this life and the life to come is budding for me.

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Success is mine, “I” am growing, success cannot fail me. “I” am a child of the Infinite, success is my birthright, and abundant supply is my inheritance.

“I” desire abundant supply that “I” may be of use to humanity.

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“I” desire an unlimited supply that “I” may realize the beauties of earth.

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“I” realize that God is my supply, my supply is Infinite and if “I” trust It will not fail me.

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“I” am open to the inflow of Wisdom, Knowledge and Truth.

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All my desires are fulfilled by the hand of Omnipresent good.

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**AFFIRMATIONS FOR SUCCESS.**

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“I” am worthy of success. I have success, success is mine.

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“I” have that which the world needs and through the Infinite Law of Expression “I” will love it into being.

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“I” desire through the divine Law which controls supply to draw to myself abundance.

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“I” desire through nature’s divine Law of use, to be shown how and through what channels “I” may use my Infinite supply for the good of mankind.

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“I” realize God is my supply, my supply is Infinite and by faith it will manifest in abundance.

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May each member of my family realize this beautiful truth and become one with the great Whole.

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May discord be forever removed from my life and harmony fill the vacancy.

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**LOVE IS ALL.**

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'Tis not the memory of the past,  
Which makes our happy day;  
Nor will the morrow with its hopes,  
Shed sunshine on our way.

But blessed be the realization  
Of our Oneness with the Whole;  
Which makes this plain a paradise,  
And proves that "Love" is All.

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LOVE AFFIRMATIONS.

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“I” am very popular, “I” have many friends, “I” desire many friends—good friends—friends who love me and will be of benefit to me.

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“I” desire love—“I” love—“I” am beloved—“I” love all—“I” am happy. “I” am so happy that the very thought brings joyful things to me—“I” think only happiness.

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My home is happy—my husband loves me—my children love me and “I” love all.

To Awaken the Love Principle.

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“I” do love him! (or her as the case may be).  
“I” do love him—he is good! “I” love—“I” love—  
“I” love him—he loves me—he loves me!

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**A CALL SENT OUT FROM THE SILENCE TO  
A LOST FRIEND.**

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Darling, come back! Come back! "I" say! "I" love you, come back!" Emphasizing each call, at the same time mentally see the dear one's returning face.

My dear one is coming back to me! He is on his way—he is here—he has come to stay—he loves me—he loves me—he loves me!

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To Arouse a Desire. 11

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Awake! My soul Awake! Thou hath slept long  
and sound! Awake! Awake! Thou laggard,  
Awake! Awake! "I" say! and do thy work! Awake!  
Awake! Awake!

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To Strengthen the Faculties.

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My hearing is fine—I can hear the faintest sound.  
In giving this, pause and listen after each affirmation.

My eyes are splendid, I can see better and better as the days go by.

My memory is perfect, better than ever before.

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For a Man Who Drinks or Smokes.

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It is well to give this suggestion while the patient is asleep, if convenient.

You must not drink! You can not drink! You will stop drinking! You have stopped drinking!

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