
 SECRETS
of
METAPHYSICS

BY
CLARENCE MAYER



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Foreword

IN the following pages entitled, "Secrets of Metaphysics," Clarence Mayer has clearly laid bare the principle, application and process of spiritual mind healing. Consequently, one reading this book will find that the secret is revealed and the simplicity of a Universal Principle accessible alike to each and to all.

The first edition of this book has found such popular favor, both at our Institute of Religious Science and in other places in the country, that I have strongly recommended this new and enlarged edition with a more permanent binding, so that students of this science everywhere may have it as a constant source of inspiration and information.

I believe that all who read and study this volume will be greatly benefitted.

ERNEST SHURTLEFF HOLMES.

Los Angeles, California

Preface

EVERYONE is seeking a more harmonious and happier expression of life. There is a continuous reaching out for "that vague something" which, while more or less intangible, is still a hope in every human heart. Whether it be a longing for better living conditions, for health or for a larger experience, this urge is the dominating factor in life and the main spring of ambition. Everyone feels the possibility of something larger. All persons have a latent conviction that there is more to be expressed if only the way could be known.

In the following pages certain ideas are presented to acquaint the earnest seeker with laws, the intelligent use of which will enable him to meet the problems of life involving human relationship, activity in business affairs, supply and healing of disease. These laws resolve themselves into one great principle of harmony and the knowledge of how to use this principle brings a sense of security, mastery and peace into man's experience.

If we can be at ease, we shall not experience disease.

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PART ONE

A Non-religious but not an Ir-religious Approach to Metaphysics

(NOTE: In order to assist the reader in eliminating the old concept of an anthropomorphic God, cosmic or universal terms in Part One are not capitalized.)

THE most superficial observer must grant the existence of an ever active principle of intelligence throughout the universe. The planets moving in perfect harmony with one another, the season's succession, the laws of nature active in chemistry, electricity, and gravitation all compel our acceptance of such a principle. Former generations might well have had the benefits of electricity and the comforts of modern civilization had they but known the laws governing these things. The same is true of mental or spiritual laws which have always existed; they merely await an intelligent understanding on man's part, the use of which brings greater harmony in his experience.

Basis of Metaphysical Understanding

All metaphysical understanding is based upon the individual's concept and acceptance of that infinite and

perfect principle of harmony behind creation and his relation to that principle. If there is such a principle then there must be an intelligent approach to it, and it must respond to such an approach. Perhaps this principle will seem more vital if we call it universal life, the life we see expressing in flowers, birds, animals and mankind which by man is most easily termed "nature." Things (material expressions) could not exist, were it not for this infinite principle of harmony, life or whatever we choose to call it. Do not the marvelous things in nature which compel both admiration and awe in man prove this creative principle?

Creative Principle

This creative principle must be perfect in itself and can know no opposition to itself or anything outside itself; and it knows no inharmony or evil. If it did, it would be finite. No logic can lead to the acceptance of duality of power resulting in an infinite principle opposing itself.

This creative principle is universal life itself expressed in all forms of creations, the mineral, the vegetable, and the animal kingdoms.

Man's Relation to the Creative Principle

We can all accept the foregoing statement, but that which is of supreme importance to us is our relationship to the infinite scheme of creation. The most

interesting question in all the world is, "What am I?" The human expression of life, while not particularly interested in abstractions about a creative principle, is interested in its personal problems, for this human "I" may be sick, in deep financial or other difficulties. If this is so, man's interest lies in escaping the difficulties at hand and not in the progression of the planets, marvelous as that may be.

What Am I?

Ask yourself what you are and answer yourself. When we ask ourselves this question, although we may not be certain of many things, we *do know* that we are alive. What is it within us that knows that it lives? Children up to a certain period in their lives say, "me wants a drink," or a child names himself and says, "Jimmie wants this or that." Some day he begins to say, "I want this or that" and the child specialist claims this a definite step in the evolution of childhood experiences. This "something" in us which recognizes that life is a consciousness, and while not the body or brain, operates through them. The body is a form through which the life consciousness (spirit) expresses, although, of itself the body has no power.

Whence Cometh Life?

From where does life come? The intellect does not create it. It simply *is*. We have already called it

universal life; and since we know that we are alive we must be some part of or an expression of this *universal life*. There must be a first source of all that lives. Life itself is its own source. What other source could there be? Within us is this conscious life, is anything wrong with it? Is it not exactly the same today as it was yesterday? Ever since we can remember, has it not been the same? Suppose our legs had been amputated, our eyes put out, or our ears deafened, would the consciousness of life in us be any different? Experiences attendant upon the loss of loved ones in death or of material possessions may change our consciousness *about* life, but not our consciousness *of* life.

Inviolability of Life

Human experiences wax and wane, change and decay, but the life principle within man *does not change*. It does *not* change, because it cannot; life itself is changeless. As to the continuance of a personal consciousness of this life after death, we shall not argue. Many of the world's greatest scientists accept the idea of a continuance of the individual stream of consciousness and claim to have proven it. Undoubtedly they are right, but this treatise is not written to prepare anyone for a future existence. We are not interested in "saving souls," for if there is a soul, it cannot be lost. Did you ever know of one that was lost? If the soul is life, it is a part of uni-

versal life, hence, it cannot be lost; neither can it "fall." In the *right now* is our interest, for this is the only existence we know and we may well trust the integrity of the universe as to what our state of being will be on the next plane. The existence of tomorrow will be a continuance of today—tomorrow will be only another today.

Most people of this generation are not concerned about heaven and hell. They are more interested in learning how to attain harmony right here and now. If we succeed in this today, we shall demonstrate greater harmony as life unfolds on this plane; and this harmony will doubtless continue its unfolding in the "hereafter." This must be true for it squares with our human experience of continued evolution in all of our affairs. Everything progresses; life does not progress backward!

Recognition of Life Within

Though human experiences change, the consciousness of life within never changes. Let us call this consciousness of life our own I AM, since it is the spiritual self recognizing itself. This I AM is our inner self, real self, spirit, or power within—all synonyms for our individual life, an inseparable part of universal life. This consciousness of life never varies and as previously stated never changes, needing no material thing to further its existence although it

expresses through material things. It is always the same no matter what happens to our body or our affairs, and is in its right place wherever the body is. Our recognition of life within as invincible and invulnerable is the basis of our demonstration of health or the abundance of what we term material comforts, and it is our privilege to demonstrate these things according to our acceptance of them.

The Human Equation

From the human viewpoint we often find ourselves in physical pain, without funds and in great mental distress. Our desire is to find and learn how to use some principle of practice that will enable us to meet these situations. The way is so simple it eludes many. The best procedure in practice is to begin with an acceptance of a belief in the invincibility of the life within, our own I AM. An ancient mystic said, "Act as though I am and I will be."

How to Practice

We shall make practical use of these theories of metaphysics by contemplation, by mentally laying hold of them, by affirmations of the truth of being, and by an acceptance of them as actualities in human experience. As we begin to do these things, we shall find a law, which, in manifesting or objectifying on this material plane, brings our thinking into form. Unless

the student makes an endeavor to exercise his theoretical knowledge, he will do just what most people, and some philosophers in the past have done, namely, remain in the realm of theory.

Getting Down to Practicality

If we find ourselves out of employment, how can we reconcile this to the fact or theory of metaphysics, namely, that the consciousness which we call our own I AM is always in its right place? Perhaps we have unconsciously accepted the race belief (ideas about the things the race has thought and experienced that are commonly accepted) of depression and fear of lack, probably the greatest fears of the human race. We may be discouraged, but we should never give up. Let us test this theory of metaphysics in a treatment for activity and supply by practical and constructive contemplation somewhat as follows:

I know there is an infinite principle of harmony in this universe and that this universe is like an intricate piece of machinery; everything in it fits or it could not function properly. I know the cosmic principle which has brought me here, has equipped me with the knowledge to find my place in the "machinery of the whole." The intelligence which directs the birds and animals to their rightful food and drink through instinct,

operates through me intuitively as a conscious being. My I AM is always in its right place. Knowing that thought precedes physical manifestation, I claim this right placement of my real self is manifesting in my experience NOW and perfectly so. Since I am a definite part of the universe there is no power in it opposed to me; everything is FOR me and nothing is AGAINST me. Lack and inactivity are conditions of human experience at this moment. I recognize, however, no power in these conditions, for my inner self, always in its right place, is the embodiment of the idea of abundance.

Persistence is Essential

One should daily persist in this treatment and as often as he feels the need. Having given himself such a treatment, he should stop thinking about it, knowing there is nothing in spirit which can hinder, deny, or impede its own good. The declaration which is commonly called "the word" brings its own good to pass. We should never allow ourselves to say we are *going* to make a demonstration; it is manifesting *now* and we should endeavor to realize this. In the mind, spirit or consciousness of the universe (often referred to as cosmic consciousness) there is no time, hence we should place our treatment in the present tense. In chemical experiments, action begins as soon as we com-

bine the chemicals. In the same manner, as a result of definite thinking, mental chemical action begins at once, for the mental plane reproduces the physical or material on a different level. If we doubt our own word, we should treat the doubt at once by a declaration that doubt, fear, and race belief can have no deleterious effect, since they are not entities of themselves.

Treatment for Pain

Suppose one were suffering great pain, the treatment should begin with a definite statement designed to raise the thought to a consciousness of the infinite principle of harmony which knows no pain. (See part three on treatment.) The statement relative to the inner self and its relationship to this principle of harmony should be made. We should endeavor to know there is nothing in this inner consciousness which can suffer inharmony and that the experience of distress has no power to operate through us. When we realize this for an instant, we shall find the condition relieved. When the pain is great we may find difficulty in impersonalizing this truth with a conviction sufficient to bring about a healing. In this case, we should not hesitate to call a practitioner.

Treating When Dangerous Symptoms are Apparent

If we allow fear of symptoms to affect us while treating, we shall find our work of little or no avail. After

mental or spiritual work has been taken up, we may frequently find the symptoms or conditions worse. This is sometimes called chemicalization, since it is similar to the violent reaction which takes place when certain chemicals are put together. We should not be frightened or dismayed, knowing at once that material symptoms in themselves have no power. Denying them, we should go right back to the patient's I AM and declare its perfection knowing that the peace and calm of this spiritual center is the only reality of being. This I AM knows no inharmony, never was sick, never can be, and therefore is not now. Declare and claim these facts as actualities in the patient's experience here and now. Persist and the desired results will be obtained.

No Disease or Inharmonious Condition is Incurable

The laws of nature are changeless. No human belief, though believed in by millions of people, can ever alter them. The world now known to be round was thought flat for many ages. There are laws within laws, but never does one law deny another. The higher law governs the lower, the greater includes the lesser. That which is heavier than air sinks, while that which is lighter rises. The law of gravitation decrees that iron will sink while the law of displacement is proven every day as mighty iron ships sail the seas.

Likewise, human beliefs and laws may be transcended.

A disease is incurable or a condition is impossible only *because we recognize it as such*. Some years ago when anyone contracted tuberculosis, or consumption as it was commonly termed, hope was abandoned. Today the race belief has changed and there is hope. The same is true of all other diseases. Can we not recall incidents which prove that under stress of excitement, when human limitations have been temporarily forgotten, men and women have accomplished super human tasks with perfect ease—things which they could never have done in calmer moments?

A human belief or law may decree pain or death under certain circumstances, yet, practitioners of metaphysics daily see these laws and conditions *not denied but rather transcended* by higher laws. Such experiences as these are assuring as we journey along life's pathway with its many problems and perplexing aspects; and they lead us to believe that with enlightenment and understanding, any baffling situation has its solution.

The Law of Cause and Effect

There is no punishment for so-called evil or mistakes but there is an inevitable effect. The homely proverb is true: "He who dances must pay the fiddler." We should not try to "beat" this law of cause and effect, for it cannot be done. Within every human breast is

a consciousness that knows what is right and what is wrong. When we are baffled in our quest for right judgment, we should turn at once to the inner consciousness, our own I AM, and know that here we have contact with an infinite intelligence that *does* know. This intelligence in us knows it knows that which we need to know. Its knowing is our knowing. If we trust it, it cannot give us a wrong answer. After such contemplation we put the matter out of our mind for the time being. In doing this we are still mentally alert to any definite intuitional thought or "hunch" which may present the matter from an entirely different viewpoint. We should consider the new angle of thought; and if it persists, we may trust it and act upon it, for it will prove the answer to our quest for right judgment.

A composer of music said that often as he worked he seemed to confront a blank wall, and try as he might, he could not progress with his composition. Then he would stop and say to himself, "I have been trying to force this thing and I shall now be still, listen and wait, for I know this music flows *through* me—I do not make it." As a rule he could go on with it in a few moments. If not, he ceased work altogether for hours, days, or even longer. If he thought of the problem, it was always with the declaration that the answer could and would develop correctly. Sometimes when walking along the street, the

melody would adjust itself and the problem be a thing of the past. We are all creative artists to a degree, although we may not be students of the fine arts.

Vitality

A person believing his vitality to be low decides to take a tonic that in his judgment will increase his appetite and "put him on his feet." He gets the tonic and with every dose unconsciously gives himself a good mental treatment by *knowing* he is building himself up and that he will soon be well again. Now *vitality* is something we cannot cork up in a bottle and hand out in doses. Neither can it be enclosed in a pill, convenient as that might be. *Vitality* is that subtle life force within, which is the I AM and if it were not sufficient in itself, there would be no such thing as energy. It is sufficient unto itself; and a declaration that this energy is manifesting through us, helps to bring it into our experience. This declaration must be backed by conviction if it is to have the desired effect. If we think we lack conviction, we must work to get it—make the attempt, and in time we shall arrive.

Four Great Laws of Life

This human life of ours seems dependent upon four natural laws, the infringement of which results in physical discomfort. These are the laws of circula-

tion, respiration, assimilation and elimination. While seeming to operate in opposition to one another, they still do wonderful "team work." For instance, assimilation builds up, while elimination dissolves and throws off. What is it then that makes this co-ordination? Is it not the life within? Catarrhal accumulations and growths are quickly dissolved and expelled by a silent realization of the fact that from the inner self comes that full and sufficient *vitality* which does the work. Heart troubles are alleviated and healed by a recognition of the power of that same life principle which creates blood and propels it easily and comfortably to all parts of the body.

These terms mean vastly more than they appear to on the surface. If we can believe and accept the fact that the body, as well as the universe outside the body, are spiritual systems, intelligently devised and operating with mathematical laws, we shall have little difficulty in sensing the mental equivalent for objective things. From this viewpoint one can connect assimilation with the acceptance of constructive ideas. Elimination would find its correspondent in the dissolving and casting out of destructive thoughts. Respiration would have an equivalent in the thought of inspiration and the outpouring of its ideas, the in-breathing and out-breathing of the vital life force all about us. While circulation would signify the continual flow of the vital life force in thought and in

the body, an exhaustless supply of mental and physical energy.

Treating When Death Seems Imminent

Treating when death seems imminent is an opportunity for the one treating, to demonstrate the calm and poise born of an understanding that life itself is indestructible, eternal. There is no power or fate that decrees the exact time for the transition from this plane to the next. Undoubtedly the evolution of individual life on this plane *will* reach a point when all life's lessons shall have been learned. This accomplished, nothing could possibly be gained by a longer sojourn here. The conscious or unconscious misuse of the life forces as we understand them, or our continued wrong thought may remove us from this plane before we attain that which is rightfully ours. We all wish to accomplish the utmost on earth, hence our study of the laws of harmony is justified. "As long as there is life there is hope" and if there is such a thing as "duty," an endeavor to demonstrate life to the "last ditch" would seem the right thing to do, for regardless of our beliefs as to a continued or "future existence," the life we experience on this plane is the only life we know.

When a practitioner has a case where death seems impending, he does not give up to what appears to be the inevitable, neither does he assume to know

when the patient's evolution here is finished. He begins to declare that life, the real self, is whole and complete and that it can and does express *perfectly* at this moment. The finite mind cannot know whether that perfection means an expression on this or the next plane. If the patient passes on despite all "heroic" efforts, we should not be dismayed.

What We Call Death is Only a Transition

Every transition in the experiences of life should and can be made easily without pain or discomfort. Death is just another experience and should be no exception to this rule. It is astounding to note how easily persons meet and pass through the experience of death under metaphysical treatment with calm and without suffering, while those nearest also manifest an equilibrium and peace born of this understanding. In letting them go, it seems reasonable to believe that on the next plane there will be ministering entities happy to assist the newcomers exactly as there were those here who cared for them the moment they were born.

Giving Freedom to the One Passing

Who would wish to keep a child in the primary when the child is ready for the higher grades? Should we not seek to sense this same liberty for our fellow man when he reaches the point in his evolution which brings him to the threshold of the next plane? Who

could wish to hold one here for further expression, when that expression might only mean an invalidated condition or a state of impotency? Is it not reasonable to conclude that after all possible has been done, and despite all, the patient passes on, it is the proper evolution of life in a higher experience? This at least is logical, although it may seem stoical.

A Treatment for One When Death Seems Imminent

I know that universal life is indestructible, perfect, and that it manifests its own perfection regardless of the limitation of human thought. This person whom I am treating is an individual expression of universal life, and nothing foreign to its nature can occur. Whatever symptoms lead me to feel that death is imminent, I know and declare that these symptoms have no power in themselves to express; that no adverse belief can manifest in the experience of this person. I know and declare that if this person has not completed his evolution on this plane, he cannot leave it or be taken from it, no matter how hopeless the condition appears as a human belief. Life is expressing right this moment in perfect freedom in and through this person, un hindered by any human belief of limitation, for life is invincible, perfect and continuous.

Treating for One in Great Sorrow

In treating those in great sorrow over the passing of a loved one, the treatment is based upon the thought that to the spiritual self there is no loss or separation. The I AM is whole and complete within itself and does not need anyone or anything to complete its wholeness. This thought, while not precluding human relationship or affection, does free us from any sense of domination. It is a subtle truth that the real self, the inner consciousness of life does not know or recognize any other individual. That life is one, and all is life, may explain this. No philosophy or religion can remove the fact of human separation in death, although consequent pain and sorrow can be assuaged and healed by treatment along the line of thought here suggested with as happy results as in the healing of disease or the solving of problems.

A Concluding Thought

Unless we can establish within ourselves a larger view of life and its expression on this or any other plane, we will suffer from our narrow and limited ideas. This is the action of the immutable law of cause and effect—a law from which there is no escape, but which our intelligence enables us to transcend.

Explanation of Diagram on Page 33

The circle has always been used as a symbol of eternal life, since it has neither beginning nor ending. Universal life is everywhere and we can no more designate where spirit and matter begin, end or merge, than we can tell where ice and water begin and end. Therefore, everything we know as matter or spirit is an expression of universal life.

The upper plane of the upper triangle indicates the plane of mind, spirit, infinite intelligence, infinite harmony, the absolute, or whatever we may choose to name the universal life principle.

The upper triangle represents this infinite and perfect principle, forever manifesting on our material plane in ever changing forms, and seeking to express through us, will so express in perfect harmony if we permit its uninterrupted and unhindered flow. The inharmony we feel or experience is the result of our opposition to this eternal flow of harmony.

The lower plane of the lower triangle represents our present plane of materiality, the plane of human experience. On this plane the eternal I AM in man is forever reaching upward in a desire for greater attainment. Does not this eternal "down-reaching" of the infinite life principle and the ever "up-reaching" of human thinking prove the absolute oneness of life, and is this not the basis *and the only* basis of

metaphysical healing or the solution of the riddle of existence?

The over-lapping triangles indicate the mergence of spirit and matter, for *All is One—One is All*.

UNIVERSAL LIFE

ALL IS ONE—ONE IS ALL



PART TWO

A Religious Approach to Metaphysics

"In the beginning God created the heaven and the earth."—Gen. 1:1.

"And God saw everything that He had made, and, behold, it was very good."—Gen. 1:31.

"In the begining was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not anything made that was made. In Him was life; and the life was the light of men."—John 1:1, 2, 3, 4.

The Basis of All Metaphysical Work

ALL metaphysical work is based upon a consciousness of the eternal power of God. "There is no power but of God." (Rom. 13:1.) No one knows what God is but it is generally conceded that there is a Power or Intelligence back of the universe and this Power or Principle of Harmony is commonly called God. We know this Power is not a person

or super-person; so in order that we may have a basis for intelligent thinking, let us define the Deity as Spirit, for in no sense can Spirit be conceived of as a person. Other synonymous terms are: Universal Life, Mind, Infinite Mind, Cosmic Mind and Cosmic Power. The recognition of Infinite, Omnipresent, Omnipotent and Omniscient Spirit or Mind admits of no opposing power. "Thou art of purer eyes than to behold evil, and canst not look on iniquity." (Hab. 1:13.) If Universal Life is omnipotent and knows evil or inharmony, then evil or inharmony becomes a universal necessity, a thing we cannot combat. The finite cannot change, efface or affect the nature of Reality. If evil is a thing of itself, we are lost for we are unable to cope with it. If evil were an entity, the universe would be self destructive. This is unthinkable. Our only hope of escape lies in the knowledge that evil has no power except in our human thinking.

Bulwark of Faith

"A mighty fortress is our God," wrote the great Martin Luther who had the courage of his convictions when he took his stand against what seemed insuperable power. "Our faith looks up to Thee." Whither shall we turn but to a Power that is a reality. Jesus said, "Seek ye first the kingdom of God, and His righteousness; and all these *things* shall be added unto you." (Matt. 6:33.) If Jesus were here today, per-

haps He would say, "If you will seek first the laws which govern life and use them intelligently, you need not be concerned with results, for they will automatically follow."

Building One's Concept of God

Our first concern should be to gain a more complete and greater understanding of this Omnipotent Power we call God. That such a power does exist is denied by few persons. If then, this Power exists, it must be everywhere present as well as all powerful. It can know neither resistance nor limitation. All the good we see must be some expression of this Unseen Power. Jesus recognized this truth when he said, "he that hath seen me hath seen the Father." (John 14:9.) The meaning of this statement has been misconstrued. Jesus was not confusing himself with God and he repudiated any such concept by saying, "why callest thou me good? there is none good but one, that is, God." (Matt. 19:17.) Jesus taught that man's unity with God is so complete that the good deeds of man are the God qualities/expressing. The essence is the same though the degree be different.

Our Relation to Omnipotence

Could Spirit or God have brought us here and left us without guidance or help? Even the birds and beasts are cared for. If we recognize our relationship to the

great Creative Principle and know how to use the knowledge gained from such a relationship, we shall doubtless be able to solve the problems of human existence. Jesus said, "be ye therefore perfect, even as your Father which is in heaven is perfect" (Matt. 5:48), indicating that our unity with the Father is no different than was his. We do not have to unify ourselves with the Father (Universal Life) because we are already one with Him. Our task, if it be one, is to recognize this. Again, Jesus confirmed this idea of unity when He said, "I ascend unto my Father, and *Your Father*; and to my God, and *Your God*." (John 20:17.)

The Teaching of Unity or At-One-Ment

Not only did Jesus teach our unity with the Father, but all great teachers, sages and philosophers have recognized the necessity of such a fundamental unity. The Bible speaks of the Christ Mind within: "Let this mind be in you, which was also in Christ Jesus." (Phil. 2:5.) This indwelling Christ is our recognition of the Life Principle and its immediate availability. This Mind in us, "in which we live and move and have our being," is the Universal Life Principle expressing through us as individuals and is God in us. This does not mean that Spirit is limited to the confines of man's consciousness or is caught in the form of matter. It does not mean that man is God any more

than that a drop of water is the ocean. Our inner life, however, has God-like qualities; and when we turn to this inner self, we connect with Universal Wholeness. Our Inner Life thus becomes the light of Spirit, the sole medium between the Absolute Spirit and our external existence. The center of a whirlpool is said to be motionless, so this God-consciousness within is a place of peace, calm and equilibrium—the center of our whirl of life on this material plane. A recognition of this peace, coupled with the declaration that it is manifesting through us now, has the power to relax the body and when desired will bring peaceful sleep and a refreshed awakening.

Inharmony in Human Experience

All about us we see confusion, sickness, lack and inharmony. We are surrounded by the thought of discord. Many ask, “do these wrong thoughts affect us adversely?” Of course they do if we *allow* them to, but wrong thought and false appearances do not change truth. Faith has the power to deny certain facts of human experience, and to rebuild them after a better pattern. We, however, do not deny these conditions of human experience, for it is folly to say everything is all right when everything is all wrong. If one is sick, to say that he is not sick would be foolish. “Agree with thine adversary quickly.” (Matt. 5:25.)

Recognizing Inharmony as Such

Although we recognize the symptoms and conditions of distress in human experience, we seek to rob them of their power. We meet the enemy, but do not capitulate!

How to Treat Inharmony

In treating inharmony we should go back of the conditions into the mental cause. There is generally some state of thought in the subjective mind that needs to be changed. By subjective mind we mean the mind that receives and stores our impressions. Here is imbedded the results of definite thinking including an acceptance of race beliefs, right or wrong, as facts. These wrong things in our thinking we need to correct, thereby eradicating what would otherwise produce certain inevitable results. Objective conditions (the results of our present thinking) point to subjective causes, hence the practitioner resolves the condition into its mental state in this manner:

I know that this world is a part of the kingdom of heaven (perfect harmony) and in this realm of perfect harmony (Universal Life) there is no evil (or the specific condition which I am treating). God is Universal Life and my life is a definite part of this Universal Life expressing through me. Therefore, I recognize this Principle of Perfection as the only power and this inhar-

monious condition which presents itself to me for recognition has no place in the scheme of the Infinite. My word, the declaration that perfect harmony is the only power which can express through me, now neutralizes and destroys any effect of inharmony or wrong thinking on my part, or any subconscious acceptance of erroneous ideas either of my own creating or those believed in by the race.

Worshipping Idols

Assuming that the Old Testament story of the children of Israel, witnessing the marvelous spiritual demonstrations of Moses are true (such as bringing water from a rock in the desert, the manna, the pillar of fire by night and the cloud by day) one wonders how they could set up a golden calf to worship the moment Moses turned his back upon them. It seems that they would have been convinced, but are we not all guilty of a similar offense every time we recognize any inharmonious condition as a thing of power, thus turning from the worship of the living God or the Principle of Perfect Harmony? "The prince of this world cometh, and hath nothing in me" (John 14:30), evidently means that although adverse conditions or fears speak to us as facts, we refuse to recognize them as having power to act, and they find nothing in us. Since our whole thought and

being is filled with harmony and trust, evil and discord find no corresponding place in our consciousness.

Turning From Evil

When a priest reads the Gospel or Epistle in the Roman Catholic or Episcopal churches, he turns to the congregation. In addressing God in prayer he turns from the congregation to the altar. So should we turn immediately from any symptom of distress to our inner selves; here we come face to face with God, and here we should recognize nothing but peace and harmony.

The Word

"So shall my word be that goeth forth from out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereunto I sent it." (Isa. 55:11.) This idea of the "word" puzzles many for it sounds so mysterious. The "word" means our thought or belief. It is our thought spoken aloud or definitely allowed to run through the mind. Everything we do is the result of our thinking. When we "voice" a constructive thought backed with mental conviction, we definitely set the law of faith in action. Jesus was talking about this law when he said, "and all things, whatsoever ye shall ask in prayer, *believing*, ye shall receive." (Matt. 21:22.) The "word" in itself is, or

sets in motion a creative energy which brings the thought into manifestation. The very power of the "word," however, makes it necessary for us to exert caution in its use. If belief is to become form, how careful we must be in what we allow ourselves to express, believe, or voice!

Being

Jesus taught that we should be one with the Father, referring to that indestructible self within, which we call our own I AM or Spirit. Here is the consciousness of Life to which nothing can be added nor taken away. This is what is meant by *Being*. We should reflect much upon the stability of Being—its unchangeableness. Moses raised a brass serpent in the wilderness and those who looked up to it were healed. This healing was brought about by the recognition of the perfect self within, that spiritual consciousness which knows no inharmony. In the New Testament this idea is brought out in the looking up to the Crucified One. This "looking up" to a brass serpent or crucifix, the central teaching of spiritual healing, is also an occult teaching, and undoubtedly refers, as we have already suggested, to the Inner Self which is perfect. "Before Abraham was, I am." (John 8:58.) The healing of disease, the solving of problems, and the overcoming of sorrow are accomplished by the "looking up" to or the recognition of the perfect I AM, the inner

Christ which was never sick, never distressed, and never can be. We must turn away from the symptoms of inharmony which speak to us, claiming recognition. "Choose you this day whom ye will serve." (Josh. 24:15.) Do we choose to recognize and give power to inharmony, or shall we worship (give recognition to) the living God, the perfect Principle of Harmony?

**"In Him We Live, and Move,
and Have Our Being" (ACTS 17:28)**

Physical scientists tell us space is the stuff from which all things take form; that it is made up of electrons, protons, particles of electrical energy or Universal Life itself. Is this not a verification of the above text? Are we not a part of Life, inhaling It and exhaling It with every breath? This Life which is our vitality, without beginning or end, is sufficient to meet our needs; and although It cannot be added to nor taken from, It can be used. We must *know* this and *claim* this Truth of Life as active in and through us now and always. Correct mental and spiritual practice does not consist of a mere repetition of words but is the reaching out, the laying hold of Truth (true respiration) and the claiming of an immediate manifestation of It.

Be Happy

"Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before His presence with singing." (Ps. 100:1, 2.) "O come let us sing unto the Lord: let us make a joyful noise to the rock of our salavation." (Ps. 95:1.) "Sing aloud unto God our strength: make a joyful noise unto the God of Jacob." (Ps. 81:1.) The Bible contains many admonitions to be happy, and this state of mind is necessary for health. The habitual pessimist in time develops a sour face proclaiming the dyspeptic, a person everyone seeks to avoid. In treating we should know that Being, Spirit within, is the embodiment of joy and that the normal condition is one of happiness. If we *know* that *Being* is invincible, that nothing can happen to It, that It can never "fall" or be "lost," then why should we not be happy? In understanding and using this philosophy of *Being* we can be happy, mentally laughing at confusion, sickness, or adversity; and by that very act neutralize and destroy their assumption of power over us. Let us try it!

Explanation of the Diagram on Page 47

The heart is a symbol of eternal life since it has neither beginning nor ending.

The upper plane of the upper triangle designates the plane of Infinite Mind or God. *God is Life* and that *Life* is forever expressing. The Bible plan of salavation indicates God expressing through the Son, thereby reaching "down" to the "lower" plane of man.

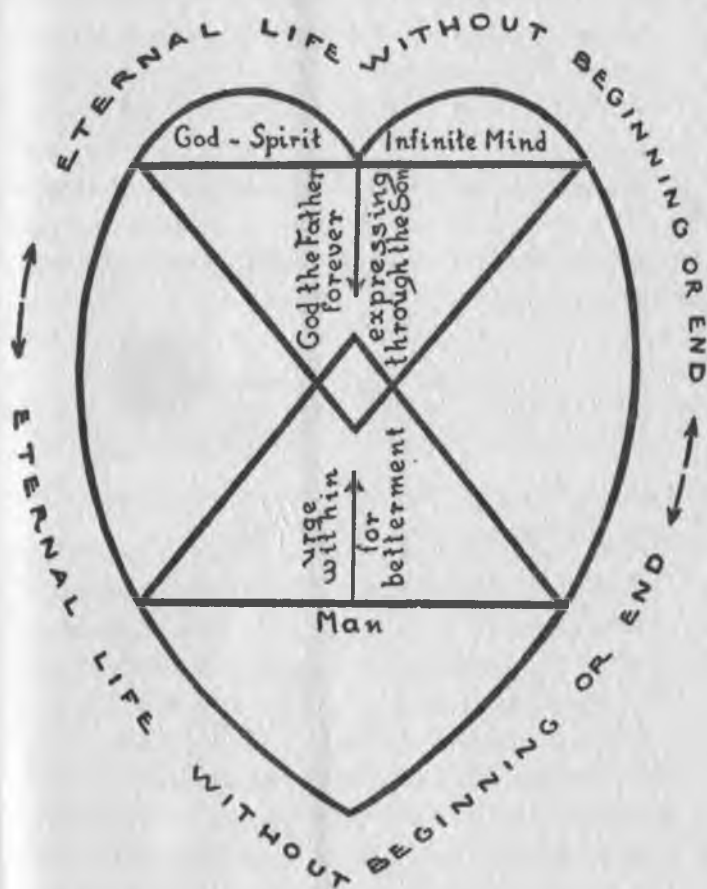
The lower triangle represents the plane of man in his human experience. Within every human breast is that God-urge for a larger and better expression of life.

The over-lapping of the triangle indicates that no one can say where Spirit and matter begin or leave off. All of the world's religionists have taught the unity of Spirit and man, which suggests that after all, *Everything* is spiritual.

GOD IS LIFE

"THERE IS NO POWER BUT OF GOD"

(ROMANS 13:1)



PART THREE

Mental or Spiritual Treatment What it is, and How to Give it

A MENTAL or spiritual treatment is an intelligent effort to arrive at a proper thought perspective. It is a definite and scientific endeavor to think straight.

Outline of a Treatment

(A non-religious but not an IR-religious approach)

1. Recognition and contemplation of an Infinite Principle of Harmony present with ^{IN} ME.

By contemplation, quiet and attentive mental consideration of a particular idea, and excluding all that is extraneous, we build up a concept of this principle of universal life. It is invincible, indestructible, and can know no ~~opposition~~ ^{harmony}. It is a principle of absolute harmony, to which in-harmony is impossible. It is present everywhere. The good I see and know is its manifestation. It is a creative principle forever expressing itself in

perfect activity. It is as personal to ME as I am to it. Although this principle is greater than I am, all I can ever know about it is what I know about myself. I know, for instance, that this infinite principle is love because I love, that it is intelligence because I have intelligence, that it is a principle of justice because I have a sense of fair play. It cannot be opposed to ME, because my better self is not opposed to anyone's good.

I continue this argument with myself until my consciousness is raised, and then proceed with the next step:

2. Recognition of my Inner Self as Universal Life expressing through ME.

I know that my life is this universal life expressing through ME. My inner self is changeless, ageless, and perfect. Regardless of outward conditions, it is always the same. When I turn to this inner self I find it a place of perfect peace and calm. I then claim the manifestation of this peace and calm throughout my body and affairs. Since this inner self is perfect, it is whole and complete, needing no material thing for its fulfillment. This wholeness and completeness is now manifesting in my experiences routing out all expressions of inharmony, for in itself it knows

*no inharmony. This inner self is my own I AM,
is being and being is stability.*

BEING + BECOMING.

After having built up a greater consciousness of the truth of being, I proceed with the next step:

3. The Problem, Condition, or Disease for which I am Treating.

Inharmony or disease has no legitimate place in universal life since life is whole and perfect. Since my life is universal life expressing through ME, it follows that the word of truth, the realization of being, neutralizes and destroys what ever has operated in my human thinking (which accepts false beliefs) to bring about the specific inharmony in my present experience.

I now resolve the condition into thought; that is, I endeavor to find its equivalent in mind and specifically apply the "thought remedy" as expressed in the various treatments of the preceding pages and especially as noted in Part Ten on Demonstrations.

Then proceed with the next step:

4. Sensing Gratitude.

Gratitude is the recognition of universal life expressing through me harmoniously in demon-

strations of protection and healing. This recognition means nothing unless it includes a further trust in the principle of harmony to manifest adequately in all future problems as they present themselves. In other words, gratitude is an enlargement of faith born of understanding.

Outline of a Treatment

(A Religious or Devotional Approach)

1. The Recognition of God, the All-in-All, the only Power, Infinite Harmony and Perfection.

First of all I should build up my concept of what God or Spirit is and means to ME. God or Spirit is Omnipotent, Omniscient and Omnipresent. Spirit is Perfect Harmony and knows no opposition to Its will. It is forever expressing Itself through Its creation. This creation includes man as a part of the perfect whole. Spirit is Infinite Wisdom, embodying Love, Intelligence, Justice, and All-power.

I continue this contemplation until I have a higher concept of Spirit and Its unlimited power, and then proceed with the next step:

2. ~~Recognition of~~ *Recognizing* Myself as one with God, the Eternal Father.

My recognition of the Life Principle is the Christ within ME. It is Spirit, my own I AM. It is the Rock of Ages, the same yesterday, today, and forever. When I turn to my I AM, I find it to be a place of stillness—a place of peace. It is my place in the universe. I declare that now this peace is expressing through my entire being. It is wholeness and the abundance of energy, activity and supply.

I continue this contemplation until I have enlarged my understanding of the invincibility of the Inner Self and then proceed with the next step:

3. The Problem or Inharmonious Physical Condition for which I AM Treating.

In God's Mind or the Mind of the Universe there is no place for disease or inharmony of any sort. Since "in Him we live and move and have our being," this inharmony seeking to express through ME, finds no recognition in my mind as a thing of power. My Word, which is my constructive thought, neutralizes and destroys any such assumption of power in my experience. My mind, therefore, is receptive to the perfection of God's thoughts which flows through ME unhampered.

The best method of procedure is an endeavor

to resolve the objective condition, whatever it may be, into its mental state or equivalent as expressed in the various treatments throughout this book. Metaphysical practice will enlarge our understanding and enable us to intelligently meet any situation which may arise.

Then proceed with:

4. Gratitude.

To say "thank God for this and that" is not necessarily gratitude. Real gratitude is my recognition of what Spirit has done for ME in my demonstrations, together with a faith and willingness to trust the power of Spirit completely in the future. Hence, gratitude is essential to further progress and is one of the most important steps in a mental or spiritual treatment.

PART FOUR

Limitation vs. Financial Freedom

A WELL KNOWN financial authority has said that in his record of over fifty years, he has found that each depression has been preceded by a decline of interest in religion. Somehow, pessimism gains ground at times and it is easy to see how this results from a declining faith, not merely a recession of faith in religion but a lack of faith in our systems of economy, government and doubt in personal integrity. Once the seeds of doubt and pessimism have been well planted, the negative thought of the masses gains in a swift impetus of destructive thinking, which, like a rolling snow ball, grows prodigiously in an incredibly short time. The old proverb, "nothing succeeds like success," might be paraphrased, nothing fails like failure!

Man is Instinctively Religious

Man is a religious animal and instinctively trusts in Providence. When he loses faith in God, he loses faith in the intangibles of life which represent the very essence of THINGS. This is another way of saying

that things take form from intangible Substance as a result of contemplation (thinking). When all goes well, it is easy to sow seeds of success. But when clouds of adversity obscure the sky, we dig up the seeds or fail to nurture them, so our troubles begin to manifest, and like weeds, often grow more rapidly than plants which bear fruit of sustenance.

Relationship Between Character and Religion

There is a direct relationship between character and religion, between faith, integrity and the bank account. Being good in the accepted sense does not necessarily spell success. We have all known people whose reputation in a community was unquestioned, who have finished their days in alms houses. A well known comic strip has made use of the telling phrase of "using the old bean." It is necessary to make use of the God-given gift of intelligence. On the other hand, we have all known ruthless business men who have so believed in their wrong sense of the power of the will, that for a time their ceaseless indomitable efforts have compelled success. Have we not also seen them lose in the end? This but proves the law of cause and effect. "The mills of God grind slowly, yet they grind exceeding small," is but another way of saying "what a man soweth, that shall he also reap." No one has ever succeeded in beating this law!

Pursuing in this logic, one may say that poverty is

not necessarily the result of wickedness. Man is either ignorant or indifferent to the laws of success, which laws he may easily discover if he will make the effort to acquaint himself with them. The truth of the psychology of expectancy is so well known these days, it is unnecessary to argue the subject here. Too many of us have abundantly proved this truth in our experience of expecting NOTHING and making fine demonstrations of it right along! It is simply objectifying our subjective lack of faith.

Financial Freedom Through Contemplation

The first step in our demonstration of financial freedom is to get back to the underlying principle of Creative Mind. We should analyze ourselves to see what it is we really want. We must remember we cannot have just what we want unless that wish is constructive and in alignment with the Creative Principle. Whatever God wants, He becomes by virtue of His contemplation. Thus it is easy to see God smiling back to us from the face of a pansy blossom or in the dancing sunbeam. The artist contemplates a picture, a statue or whatever he truly desires and busies himself in becoming that thing. The finished product breathes his personality. One who knows music, quickly recognizes the composer of a composition by its style even though he may not know the name of it.

Thinking is the Channel for Power

Thus we see that the greatest power in the universe is THINKING, for thinking IS energy. Within each one of us lies a potential power for the use of this unlimited energy and the business of living is to transfer this latent power into form. We can do this exactly as God does in his creation of new worlds out in the Milky Way, viz., by constructive contemplation.

If we are experiencing either disease or failure, let us ask ourselves who made the condition. If God made these things, then we must accept them. However, we know there is no equivalent for these dire things in the Universal Creative Mind. The oft quoted scripture passage, "For since by man came death, by man came also the resurrection of the dead," might be profitably paraphrased, since by man came all of his troubles, so by man comes also his release from them! In other words, man has dominion over his own mental realm, the kingdom of harmony, which lies within the quiet of his own thinking. Our environment is largely made by our own thought. Shall we continue in an unfavorable environment? It is for us to decide, and decide we must!

Rich Consciousness

Have we a rich consciousness? That is, do we think in large or limited terms? Do we go out with confidence? Consciously or unconsciously our mental attitude

gives forth a definite vibration which stamps us with all whom we meet. Vibration is not cause, it is always effect! Nothing can thwart the purposefulness of one who goes forth with determination, confidence and faith. For such a one, success must sooner or later manifest as surely as the dawn follows the night. We must be definite in knowing what we want—we must decide for ourselves, because heaven knows that no one else can know what we wish!

We must develop that quality of mind which believes in the power to attain and obtain. It is legitimate to pray (treat) for health, so why is it not legitimate to pray (treat) for wealth? Is there any reason why we should not demonstrate freedom in finances? We can and must keep clearly in mind that money is not wealth. Money is the objectification of substance and is as much a part of the divine law of circulation as is blood, in fact, the underlying principle is the same in both cases, viz., Spirit is a never ending circulation of the very Life of the Infinite. That money is not necessarily wealth is substantiated by the example of the German mark. At one time it was valued along with the dollar and pound sterling and shortly after the war, millions of marks were bought by American speculators who had faith in the mark. In a short time, however, it was absolutely worthless.

Who is Your Banker?

If we accept the Infinite as our banker, we shall have unlimited credit. We must then write out our checks and draw upon Universal Supply. By so doing we shall always be able to cash in on consciousness. In the kingdom of our mind we find order expressed, perfect adjustment, and here in mind we possess all things, all possibilities. Knowing this we can "BELIEVE THAT WE RECEIVE." We can walk boldly up to our Teller, knowing our credit is good. But to try to fool this Banker is the height of folly. Here in this Bank of Mind, honesty is not the best policy, it is the only policy there is! Here, "kiting" checks, re-financing and other methods which are used to put off the day of reckoning do not get even "to first base" because they are ineffectual before they can be resorted to.

So the Truth student can boldly affirm to himself that God is his Banker and have always the assurance that the Bank of Mind cannot fail. Its assets are forever liquid and the circulation of its legal tender is never hindered or obstructed except in human thinking. The value of Its standard of currency can never fluctuate. Knowing these things, the flood gates of opportunity are always open and if we are receptive, blessings will be poured out upon us "that there shall not be room enough to receive."

PART FIVE

Treatment for Activity and Supply

IN treating for anything, I must remember I can only succeed in that which I can conceive of as a reasonable possibility. While it is true it is as easy for Principle to manifest five cents as a million dollars, it is also true this same Infinite Principle can only manifest through me at the level of my consciousness.

Be Specific

For instance, if my business consists of clients or in obtaining new accounts, I must decide for myself what would be a reasonable increase to expect within ONE day. If ten new clients or accounts is an unreasonable number to expect, then I shall declare that tomorrow I shall have TWO new clients or accounts, or whatever has proved a reasonable increase in my past experience.

If it is a position I wish to demonstrate, and if it is reasonable to expect that position to manifest tomorrow, then I shall so declare it in my treatment.

If it is a matter of selling anything or of making large contracts in which time enters in the arranging

of business details, I must decide what is a NORMAL amount of activity to expect perhaps not in a day, but rather over a period of a week, and then so declare it in my treatment.

The important thing is to be specific along the line of my own mental acceptance or equivalent. The next important step is to give the treatment with a sense of authority, as one speaking with a feeling of certainty. Then I must KNOW there is nothing in the Realm of Mind which can or will deny my constructive thought or WORD; that whatever denies from the human angle or experience is NOT A DENIAL IN THE TRUE SENSE. Jesus said, "Heaven and earth shall pass away, but my words shall not pass away." (Matt. 24; 35.) I must know that MY WORD stands forever and is active NOW. I must speak my treatment with all of the conviction I can muster and then leave the treatment alone. I must stop thinking about it. If the problem for which I treated persists in coming up in my thinking, I must dismiss it by endeavoring to sense my spiritual self as dwelling in the Realm of Spirit. I must accept the truth that "the kingdom of God lies within" and that this kingdom is a realm of perfect harmony, of perfect adjustment, and avoid allowing the problem to keep revolving in my mind. I must dismiss it with a constructive thought and sense that I am living in

the midst of peace no matter how distressing the material conditions may be about me.

The mere endeavor to do this, will mean a greater realization of peace and power and a gradual building up within of a sense of mastery AND THIS CAN BE DONE.

Treatment

(Recognizing the Activity of Creative Principle.)

I know that Creative Principle is forever active. This activity is constant and perfect no matter what the race thought of depression may be or my own experience of idleness.

Whatever activity I have or express is but the manifestation of the activity of Universal Life expressing or reflecting through me. Since in the reality of being there is only perfect action, my WORD for me is that I am NOW an open channel for the reflection and manifestation of this perfect activity as perfect judgment, abundant supply, right action, judgment and intelligence. *Truth*

(Recognizing myself as dwelling within the Realm of Abundance.)

In Mind I dwell within the Realm of Substance. This Substance is as abundant as the air I breathe, and since there is no limit to the air for me, so I perceive that for me also there is no lack

of Substance in this Realm of Mind. Money is the manifestation or reflection on this material plane of Substance, which is the essence of Universal Life or God. I declare this Substance is manifesting and reflecting NOW in and through me in joyous right action, supplying not only my every need, but is giving me the abundance which is expressed in nature all about me.

(Recognizing myself as the master of My Own Experience.)

I go forth with a joyful acceptance of my own good. I go forth sensing that I am the master of any situation that may arise in my experience. I do not shrink from future problems, for instead of fearing them, I view life as a GAME of problems, the solution of which I look forward to with a sense of joyous anticipation.

I now realize that man has truly been given dominion over ALL THINGS and I am the MASTER in my own mental realm!

AND SO IT IS.

PART SIX

A Clinic for Sick Business

REGARDLESS of present success we are all desirous of greater activity. In the midst of tremendous activity we may be experiencing want and anxiety, for even in adversity there is activity. Mentally we are either progressing or retrograding. As we glance over the month's balance sheet we realize with sorrow or joy that our business is never at a standstill. Whether this month it represents gain or loss our business manifests activity. How to make it manifest activity that will keep us "out of the red" is a question of vital interest to all, an attractive subject for discussion.

Now by the term "business" we do not mean necessarily a store, an office or a living room. Business in its largest sense IS activity regardless of whether a man or woman is the head of a great corporation, store-keeper, doctor, lawyer, musician, artist, peanut vender, steamboat peddler or the retired business man with an individual fortune.

As we observe nature we see a continued manifestation of activity. All creation is expressing movement; the air even in a so-called dead calm has some slight

motion; stately clouds moving slowly or as in the commotion of a storm; animals, birds and fish expressing agility, energy, vivacity and alertness. Looking out into the further reaches of the universe we see evidences of tremendous forces that are never still. The planets revolve in their orbits with incredible speed; other universes are in the process of evolution or dissolution. Perhaps we may some day learn that many of the sorrows we now glibly ascribe to "an act of God" are really the result of accumulated wrong thinking which must burst forth somewhere just as the boiling teakettle does when too full.

There can be no question as to the reality of activity. What activity in reality IS, whether or not it is governed by law, how I can align myself with this law and how I can use it in my business, is a question that concerns myself and all men.

Idea of Business Resolved into Thought

To any student of metaphysics it is merely a bromide to say that every problem whether physical, financial or one of human relationships must be resolved into thought. Business is but the material expression of the activity of Universal Mind. This activity is perfect—nothing ever happened to it or can happen to it to make it anything less than perfect. Nothing you and I can ever do or think can magnify or diminish it. Somehow I discover the fact that whatever my busi-

ness is, it is not My business because it is a part of Universal Activity. To the average business man this statement will sound like a piece of nonsense and he may conclude that just such philosophy as this takes away one's individuality and all incentive. However insane it may seem, it is the Truth.

Man is but the tool of the Infinite, an instrument through which the Eternal Life Force is expressing or operating. All there is of life as we know it, is this Eternal Life Force expressing through us as individuals. Having contemplated writing this article for some time I have today seated myself at my typewriter and through the medium of this blessed invention I am expressing myself. In the same way an artist with a bit of color paints a cow; the musician with pen or pencil and perhaps a piano composes a masterpiece; the engineer plans a Hoover Dam; the business man plans a great advertising campaign through the medium of a newspaper or an advertising agency; the philanthropist plans a refuge for suffering humanity, ad infinitum.

Is Business Poor?

Everyone may say business is poor. We say our business is "run down"; there are too many competitors in this particular field of activity; we have just about worn ourselves out trying every way our fagged brain can devise to "make a go of it." Reaching the end of

the rope we are forced to take another inventory—this time not of our business but rather of ourselves.

For a long time, we say, our affairs have not been as successful as they should be. We have tried every method we could lay hold of to further our business. We spend the time away from our business in scheming, thinking and planning. We are out of bed early. We go to bed late and lie awake by the hour thinking, thinking until we have grown utterly weary of it all, and what is the use anyway? We are either a success or a failure—we cannot be both at the same time. Possibly we are not a complete failure but certainly things are going badly. Life offers little interest, for we say, "now do not talk metaphysics to us for we have read it and tried to practice it these many moons and it simply does not work for us." We help people, loan them money but it does not return to us the way the good books say it will. These same good books say there is an Intelligence back of all things but how does it affect our affairs?"

Have you ever been guilty of such contemplation? It is common to many people. Experience has taught that it is false reasoning. To talk about God, to rhapsodize about metaphysics, is all very well, but we must connect up with it all. We sit about talking of the marvels of electricity—how it will cook our food, heat our houses, freeze the ice, light our rooms and keep us cool. All true, yet how fantastic

these things would have sounded to George Washington and his generation! I am sweltering in my office today—whew, but it's hot! In my closet is a perfectly good electric fan and in the room are several floor plugs. Until this very moment the fan has been forgotten. How silly! Another case of "out of sight, out of mind." In a jiffy I have comfort instead of discomfort, the fan has been placed near my desk, I plug in on the electric current and what a transformation! The fan was in the closet all of the time, the electricity wired in my office before it became mine and all of the time I have been acting like an ass!

Activity is Now

Activity always has been and always will be and is now! It is a great big perfect activity going on all about me. If I do not make a success of my business, someone else will. John Rockefeller has his millions, John Smith is in the poor house. Both breathed the same air, ate practically the same food, had the same amount of brains ounce for ounce. One did something that the other did not. It is unthinkable that God sat somewhere in heaven giving the one certain inside information, withholding it from the other. The fault lies not with God or the law of activity but with the individual. I must learn how to plug in on the current. In my worst moments I may feel that within me there isn't much intelligence but whatever

I am, it is nothing short of the law of activity working through me. This great Life Force IS expressing through me but it can only manifest as I permit it. Instead of storming the universe for the living "they" say I am entitled to I must acquaint myself with the laws that govern life and use them. Jesus knew these laws and used them better than any known human. We express these laws in modern psychological terms while Jesus being an Oriental and dealing with Orientals used the language of his day—even now the Easterner uses a majestic and poetic language which the Occidental finds too tedious to fathom. Jesus said, "Seek ye first the kingdom of God and His righteousness and all things shall be added." Were he with us today he might voice the same thought in some such language as this: "If you will seek to know something of the mental laws which govern life in all of its phases and intelligently apply them, you need not be concerned with the results."

The Key to Success

Here then is the key to success: to find out what these laws are, how to use them and begin at once to apply them. Since there is an Intelligence back of all things which expresses itself in the perfect harmony of eternal activity (we see it all about us in nature) this Intelligence must be expressing harmoniously through us except when we, by individual wrong thinking,

mess things up. It is the privilege of human beings to block the flow of wisdom and intelligence. It is man's prerogative to choose and outline. This answers the query that so often comes as to why we suffer and are in so many difficulties. The Great Psychologist recognized this doubt in man when he said, "Knock and it shall be opened, seek and ye shall find." Here a great law is uncovered. Only by earnest and thoughtful yearning and seeking for knowledge coupled with expectancy and sincere endeavor, never giving up, can we attain. We cannot hope to accomplish anything by that false philosophy of inactivity. A certain Chinese sage said that all things came to the man who practiced perfect inaction. This does not mean that we should spend our days meditating upon the glories of God, the laws of electricity, gravitation and what not. It DOES mean that we should plug in on the current and let the flow of intelligence come through *without interference* as expressed in the individual as fear and worry. This is what Jesus meant when he told his followers to take no thought for the morrow.

Treatment for Increased Business Activity

From all of the fears, doubts, worries and confusion of life about me I turn to that self within which recognizes itself by my name—that place of infinite peace and calm, the same today, tomorrow and forever—the only place of quiet in the

universe for me. This is my point of contact with God for it is the God-consciousness within me. Through this secret place of the Most High comes my help, the only intelligence and guidance I can ever know or experience.

Like a fish swimming in the sea I am pure spirit immersed in the sea of Infinity. Therefore I am a part of the perfect activity of Universal Mind and that which I call MY business is but a material manifestation of this Universal Activity. In this sense it is not my business—I am a superintendent—an overseer of a certain province of activity.

I express perfect freedom of action. I cannot err in judgment for this perfect business is directed by Divine Contemplation which is expressing Itself as a complete and perfect manifestation of Its own satisfaction. My recognition of the fact that Infinite Intelligence is manifesting through me, gives me true courage which is the Light of Truth, neutralizing and dispelling all doubt, fear and adverse thought operating through me to hinder or oppose my progress. This Truth in me destroys all the negative subconscious accumulation of my conscious fear of the future and of all race consciousness which would recognize poor business, loss, lack, illness of body or decrepitude as entities.

I arise in the majesty of my recognition of my

WOLFFMATIC
Product

divine self which knows only success, abundance and the peace of mind which comes from this recognition. "Ye shall know the Truth and the Truth shall make you free"—this IS the Truth, I AM free and my freedom is manifesting now in and through every channel of my activity.

My gratitude is constructive in that I am able to take a larger view of life with a greater faith because it is the faith of understanding.

PART SEVEN

Treatment for a Business Conference

(NOTE: The following treatment has been used many times when great inharmony seemed uppermost in the minds of most of the conferees. The harmonious outcome in every case was most remarkable.)

This conference takes place in the presence of Infinite Intelligence which is a Universal Principle of Harmony.

This Presence is one of peace, calm and equilibrium. Each person taking part in this conference is a definite consciousness which is one with the Universal Consciousness.

Therefore each one is a channel for the manifestation of the intelligence of the Spirit of Intelligence.

Each conferee is a part of that which is whole, complete and perfect and cannot and does not desire to express anything which is less than that which is good for all.

Nothing can be proposed which could operate in any way other than that which represents the highest good.

Nothing can be proposed which can injure or wrong anyone.

All that is known of the problem at hand is known within Universal Mind of which each one is a definite part.

Therefore, each one knows subconsciously all there is to know about the matter and when the conscious mind of each is acquainted with the facts which must be brought out, there can result only that which represents perfect judgment.

I enter this conference with confidence, knowing that I am guided and directed by Infinite Intelligence which is operating in and through me without hindrance or obstruction.

I know this conference in all of its ramifications will be but a perfect manifestation of that perfect adjustment of Universal Mind which is in itself a kingdom of perfect harmony.

PART EIGHT

Treating in the Absolute

"Seek ye FIRST the kingdom of God, and His righteousness; and all these THINGS shall be added unto you."—(Matt. 6:33).

TO MANY, "treating in the Absolute" is a vague, meaningless term. It seems to imply an exalted theorization, beautiful but impractical. When rightly understood, it is not vague. It is the essence of right practice and is specific and definite.

Like all metaphysical thought, treating in the Absolute rests upon the premise that *God is*, and if God is, man has nothing to fear. Since God made man, He must have made man perfect. Since God created man perfect He must have provided the proper conditions to support not only man, but all of His creation. Jesus apparently understood this Truth when he voiced the quotation heading this subject. Our first and only concern must be to "seek *first* the kingdom of God," in other words, acquaint ourselves with His immutable laws which govern all things. Then it continues, "and His righteousness." Righteousness means correct thinking. An artist will tell us if we mix blue and yellow, we will get green. Suppose we

say, "We don't believe it—green is green and we can't see what good will come of mixing two colors, neither of which is green." The mathematician will tell us that two times two are four. If we do not put these colors or figures together, we will never obtain the result. It is obvious that the result of such effort is incontrovertible.

Treatment

Now let us outline a treatment in the Absolute and follow it by a brief analysis:

Spirit, Good, is all—all power, whole and complete at this moment. Spirit is the creator of everything and this means absolute perfection in all things. Spirit is Mind and is conscious only of Its own perfection. Since this Mind is the only Intelligence, It is absolutely calm, poised, tranquil and at peace with Itself. This Mind contains within Itself, all life, action, power and supremacy, and embraces Its own limitless control which is not and cannot be opposed or hindered in the perfect expression or manifestation of Itself.

This is the God I recognize. I cannot and do not accept or recognize anything less than all-inclusive Power, Justice, Love and Intelligence.

Man is the perfect expression of God Himself, created "in His likeness." Man is a part of and one with His Creator and as such can have no

care or responsibility. In the recognition of the Allness of God, man cannot "fall" nor lose his dominion. Because of the government of God's own perfection, man cannot be misdirected, he cannot mistake in his judgment or err in any possible way.

I Cannot Lack

Since Spirit has absolute control of all conditions for Itself, I cannot lack anything. God dwells in His own abundance, therefore abundance is a fact which cannot be altered. Perceiving this, I have abundance now. Activity of Universal Mind is full and complete, therefore I have perfect activity now. God is always in His right place, therefore I am in my right place now. God could not create sickness, therefore I enjoy perfect health now. Back of every organ, function, duct, gland, bone, or muscle is the perfect idea of God, which has not, cannot, and never will change. The only body there is, is the body of God; therefore I can say, my body is perfect now.

Analysis

All healing of disease or conditions can only come through a realization of such fundamental facts as are embraced in the foregoing. Such a realization can only come by a continued affirmation of such Truth. Jesus indicated the full force of this statement when

he told his followers to seek if they would find and to knock if they expected Truth to open to them.

But you say, how can I say I have a perfect body, or that I have perfect health, or that I am in my right place, or that I have abundance, when I observe a crippled body, while I have pain, when I am out of a job, and my pocketbook is empty. We do not deny such human experiences, but if one cannot realize the spiritual plane of original perfection, it will be done unto us only as we believe. Lot's wife could not refrain from looking back, and she turned into a pillar of salt. Likewise, if we cannot refrain from looking at the symptoms, the *things* about us, we too shall experience the things we mentally accept.

No matter how desperate our case may be, we must continue to affirm the Truth of Infinite Causation, refuse to accept the human beliefs or materiality as ultimate realities. If we can dwell in the "upper room" of the true spiritual concept of perfection, we need not be concerned with the results, for they automatically take care of themselves. In other words, we can be certain that "*all things shall be added.*"

PART NINE

A Treatment for Peace

SENSING PEACE is man's greatest asset. In fact to demonstrate peace should be the first aim in treating anything. Before the farmer sows his grain he carefully prepares the soil. In the same manner peace should be established in the patient as this opens the channels for specific healing. A sense of peace is essential because with it comes the recognition of the SELF as Spirit and this is the basis of all metaphysical healing.

My inner self, that consciousness within me which knows that I am alive, is my I AM. It is the life principle within me which is a definite part of Universal Life. Therefore my I AM is MY center of the universe. Whenever I turn to it, I find it to be the same as it was yesterday, the same in fact ever since I can remember—it never changes—it is the Rock of Ages. It is always a place of absolute calm, equilibrium, poise and peace. It is that peace "which passeth understanding."

I do not tell my body to relax, for in itself it has no power either to relax or to be tense. It (my body)

can only reflect or manifest my inner self. I now declare this inner peace, which is a fact of being, is now manifesting through every channel of my expression on this plane, which includes every bone, duct, gland, organ, cell and function of my body as well as through all of my affairs.

This inner self knows no fear, no limitation of any kind. It is always conscious of itself as whole and complete and these conditions which are the realities of Being automatically neutralize all of the human thoughts of weakness, illness and lack. I now declare that these facts of Being are manifesting in and through me. I turn from all of those inharmonious conditions which speak to me claiming themselves as things of power, giving them no recognition as having any possibility of expression in and through me.

My I AM is the Presence of Peace—the Presence of Good—the Presence of Perfection. There is no other Power.

My Peace is. It is so. It is done.

Peace Within, Eternal

(Tune: "In the Hour of Trial")

Peace within, eternal; peace is mine today.

Peace within is changeless; nothing can dismay.

Peace within abiding; peace all fears allay.

Peace within unfailing; peace is mine alway.

PART TEN

Demonstrations—With the Central Thought of Healing Around which the Treatment was Built

THE following citations of healing from the author's own personal practice are given mainly to assist the student in his effort to approach his problem with a definite thought around which he may build his treatment, although they also prove the efficacy of metaphysics.

The treatments written out are not intended as "mental prescriptions" to be memorized. They are only given as suggestions for a method of procedure. A treatment must be spontaneous, or it will soon become an empty form. We must learn to do our own thinking and express our thoughts in our own words.

We should not hesitate to begin treating. Prodigious knowledge is *not necessary!* Begin in the simplest manner possible and results will be obtained.

The important thing is to begin!

Absent and Present Treatment

Since all metaphysical work is done on the mental plane, absent treatment is as efficacious as present treatment. It is evident that if a mental or spiritual treatment has any value, it cannot matter if the patient is but a few feet, a few thousand feet, or miles for that matter, from the practitioner. In a present treatment the work is done either audibly or silently in the presence of the patient and has the added advantage of the asking and answering of questions. This may prove valuable in that the patient's understanding or consciousness can be enhanced by instruction so that blind faith may become a faith of understanding. On the other hand, absent treatment may prove of value in that the practitioner may be better able to impersonalize a distressing situation or disease by not having the picture before him to neutralize.

Since the medium of treatment is the realm of Mind, time and space cannot enter in. The radio is the best material demonstration of the immediate transference of thought regardless of distance. The practitioner, whether he knows the name of the person desiring help or not, unconsciously (or consciously) gives the direction of the treatment. The patient, in his call for assistance, automatically attracts the good of the treatment to himself.

Alcoholism—Drug Habits

It is generally conceded that the psychological reasons back of drug addictions and alcoholism are a desire to conceal a sense of inferiority (hence the seeming need of a stimulant to enable one to rise to an occasion) or a desire for an "out" from one's troubles. Such cases respond quickly, in most instances, to metaphysical treatment; and the results are lasting, since the healing is from within. Will power has not been resorted to. In several cases families were reunited after a separation caused by drink. One couple that had been divorced were happily re-married. In another case, diagnosed as one of utter depravity, in which the patient was considered totally unmoral, normal conditions were re-established after years of heart-breaking situations.

In getting at the treatment for conditions of this nature, let us analyze an outstanding case of a man who had been drinking for fifteen years. He said he always thought he could and would give up the habit, but found that he could not. Realizing that he was about to lose a fine government position, owing to his increasing incompetency, something had to be done about it. While some cases require several weeks' treatment, this man was healed within a week. We do not exact a promise to stop drinking, for most men have promised themselves to do this many times; thus we establish confidence at once. Although we do not

exact a promise to stop drinking we do suggest resistance up to a point where the desire to drink is almost unbearable, explaining that if a reasonable effort is made there will be complete co-operation between the patient and the practitioner and that before long the *gnawing desire will completely disappear*. In most cases, no matter what line of treatment is pursued, the patient falls back into the old habit unless this is accomplished. While in a few instances there has been a healing when the patient had no knowledge of the treatments being given, results are more easily attained if the patient really desires to stop and is willing to co-operate.

In treating we should know and declare that the eternal I AM within can have no destructive desire or be susceptible to any adverse influence; that It is always perfect Spirit in full control of Itself and that It is now expressing Itself constructively through the patient. This I AM consciousness (that perfect vitality of life complete in itself) knowing nothing about a stimulant as such, has sufficient energy to cope with any situation. Being perfect in itself, this inner self knows no sense of inferiority.

Paralysis

A man came for treatment who had broken three ribs in a football game. For five years he had periodically suffered from violent pains in the chest, and it seemed

necessary at times to drain the lung cavity. He was not tubercular. One side being partially paralyzed, he had little use of that arm and leg, and it was said that within nine months he would be dead. The nine months having elapsed when he came for treatment, he was in a very disturbed mental and physical condition. He was emphatically told that no man could pass such sentence upon him for the Life Principle in him was indestructible and a treatment embodying this idea was given at once. He went home from the treatment and carried a child to bed with the arm that had been practically useless. This man was completely healed in one treatment, and during the eight months in which we followed the case, there was no recurrence of the trouble.

The treatment, in the case of a young woman who could scarcely walk and had practically lost the use of one arm, consisted of knowing that the I AM in her was not conscious of any hindrance and that the vitality of the Life Principle within was sufficient motive power for her complete physical expression. In a few days she had walked down five steps into the garden, and when she realized what she had done, was quite frightened. The healing, however, was permanent.

Ulcers of the Stomach

A woman who could hardly be called young, since she was a grandmother, suffered from ulcers of the

stomach. X-ray pictures established the diagnosis and the family thought a cancerous condition might develop. Knowing there was a fear of death in the patient's mind, she was told that it made no difference whether we live or die on this plane. She immediately raised herself up in bed and demanded to know if she was being reconciled to death. She was told that on the contrary she was being reconciled to life, since one of the "cardinal" points in metaphysical healing was the ability to mentally "let go" of a condition one desired to have changed. If there is a complete realization of the indestructibility of the Spirit within, it becomes easy to "let go." The patient quickly grasped this idea and responded to the thought that an ulcer can be healed as easily as a cut on the finger. The healing power of Spirit is as potent in one case as in another. Behind the laws of assimilation and elimination is the power of the I AM. We know that this power is operating through these laws in the patient and destroying any belief in ulcers. In many cases where there is an internal difficulty, we should treat the sense of worry, fear, anxiety, ill temper, and "fussiness." We cannot always trace the mental causes; it is well to analyze them insofar as is possible, endeavoring to uncover whatever mental state appears to be affecting the patient in a negative way. This woman was completely healed, and despite her years soon gained thirteen pounds.

Constipation

Constipation is one of the most stubborn and disturbing of human complaints. Strangely enough in most cases, it is a condition which yields quickly to mental or spiritual treatment. In those which prove most stubborn, an obstinate nature will often have to be remedied. If the patient seems loath to give up the drug he may have been using, we suggest he experiment by eliminating it and he soon discovers the drug unnecessary. Treat to know that Life within is the vitality which is an all-sufficient impetus back of the law of elimination and that there can be no obstruction or hindrance to the perfect action of this law. Many children, middle aged and elderly people have been healed in one, two or three days' treatment.

Cancerous Growth

A woman with a cancerous growth on the throat which was a hideous sight, came for help. Within a week the protruding part had dropped off and in a short time there was no indication whatsoever of the growth. The perfect inner consciousness has no mental equivalent for such abnormalities. If it had, every human being would manifest these conditions. Whatever produces them must be opposed to that which is Goodness and Perfection. Since such opposition has no place in the spiritual self, it can have no real substance, although it may be a fact in human

experience. From the standpoint of the spiritual it never can be reality.

Insanity

We have in mind the case of a man who had been placed in a state asylum, being considered incurable. He also suffered from constipation, piles, and a loss of flesh. These latter conditions, treated separately, were healed long before he was released from the institution. The mental condition had been suffered by the father and a brother in the same way. In treating we endeavored to know that his mind could not be lost or disturbed; that since he was a part of Universal Life or Mind, nothing could interfere with the perfect expression of that Life or Mind, and despite what anyone believed to the contrary, no adverse thought could affect him since the Cosmic Consciousness which is everywhere cannot be a medium for the transference of anything of an adverse nature.

Although there was no great change in his mental condition for several months, we felt the situation was being met and that he would be healed. Eventually a complete and permanent healing was attained by persistent treatment in the face of utter discouragement on the part of those around him.

Painful Menses—Hemorrhage

One of the greatest curses of womankind is painful menstruation. Its prevalence is generally recognized.

Practitioners know that this function is an idea of elimination and that there can be no hindrance to its perfect manifestation. When pain is experienced, the patient should be treated as suggested in the following article on "Treating for Pain."

In one case where the flow had been continuous for months, the idea that there could be no loss of blood was taken up. Blood in itself being the objectification of the perfect life stream, which is without beginning or ending, cannot be lost, and is always expressing in rightful activity where and when it should. There can be no loss of Spirit or Life. Treatment involving these thoughts have healed several severe cases of hemorrhages of the nose, throat and lungs.

Treating for Pain

In treating for pain, it is well to know that matter in itself has no power either to cause or recognize pain. Spirit or Being, knowing no pain and no inharmony, cannot recognize such conditions. This thought if persisted in will heal or at least materially relieve pain of any description. Many headaches have been healed while presenting these thoughts to a patient over the telephone. A case of severe burn, which was supposed to cause a large blister and leave a scar, was entirely relieved within half an hour, and by morning (the call came in the evening) a small blister the size of a dime quickly healed leaving no scar.

Infection or Blood Poisoning

Once a man who had blood poisoning from an infection on the ankle asked for treatment. Red streaks extended well up the leg. The following day a woman asked for help regarding a similar condition on her knee, which had distressed her for two weeks. Within twenty-four hours these persons phoned, saying the conditions were healed and needed no further treatment.

A condition at first pronounced uremic blood poisoning in its last stages (although later diagnosed as something else though similar) was met within a week. When the patient was taken home from the hospital those who knew her expressed amazement, not only that her blood could clear up in such a short time, but that she escaped having convulsions also.

The treatments for these various conditions were similar; the central thought again being the idea that blood is the objectification of the perfect life stream, and is therefore pure and perfect, filling the patient's blood vessels, and that the energy back of the idea of circulation is sufficient to create and maintain right conditions. The body being the abiding place or temple of Spirit is perfect—abiding in it is the presence of purity and peace.

La Grippe or Flu

Metaphysicians believe that colds and allied complaints are often coupled with mental confusion, worry and fear. There seems to be an affinity between confusion, colds and congestion. Always treat for peace in such cases. Infinite calm, perfect peace, equilibrium and poise are always centered in the I AM consciousness. (See "A Treatment for Peace" on page 79). Declare that now these conditions of the inner self are manifesting through every avenue and channel of the patient's expression of life. This means through every bone, nerve, organ, duct and gland in the body as well as in the affairs of the patient. Since Spirit knows no fear, these inner conditions manifest in perfect freedom.

We had the privilege of treating a physician who had suffered all day from an attack of the grippe, manifesting in an extreme condition of nausea. Within an hour the nausea was completely dissipated. The work was taken up Sunday night and on Wednesday the patient was about carrying on the usual routine of practice. The doctor, knowing from a medical standpoint the severity of this particular case, was astonished at the rapid and complete recovery with no "bad after effects."

Dentistry—Removal of Teeth

A man, although advised to have only a few teeth removed at a time insisted upon having the upper and

lower teeth extracted at one sitting, as he feared he would not have the courage to go back at frequent intervals. The call for help came at eight-thirty in the evening, when the patient was suffering intensely. Opiates had been left to induce sleep, but the patient did not wish to take them. Sleep came within a half hour after the treatment had been taken up and continued throughout the entire night and the patient recovered quickly. In treating for sleep we always take up the idea of peace as indicated on page 79.

It is surprising how this treatment at once relaxes the body, and brings sleep. In giving present treatment, patients frequently fall asleep.

Similar treatments have enabled people to accomplish what would ordinarily be painful dental work in comfort and without fear. In several instances when cavities in my own teeth were being filled the dentist would kindly announce, "now this will hurt you, but it will be only for a moment." I treated myself at once and although the dentist could not believe it, I experienced not the slightest pain. Once while treating myself in this manner I discovered that the dentist was suffering from a headache so I included him in my treatment with successful results for both. The treatment was similar to the one given for pain on pages 21 and 89.

Calcareous Deposits

For some time a woman suffered more or less from pain in her shoulder, which pain suddenly grew acute. While the condition was first diagnosed as neuritis, the X-ray picture showed a calcareous deposit in the shoulder joint which she was told would be benefited by light treatments, although it was thought the difficulty could not be permanently removed. She took a few light treatments and we told her to know that there was only one Light, that of Truth, which was penetrating the innermost recesses of her consciousness and destroying all inharmony. During an absent treatment the pain suddenly left, the time of the treatment being checked the next day. Within a week she had complete freedom from the trouble.

Biting Finger Nails

A man being treated for alcoholism, happened to mention the fact that his six year old son had formed the nail biting habit. In the treatment for the father we embodied one for the son. During the week following this particular treatment the parents did not speak to the child relative to the habit, and although but one treatment had been given, on Saturday the child said, "Daddy, see, I am not biting my nails any more." In the treatment we endeavored to realize that Spirit knows no destructive desire, therefore, this child did not want to bite his nails—a treatment remarkably

similar to the one given the father to heal the desire for alcohol.

Tuberculosis

A young woman, small of stature and weighing just seventy-eight pounds—her normal weight should have been around a hundred pounds—came for treatment. She had been ordered to do no work, and remain practically all of the time in bed. Within a few weeks she had gained twelve pounds and after six weeks was told she needed no further treatments. It seemed certain the case had been met, although she was doubtful about it. Soon she weighed a hundred pounds, was back at her work, and has had no return of the difficulty. Another case in mind was that of a man who was said to have had spots on his lungs. He had been in bed three weeks, the illness having started with pneumonia. The treatment given at his bedside was so dynamic in its effect on all in the room (the wife was present) that no surprise would have been experienced had he arisen from his bed healed. Although the patient did not get up at this time, we felt the healing had been accomplished in this one treatment. A severe headache from which we did not know he was suffering was dissipated. We promised to continue the treatment for a week, but told him we felt sure the healing was already complete. His nature being pessimistic, most of his daily reports were not good.

Despite the poor reports we maintained our original position, that the healing had been accomplished in the

first treatment, and that his sole duty was to permit the Truth to flow through him. Since he grew rapidly better, he undoubtedly made an effort to do this. Two years have passed, and there has been no recurrence of the condition.

The law of respiration is a perfect law (see "Four Great Laws of Life" page 25). Nothing can interfere with the laying hold of the vital Life Principle which is all about us, and which is our life. Substance, Spirit in us manifests in perfect form, an idea that builds avoirdupois. Circulation is also the Life Principle flowing through us. This knowledge builds and nourishes the body. The I AM within is perfect vitality and is sufficient for the complete and harmonious manifestation of life. Every cell in Mind has its perfect pattern, whether in lungs or any other organ. "Bless the Lord, O my soul . . . who healeth all thy diseases . . . so that thy youth is renewed like the eagle's." (Ps. 103:2, 3, 5.) The I AM within is my strength, energy and life!

Mastoid

One night at ten o'clock a despairing mother called saying that on the next day her child would have to have a mastoid operation. X-ray pictures had been made and the diagnosis established. She was told that if the operation could be deferred for twenty-four hours, perhaps it would not be necessary. The pain ceased at once, the child had a fine night and by morn-

ing the temperature had gone down. The operation was deferred. To the amazement of all concerned, the child speedily recovered and was dismissed from the hospital two days later. At another time a family living five hundred miles away phoned, saying their child was suffering severe pain in both ears and it was feared an operation would be necessary the same day. (While this was not a mastoid condition, it is mentioned under this heading because the treatment for it is the same as that for mastoid.) The father's fear was allayed by telling him he should not worry for we would work to dissolve the condition, but if an operation seemed necessary, it would only be a minor one. This conversation occurred in the forenoon, and by four o'clock that same day the child was quite all right. The family had difficulty in understanding what had happened, for an operation seemed unavoidable. Several similar cases have been met as successfully. Matter in itself has no power to gather itself together. Wrong thoughts manifesting in these disturbing and inharmonious conditions were dissolved by declaring that Spirit knows no inharmonious accumulations.

Metaphysics and Surgery

If medical practitioners knew the powerful assistance metaphysical treatment is in co-operation with surgical cases, they would have a corps of mental practitioners on every hospital staff. It is a distinct pleasure

and privilege to work with physicians, and there should be no occasion for antagonistic thought in any system of healing. Each plays its part in human experience and individuals should express freedom in choosing whatever will help them most in any difficult situation.

In an operation for the removal of a goiter in a young woman, the condition was considered so serious that a successful outcome seemed extremely doubtful. The evening before the operation, metaphysical treatment was asked for in order that the patient might have a good night's rest, so absolutely essential.

The surgeon said never had a patient gone on the operating table in a better mental state, a thing particularly desirable in operations of this nature. Incidentally, the patient knew nothing of the metaphysical work being done, as it was feared she would oppose it. The request for help was made by the mother, who was herself a physician.

In the work done during the operation the patient was treated for elimination, a thought which seemed strange at first. As the treatment evolved, we realized, that having no place in Infinite Mind, this growth might have been dissolved by thought, but since it had not been done in this way, it was now removed by the perfect action of the law of elimination which in this case was expressing itself through the surgeon's knife. The surgeon was a channel for the perfect manifestation of Intelligence.

The declaration was also made that the patient would not experience any pain in the healing of the wound as nothing had happened to Spirit—nothing had been removed from Spirit in the operation.

A report on the patient an hour after the operation indicated that she was very low, pulse one hundred and forty-three. In another hour a report was asked for and by that time the pulse had gone down to one hundred and twenty and at no time did she have more than one degree of temperature.

The patient experienced no pain after a particularly difficult operation, no scar was left, and the bulging eyes soon became normal. The rapid recovery was amazing alike to physicians and nurses.

The gall bladder was removed in another surgical case. The nurse in attendance expressed great surprise at the rapid recovery of the patient with no unusual discomfort or temperature. Likewise, in many other surgical cases the results have been as happy.

Hardening of the Arteries

In the consciousness of the race there are strong beliefs built up about what may possibly manifest as in-harmonious conditions in people as they grow old, while Spirit is infinite and timeless, knowing nothing of age, man seems to be greatly concerned about what he considers the problem of growing old.

A physical belief in the problem of old age is a hard-

ening of the arteries, a condition which does not permit the flow of blood to properly nourish the brain, and in which the patient becomes forgetful, acting in a strange manner. This condition was treated in a man of eighty-six and the manifestations almost totally removed over an extended period of semi-invalidism. In this case, the stroke of apoplexy which is a part of this belief, never came. Work for controlling the flow of urine was also taken up in these treatments with success.

The idea that the real self is neither young nor old; that as long as this man was expressing on this plane, he would remain in complete control of all of his faculties both mental and physical; that the perfect law of circulation set in motion by the impetus of the I AM softens the blood vessels to a condition of perfect flexibility, enabling the blood (vital Life Force objectified) to flow perfectly through him, were the thoughts embodied in the treatments.

Obstetrics

Work was done on a case where it was feared a Caesarean operation would be necessary. The mother of the patient, who was very much disturbed, responded instantly to the treatment to allay her fears. We worked for the realization that Spirit knows neither birth nor death; that back of the human birth is a perfect idea or law which expresses naturally without pain or confusion. The birth took place in a remarkably short time

and was perfectly normal. There have been a number of obstetric cases in our practice of metaphysics which prove the efficacy of mental or spiritual work.

Tic Douloureux

Facial neuralgia as most people know it, a part of a cold condition or La Grippe, is quite common. Tic douloureux, diagnosed as neuralgia of the fifth nerve in the face, is uncommon so we feel impelled to bring to your attention a case where a complete healing was brought about with the metaphysical treatment when all physical agencies had only brought temporary relief, ranging from a few hours to a year and a half. Other physical inharmonies during the time the tic douloureux was being treated were also met. From the human standpoint there seems to be no suffering greater than that experienced in this particular type of facial neuralgia.

The patient having been a medical practitioner, knew the nature of this experience when it first manifested, so, was fully prepared to suffer the excruciating pain, living in abject fear from one attack to another. We declared that since Spirit is always manifesting in perfection in man, this patient was no exception to the rule, and that since this was true there was nothing to fear.

Nerves are like wires. Wires know nothing of the current passing through them. So nerves are

simply channels for the communication of messages of thought. The Spirit within, knowing nothing of pain, is cognizant only of peace and the perfection of Being. Therefore, this "fifth nerve" and all of the nervous system could only convey the equanimity of inner perfection.

Treating Animals or Plants

Animals and plants respond quickly and easily to metaphysical treatment because they are purely subjective, that is, they are receptive to conditions about them because they have no conscious mind which argues about the treatment as in the case of human beings. The practitioner begins by treating the owners of the animal, and those about it, correcting any erroneous thoughts or beliefs.

In treating animals and plants, the process of treatment is exactly the same as for human beings. Those who have experimented along these lines could give astonishing testimonials of the efficacy of such mental work.

One day a lady telephoned that her dog was ill of an intestinal disease from which it was said only one in ten thousand recovered. She was told that her pet was *that* one! In a few days the animal was completely healed. The treatment given was the same as for a human being. Life is invincible and perfect, whether expressing through an animal, a plant or

mankind. A realization of this truth will manifest in a perfect healing.

Business Transactions—Conferences— Settlement of Disputes

Business transactions respond to metaphysical treatment as easily and as naturally as does disease. Both problems and diseases are amenable to one Supreme Law of Harmony. The treatment is largely the same for both. To illustrate: This is a situation where it seemed the part of wisdom to sell a private industrial plant to a large corporation. There was considerable disagreement between the stockholders of the small concern, and this inharmony was overcome. A last minute difficulty arose, due to a loss in value of the corporation stock in the crash of 1929. This was met by a voluntary and surprisingly generous offer on the part of the corporation and the entire matter was quickly adjusted, to the satisfaction of all concerned.

In the sale of a large printing establishment, treatment for one week was requested, at the end of which time the transaction was reported dead. Owing to an inner conviction we felt this was not true, so offered to continue the treatment. On a day when at night the final conference would be held, a very awkward situation arose. The patient feared this new angle would prevent a successful consummation of the deal, so he asked for special help. Although it seemed humanly

impossible for him to keep his fear from speaking to him, we asked him to declare that even if the fear continued to speak to him it could have no effect. In some manner, fear must always be neutralized. The treatment for this situation and for any conferences where inharmony has to be met and adjustments made is after this manner: Since there is but one Intelligence, subconsciously, all parties concerned in reality know what ever will be proposed by either side. Of course the conscious or human mind does not know until it is acquainted with the facts. This operates to allay surprise and objection, and it is interesting to note how inharmonies are smoothed out without distractions. Within two weeks from the time the work was taken up for the sale of this establishment, that which seemed impossible, had been happily consummated. (See Part VII.)

Disagreement in Legal Matters

With metaphysical treatment, many disagreements are settled out of court. One particularly unpleasant and far reaching matter for which a trial date had been set, was completely dissolved. As the matter seemed unfair, the work done was to know that Infinite Intelligence, operated through all parties concerned, uncovered the truth and justice of every angle of the situation; that truth and justice must and do prevail; that love (understanding) and truth alone control.

Many similar cases have been solved through metaphysical work, the details of which cannot be given here owing to their intimate nature.

Supply

A lady in distress came saying she had received notice that unless five hundred dollars was paid immediately, foreclosure on her property would be set in motion. Although she saw no possible way to meet this situation, within three hours the entire matter was cleared up and her home was saved. The central thought of this treatment was that the good of the Spirit within represents the stability of Being; that this woman's good could not be taken away from her, for nothing in the I AM of anyone desires that which is destructive for another.

Once a woman telephoned, saying she was in difficulty over her account with her broker and needed a considerable sum of money within a few days. As there seemed no way to meet the requirement, the probable loss of her holdings brought great mental distress and a lack of sleep. We told her the story of Elisha's servant who was frightened because the Israelites were surrounded by superior forces and destruction seemed imminent. After Elisha had prayed that his servant's eyes might be opened, his servant beheld the chariots of the Lord encamped on the surrounding hills ready to fight for them. This we told her was only a symbol

illustrating the fact that we are surrounded by an Intelligence that can and will help us in every situation. Assuring her there was a solution for this problem, she was treated for peace as indicated under the heading of "A Treatment for Peace," on page 79. Within an hour, after peace of mind had been established, the thought to telephone a friend in another city persisted. This she did, and the necessary money was obtained.

In a personal interview with a musician in financial distress, the fact that her purse held just fifteen cents (and that was all the money she possessed) was not revealed. After the treatment she left to make a professional call. Carfare for this visit left five cents in her purse. She decided to walk to her apartment using the remaining nickel for a cup of coffee. While walking, she felt impelled to look up and discovered that she was in front of a radio station. Following an impulse to go in, she succeeded in getting a contract for a number of engagements. The Inner Self knows nothing about abundance or lack for it is whole and complete in itself. It knows its stability of Being, and this is the embodiment of the idea of abundance. The activity of Universal Life never ceases being active despite human beliefs of limitation. (See Part V.)

Renting of Houses and the Building of a Business or Professional Clientele

Every building "is a mansion in the kingdom of heaven" (perfect harmony). These buildings have not been built in vain. They have their tenants in Mind at all times. Such words as these places the "ad" in Universal Mind; then declare that here is a house open to its rightful and proper tenant and the Law now attracts that person or persons. This house (it may be an office or apartment building) being a mansion in the kingdom of harmony, is wanted by someone who is able and willing to pay the proper rental. This treatment has been successful in a number of cases. A similar treatment may be given for the sale of property, securing a position or the building of a professional clientele.

Perhaps my own experience in building up a practice may be of interest, since the method of treatment in my own case would apply to any other profession or business. My metaphysical work began in Los Angeles, where I had practically no acquaintances or contacts so I sat for days in my office with no one entering. A declaration was made daily that every man is a shepherd and every shepherd has his sheep; that those who could best be served by my work and needed the help this work could bring were being attracted to my office and to me; that they would come with receptive hearts and minds, with appreciation and a definite willingness to express that appre-

ciation. Soon the work developed to interesting proportions. My clientele came from many sources, and the many so-called coincidences which resulted in their coming were interesting. (See Part V.)

The lesson learned, however, is that nothing *merely happens!*

A man who conducted a rest home came one Friday evening saying that on the following Monday he would have to pay his help, but that business had fallen off to such a degree he saw no way of meeting the obligation. Remembering that on another occasion work had been done for him with good results, he came again with his new problem. A heavy rain beginning on Saturday became almost a deluge for all of Sunday. During this downpour a patient drove up to the sanitarium, having suddenly decided to go there on that day. A month's service was paid for in advance, which enabled the owner of the institution to meet the salaries due the following day. Much the same treatment as in the previous paragraph was used in this case.

Matrimonial Inharmony

Matrimonial and other inharmonious disagreements yield definitely to mental or spiritual treatment. We all dwell in the kingdom of perfect harmony at this moment. If we make an effort to open our mental eyes to this fact, more harmony will become apparent. The inharmonies and confusion around us are as real as we

allow them to be. The God-consciousness within one individual is not opposed to that within another. There is nothing in one person which can antagonize another, if there were, God would be opposed to Himself. The phrase, "God is love" meant little to me, until I realized that love means wisdom and insight, which includes understanding and tolerance. Treatment along these lines of thought have healed many inharmonious conditions, matrimonial and otherwise.

Passing Examinations, Professional and School

About nine o'clock one morning a lady phoned saying that, although she was ill in bed, at eleven that day she was supposed to take an examination. Since it was her last opportunity to take this test she was disturbed. Moreover she did not feel prepared. Finding that her position would not be jeopardized by a failure in the test, we told her to affirm the thought that passing the test did not matter. The idea was not to foster carelessness but rather to point out that Life Itself is not dependent upon examinations. This thought removed her fear and gave her a sense of freedom so necessary to clear thinking. Fear impedes the flow of thought. That same afternoon, this lady told me how well she felt and easily and voluminously she was able to write her test. (The treatment used follows in the next paragraph.)

Another interesting case was that of a high school

student deeply concerned with his final examinations. During the two previous years he had neglected his studies, but was anxious at this time to obtain his credits for entrance to college. Realizing that he was serious about his college course, we considered it a case of the "forgiveness of sin." Why should this worthy young man be hindered in his desire to progress by past negligence and what real difference did it make if a year or so ago he had not received a good grade in some study? His present ambition was legitimate and we declared that nothing could keep him from pursuing so estimable a goal. Metaphysical work is not meant to be a makeshift whereby one can be careless and still "make good," but since in ignorance all make mistakes, it can be used as a lever to correct these mistakes. One of the happiest experiences in mental and spiritual practice is the correction of unfortunate situations in the lives of mankind. In the studies of which this young man had been most fearful, A and B grades were received. The mistakes of careless preparation having been pointed out to the young man (Jesus said, you remember, "your sins are forgiven: go and sin no more") we proceeded with the following treatment:

There is but ONE Intelligence and all individuals are a definite part of this Intelligence. In other words, the Intelligence which asks the questions also knows the answers and this Intelligence is

operating in and through the person being worked for, un hindered by fear or anxiety. Spirit within is unperturbed, peaceful and calm; this word, therefore, removes all hindrances to the easy and natural flow of mental activity.

This treatment has been used in dental and bar examinations with excellent results when many difficulties had to be met and overcome.

Overcoming Stage Fright

Work had been done for activity in the affairs of a well known actress, who despite many years on the stage and in pictures, called at seven o'clock on the opening night of a theater engagement, saying she was frightfully nervous. A successful appearance was especially desirable as there were to be many prominent casting directors from the moving picture studios in attendance and she hoped to make a favorable impression. Since the last rehearsal had been extremely chaotic she was treated for peace as indicated on page 79, and the fear she had of forgetting her lines. We declared that since nothing in Mind can be forgotten, she could not forget her lines and the power of recalling whatever lay in the subconscious mind could not be lost nor deferred in its spontaneous action.

She said the work done for calmness was an instantaneous demonstration and that the entire play was

carried through in perfect harmony despite the fact that the leading man was intoxicated. Many weeks of work were secured by this actress in talking pictures as a result of this appearance.

An actress, with years of experience in New York City, went to Hollywood, where she made several successful appearances in talking pictures of the first rank. In her picture work she was distressed by what she considered a lack of freedom. She was told to enter thus and so, place her feet by a chalk mark, leaning neither too far to the right nor the left, since there was exactly the correct position for the best recording through that "damnable microphone," as she expressed it. On the stage she had felt a great sense of freedom in moving about. She was persuaded to see that this seeming lack of freedom in the talking pictures was in fact a greater freedom than she had ever known, for instead of meeting audiences of a few thousand as in her most successful stage roles, she would now probably appear before millions of people all over the world!

For quite some time she was unhappy in her work, laboring also under a great fear of forgetting her lines. Insomnia, for years alleviated with drugs, only added to her distress at this time. These conditions were met by treatments similar to those in the above paragraph and under the healing of "Alcoholism and Drug Habits" on page 83. At times she was so dis-

couraged she came near giving up her work in Hollywood to return to New York. She remained, however, and succeeded in obtaining a long term contract with one of the leading picture producers.

Theft—Return of Stolen Property

The situation of a large firm being robbed weekly in from one to two thousand dollars worth of articles which could easily be disposed of, was brought to our attention. Great concern was expressed by the owner, as all efforts to apprehend the thief had been in vain. This case, as with several auto thefts, were similarly treated. We worked to know the I AM consciousness does not desire to steal anything; that persons guilty of stealing were in reality motivated only by the Perfect Consciousness within, therefore the desire to steal was healed like any other destructive desire.

The large firm has not had a single robbery since the first treatment and the autos were all restored within twenty-four hours. Since people have had empty purses returned, and recovered automobiles have been minus things in them or accessories, in the treatment it is well to build up a complete thought about whatever has been lost.

After a successful exchange of ranch property for city property, special work had to be done for a loss of horses. When there had been no return of the horses after a week's work the person for whom the

work was being done asked that the treatment be discontinued. Feeling an urge to continue treating, we did so, and within a few days the thought that the work was complete came with conviction. The following morning there was a telephone call, saying the horses had returned "wagging their tails behind them."

* * * *

While this chapter might grow more voluminous, drawing from the daily experience of practice, these cases are sufficient proof that there are certain mental and spiritual laws which, if better understood and used, will heal disease and correct inharmonious conditions. In describing these demonstrations the endeavor (mentioned at the beginning of the chapter) has been to give the central thought around which the treatment was built. The words used are merely a framework by which the consciousness was raised to a realization of the truth involved. How long a treatment should be, or how often it should be given is a matter of individual judgment.

We do not believe in a prolonged treatment, feeling that such a desire is born of doubt and only serves to neutralize the work. Work should be continued until there is a realization that the work is good, and then the matter should be dismissed. In this manner the work is turned over to the Law which can and *will do it*. We cannot do this, unless there is sufficient

faith to enable us to "let go" (read again the paragraph on "Stomach Ulcers," page 85). Such faith is essential to success.

As we advance in experience there will undoubtedly be greater healing power. Jesus attained such an advanced consciousness that he was able to say, "stretch forth thine hand," and the healing was instantaneous. Work of this nature is commonly called, "treating in the Absolute," and many claim to have attained this ability. Unquestionably this is the ideal toward which every student of metaphysics is working, but until this goal is reached, we must use mental argument, denying inharmony and affirming the truth of being until results are achieved.

PART ELEVEN

A Fifteen-Minute Meditation or Treatment

A non-religious, but not an ir-religious approach.

(NOTE: In response to many requests for an outline of a Meditation or Treatment, the following is submitted as a mere suggestion or method of procedure. As the student of metaphysics becomes more experienced, he will rightly make his own patterns and outlines of treatment.)

I pause to recognize the universality of life as a principle of infinite harmony. I sense life as all the power there is, because I can and do sense my inner self as life.

Realizing "The Presence"

I am in the presence of spirit. This presence is all about me. It is the air I breathe. It is all I see and know. This presence is like that of a true friend, for in knowing every impulse it loves me still.

Silence

(I now remain silent for a few minutes and in doing so I do not try to make my mind a blank, but endeavor to prevent a "train of thought" from forming. I simply try to sense the truth of my former statements.)

Contemplating the Inner Self

I now contemplate my inner self—my I AM. I behold, this inner self, my consciousness of life is perfect. This inner perception knows no weakness, no lack, no evil or any adverse thing. These qualities are the realities of life and I accept nothing less than this perfection. Therefore, these qualities are reflecting and objectifying on the material plane of my experience as perfect health, strength, wisdom, rightful activity, abundance and the joy of a harmonious and balanced life.

Silence

(Sensing the foregoing)

Peace

My inner self is my center of the universe. It does not change. For me it is the only still place. This calm, equilibrium, poise and peace within is now manifesting through my every channel or avenue of expression, that is, through every part of my body and affairs.

This peace extending (flowing) through me is a continuous vibration of equilibrium and concord which is sensed by everyone I contact and consequently my presence blesses all. As I give forth this vibration of peace, I likewise attract and am receptive only to that vibration from others.

Silence

(Sensing the foregoing)

(NOTE: At this point, whatever specific healing or adjustment which may be desired should be taken up in detail.)

My Own Benediction

Having sought a more harmonious and happier expression of life, I now go forth, strengthened and renewed in body and mind, for this peace of the spirit within me is a reality; it abides with me at all times. I am guided by infinite intelligence in all that I shall do or say.

**PEACE, PEACE, PEACE—MY PEACE IS
SILENCE**

PART TWELVE

A Fifteen-Minute Meditation or Treatment

A religious or devotional approach.

"The Lord is in His holy temple: let all the earth keep silence before Him." (Hab. 2: 20.)

"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? . . . Therefore, glorify God in your body, and in your spirit, which are God's." (I Cor. 6:19, 20.)

Realizing "The Presence"

I sense myself as being in the Presence of God. This Presence is the Light of Truth. In It, "I live and move and have my being." This Presence is the Love of God; It is Wisdom and Understanding.

Silence

(I now remain silent for a few minutes and in doing so I do not try to make my mind a blank, but endeavor to prevent a "train of thought" from forming. I simply try to sense the truth of my former statements.)

Realizing the Inner Self

I now realize that my inner self, or consciousness of life as my I AM. This inner self is the Spirit of God expressing through me. Since this consciousness is God in me, it is perfect, knowing no change, no limitation or weakness. I recognize my inner self as reflecting God's perfection in and through me. Since this consciousness is God in me, it is perfect, knowing no change, no limitation or weakness. These qualities are the verities of Life. I recognize my inner self as reflecting God's perfection in and through me as perfect health, strength, wisdom, rightful activity, abundance and the joy of a harmonious and balanced expression on this earthly plane of my experience.

Silence

(Sensing the foregoing)

Peace

My inner self is a center of God-consciousness. I am a definite part of Universal Mind which is forever changeless. It is a place of eternal calm. Here I find "that peace which passeth understanding."

This inner sense of peace is now manifesting through my every channel of expression, relaxing my body and quieting every human sense of discord and confusion. As I go forth contacting my fellow men, I shall be giving forth a vibration of peace and concord and I

shall be attracting peace and concord from all that surrounds me.

Silence

(Sensing the foregoing)

(NOTE: At this point, whatever specific healing or adjustment which may be desired should be taken up in detail.)

My Own Benediction

I now go forth renewed and strengthened, realizing that I am the master of every situation. I know that "that peace which passeth understanding," rests, remains and abides with me forever more.

PEACE, PEACE, PEACE—MY PEACE IS.

A M E N

SILENCE



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