

The Way Out Course

Supplementary Aids
for a Study of
"THE WAY OUT"

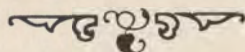


IN 21 LESSONS FOR GROUP STUDY

354

The Way Out

A Course of Study
in
21 Lessons



*For the Development of the Ability
to Receive Divine Inspiration at Will*

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The Way Out

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DEFINITIONS OF TERMS

Study these definitions carefully before beginning your study, as they will help make many things clear that otherwise will not be understood.

THE HIGHER SELF

The Higher Self is your Divine or Christ Self, God's Holy Spirit that deep within, in the innermost part of your nature, is a "Light ever shining in the darkness, but the darkness of the human mind knoweth it not."

It is that part of you that knows the end from the beginning, that has been putting you through every experience in life, compelling your soul through the human mind to learn its lessons whether it wants to or not. It is your REAL Self, Whose life is growing you, Whose Consciousness is the consciousness of your mind, and Whose Will gives you the power to do or be anything you do or become. You of yourself are nothing; all that you are, He is, and all knowledge, power and ability you have comes from Him, given you as fast as you are able to receive and use it.

In fact, He is the Real You, the *only* You; is that part of You that says I Am, and IS I Am, and Who Alone IS. His Voice always speaks from the heart, and from out a great Love.

THE SELF

What you call your self is but the creation of your human mind which believes *itself* to be you and separate from I Am and from God; when it cannot possibly be separate, for its consciousness is *Your* consciousness, which is God's Consciousness, in Which all live, move and have their being. The human mind, in its sense of separation, and through wrong teachings and beliefs acquired from childhood, has built into "self" all its qualities that are so unlike God and Your *real* nature, and which beliefs You as the Higher Self are utilizing to teach it the truth about You and God, by allowing it to learn, through following these beliefs, what is *not* God's way and purpose for it. In the earlier stages that is the only way You can teach it—through the mistakes it makes.

THE SOUL

The Soul is the real you (Note the difference in the use of capitals between the "Real You," referring to the Higher Self,

and the "real you," when referring to the soul. Also that when we speak of "you," it refers to the lower self of the human mind.), or you in your true consciousness uninfluenced by the outer mind.

It is therefore the inner you or that *consciousness* which includes all that you have learned from the beginning, not only in this life but during the many lives upon earth and in the soul world between incarnations. For it is the sumtotal of all the knowledge you have acquired as taught you by the Higher Self and which has been built into and now constitutes your consciousness.

In other words, your soul is your consciousness—is what many understand as the sub-consciousness. It is the "I" of you that knows, and whose voice is the "conscience," which not only constantly cautions and urges you *not* to do things that it has learned from experience cause trouble and unhappiness, but tries to have you do the things and learn the lessons it came into incarnation expressly to accomplish and learn, under the direction of the Higher Self.

THE KINGDOM

The Kingdom is the Consciousness of the Higher or Christ Self, to which the soul is gradually unfolding as it learns the truth of its nature and obeys the Voice of Love in the heart. As fast as the soul learns this truth it uncovers it to the outer mind, as the mind makes it possible by listening to and heeding its guidance.

In this Kingdom Consciousness one knows that all is good and perfect, and not what appears to the mortal mind; that what the human eyes see and the mortal mind believes, is unreal and exists but in the human "separate" consciousness, and not in God's and the Higher Consciousness. One in this Consciousness then actually lives in a world where the sins, inharmonies, lacks and limitations of the outer world are not seen and do not exist; for one looks right through the "appearances" of things to the beautiful Realities that they hide, and which they would out-picture were it not for the misunderstandings and wrong beliefs of the human mind.

GOD

God is the One Mind, in Whose Consciousness all live, move and have their being—even as all the ideas, thoughts, concepts

and beliefs about things, people and conditions that you see with your human eyes and "experience" through your mortal senses are but the out-picturing or so-called "manifestations" of what comprise the "world" of *your* consciousness. They actually exist only in your consciousness, even as man and universal things and conditions exist only as ideas and thoughts in God's Consciousness.

God in this sense is the "Father" of all, the "Creator" of all; and all things and people as ideas and thoughts are centers of His Consciousness through which He expresses His Life and Nature. But only in relative degrees, according to how close they are to the Center of His Consciousness (as planets of our Solar Universe are close to the Sun), are they able to receive and "manifest" His Life and Nature in their Reality and Fullness.

God is also known as Light, Spirit, Life, Love, Wisdom, Power, Principle. But as God is *All in all*, then He must be everything that IS, and everything must be good and perfect. But men's minds as centers of His Consciousness, being so far away from the Light of The Center, see and understand as through a smoked glass only the darkened and distorted reflections of the good and perfect things in That Center. Eventually the Light from That Center, however, will penetrate and drive away the clouds of error and misunderstanding surrounding the outer centers, and they will be drawn into the fullness of Its Light, thus becoming One with It.

CHRIST

Christ is the EX-pression of God's Love; is His Holy Spirit, the Comforter, come to man to abide in him, when man's soul (consciousness) has been cleansed of all darkness, and his outer mind has truly dedicated itself to God. That Love then becomes the Light which lighteth him and leads him in all ways and in all that he does.

JESUS CHRIST

Jesus Christ is God's Holy Spirit sent to earth in the form of man to teach and show all humanity God's Image and Likeness and what in time all men may become outwardly—if they follow Him and obey His teachings.

Jesus Christ is just as much alive today as He was nineteen hundred years ago when in the flesh; but now through His

crucifixion of self and overcoming of the flesh, resulting in His Resurrection and Ascension, He has become the *Living Word*, capable of being seen and known by all men who have followed Him, have crucified self, and have overcome the flesh.

All who thus follow Him will learn the meaning of His statement, "*At that day ye shall know that I am in my Father, and ye in me, and I in you.*"

THE HEART

This of course does not mean the physical heart. But just as the physical heart is the central organ that supplies the blood that carries life to all parts of the body, so does the heart symbolize the soul, that inner part of man that is the life or consciousness that supplies the mind of the outer man with all the life, intelligence and power that he has.

Therefore, wherever the heart is mentioned, it usually means the soul, or that inner part of man from which issue the vital things of his life. "*As a man thinketh in his heart, so is he,*" means that what one really believes in his soul is what influences his life and makes his outer conditions and affairs what they appear.

The heart is also considered to be the seat of Love in the soul, or the innermost part of the soul's consciousness.

THE MIND

The mind is the outer extension of the soul consciousness, even as the soul is the outer extension of the Spiritual consciousness, and the Spirit the outer extension of God's Consciousness. And we might add, as the body is the outer extension and expression of the mind's consciousness.

The body is the outermost or the circumference of consciousness. God is the innermost—the Center. The human mind is the link that connects the brain consciousness of the body first with the soul, and then, as it is drawn inward, through Love's development of its understanding, gradually with the Christ or Holy Spirit, and then with God.

Thus you can see how by teaching the mind the truth, and training it to keep its consciousness clean of all negative and error

thoughts, it can be brought into direct touch with even God's Consciousness. For is not God All in all? Is not His the Consciousness that lighteth every man that cometh into the world, and in which all live, move and have their being?

PROGRAM OF MEETINGS

1. **O**PEN with Prayer of Dedication, voiced by the Leader.
2. The Leader then reads the text, a sentence at a time, asking the printed questions and any others that come to him, inviting discussion on different points as led from within.

Do not allow anyone to monopolize the talking; and discourage all arguing.

3. After all questions in the lesson have been discussed, let everyone meditate in silence on the truths that particularly impressed him, for ten to fifteen minutes; noting carefully what comes from within.

It would be well to have a notebook to take down what thus comes, for your future guidance.

4. After the silence, let all repeat three times aloud, positively and very earnestly the Affirmations on the following page.
5. The meeting should close with the final Prayer, the members then disbanding without personal talk or gossip, so that the good gained from the teachings can remain fixed in the consciousness.

Let all members study the lessons daily, trying to prove them in their outer life, so that they can bring experiences and demonstrations to the meetings to be discussed and thus be helpful to the others.

PRAYER OF DEDICATION

LOVING FATHER:

Help us to still our minds so that we can draw close to Thee in consciousness.

Point out to us Thy Will and Purpose for us, in our thus coming together in Christ's Name.

Aid us, O Father, to open our minds and hearts to Thy Love, that It may rule in our daily lives, especially in these meetings; that our dear Lord Jesus Christ can always be in our midst.

We know of ourselves we can do nothing, so we seek to know Him as He is, that we may be always taught by Him and can follow wherever He leads.

Bless Thou this Work and these dear ones come together to find the true way to Thy Kingdom, that we may never falter or weaken in our determination to reach it.

IN CHRIST'S NAME.

AFFIRMATIONS

FROM now on I will permit no negative thoughts in my mind, none that I do not want to outmanifest.

I will think only the good and perfect things God wants me to think and bring forth in my life.

CLOSING PRAYER

BELOVED FATHER:

Bless all these earnest ones and be with them throughout the coming week, making them to feel Thy Loving Presence in their hearts, inspiring and directing their every thought, word and act.

We know Thou art our life and our power to be and do whatever we seek. So help all to become worthy to serve our blessed Lord and Leader, Christ Jesus, and to know His Voice whenever He speaks.

In His Name we ask it, and we thank Thee for Thy many blessings.

—AMEN.

FOR THE INDIVIDUAL STUDENT

SINCE THE WAY OUT was first issued, many hundreds of students have written the publisher, telling of the great help they have received from the little book. Most of them state that they have read it many times, and each time gained from it new light and inspiration.

The average student of THE WAY OUT, however, is like a certain treasure hunter in the Orient. After months of weary tramping through the jungles he finally discovered the ancient temple that was the object of his search, and after clearing away the thick vines and the nest of cobras that guarded its entrance, he climbed over the fallen masonry littering the way into the main room.

Set in niches in the walls he saw many golden images of the Buddha, ornamented with emeralds, rubies, sapphires and other precious stones. The treasure hunter looked at them with hungry eyes, and was so eager to possess himself of these riches, seeming there but awaiting his taking, that he lost no time in feverishly loading himself down with as many of the images as he could carry. He then with difficulty made his way out of the temple, his haste being so great that he never gave a thought to the other wonders of the place or to what else it might contain.

After he had gone, from out a door leading into the inner recesses of the temple, there came a stately old man dressed in a simple robe, who walked slowly across the main room and out to the entrance. He stood there looking compassionately after the treasure hunter who with his heavy load was pushing his way through the tangled underbrush of the courtyard, all of his previous weariness seemingly forgotten.

The old man shook his head and sighed, "There he goes unto his death, poor soul—a slave to the desires of the lower nature. Does he think he will reach home with his treasure and escape the bandits he will meet on his way? Had he but listened to the voice of wisdom he would have searched further within the temple, and would have found a treasure that could not be stolen by thieves and would not be a burden to carry, but which would increase in value unto eternity. Yes, he would have found eternal freedom from the claims of poverty, disease and even death; for I would

have made him my disciple and have taught him the fallacy of earthly riches, and the law of unlimited supply. He will have to learn what his love of worldly treasure has cost him. Ah, if he could only realize now the meaning of the spiritual treasure that sometime he will be led to seek!"

Those students who read *THE WAY OUT* do find indeed rich *mental* treasures, but if they fail to strive until they gain the control over their thoughts and emotions and *put to practical use* all of the truths taught therein, they will similarly miss the *spiritual* treasures that lie hidden back of the inspiring words.

Dear friend, no matter how much you have received from your previous study of *THE WAY OUT*, if you are still seeking freedom from the hard conditions, physical or financial, in which you find yourself, you will have to go much deeper in your study than you did in the past. If you are now truly ready to do your part, so much so that you are willing to *MAKE YOURSELF DO* what Something within wants you to do, and then will follow with us every step of the way, you will herein be taught and helped not only to *train and discipline your mind and emotions until you gain perfect mastery over them*, but you will be shown the law back of all manifestation and how to apply it every moment of your waking consciousness.

If you are ready, and wish to take the first step, then determine with great positiveness from this time onward to take your mind definitely and decisively under control, and to do only what God wants you to do, *in all your thinking, speaking and acting*.

In order to fortify and make effective this determination, say to yourself with all the earnestness of your soul, everytime you think of it:

"From now on I will permit no negative thoughts in my mind, none that I do not want to outmanifest.

I will think only the good and perfect things God wants me to think and bring forth in my life."

Why should you do this? Because your mind will naturally rebel at such control—as you will find, and not until you form a groove, as it were, in its consciousness, by often repeating these words and thus making your mind *think and dwell on their true*

meaning, can you make it receptive enough to perceive and acknowledge God's will for you.

If you are able to determine this—and to stick to it, then you will not fail to meet with the success you seek in your application and proving of the truths in this Course. But if you cannot bring yourself to take this definite step, it were better not to start in the Course, for it will result in but another failure and will further discourage and weaken you.

If you are determined to go ahead, then the next thing you must learn to do is to command your mind to "*Be still*," every time a thought of gossip, criticism, dislike, condemnation, pessimism, envy, fear, doubt, worry, or of any other negative thing presents itself, whereby self tries to get in its thoughts and control your consciousness. By thus watching your mind carefully you will become aware of the hostile forces and factors that in the past held sway in your consciousness almost unopposed, and which Something within you now points out the necessity of *mastering*—if you wish harmony, peace and happiness to express in your life.

As you still your mind sufficiently, that Something will more and more make Itself felt, and you will find It cautioning, chiding and showing to you clearly what you should or should not think, say or do. This is but the beginning, but as you compel the mind to be still when you wish stillness, and to learn to listen and heed the voice of that Something when It speaks, you will soon feel a Power unfolding within you that will make you gladly obey its every leading.

That is the great end to be attained, for with the development of this Power and the mind's acknowledgement of Its presence and influence, it will give to It the allegiance formerly yielded to the hostile forces mentioned. But each student will have to experience this for himself, before he can appreciate its full meaning and importance.

As you follow faithfully all of the above suggestions, you will note a very decided change for the better gradually taking place in your outer circumstances, as well as in your physical health.

But in order to accomplish this it will be necessary for you to take one truth from the booklet at a time and to carry it uppermost in your mind throughout the day, trying to use and prove

it in your work and in your contacts with others, until you know you have made that particular truth a part of your consciousness so that you use it automatically. Then the next day take the next truth and do likewise. You may find it will take several days, or a long time, to prove certain truths—such as thinking only positive and true thoughts; but if you will persist in this practice and study each lesson every day for a week, before going on to the next, you will soon find that your time and trouble are not wasted and that you will be richly repaid by the happy results that follow.

This procedure must be followed faithfully and continuously until you get in the habit of each morning choosing just the truth you will strive to live with and apply throughout that day. You must allow nothing to prevent your doing this.

Yes, it will be hard at first, as it is with every new thing you try to get your mind to do, for it likes to stick with the easy things—those to which it is accustomed. But if you will persist, you will gradually become aware of a new and wonderful faculty developing in you—a sense of having in the mind an instrument of untold possibilities, when you can get it to acknowledge you as master and to obey faithfully your every wish.

Is this possible? you ask. Just as possible as any other feat that requires persistency and unrelenting effort. And the reward, in its far-reaching ramifications, will be past telling.

FOR THE GROUP

WHILE it is necessary for the beginner in Truth to have an outer teacher who can give him instruction in the things he seeks and needs to know, yet the time comes sooner or later when each student will learn to turn to that Something within, his own Divine Self, as his highest teacher and final authority on all possible questions.

That does not mean that there will be no further need for outer teachers, or rather for outer sources of information and instruction. That time may never come—at least for the great majority of students; for their Higher Selves will continue to bring to them experiences and teachers through which They can uncover to them the much knowledge, earthly and spiritual, they still need to learn.

When a number of students have reached the point where they are desirous of finding and being taught by their Higher Selves—the Holy Spirit or Christ within, and they sincerely seek instruction how to gain that end, they are ready to meet together in a Group in the spirit of Jesus' injunction, and to receive the guidance and blessing promised—that *"Where two or three are gathered together in My Name, there am I in the midst of them."* For in a Group sincerely and humbly come together in His Name for such purpose, He will surely be with them as the Spirit of the Loving Christ, and they will feel His Presence and receive evidence of His inspiration and guidance.

In order to aid such earnest ones, it is suggested that the more advanced students wishing to serve, call together at their homes or offices such seekers that they know; and at this first meeting, after explaining about THE WAY OUT and the nature of this Study Course, as described in the pamphlet THE NEW AGE, and perhaps reading to them the first seven or eight pages of the text, we urge that they either present them with or inspire them to purchase copies of THE WAY OUT Course, and then invite them to meet with them weekly for a study and discussion of its truths.

The next and future meetings should be opened with a prayer of dedication of the selves of the members to the Christ, thus invoking, and helping each one to become aware of, His Presence. Then follow with the reading of the text, slowly, a line or a phrase at a time, and then asking a question; for it is not the purpose in Group Work for the leader merely to read and the students to listen to the truths taught in the booklet, but to try to make its truths a part of the consciousness.

To accomplish that it will be necessary for the leader to prepare himself by a careful study of the questions provided in the booklet and of the answers thereto, and then to ask a question of each member in turn, trying to bring out every idea hidden in the text. By tactful questioning and encouraging the shy members to express themselves, all of the real meaning in the text can be made clear and each member be brought into the discussion. Otherwise the tendency would be for the quicker thinking members to do all the talking, the meetings thus being monopolized by a few; when it is intended for the benefit of all, and that all may grow and unfold through such coming together.

So that all may get the fullest benefit of the questions and the answers thereto, we urge that each member carefully note the response and reaction *felt within* to what is said. Such reaction will be in the nature of impressions or feelings, which are actually the means used by the Higher Self, or Christ within, to acquaint you with His wishes regarding these truths. Therefore note particularly as each statement is read what your Higher Self says or wants you to do about it. He will probably inspire you to say something that will be helpful to your fellow members. The leader should encourage a full discussion of every phase of the truths in the text, so that a powerful impression is left in the minds of everyone present.

After all questions for the meeting have been thus discussed, there should be a silence of ten to fifteen minutes, in which the members should meditate upon the different truths impressed upon their minds, noting carefully all the various thoughts that flow in relating to them, some of which may be very illuminating; for they will be inspired by the Higher Self in amplification or confirmation of what has been stated, and in pointing out His will regarding them.

Thus the Christ within teaches you in Group Work, and as you learn to listen to His Voice and to know It, you will become aware of His Presence as a deep abiding Love felt in your heart; and It will influence all your thoughts about your fellow members, replacing the former critical attitude you may have maintained toward them.

After the silence let all repeat aloud three times positively and very earnestly the two affirmations indicated in the Program in the front of the booklet, trying to impress its meaning upon the soul so strongly that it will become a habit to do what is stated.

The meeting should be closed with a prayer, and members should disband without any discussion of personal things, so that the lessons learned will remain firmly imprinted in the mind.

The questions on the text of **THE WAY OUT** have been divided into sections or lessons, allowing ten or more questions to a lesson, one lesson for each meeting. The text covered by a lesson should be studied at home during the week preceding each meeting. We suggest that the student spend half an hour a day

in study and meditation upon the subject matter for the week, and not to leave a question until it has been answered satisfactorily to the Higher Self.

A VISIT TO GROUP MEETINGS

IN ORDER to give you an idea of how Group meetings should be conducted, we present the following from a leader of a WAY OUT Group:

"After the first meetings I soon realized that it was vitally necessary for us to have a common purpose, one upon which we all could agree and that would serve as a goal toward which we could progress. Therefore, under the guidance of the Spirit, I proposed to the Group that we agree to make it our goal to attain perfect mastery over our minds and the thoughts we allow to enter them, so that there would then be nothing to hinder our gaining the freedom from lack and limitation of all kinds, that we are seeking.

"The members of the Group were ready to make the agreement at once, so I proposed that we first repeat the affirmation suggested and which we are using individually in our home study. I gave it aloud first: *'From now on I will permit no negative thoughts in my mind, none that I do not want to outmanifest. I will think only the good and perfect things God wants me to think and bring forth in my life.'* Then we repeated it slowly together three times, each time with more positiveness and sincerity. When we had finished, I said, 'In the Name of Jesus Christ, IT IS SO; for He has promised that if two of us on earth agree as touching anything we shall ask, it shall be done for us by our Father in Heaven.'

"It was very inspiring to note the enthusiasm and the new interest that was injected into our Group work by that little agreement, which we repeated at every meeting thereafter. Since that time all of the members have been attaining better results in their efforts to subdue and utilize the forces of their minds."

MANY helpful possibilities are contained in the above. It was a very good beginning and a preparation for what is to be accomplished by the Group, and can not fail to bring most helpful results. We quote from another experience:

"It was quite a problem at first to know just how to conduct the meetings. It seemed so difficult for me to keep from launching forth into a lecture, and I knew that this would not bring the desired results. So I took my problem to the Father within, during my regular hour alone with Him, and He gave me a mental picture that greatly helped in conducting the meetings as He would have them conducted.

"Of course, we always open the meetings with a prayer of dedication to Him, as you suggest, and after reading each paragraph of the text, I ask the questions provided, along with any others that come to me. I will give you an example:

"In Lesson No. 5, we read: 'What is the straight and narrow way to the Kingdom?' When I asked this question, the person to whom it was directed answered almost exactly what is in the text; and since the purpose of the work is not to develop a good memory, but to learn how to let our Higher Selves express through us, I asked some other questions to draw her out. (Her first answer to the above question was, 'You must free yourself from fear and worry, and defy mammon and money's power over you.')

" 'That is very true,' I said, 'In what way are most people held in bondage to mammon?' She hesitated, seemingly fearful that she could not answer the question like it is in the text. 'No, you are not supposed to answer from memory; but to think the answer out for yourself. Think of some one you know and how she is held in such bondage.'

"That seemed to help, for very soon she was able to reply and said, 'Everyone who is in fear of losing his job or his income is under the control of mammon. Because of his fear it is easy then for jealousy, suspicion and even dishonesty to find their way into his mind.'

" 'That is good,' I said. 'Therefore, what must such a person do before he can attain freedom from that fear?'

" 'He must learn that by dedicating himself to God's Will and trusting Him to take care of him, he need never fear about his job; because the Father always has plenty of work for him to do, and is the Source of all Supply,' she answered.

" 'But how can one learn that truth?' I asked. 'Think of a

man who is constantly seeing lack and misfortune around him; can he learn not to fear losing his job?

" 'I was thinking of that at home today,' she replied, 'and I came to the conclusion that you have to give up all desire for the old kind of life and its false pleasures. Your desire to find the Kingdom and freedom from the attachments of this world must become so strong that you are willing to give up everything that is holding you back. For instance, if I knew that by ceasing to fear and worry I would surely win freedom and find the Kingdom, I would quit it even though I died in the attempt. Then I thought to myself—Suppose I were to die tomorrow, what use would I have for all these things I am worrying about? I will have to give them up someday. Why not do it now and be that much ahead?'

"That thought seemed to work well with the minds of a number in the Group, for I noticed that they have let go of a lot of negative thoughts and expressions they formerly used.

"I also found by asking questions in that way that it *made them think*, and that, as soon as their minds became still enough, usually Something Within would help them to answer the questions."

THE ABOVE illustrates how the ideas hidden in the text can be brought forth by asking questions. Another problem was worked out in the following manner:

"One of the main difficulties we had to deal with in applying the law of right thinking, was how to change a life-long habit of thinking negative thoughts. It is very well to resolve not to think wrong thoughts any longer, but how is one to prevent it?

"Last week that question was brought up in class, and what follows is the way it was handled. They all needed help that would make it easier to keep these harmful thoughts out of their consciousness? I could have given them a lecture on controlling their thoughts, but I felt it would help them more if they worked it out for themselves. So I started asking questions:

" 'Nature abhors a vacuum,' I said. 'Therefore, it is impossible to drive a negative thought or feeling from the mind without replacing it with something else. Hence what must one do to remove such from the consciousness?'

"Think of something else, especially something positive and good,' someone answered.

"Fine!" I replied. "But how is one to know the difference between a positive and a negative thought or feeling? What determines whether it is good or bad?"

"That seemed to stump them; but I kept still until someone answered, 'Negative thoughts are those that are not good.'

"Yes,' I replied, 'but what is good to me, may not be good to someone else. Therefore how can one decide what is good and what is bad for one's self?'

"All in the group were silent for awhile. Suddenly a face lighted up, and its owner said, 'Maybe it is, thoughts that are helpful are good, while those that are harmful are negative and bad.'

"In other words,' I supplemented, 'any thoughts that are constructive and inspire one to better things are positive and good, and those that hinder one's spiritual growth are negative and bad for one. Therefore, if one keeps busy thinking always constructively about what one wishes to attain, and what one will do with it when attained, there will be no opportunities for negative thoughts to enter the mind.'

"That sounds good,' someone said, 'but suppose one does not have a clear idea of what one wants?'

"Then you can turn within and ask the Father to point out His Will for you,' I replied. '*The chief desire of your heart*, you may know, is the next thing He wants you to attain.'

"We then talked about each one selecting some special thing he or she wished to accomplish, and how necessary it was to keep that thing continually uppermost in the mind, permitting nothing to interfere with the determination to accomplish it—especially no thoughts of doubt, anxiety or fear about the outcome.

"For instance, one of the Group members is a nurse who was out of a position. She was shown how, if many times during the day she would see herself in a position where she was lovingly performing her duty and happily waiting on the members of the patient's family, thinking of only how she could please them, she

would soon attract to her someone who needed just that kind of service. In about two weeks after she commenced to do this, she was called on just such a case, and she is now being used to give that family a vision of what is loving, selfless service, and is helping them to get a new start in life."

WE KNOW that the above suggestions will help, if they are applied as shown in **THE WAY OUT**.

It is all a matter of application and of proving the truths given you. We know from long experience that these truths will set you free, when you use them faithfully and persistently *in all your thinking, speaking and acting*.

We feel that you believe this to be so. Then it only remains for you to put it to the proof, when you will find that your whole life will change and blessings come to you that will be beyond your highest expectations.

In the questions that follow, before you attempt to answer them, be sure you understand their inner meaning. For each question is designed to *make you think*, to show up to you those qualities or powers that you lack, and to inspire in you the determination to develop them to your satisfaction.

No truth is of *any* value until you can use it as naturally as you use your hand. Most students, and some teachers even, think when they understand a truth intellectually that they know it, for can they not tell it to others? For instance, they "know" that God is All in all; but when they or someone dear to them gets very sick, do they know that the God in them is *not* sick—could not possibly be sick, for He is all good and all perfect? No, in their fear and worry they forget about that truth or fail to employ it, are lost and know not what to do other than to get a doctor, or a healer that does know it.

These lessons are to teach you, instead of fearing and worrying about anything, to really *know the truth*, so that you can use and apply it in any problem of life, no matter what it is.

TO WORKERS

THE PURPOSE of this Work being to provide fundamental instructions for all seekers after Truth, naturally many more leaders and workers are needed, and all whose hearts respond to what they have read in the preceding pages, and who would like to have a part in the preparing of as many souls as possible for the New Age, are invited to join in such Work. They may know that the desire to do so has been inspired by their Father in Heaven, and that by their faithfully fulfilling such part they become acknowledged workers in the Great Cause of Christ.

All such are called upon to help in the establishing of Groups, wherein and whereby thousands of individuals can be taught and trained in the development and control of their minds and all their forces, so that they can be used in the service of the Christ Brotherhood for the bringing of the Kingdom down to earth in the near future.

The greatest value in using this Course will be found to come from compelling the mind to stay with each lesson until it is fully learned and proven, even though the mind insists that it already knows all that the lesson contains. For it will be quickly shown that it not only did *not* know, but that in thus obeying it has gained something of inestimably greater value than anything previously acquired in other studies.

THE SUN CENTER will furnish every necessary outer help in such Group Work. Do not hesitate to write for whatever is needed. Register your Groups with THE SUN CENTER, and keep in close touch, so that additional Group suggestions and other helps can be sent you from time to time.

Send all communications regarding this work to,

THE SUN CENTER,
Attention Way Out Department,
Akron, Ohio, U. S. A.

THE WAY OUT

SUPPLEMENTARY AIDS

LESSON ONE

TEXT

WE KNOW that finances are becoming a real problem with many these days, and because of the necessity of all followers of Jesus Christ preparing themselves for possibly even worse conditions than those now confronting them, it is most important that all learn the law which if obeyed will enable them to rise out of these conditions and out of all conditions of lack, limitation, inharmony, disease and unhappiness that later may manifest.

You ask if this is really possible, and if there is a law which if obeyed will enable one to accomplish all that.

We say emphatically, there is such a law, and that you can be free from the fear and dominance of money, that you can have an abundance of all good things, that you can be well and happy, and can bring about an adjustment into perfect harmony of all departments of your life—if you want these things enough to make yourself obey this law.

You say that you would do anything to obtain such wonderful blessings, if it is humanly possible and you are able to do what is required.

It is not only possible, but everyone who is filled with such a desire can do it. For know a great truth,—that you are placed or permitted to be in such unhappy conditions by your Higher Self—solely in order that you can seek and

gain the knowledge, the power and the ability to control them, in order to free yourself forever from them and to assume your true place in life, and therein receive the heritage of good that is waiting to deliver itself to you, whenever you become wise and strong enough to claim it and use it for the good of others and not for selfish ends.

First know that it is all a matter of consciousness, and that you, yourself alone, are to blame for these conditions; for you alone created them and are firmly holding them in your consciousness—or they would not be so plainly manifesting. All this we are taught in those great words, "*As a man thinketh in his heart, so is he.*"

We know that you have heard this stated perhaps many times before, and so often that it may have become an old story. Some of you have tried to prove it and to rid your consciousness of all your negative thoughts; but because it took determined and persistent effort you soon grew tired, on account of the strong opposition met with, and you then dropped back into the current of the old conditions and if anything became more helpless than you were before.

Others may have heard of the saying, but it did not impress them; for they could not accept the assertion that all of the present inharmonies in their lives are the result of their own beliefs, or of their past thinking crystalized into beliefs. They preferred to blame it all on someone else, and even God came in for a share of the blame.

The main trouble with almost everyone is that they do not realize how many negative and destructive beliefs they are carrying around with them in the subconscious realms of mind and which creep through into the conscious mind whenever it is free from interest in other things.

The Way Out—Pages 3-5.

QUESTIONS

1. Why is this message addressed seemingly to the followers of Jesus Christ?
2. What could cause worse conditions than are now manifesting?
3. Do you think it is possible for anyone to insure himself against being hurt by what may befall the world? How?
4. Are conditions of lack and misfortune necessary in one's life? Why?
5. Are such conditions brought into one's life by the will of God? How do you know?
6. What is the first requirement for one who wishes to find his way out of such conditions?
7. Can one control such conditions?
8. What is your consciousness?
9. Why are you responsible for the inharmonious conditions in your life?
10. How may you change those conditions?
11. What has prevented you from changing them before?
12. What is meant by carrying our troubles and inharmonies around in the subconscious realms of mind?
13. What is the difference between the subconscious and the conscious mind?

Remember the goal; by persisting you are going to attain absolute freedom from lack and limitation of every kind.

LESSON TWO

TEXT

Pages 5-6

Until you can begin to study your mind and watch for and note these negative beliefs when they come—and you will find that they are actually beliefs—and refuse them admittance, there is not much hope for you.

In fact it is the first thing you must learn to

do. Those who are too mentally lazy to do such watching and controlling of their thoughts, are usually the ones who will not accept that their own thinking and beliefs create for them all of the conditions now manifesting in their lives.

But it makes no difference whether any accept it as being true or not—it is the law.

THE LAW. Now if you are ready to hear the law, we will state it in words that everyone can understand.

Note these words, and let them impress themselves on your soul so that from this moment ever afterward they will burn in your mind as words of living fire:

"WHATEVER YOU THINK AND HOLD IN CONSCIOUSNESS AS BEING SO, OUT-MANIFESTS ITSELF IN YOUR BODY OR AFFAIRS."

Whether you accept this as yet or not, consider for a while the truth that every thought you think, especially those relating in any way to self, hovers around in your mental atmosphere, just as a child stays close to its parent. These thoughts being about yourself receive the life that maintains them from the **feeling** that you put in to them.

QUESTIONS

1. How can you study your mind?
2. What is a belief? What is the difference between a thought and a belief?
3. Give examples of a negative belief and a positive belief.
4. How should one go about controlling one's thoughts?
5. What is mental laziness?
6. How may one detect mental laziness in one's self?
7. How may one overcome mental laziness?

8. What must you make the mind do, in order to let words, and the ideas they convey, impress themselves indelibly upon the soul?
9. Describe the process from your own experience.
10. What is the law back of manifestation?
11. Is it possible really to believe things that are not true? Give an example.
12. What is the real purpose and use of thinking?
13. Picture what happens whenever you think a thought.
14. What is meant by giving life to thoughts?

If you will do your part, you will find that God always does His part. His part is to inspire true thoughts and to remind you when negative thoughts enter the mind. Your part is to keep negative thoughts out of the mind each time God calls your attention to them.

LESSON THREE

TEXT

Pages 6-7

In other words, the thoughts themselves are but inert mental forms, but when you think them with feeling of any kind you fill these forms with life and they become as living things which ever return to you, their parent, to be fed with more of your life force. For all feeling expressed is life, is vital force, and if you only know it, all the thoughts which persistently influence your mind and harrass you, are only your mental children clamoring for food and attention, and compelling more worrying, anxiety, or fear from you; all of which are excellent food containing rich vital force, and which makes them grow rapidly, until they become so powerful that in time they dominate your mind so that you can scarcely think of anything else.

When the fact is, these thoughts exist to you only **when you let them into your mind**—that is, they are of importance to you only when you give them attention and recognition. But on the other hand, their power over you and their life can quickly be destroyed by simply knowing the law, and refusing to feed them longer with life force by giving them further attention or interest.

And it should not be necessary to state that **voicing** such thoughts definitely and **speedily** outmanifests them, for the spoken word is far more potent than the thought. Above all else you should guard carefully your speech, voicing nothing you do not want to see manifest. Always remember, however, that by preventing such thoughts entering the mind there will be no impulse to voice them.

QUESTIONS

1. Describe in your own words what are thoughts? Where do they originate?
2. What do you understand by "inert mental forms"?
3. Is it possible for thoughts to become living things? Give an example from your own experience.
4. What are feelings? Wherein are thoughts different from feelings?
5. What causes one to think thoughts that constantly harass the mind?
6. Describe from experience the birth and growth of a thought.
7. Why do thoughts of worry, anxiety, fear, and their kind, keep coming back to the mind?
8. How may one free one's self from such thoughts?
9. What causes one to give outside thoughts attention and recognition?
10. What causes one impulsively to speak negative words?
11. What makes thoughts quickly outmanifest?
12. How can one keep one's mind away from things it knows are harmful and that have become powerful habits?

Be sure that every word you speak helps and inspires someone to a higher understanding and purpose of life.

LESSON FOUR

TEXT

Pages 7-8

So that you can see now that it is all a matter of consciousness, of thinking and harboring the right kind of thoughts—those you wish to out-manifest, and of letting into your mind no thoughts you do not want to manifest in your body or affairs.

And perhaps you can also see that what is ordinarily called thinking is only the admitting into your mind of thoughts that originated chiefly in other minds and which you of course attracted to you. Especially is this true of all negative, inharmonious and destructive thoughts—there must be something in you that attracts them or they would not come.

But in all cases they are permitted to come by your Higher Self for a good purpose; for only by the suffering, hardship and struggle to escape from their influence that you undergo, can you learn how to free yourself and gain the power to control and consciously direct your life forces to constructive ends.

That is the **hard** way, but we are now going to show you the **true** way to free yourself forever from fear and worry about finances, and from all other destructive forces.

We are assuming that all who read are students and followers of Christ's teachings. You remember those significant words of His in the Sermon on the Mount.

"Take no thought (or be not anxious) saying, what shall we eat, or what shall we drink, or wherewithal shall we be clothed;

"For your heavenly Father knoweth that ye have need of all these things.

QUESTIONS

1. How can one tell what thoughts to hold in the consciousness?
2. What is it that one ordinarily does when one thinks he thinks?
3. What then is true thinking?
4. What is it that attracts negative thoughts to one?
5. How can hardship and suffering be good for one?
6. What is suffering? Think carefully what actually takes place?
7. What part of man really suffers? How and why?
8. What does the struggle to escape suffering accomplish for the soul?
9. Can one ever escape or avoid suffering?
10. Is there any way to learn our lessons other than through suffering?
11. What did Jesus mean when He said to take no thought about food and clothing?
12. How are His statements related to what you have learned about negative thinking?
13. Can one follow such teachings and be successful in these modern times?

Have you ever really placed ALL of your faith in God Who dwells within yourself? Why not do that now, and see if He will not take all of the burdens from your shoulders?

LESSON FIVE

TEXT

Page 9

"But seek ye first the Kingdom of God, and His righteousness; and all these things will be added unto you."

We know that these words seem important to you, but we also know that very few take them as actual promises and are trying definitely and determinedly to put them to the proof.

But that is the very thing you **must** do, if you would obey the law above stated; and when we show you how to free yourself from fear and worry you will not only be able to defy Mammon and the power money has over you, but you will have found the straight and narrow way to the Kingdom. And all the powers of the Kingdom will help you, if you are strong and determined enough to win the goal. For the Kingdom of God and His righteousness is only a state of consciousness where we do **right** thinking—where we think God's thoughts only.

Can you do that? Surely you can—if you will. Then this is the way:

QUESTIONS

1. Where is the Kingdom of God?
2. What are the attributes of those who dwell there?
3. Can anyone dwell there and still be in the flesh?
4. Just what must one do, who wishes to find the Kingdom?
5. Can one seek first the Kingdom, and still work for money in the outer world? Support your answer with an illustration.
6. How can we know that the promises of Jesus will be fulfilled? Why have not more people proved that He told the truth?
7. What is the straight and narrow way to the Kingdom?
8. Why will all the powers of the Kingdom help those who are truly in earnest?
9. What is the difference between right and wrong thinking?
10. How can we know what are God's thoughts?
11. Is it possible to think only God's thoughts? How?

How may you seek the Kingdom, you ask?

Find God within your soul first, and then seek to follow His guidance instead of the hasty impulses that often control the mind.

LESSON SIX

TEXT

Pages 9-10

THE WAY. You must train yourself to
STAND GUARD CONTINU-
ALLY AT THE DOOR OF YOUR MIND,
AND TO LET IN NO THOUGHTS OR
FEELINGS THAT YOU DO NOT WANT
TO OUTMANIFEST.

Think this over carefully, and you will see
that it is the only way.

It will be hard—at first, and you may not
know what to admit and what to deny. But just
keep the door tight shut to every **negative**
thought and feeling of whatsoever nature—to
every thought that you know God would not
have you think; to every doubt, fear, worry,
anxiety, or concern of any kind; to every tend-
ency to criticise, judge or condemn anybody or
anything or any condition; to all self-pity, jeal-
ousy, envy, irritation, unkindness, anger, hatred,
etc., etc. These will give you an idea of what
are negative and ungodlike thoughts, and which
must no longer have a part in your conscious-
ness.

If you will keep all such untrue thoughts out
of your mind, can you not see that then and then
only can your Higher Self put into your mind the
true and positive thoughts that will attract to
you the good that is waiting to manifest itself
to you? For while your mind is cluttered with
all those fearful, worrying, discouraged, sick,
weak, poverty-tainted thoughts, how can you ex-
pect anyone who feels these vibrations—and vi-
brations are things you cannot cover up—to be
attracted to you, or how can you expect God to
inspire you with thoughts of an opposite nature?

*subconscious
mind*

QUESTIONS

1. How can one stand guard at the door of one's mind?
2. How can one tell what thoughts and feelings one does not want to outmanifest?
3. Define what is a negative thought.
4. Why do negative thoughts come back to the mind to be fed?
5. Where do such thoughts originate?
6. Why are not all thoughts positive, if God and good is all there is?
7. Where do positive thoughts come from?
8. How may we always be sure what God wants us to think?
9. From your own experience, analyze what are the chief causes of worry.
10. Why are these causes always false and foolish?
11. Tell one at a time why each of the other negative feelings mentioned in the text are likewise foolish and untrue.
12. What prevents positive thoughts being attracted to you?
13. How do true and positive thoughts cause good and harmonious conditions to manifest in your life?

Persist, persist, persist. The reward is great, and since God is on your side, inspiring every thought and giving you all the power you can use, the effort required is comparatively slight.

LESSON SEVEN

TEXT

Pages 10-11

In fact such negative thoughts actually drive and keep away the things you are longing to have manifest in your life—for like attracts like. Think! Poverty-stricken thoughts do not attract prosperity or jobs; sick thoughts do not build a healthy consciousness; and belief that you are a failure invites success to stay far away from you

You say this all sounds good, but when one is sunk so deep in conditions that no matter which way he turns he sees only sickness, hunger, poverty or failure facing him, and that despite months of efforts to conquer the condition, to get work, or to do something to tide over till better days come,—how is he to think of anything else?

Yes, dear friend, we see what you are up against, but we also see that you are caught fast between the horns of a dilemma? You have sought help from the world of men and it has turned you down. You have exhausted all the powers of self, and you admit that you are completely helpless. And perhaps you have even prayed to God, and seemingly He has not heard, for He has not answered you.

QUESTIONS

1. How is it possible for negative thoughts to keep away the things for which one is longing?
2. Why does like attract like?
3. Give practical examples from your experience of how poverty stricken and sick thoughts outmanifest themselves.
4. Why are some people brought to utter failure?
5. What dilemma faces one who has lost all hope?
6. Why does the world of men turn from such?
7. Why do months of efforts to conquer a situation fail to do any good in so many cases?
8. Why do prayers fail? What kind of prayers are answered?
9. What are the powers of self?
10. What part does self play in the average man's thinking?
11. How may we detect self's influence in our consciousness?

Have you truly made God first in every department of your life? Remember the decision you made. You will think only the thoughts you want to out-manifest.

LESSON EIGHT

TEXT

Pages 11-12

But where—**who** is this God to whom you have prayed? Is he not somewhere up in the skies, or in some hazy place, you know not where?

Have you prayed to the God **within** you? Have you turned there and opened your heart to **Him**, deep within your self, in the Kingdom, where your Higher Self abides?

If not, dear friend, then after reading this article carefully until you truly get its full meaning for you, pray to **Him there**; get down on your knees and in deep and complete humility of Spirit, pour out your heart to Him, knowing that He as your Higher Self hears you, that He does know that you have need of all these things, and that He **will** answer you.

For go back to those words in the Sermon on the Mount and read them over again and again, until you get all of their wondrous meaning and realize that they are meant **for you**, and that they are a definite promise made by the Master **to you**,—that **if you will do what you are there told to do**, the Father will give to you all things that you need.

QUESTIONS

1. What is your idea of God? Where is He?
2. Just where should we turn to God when we pray to Him? Can we really know Him there?
3. What is your Higher Self? Where does He abide?
4. What purpose is He fulfilling in your outer life?
5. How does God as your higher self answer your prayers?
6. Read Mat. 6, 25. What is the real meaning and purpose of this verse as it should be applied in modern life?

7. If we should not think of what we shall eat, drink, and wear, how are we to get these needed things?
8. Give examples of the difference between one who takes thought, etc., and one who takes no thought, etc.
9. Just what did Jesus mean in verse 33, Mat. 6?
10. What is the wondrous meaning intended in Lesson 8. Stay with it until you get it.
11. Now tell how you are going to apply it.

The words of Christ Jesus are a direct promise from God, and are just as true today as when He uttered them. Have you ever taken Him at His word and tried to prove the things He promised?

LESSON NINE

TEXT

Pages 12-13

Think! This is Jesus' promise to you, and therefore it **will** be fulfilled—if you do your part.

YOU CAN DO IT. You can do it, you must do it—if you would have the blessings which He promises you, and which we promise you above where we say that you can have an abundance of all good things and that you can be free from the dominance of money forever.

And what must you do? You must not be anxious or worry anymore about what you shall eat or drink or what you shall wear, for your loving Father knows that you must have all of these things. But if you will seek first His Kingdom—that is, His Consciousness, where you must think only His thoughts for you—as we have above shown you how, and then will do what He tells you to do when He puts His thoughts into your mind, He will provide you with all the good things He has had in store

for you from the beginning.

We know that we are telling you to do what now seems almost impossible. But, dear friend, this is **the only way** to win these blessings; and you say you will do anything to obtain them, if it is humanly possible.

It is not only possible, but it is the very thing ordained and intended for you by your Higher Self—or He would not have brought you this message and have placed this ultimatum so squarely before you.

QUESTIONS

1. Do you think Jesus' promise in "The Sermon On The Mount" can be fulfilled? When?
2. What is your part? Think it out until you see it clearly.
3. Think you one can be free from the dominance of money, ill health, and inharmony forever?
4. Just what must one do to obtain such freedom?
5. How does God put His thoughts in your mind?
6. What is self's reaction when you try to think God's thoughts?
7. How may you tell God's thoughts from those of self? What must you do to win over self?
8. How will God provide you with all these good things?
9. How can a person today make the finding of the Kingdom first in his life?
10. What blessings are you really seeking to win?
11. Why has your Higher Self led you to this course of study?
12. With what ultimatum are you now faced?
13. What are you going to do about it?

Your Divine heritage is freedom from lack and limitation of every description, and you will receive your inheritance in full—when you fulfill your part.

LESSON TEN

TEXT

Pages 13-14

You have tried your way, and you have tried the world's way, and you know where they have brought you. And now you are given the opportunity of trying God's way; the way laid out for you in the beginning. Can you not see that it is now the **only** way for you?

Thus God brings His children that love Him finally to realize that they cannot serve both God and Mammon. For they must be shown that they are serving Mammon just as much by fearing him and yielding to the power of money, as they would be by openly worshipping money and becoming its slave when having great quantities of it. They must be made to see that by fearing money's power they are making it first and God second in their lives, and until they truly want to serve God more than any other thing, and **prove** it by their **right thinking, speech and action**, they are not yet where He can help them.

QUESTIONS

1. What is the world's way?
2. Where does the world's way eventually lead everyone who follows it?
3. What is God's way?
4. To what will God's way bring you? How must you follow it?
5. From your study of this course so far, what have you learned is its purpose?
6. What has prevented you from finding the right way before?
7. What do you gather is meant by God's thus teaching His children that they cannot serve Him and also Mammon?
8. How can one be sure that he is not trying to serve both God and Mammon?
9. What is fearing Mammon's power? Why should anyone fear it?

10. How can one free one's self from such fear?
11. What must sooner or later become the first interest in every one's Life?
12. How will that interest be shown in one's every line of endeavor?
13. Is God becoming any nearer and clearer to you through this study? How?
14. What does it mean by being where God can help one?

Have you fully freed yourself from fear and dependence upon Mammon? Can you truly say that your sole dependence is upon God? That if you lost your position or income today, that you would have no fear, and would know that God has something better waiting for you? You must be able to say and do all this before the goal can be reached.

LESSON ELEVEN

TEXT

Pages 14-15

THE ULTIMATUM. So this is the ultimatum that you are facing. You have now come to the place where God holds out His hand to you, and says,

"My child, I have brought you to this place where I would help you. But it means that you must give yourself and all your ideas over wholly to Me, must learn to think only My thoughts, speak only what I would say, and do only what I impel you to do. It means that you must **not** let into your mind or believe any other thoughts, no matter what appearances are or how much such thoughts beg for admittance.

"You have had **your** chance and you see what a sorry mess you have made of things. Now if you are willing utterly and completely to trust **Me**, and to wait upon and serve Me only, and

will keep your mind and heart clean and empty of all untrue thoughts so that I can fill them with My thoughts, I will inspire in you the ideas that will lift you quickly out of your present consciousness—which means out of present conditions—into one where peace, harmony and plenty will be your mental children, that will ever come to you to be fed with loving trust in Me, confidence in your power to express Me, and with the pure joy of living, that you will then be feeling as the natural and continuous state of your consciousness."

Is this worth trying for? Do you really want it?

Then what are you going to do about it?

QUESTIONS

1. Tell in a few words what ultimatum is placed before those who want to love and obey God.
2. What will this ultimatum mean to them if they decide to follow Him?
3. How does God speak to everyone?
4. How may one know His voice?
5. Why must we give ourselves and our ideas wholly over to God?
6. What should you do when someone tells you a tale of sickness and misfortune?
7. What do you understand by appearances? Why are they not true?
8. What constitutes your present consciousness?
9. What must you do to make it possible for God to do His part?
10. Give an example of how God will inspire us with ideas that will lift us above our present state of consciousness, if we listen to His voice?
11. What does the pure joy of living mean to you?
12. What is your natural state of consciousness now?

13. What think you will be your state of consciousness when you have surrendered all to Him?

There is only one real happiness in life—the happiness of surrendering all to God so that He can freely express His Love and His Will through us.

LESSON TWELVE

TEXT

Pages 15-16

If you are willing to make a supreme effort and to put all the force of your will into it; will make yourself a **positive** agent of your Father's Will, looking only and always to Him to guide and inspire you, you will truly receive all the help you need, and will find, if you persist despite the first few discouragements that may come to test your determination, that you will then walk straight into the good that has long been waiting for you.

APPEARANCES. This means that from this moment you must pay no more attention to appearances, for what is now appearing is but the outmanifestation of what you formerly visualized in your thinking, and which your fearing and worrying crystalized into facts and fastened upon you.

Try to realize the great significance of this. It is not what you see as conditions surrounding you that really counts—it is what you **believe** is so. And when you **know**—as we have proven to you—that **what you believe** is the cause of its manifesting outwardly as **it now appears**, you will definitely begin to change your beliefs into those you **want** to manifest.

Think this over, for it is the only way you can change conditions and their appearances,—you must remove from your consciousness the beliefs you are holding there, by replacing them

with beliefs you want to see manifest in your life and affairs.

How can you do this—when you cannot help but believe the things that stare you in the face, no matter which way you turn?

QUESTIONS

1. What is will power? Where does it come from?
2. How do you use its power?
3. How can you make yourself a positive agent of the Father's Will?
4. What is the good that is waiting for the Father's children?
5. How can that good be yours?
6. Has what appears to one's physical senses any reality? Why?
7. How do these appearances come to be what they are?
8. Can what appears be changed? How?
9. What are the only realities of your life?
10. How can you tell what are your beliefs?
11. How may your beliefs be changed?
12. Why is any one in the conditions now surrounding him?
13. How may one know what are the realities back of all outer conditions?
14. Give an example of how to change conditions and their appearances?

The most important thing in life is what one thinks. Therefore why not think the things you want to have manifest, instead of about those things you wish you were rid of?

LESSON THIRTEEN

TEXT

Pages 16-17

THE WAY OUT. We will now show you the way, a way so simple and easy that anyone can do it, if they will obey exactly what we tell them to do.

All that is needed is to say over and over again to yourself **until you believe it absolutely**, letting not a single doubt of its truth ever enter your mind, the following words:

**"GOD LOVES AND CARES FOR ME
AND IS GIVING ME ALL GOOD THINGS.**

**"I LOVE HIM AND THINK HIS
THOUGHTS AND DO ONLY THE THINGS
HE WANTS ME TO DO."**

Try to realize the full truth of these words, to feel it, to see yourself actually living in the consciousness of it, going about your daily work in that consciousness. If you **do** this, it will bring the greatest possible blessings into your life.

QUESTIONS

1. Who is God?
2. Where does He dwell?
3. What is His relation to you?
4. What evidence have you that God loves you?
5. What is Love? Where does it come from?
6. How may you know it?
7. How should one always feel and act toward God?
8. How can one commune with Him?
9. How do one's feelings differ from one's thoughts?
10. How may one feel the truth of the words in capital letters?
11. Can one always live in the consciousness of their truth?
12. What must one then do to apply **THE WAY OUT** as shown?

Dear Friend, although you may not know a single person who really loves you, there is One Who always loves you—the loving Christ within, your own Divine Self. Should you once consciously recognize and return that Love, the world from that hour will be changed for you.

LESSON FOURTEEN

TEXT

Pages 17-18

The first statement should not be hard to believe, for you surely know that He loves and cares for you; for whether you know it yet or not, everything that has come into your life has been good for you, for through these things He has finally brought you to the place where we now hope you are willing to look to and trust Him only, so that He can **prove** to you His love and care and **can** give you all the good things He has had waiting for you from the beginning.

And it should be easy to love Him, and through consciously loving and trying to think His thoughts, can you not see that it opens your mind so that He can put His thoughts into it, and can thus direct you just what to do that will bring success, prosperity, health, harmony and happiness into your life?

Dear friends, we wish that we could impress the truth of the above wonderful statements so powerfully upon you that it will **live** with you and will motivate your every thought, word and act forever afterward. They are so mighty in their truth that if lived **they will make you more than man.**

So do not pass them by because they seem so simple and common-place. Stay with them until all their glorious import dawns upon you and you feel the change that they will surely and quickly bring into your consciousness and therefore into your life and all your affairs.

QUESTIONS

1. From where have all things in your life come? How?
2. Why have all the experiences of your life been good for you?

3. What must you do before God can prove His Love for you?
4. What has prevented you from doing this before?
5. Why should it be easy to love God?
6. What must you do in order to prove your love for God?
7. How will that enable you to receive His ideas? What will His ideas do for you?
8. Just what will make you more than man? How will it?
9. How can your realization of God's Love for you, and your returning that love, change your affairs?
10. Just how do you study your weekly lesson on THE WAY OUT?
11. How are you applying the truths learned?

*When you fully return God's Love for you—
every good thing you could possibly desire or need
will be manifesting in your life.*

LESSON FIFTEEN

TEXT

Pages 18-19

DEFINITE INSTRUCTIONS. And now for instructions of a concrete nature. Let us take some definite good that you want to have manifest in your life—we do not mean **things**, but conditions that will bring harmony and happiness to yourself and dear ones; which means that you must make sure that it is good, that it is what the God of you wants you to have. That should be easy, for He has ordained all good things for you—but you must **know** that and be able to see it as good.

Then build in your mind a picture of that good, build it perfect, in every detail, so that it stands out clear and distinct as a finished and accomplished fact. According to how complete and distinct is this picture in your mind is it actually finished on the mental plane—the plane

of concrete mental forms, which determine their physical appearance—and is ready to come forth into manifestation.

And now if you will follow exactly the same process which brought into manifestation all of the present unwanted conditions in your life, only using the opposite kind of thoughts and feelings, as we shall indicate, you can bring forth into perfect manifestation this picture now existing on the mental plane and awaiting the action of your will.

QUESTIONS

1. What definite "good" should you try to have manifest in your life?
2. Why should one not try to manifest "things"?
3. What has God ordained for all of His children? Why?
4. How may you *know* what things are good?
5. May one "claim" what God has ordained for one? Why?
6. Where and what is meant by the concrete mental plane in one's consciousness?
7. Explain when you are there in consciousness, as distinct from the "abstract" mental plane.
8. How can you finish on the mental plane the picture of the good that is rightfully yours?
9. Just how can you then bring that mental picture into physical manifestation?
10. Give a concrete example of how mental pictures are created and later brought into manifestation.
11. Why are unwanted conditions manifesting in your life?

Every minute of the day you are, by your thinking, helping to bring something into manifestation. Then why not restrict your thinking to only the good things you want to outmanifest?

LESSON SIXTEEN

TEXT

Pages 19-20

We will take as an illustration a friend who recently lost her position. Several weeks before this friend mentioned to the writer that their business was very poor and that they had laid off several who had charge of departments similar to hers, and she supposed she would be the next to go. The writer remonstrated with her and tried to show that that attitude of mind would bring to her what she did not want. Two weeks later another friend reported that she had said the same thing to her, and we do not know to how many others she had voiced it. But a few days afterward, as she had pictured it, the notice of her dismissal came.

Now let us analyze the mental process which created and brought to pass the losing of her position.

The conditions of the business, the letting go of other department heads and clerks naturally caused our friend to build a picture in her mind of her also probably having to go sooner or later, and through the **fear** of it she actually **saw** herself leaving. Day after day the conditions in the office, her talks with fellow employees and with others in other businesses in similar bad straits, and with those who had lost their jobs, increased and intensified her fear and helped her to build in the details of her picture, until she had it all finished and perfect. Then she naturally **felt** she would soon have to go. So of course it **had** to come to pass.

Now do you understand? The proof that she and she alone created the necessity of her going was, (1) she was the last of all the heads of departments let go, for she was the most efficient;

(2) she began criticising her employers and their actions; (3) she learned afterward that they did not want to lose her and they might give her back her position, having hired two young men to replace the other women let go.

QUESTIONS

1. What is it in one's consciousness that causes one to voice negative things, like the woman in the text?
2. What should one do when one finds one's self in a similar situation?
3. Should one recognize what appears to the outer senses, if it is not good? Why?
4. How can one change negative thoughts and feelings?
5. What kind of pictures should one hold in consciousness all day long?
6. Describe just what part fear plays in one's affairs?
7. How can one overcome fear?
8. What is the difference between criticism and impersonal judgment?
9. What is the source and purpose of each?
10. What is it in our consciousness that causes us to criticise others?
11. How can we counteract the desire to criticise?
12. What attitude should we hold toward our work?
13. How may we know what is the work that the Father wants us to do?

You are today the result of what you thought yesterday. You will be tomorrow the result of what you are thinking today.

LESSON SEVENTEEN

TEXT

Pages 20-21

But she had created on the mental plane the finished thought form of being dismissed and had vitalized it with her fears and other feelings,

and as a result that thought form had to out-manifest; and so it forced itself into the minds of her employers and impelled them to do what they otherwise would not have done.

Now let us apply similar thought processes to the bringing forth of the good you pictured above into manifestation.

You have built and now see the finished picture of that good, but now instead of seeing a negative outmanifestation of that picture, we will see a positive and happy one. So everyday and as often as possible during the day you will see your pictured good manifesting, affecting your life in every way you can visualize it; see yourself actually enjoying it and sharing it with your dear ones and friends; and all the time you are seeing it consciously pouring deep feelings of joy, of love and gratitude into your sense of its being an actual and living reality, your own creation, the product of your own spirit, which you are nursing and bringing forth into physical being.

QUESTIONS

1. What becomes of our finished thoughts vitalized with fears and other feelings?
2. Can such thoughts influence others? How?
3. Does it affect their attitude and actions towards us? Why?
4. What is the first step in bringing to pass the good you have pictured in your mind?
5. Then what should you do all through the day with that picture?
6. What factor determines your success in making the picture come true?
7. How may you know that it is going to be good for you?
8. What happens if you try to bring to pass something that God does not want you to have?
9. What creations only should you be nursing and striving to bring into being?

10. Give an example of how such a creation is brought into manifestation?
11. If one does not know just what one should create as an ideal condition, how may one receive the vision of what is meant for him?

Every time a negative thought tries to enter your mind, drive it away and try to see the good that it always hides.

LESSON EIGHTEEN

TEXT

Pages 21-22

And just as surely as our friend brought forth her unwanted creation into actuality, so must your good come forth and be to you all that you visioned and intended it to be. It is the law, and a faithful following of this process in all constructive thinking and creating will always bring the results sought, even as your destructive thinking brought the results unsought.

Study the above examples and explanation until the process stands out clear and true to you. Then study your own individual case until you see plainly how you came to your present state. Then begin to reverse your thought processes as shown above, until you have trained your mind to think, feel and express along constructive lines only.

Your sincere desire to free yourself—not just to ease yourself from suffering and hardship, but to **know the truth**, to learn the cause of being in any unwanted condition, and to gain the ability to free yourself from it, so you can help others to get free—will draw to you the help needed, and you will in time be free.

Do not expect your mind to respond immediately, for it has formed the habit of wrong seeing and thinking, and you were a long time creat-

ing present conditions. Just know that if you persist until your mind sees that you are determined and really mean it, it will soon fall in line and follow the new ways of thinking you lay down for it as easily as it did the old ways in the past.

The main thing is to remember always that you are dealing and working with mental substance on the mental plane, and are not concerned with outer appearances and conditions, for you know that by such work you are shaping and changing conditions to those you wish to be manifest.

QUESTIONS

1. What is the law of constructive thinking and creating?
2. What have these truths determined you to make manifest?
3. Just what difference is there between the process of creating good, and the process of bringing forth the opposite of good?
4. Can you now see what has brought you to your present state of mind? Just what was it? Then how are you intending to change it to the one you wish to have?
5. How are you also going to change present outer conditions in your life?
6. What purpose has been served by the former habit of wrong seeing and thinking?
7. Describe what is persistence? What persists, what is called into play, and how?
8. Just why is persistence necessary for the accomplishment of one's purpose?
9. What has persistence to do with the mind, and with habit?
10. What is habit, and how can you change or master a habit?

Your mind is the instrument with which you create. You are teaching it to become as impersonal and perfect an instrument as your hand now is in the service of your mind.

LESSON NINETEEN

TEXT

Pages 23-24

WE HAVE now shown you the Law. We have explained to you its operation. We have made clear that by wrong thinking and believing you have brought upon yourself the conditions now surrounding you, and we have shown you how to free yourself from these conditions and how to create those you wish to manifest in your life. There now remains only a few more things to tell you to help impress it all upon your mind so that it will become a part of your soul consciousness.

BE POSITIVE. The first is the importance of always being **positive** in your thinking, **positive** in your speaking, and **positive** in your doing. **And never negative.**

The negative person attracts all the negative things of life, all the ills, inharmonies, troubles that are in the mental atmosphere—the effluvia of other weak and negative minds. While a positive person attracts all the good that is ever waiting for some one to use it. If you understand Radio you will know that when you set your dial at a certain wave length, all that is “on the air” of that wave length will make itself heard. It is exactly the same with your mind, it will receive whatever happens to be “on the air” of the wave length to which your thoughts are attuned. So that it is “up to you” and you only what your mind radio gives forth or outmanifests.

Have you ever noticed how a positive person in a crowd of ordinary persons is always the center of attraction, always makes his or her presence felt, and always accomplishes things that lesser ones never think of? A most forcible illustration was once when driving on a thoroughfare where

there was a temporary narrow road built at the side of where a new bridge was being constructed, we came to a halt because of a long line of automobiles ahead. After waiting for some minutes, the writer got out and noticed perhaps thirty cars on the long decline to the bottom of the ravine and a similar line up the hill on the other side. But seemingly the left side of the road was clear all through. He could not see any sense in waiting, so he pulled out and started ahead and went through without opposition. While going up the other side he looked back and found a great string of cars following him, and a man in one of these told him that they had been waiting back there for twenty minutes. Evidently two cars from opposite directions had come together with others following them, and they were afraid they could not get through on the narrow road, because of other cars coming.

It is always so in life; the positive soul gets there, the negative one stays behind, or tags along when he finds a leader. Why be negative? It is all an attitude of mind, and can be changed simply by changing your beliefs.

QUESTIONS

1. Is the difference between wrong thinking and believing clear in your mind? Then give an example of each?
2. Describe what is being positive?
3. What does a negative person always attract? Why?
4. What is the difference between true positiveness and stubbornness?
5. How can you attune your mind to receive only good?
6. What kind of thoughts keep running through the mind of a negative person during the day?
7. Why are positive people usually successful in their undertakings?
8. How can one change one's self from a negative to a positive person?

9. Why does a positive person always make himself felt and noticed by others?
10. Why are selfish thoughts wasteful and negative to one who is applying the truths in THE WAY OUT?
11. What makes leaders different from their followers?
12. Can anyone become a leader? How?

Do you wish to become positive? Then relinquish every personal desire, so that you can recognize and accept only God's desires for you, which are always positive and for your good.

LESSON TWENTY

TEXT

Pages 24-25

Besides we are all sons and daughters of God, children of the greatest King in the world, Who naturally gives all the riches and good things of His Kingdom to all those of us who know it is our divine heritage and who will accept and enjoy them.

A KING'S SON. Try to realize that you are the equal—nay the superior—of the Prince of Wales, the son of the King of England; for our Father's Kingdom includes his father's kingdom; and if we could lift our minds to the consciousness of our True Selves as sons of God, we would go about KNOWING that all that our Father, the King, has is ours, and that all of the Father's servants will rush to supply—to anticipate—our every need. This is actually so. Each one can experience it. All you need is to believe it, and to go about in that consciousness, even as does the Prince of Wales in his lesser kingdom consciousness.

Then as a King's son you must learn, if all that your Father has is yours, to spend freely of

the riches He has given you with absolute fearlessness. For there is no limit to them, no lack of wealth always available—His resources are inexhaustible.

You must acquire this consciousness, you must feel even as does the Prince of Wales about **spending** or using money. Think you that he has any fear of lack or limitation of supply? No, there is always a great plenty for his every need, for his every comfort, every pleasure, for every constructive idea; for he knows that back of him is his father, the King, and all the resources of his kingdom. So must you learn to know that back of you is your Father-God, with all the resources of His Kingdom.

QUESTIONS

1. Who—what—are you? How do you know?
2. Who is your spiritual Father?
3. Where does He dwell?
4. To what are you entitled as His heir?
5. How can you claim your heritage?
6. What resources are awaiting your acceptance and use?
7. How will all of the Father's servants rush to fill your every need? Who are these servants?
8. Of what is money the symbol?
9. How can you keep the stream of money flowing?
10. What is necessary in order to receive a constant supply of good and useful ideas?
11. What is the difference between a thought and an idea?
12. Describe what must be the consciousness of a King's son regarding material supply?

If God, your Father, created the Sun, the Earth, and the entire Universe, and created them perfect, surely He can arrange the puny affairs of your life into perfect harmony. Then why not put self out of the way and surrender all to Him?

LESSON TWENTY-ONE

TEXT

Pages 26-27

USE MONEY FEARLESSLY. Oh, if we can only get you to realize that the quickest way to rid your mind of that old fear of want, fear of your job, fear of the power of money, is to have an absolute trust in your heavenly Father's loving care for you and to **pay out gladly your last dollar for a needed thing, KNOWING** that by so doing you make it possible for Him to supply you with plenty more.

It is as if you needs must keep the stream of money ever flowing, if you would not clog up its source. For money, in its true sense, is life, or is the means for the perfect expression of material life; even as the blood is the means for the perfect expression of physical health.

In both cases your mind must not only hold true and pure thoughts—God's thoughts only—about the material life of yourself and others, and about your physical well-being, but you must know that God's Mind is the Source of all true thoughts; and by perfect faith and trust in Him you thus keep yourself open to the free circulation of His thoughts in your consciousness about both your affairs and your body, thus creating perfect health and harmony in both.

This has been proven by many so called "tithers." They have created a consciousness where they know that, by using money freely in such perfect trust in God, and especially in thanksgiving and loving gratitude to Him, giving freely a percentage of their income to that part of His Work which is bringing the Truth to them, they become greatly blessed in this world's goods and are put in a position where they can help many souls to come into this same truth.

It is the pinching and holding on to your last dollar, fearing that no more will come, that dams up the source and actually prevents more from coming. And this is especially so with those who thus hold back out of fear when their hearts urge them to give freely out of gratitude for Spiritual benefits received from some Teacher or Helper. For such giving more than anything else helps to open the channel so that supply both Spiritual and material can freely flow to them.

Now we wish finally to emphasize that the application and proving of this great law not only will bring financial freedom and success, but it will bring also perfect health, harmony, and happiness into all departments of your life. For when you begin to think only true thoughts about yourself, then of course God's consciousness lives in your body and His thoughts rule your mind, and there can manifest only perfect health in your body and perfect harmony in all your various affairs, and naturally happiness **must** sing in your heart and be your daily companion.

So, dear friend, we have given you this Message, one born of an intense yearning to furnish to those who are wandering in the darkness of present world conditions a sure guide to lead them back into the Light of Love, of abiding Trust, and of true Happiness.

QUESTIONS

1. What is the purpose of money?
2. Where does money get its value? Wherein lies its power?
3. Therefore, how should one use it?
4. What is the source of all true thoughts?
5. How can you connect yourself with that source? How can you draw from that source?
6. What is true spiritual wealth?

7. How do material symbols of spiritual wealth, such as diamonds, gold, etc, become available for use?
8. Therefore, what should be one's continual attitude towards needed things?
9. What dams up the source of our supply?
10. What happens when one fears to spend, and holds on to money and the material things one possesses?
11. What thoughts about yourself and about God must you hold in your mind, in order to live a harmonious life?
12. State briefly the lessons you have learned from your study of THE WAY OUT, and what you have accomplished from its study and application.

If you were assured by the government that every need would be taken care of, for you and your fellow man, for the rest of your lives, what would you not do to carry this glad news to everyone you could reach?

Then why not convey the news that you have learned from these teachings to all such, since you now know that God's Invisible Government, the source of all visible things, has granted the fulfillment of every need to all who are ready to receive it and to do their part.

TO THE STUDENT

YOU HAVE finished the first Course. If you carefully studied the text and stayed with each question until it was answered satisfactorily to your Higher Self, and then made every effort to prove the truths learned, you have gone a long way toward freeing yourself from the inharmonious conditions that prevailed when you first took up this Work.

In fact, if you did everything suggested in the Lessons, you should now be wholly free and dwelling in a new consciousness where harmony and peace reign continually in your life.

For those who for one reason or another have not yet come into such a consciousness and who therefore need further to train their minds and discipline their souls, so they can gain a perfect Love and Trust in God, THE WAY BEYOND Course will prove of the greatest assistance. It should be studied in a similar way, excepting if possible doing more meditating upon the deep truths in the text and striving harder to practice them in the daily life.

Surely by this time all have learned the value of compelling the mind to do what is required, and of the great power available when having in it an obedient and efficient servant.

It is urged that everyone continue with this second Course, for it carries the soul on in its development and unfoldment of consciousness, as a necessary preparation for finding and abiding in the Kingdom.

For a full explanation of the plan, purpose and need of these Courses and of THE SUN CENTER Work, you are referred to the pamphlet, The New Age—How You May Help Prepare for It.

If you have not read it, one will be sent you on request by writing to the

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