

**A FORERUNNER
TO
SPIRITUAL
UNFOLDMENT**

Vol. I



Mary Valla

A Forerunner To Spiritual Unfoldment

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To all sincere students of truth this book is dedicated.

I wish also to openly express my gratitude to my Beloved husband Albert Valla and to those loyal and wonderful people who work constantly by my side -- my students and fellow workers without whose loving faith as my constant inspiration this book would never have been written.

Mary Valla

A Forerunner
To Spiritual Unfoldment

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It must be pointed out you have definite steps forward to make in order to reach the higher state of consciousness. Preparing yourself is of extreme importance to all students of truth. Your first concern is to lay your ground work well. You must familiarize yourself with certain steps to take --systems in truth seeking. Ethics are necessary in any science, especially the science of the soul. Learn to stand on your own two feet. Keeping your balance in the seen and the unseen world. The importance of education is to learn to know life from every standpoint. The importance of finding the right teacher. The sincere teacher of truth assists you in finding your inner guidance. Learning to rely upon your inner guidance is important. If you depend entirely upon your teacher and if for some reason you are left without one, you would be left hanging in a mental vacuum. Round out your life by studying life and becoming acquainted with life in general. Do not narrow your thinking down to just a few books on the subject you are studying. To help yourself and your fellow man you need to acquaint yourself with the material arts and sciences as well as the sciences of the soul. The so-called material

arts and sciences are actually the reflection of the so-called supernatural wisdom. Everything you see is the outer reflection of the spiritual realm. You must learn the need of continuity. True spiritual unfoldment is an arduous task, but well worth the time and effort. If you win it is up to you and, of course, you will win if you really try. You must put forth effort.

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One of the first steps in creating better conditions in your life and developing the proper mental attitude is to analyze your thoughts, aims and purposes carefully. In learning the importance of your thoughts, you will find the orderly way to spiritual unfoldment -- how to demonstrate the Law of the Cosmic in a constructive way. You must first learn to control your thinking. "As a man thinketh, so is he." Wiser words than these can never be written. Analyze your thoughts. How do you think? This is truly what you are. One needs to understand the cause in order to get the right effect. The causes of depression are many. Learn to find the reasons for your feelings and what to do about freeing yourself with developing the right mental attitude, by training yourself to think in the right way.

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Try to be honest with yourself at all times. If you are honest with yourself, you will not be dishonest with others. The great philosopher Socrates said,

"It is better to be than to seem." To be honest with yourself in every sense of the word is to endeavor to uncover every secret thought. Do not tolerate jealousy, resentment or fear. Above all, do not tolerate mental laziness. If you are seeking peace, remember the real peace you want comes from within. When you begin to feel this peace within, rejoice for it means you have begun to awaken your slumbering powers and started on the lighted path that leads to consciousness unfoldment. You see a beauty that cannot be seen by the physical eye as you glimpse the illumination of the soul. Your desire to unfold clairvoyant powers and enter this state of higher consciousness can be fulfilled. The faithful soul will not be disappointed. In the modern world man searches for means which will lead to consciousness expansion -- the difference between reality and fantasy. The safe and sane way to consciousness expansion -- Being and Becoming -- is determined by overcoming your hardships or darkness in order to reach the better life, spiritual light, and growing into the eternal light -- the soul fully awakened -- the ultimate of spiritual unfoldment.

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For the first time you see yourself as others see you. If you do not like what you see, and you probably will not at first, don't run for cover, for you are not going to stay the same. You have already started the change and it will soon manifest itself in your life. All of this is part of the plan in grow-

ing into spiritual light. Your faith has made you free. Limitations are lifted. You begin now to find the oneness with creation, the peace within. You will now be conscious of the mental union between the seen and the unseen. There will be testing periods as you lift the mystic veil a little higher. You will pass through periods when you think you are standing still. You have reached a certain plateau on your climb upwards and you must stop for a while and get your bearings before you climb to loftier heights. You have already learned the first step and that is the giant step. It is the most important step. You experience many wonderful things as you gradually create the beauty of knowing within your own soul. The long night of the soul is ended with the glimpse of the light that shines through from inner knowing, the light of your soul. One feels a great surge of joy when he learns to recognize truth. The sense of oneness with God the Creator. You will cease being creative and become the Creator. The kingdom of God is within you. It brings you into the bountiful, harmonious, happy and beautiful life as you learn to look into the Magic Mirror of Your Soul.

Chapter V . . Self Mastery 65

You cannot change your preconditioned thoughts, habits and feelings over night. Practice, patience and persistence are needed. One cannot always master his feelings, but he can master his acts. One finally learns to conquer his feelings by stopping

the manifestation of them, by not giving in to undesirable emotions and he finally outgrows them. It is when your emotions master you that you get into trouble. Calmness is a state one must learn, and it can be learned. It is a priceless possession. There are very few days in our day to day living when we are not in need of a calm, serene outlook. It is possible with this priceless quality for one to change his entire life and overcome the greatest obstacles and mold faults into virtues. Impulsive action and nervousness are closely related if not inseparable for one surely follows the other. In any case, one must guard against both for there is nothing that slows down one's spiritual progress more than these two emotions. The understanding of one's emotional nature requires much searching of one's self and is a study within itself; but to acquaint yourself with those most commonly used and often misunderstood is a good start toward understanding yourself and others -- the beginning of Self Mastery.

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Don't pity yourself for you limit yourself when you do this. One does not manufacture success and happiness. You have to remove the things from your life that keep you from happiness. You have been learning about mental discipline, feelings and thoughts and how you are affected by them. We are now arriving at the vital point of the how and why of thoughts. It is learning the coordination

of the conscious thinking and the subconscious thinking. You are a law unto yourself. The Divine power of the creator works with you. If you channel your thoughts right, you have your whole life under control. Realize you have your entire life in your hands when you think. Think what you want manifested in your life, not what you do not want. Understanding is gained only by making practical application of this information. The subconscious may be thought of as the Solar Sun and will shine with ease if you will keep your thoughts on the positive realm. As you progress, you will find it is easier to find serenity within as you quiet your noisy mind. You order what you want to come forth into expression. Your subconscious is where the finite and infinite meet and blend into one.

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Minister and those who are studying to become
a Minister 85

FOREWORD

"A Forerunner to Spiritual Unfoldment" is an excellent title for a book written for all students of truth who are seeking spiritual enlightenment. It fulfills a definite need in our modern age. All things have been brought up to date except the teachings of the spiritual nature of man.

"A Forerunner to Spiritual Unfoldment" is designed to assist all sincere students in finding the proper methods and means in all phases of their lives in their association with God, man and the universe. This book lives up to its title, for it gives to the reader the insight that is needed in keeping a normal balanced life. It is only through knowledge and understanding that one learns the truth about himself -- both human and spiritual -- and the ability to differentiate between the visible and invisible world and the proper approach to both. It is simply written in an easy to understand language.

Spiritual understanding is reached when the person seeking such understanding can visualize himself as a part of the whole. The personality of each individual is different, that is why "know thyself" is one of the most essential teachings in the Bible. When mental powers are assimilated and focused upon the positive approach one is then ready to seek and find spiritual unfoldment and/or Divine revelation.

Remember the peaceful mind is not the dull, lazy mind but the active mind. All the wise thinkers and doers down through the ages knew this. Edison said, "Idleness rusts the mind" and an old Italian adage says, "A young mind idle, an old man needy." Ideals and good intentions are worthless unless we act upon them.

Set your goal for spiritual unfoldment and keep your eye centered on it until you have reached your goal. If you follow the lessons written in "A Forerunner to Spiritual Unfoldment" you are bound to reach your goal.

Rev. Harold Margrave, Pres.
Universal Church of the Master

INTRODUCTION

"A Forerunner to Spiritual Unfoldment" is written, in the main, for those students desiring to become teachers and/or ministers. However, anyone who is seeking truth will find enlightenment in reading these lessons. Close attention to the Introduction to any book should be read and studied carefully -- especially by those who are now presently teaching or those students desiring to become teachers, for here we explain the importance of education. A teacher and/or minister will have students of all levels of understanding and from many different religions and will develop more self-confidence through education.

Self-confidence is a must if one wishes to teach anything. You must know what you are teaching in order to hold the confidence and interest of your students. If you are a minister of any kind, you are a teacher whether you understand this or not, especially if you wish to do spiritual counseling. Please understand counseling is a long step from merely going into trance and giving out messages. It takes more than mediumistic, parapsychic or clairvoyant ability or drawing up an astrological horoscope or numerology chart. All these things are helpful and are part of our religious function. It is to be understood that anyone of these abilities alone is not sufficient in itself to become a minister of any kind, let alone one who wishes to give counsel. Counseling is one of the most important of the minister's duties, no matter what else you may wish to teach or however gifted you may think you are. You

have no right to set yourself up as a counselor of any kind without having a well rounded education. If you are a healing minister, you need to explain your procedures and assemble your supplies. It is evident that Jesus the Christ was a learned man for he quoted the Old Testament constantly. He had answers for everyone. You understand and have faith in what you are doing. You understand the manifestation of the spirit through you as the channel in healing, counseling, lecturing, etc. You must understand the person who attends your lectures, your classes, seeks you out for healing or counseling, does not understand. People fear the unknown. So, when called on to give any of these services, assemble your supplies. In other words, meditate. Get yourself in shape so the Divine can work through you. Explain the procedures. Tell the person you are working with what you are doing, why and how you are doing it. Above all, let them understand you are practicing your religion. If you are truly inspired by God, then you hold your work sacred and will not perform for those idle curiosity or sensation seekers. This is how the spiritual worker encounters trouble.

You will know "it is not I but the Father who sent me" who doeth the work. It is not, however, the modest, meek soul who says, "Oh, I am just the channel." You are the instrument (or channel, if you will) for the Master's work. But what kind of a channel or instrument are you? You must work in order to be a good channel or instrument or you will be poorly misused. The mentally lazy are those who proclaim, "I let spirit do this or that for me." These two state-

ments are contradictory. If you are the channel or instrument, then you are working for spirit and you will have to remember there are two forces and a poor soul who is "just an instrument" can be used by either. It is a lowly spirit indeed who will use a deficient instrument. Jesus said, "Study to show thyself approved . . . rightly dividing the truth," being not afraid to teach the truth.

The great master musician Mozart would not play his masterpiece on a broken down piano. Is it not unreasonable then to think the higher Master spiritteacher would want to work through just any channel. The higher teachers would choose the best.

God and the Cosmic Forces assist us in our work, but they do not do it for us. They are not our slaves. Don't be "just a channel". Strive to be the best channel possible for your particular kind of work. Remember, "Work without faith is like a man without legs and faith without work is like legs without a man."

LESSON I

THE FUNDAMENTAL PRINCIPLES

The most consistent question asked by all students is, "What must I do to spiritually unfold?" This question is very difficult to answer as it covers so much territory. Yet, we must endeavor to throw some light upon the subject, and the only way we can do this is by helping you to understand the fundamental principles upon which all the deeper mystical teachings throughout all ages have been founded. The philosophical, ethical and religious views of all the great teachers -- if we look beneath the surface -- help us to lift the mystic veil and understand the fundamental step by step in the growth of our soul in true spiritual unfoldment. There is nothing that governs or limits

you if your purpose is right and you stay steadfast in your purpose. These sacred teachings never deprive you of the right of self expression. Through sincere seeking after truth, you shall surely find that nothing is covered that is not revealed.

All students of truth will have to understand the value of education. This seems to upset many of the students of the higher teachings and, "We are studying about the spiritual realm," is the constant protest. The mention of education and the value of education seems to cause the feeling that we are trying to bring these teachings down to the physical realm of life.

In order for one to keep his balance, he must understand there are two sides of life and one must become acquainted with both the physical and the spiritual. If you do not understand the form or physical side of life, how do you expect to understand the spiritual side? One can never give up the material side of life as long as he is in the form of flesh and still in the classroom of earth. If you try to live just in the spiritual realm completely, you are bound to find yourself in trouble -- mentally and physically unbalanced.

While you can set aside thoughts of earth for a while and dwell on things to do with the spiritual realm and often, at intervals, it will be possible for you to function in these higher realms, even this must be done in a sane, sensible manner. Spiritual development can be another means of escape if one does not go slowly and analyze his true purpose. You must have your footing in the manifest realm before you attempt to step into this higher state of consciousness.

The work-a-day world may seem drab after having had a glimpse of the higher state of being, but it is from here that you start and finish this life's lessons. If we lose touch with the human side of life, we lose touch with reality.

It must be pointed out you have definite steps forward to make in order to reach the higher state of consciousness. One must realize he will have to put forth a great deal of effort. Preparing yourself and the world you live in or to teach it to others is no small task and certainly not to be entered into in a frivolous manner. Time is involved and it will take time. The element of time is not as important as the element of effort. If you think in terms of time, you will retard your progress; but if you concentrate on effort, you will reach the goal quickly. It is the amount of effort that determines how quickly you reach the higher realm of consciousness.

A good teacher in the beginning of your spiritual development and unfoldment is important. You must be careful, however, in your choice of teachers. Avoid the teacher who seems to teach you to depend upon him to the exclusion of all else; for the wise, sincere teacher of truth realizes that his job is to help you develop that which is already within you, and desires that you place your dependence upon your own inner guidance. If you depend entirely upon your teacher, and for some reason you should be placed in a position to be without your teacher, you would be left in a mental vacuum. The teacher's duty is to teach you to stand on your own -- finding your oneness with the infinite. Then, if you are left alone, you will understand

you are never really alone, for you are always one with the infinite and the infinite is with you no matter where you may be. "Lo, I am with you always, even unto the end of the world."

You are qualified to unfold yourself. Your first concern is to lay your ground work well. The ground work means this: you familiarize yourself with certain systems of ethics. You need to round out your life by studying life and becoming acquainted with life in general and not narrowing your thinking down to just a few books on the subject you are studying. Learn to know life from every standpoint. If you do not, you will be unable to do the work you are going to be called upon to do. To help a man who is seeking to find a better way of life, to assist him in finding his way, you have to know how to speak the universal language. Therefore, you will need to acquaint yourself with material arts and sciences. You may feel this will be a barrier to your growth, but once you put forth the effort, you will find the time and the way and the means to do it.

You can never reach the lofty heights of spiritual unfoldment and growth by skyrocketing to the top without giving any thought to education. It is not to be said that an ignorant person is not capable of spiritual development. We do not believe that one who is uneducated or lacking education cannot gain spiritual growth, because they can. Yet the fact remains that his ethical progress is severely retarded through lack of understanding the other sciences. You have to understand you are not only expressing yourself, but when you practice these teachings, you are expressing God.

Learn to talk the language of all people so that those you seek to help will look up to you instead of down to you.

Your spiritual growth and development will help you if you are only seeking for yourself, but your spiritual development alone will not help others to gain permanent enlightenment. It will lift them up to some extent, for the vibration of spirit can temporarily lift the vibrations of anyone; but in order to give real guidance and lasting help, your spiritual growth and enlightenment, backed up by understanding, will always reach down and lift him up and help him place his feet permanently on higher ground.

Mental discipline is a pre-requisite in learning to study effectively. One must also have reason and continuity as well as mental discipline. Unless you are willing to learn the value of the above instructions, you will never be able to demonstrate the Law of the Cosmic in an effective and positive manner.

Finally, you will understand the so-called material arts and sciences are actually the reflection of the so-called supernatural wisdom. If you look around you today in the physical world, every single thing you see is merely the outer reflection of the spiritual realm. You can compare your telephone to the clairaudient state of consciousness. Your radio, your television, everything you have in life on the physical plane reflects and hints at that which lies behind it in the spiritual realm. Therefore, if we fail to recognize this outer manifestation of the form side of life, we will fail to see it as the shadow of the inner spiritual state shining through into expression. Before you have a right to

seek admission to the temple of wisdom or higher learnings, before you try to lift the mystic veil and peer into the unseen, you must prepare yourself.

If you have not prepared yourself to use this wisdom, then it will be of no real benefit to you or others. It is necessary that you round out your life -- learn to understand the seen, and then you will recognize the unseen. In other words, you can sort out the real from the imagined.

The every day duties of your life are to be taken care of, for it is how you handle these that builds your character. If you are unable to cope with the every day duties of your life, then you certainly would not be able to benefit by things spiritual. If you cannot handle the world in which you presently move, how are you going to handle the invisible world which lies behind this world.

The law of love is the most essential in soul science, soul development and the unfoldment of the mysteries of the soul. It gives you the power to express the greatness that lies in the depths of all souls. But, you have to choose to come into the way, the truth and the light. It is up to you and no one can make this choice for you. There are no bylaws or regulations. No one who is truly in the light will give you rules to follow, for the wise, experienced and advanced teacher knows that what is mental medicine for one can be mental poison for another and he will be very careful in instructing you. It is your privilege to come and go and express. The only thing that will block you from this path of light, the only thing that will shut you out of the inner mysteries, is your failure to comply with the

Law of Cosmic Love. You will attract to yourself the right conditions, places, people and books if you understand that love is the power that guides here. You must desire to use the power you are seeking to develop in your spiritual unfoldment in helping others. In a sense, you are your brother's keeper. If you have true spiritual awakening, you will want to help your brother to help himself. If you fail to feel this desire, then you are not going in the right direction and you will fail to reap the right and good reward.

You must realize your obligations in the physical world which you must not leave to be carried out by another. If you fail to work and earn your way, you are going to be not only getting in your own way of happiness, but you will be placing a burden upon society. Therefore, you must assume your own obligations and carry them to the extent of helping others -- letting your light shine and helping others on the path. Fulfill your obligations to your life, yourself and others. Take things as they come to you and do the best you can and you will gain and earn your right to more freedom and happiness as well as your right to a higher state of consciousness.

The greatest reason why people always seem to be confronted with problems is they are ever seeking to escape or evade problems. In trying to escape or evade a problem instead of working it out and facing up to it, you are not only piling up problems to add to other problems and will find yourself faced with many to meet at one time. Remember, take first things first. You will find it easier to handle your problems by working them out one at a time as you go along.

There is no use trying to skip a single problem. Take each one as it confronts you and handle it.

Many people say life is one difficulty after another, when in reality it is the same problem presenting itself over and over again because you have never mastered it. If you have stumbling blocks in your way, instead of trying to walk around them, try to handle them. Overcome each one by facing up to what it really is. You will make very little progress until you overcome it completely and get it out of your way. You must learn to face and settle each issue in your life as it comes along. If you do not do it today, you will have to do it tomorrow. If you do it today, you will eliminate annoying conditions from your life and more leisure is available for your spiritual progress because as you face up to and handle today's problems, you put them behind you. Your thinking is improved every day and you are not re-creating problems to handle tomorrow. Your path grows smoother and lighter through this understanding. What has seemed a slow process can easily turn into a speedy development by practicing these simple instructions.

Discouragement is one of the greatest temptations placed in the way of all metaphysical students by the higher mysteries, for if you are in spiritual matters and are easily discouraged, then you are not likely to respond to encouragement. Until you learn to plunge ahead onward and upward, no matter how discouraging things may seem, often you will find the burden lifted. Recognizing the need of mental continuity, the teachers in the higher realms will test you to see if you are steadfast in your desire to learn and only those who

are sincere enough to undergo these tests will be considered worthy of the time the higher teachers will need to take to assist him in these higher teachings. You must recognize the need of continuity. Never lose sight of your duties to society which means fulfilling your obligations in the manifest realm. In so doing, you will then be able to bring the spiritual into expression.

YOU CAN WIN

(Author Unknown)

If you deem yourself a failure,
Then the world adopts your view.
If you bury all your talents,
Who will mourn their loss but you?

If you class yourself with weaklings
Surely none will say you, "Nay."
Thinking you have found your level,
There the world will let you stay.

Don't expect the world to tell you
Of your station and your worth.
Who should better know your value
Than yourself, of all the earth?

Stop lamenting and repining
If the world has used you ill.
You've a place among the useful;
You can find it, if you will.

If you'll face the world with courage,
Then you'll find a helping hand.
Take a place among the foremost.
They'll allow you room to stand.

Those who struggle, wear the garlands;
Only cowards sit and sigh.
In the din of life's great battles,
Those who win are those who try.

If you win, it is up to you; and of course you will win if you really try. You must put forth the effort. The greatest battle you will have now is with yourself or in finding your real self. The false sense of self lies where your battle starts. You will not lose your individuality, but you will lose the false concept you have had of yourself.

Let your affirmation be:

"I am expressing God. As the expression of God, I possess the ability to become conscious of all knowledge, the higher knowledge and wisdom. For God is all-knowing and possesses all wisdom and knowledge. I am one with God and I must acknowledge this fact through continual and progressive application of myself in fulfilling my duties to my fellow man in my demonstrations of my oneness with God, the mind, the love, the wisdom and the sense of true being and life and all the beauties of life. I am God expressed and as the expression of God, I possess the ability to become conscious of and use this wonderful, omnipotent power of love and life. In my demonstrating my oneness with God, I find all things in my life complete. I express God. I am at peace."

Books recommended for reading with your lessons on "The Forerunner to Spiritual Unfoldment" may be

found at the end of these lessons and may already be in the library of many students. If they are, we congratulate you for you have a head start toward reaching your goal. These lessons are written for the beginning students; but the wise teacher as well as the advanced student will never tire of reviewing the teachings he loves. In order to be successful and well balanced, you must have a love for whatever you are doing. Remember, a parrot can learn to repeat things, but he does not know the meaning of what he is saying. The dog and other animals can learn to do tricks. They know how to do them, but do not know why they are doing them. Man was given dominion over all things; therefore man not only learns to repeat and do things but understands how to apply what he repeats and to understand himself and others. He learns how to do things and understands what he is doing and why he is doing it.

These books listed below, however, must be used constantly throughout your studies:

The Holy Bible (King James Version)

Aquarian Gospel (Levi)

New Text in Spiritual Philosophy by Dr. Fitzgerald

The New English Bible, New Testament

A good bible dictionary -- we recommend The New
Smith's Bible Dictionary by William Smith

You may read one or more of the books listed, but never try to read more than one book at a time. You will find this not only frustrating but confusing also. If the class so desires, it should choose by mutual agreement one of the books listed for class study and discussion. You are studying for balance and under-

standing and how to maintain it; so learn from the beginning to study in an orderly manner.

If you are a minister or teacher in truth teachings, you will need to have on hand "The Encyclopedia of Psychic Phenomena" by Nandor Fodor and "The Encyclopedia of Occultism" by Lewis Spence. No matter how long you have been a minister or teacher, you will often be confronted by questions you may not have the answers to. A good teacher will never give an answer to a student that he is not absolutely sure of answering correctly and no one person has all the answers. This is the great reward in teaching. With each new class of beginners, the good teacher will need to do added research. This will add to the knowledge of the teacher, increasing the wisdom. All teachers must, at all times, encourage the student to feel free to ask questions, reminding them constantly of the old Danish proverb, "He who is afraid of asking, is afraid of learning." The writer adds, "He who thinks he knows it all, knows not how to think at all."

Books recommended for teachers should not be purchased by the student. You may be tempted to go ahead too fast. Remember, it is not how fast you learn, but how much you retain and apply that counts.

EXERCISE FOR SPIRITUAL UNFOLDMENT, SELF HELP AND SELF IMPROVEMENT:

1. Memorize the last two stanzas of the poem "You Can Win"
2. For seven days in a row, do at least one thing you do not wish to do.

3. Determine to start each day with a happy thought.
4. Read Emmet Fox's booklet "Seven Day Mental Diet" and practice its principle.
5. Be determined to live one day at a time, remembering always that today is the tomorrow you worried about yesterday.

LESSON II

THE PROPER MENTAL ATTITUDE

You will find as you progress in spiritual unfoldment that your purpose and intentions are what set the vibrations into motion that determine the difference in your success or failure. If your purpose is for true understanding of all phases of your being and your intentions are to continually strive toward making a better life for yourself and others by doing your part and trying to do it better and better, you will find that the world has been waiting for you to come to this point. That is why you will be motivated by the positive type of creative thought. We say creative because all thoughts are creative, always producing for you success or failure, harmony or discord.

3. Determine to start each day with a happy thought.
 4. Read Hammet Fox's book, "Seven Day Mental Diet," and practice its principles.
 5. Be determined to live the next day a little better than today.
 6. Always start today in the morning with a prayer for the day.
 7. Always start today with a prayer for the world.
 8. Always start today with a prayer for the human race.
 9. Always start today with a prayer for the whole universe.
 10. Always start today with a prayer for the God of the universe.
 11. Always start today with a prayer for the Father, Son, and Holy Spirit.
 12. Always start today with a prayer for the Kingdom of God on earth.
 13. Always start today with a prayer for the peace of the world.
 14. Always start today with a prayer for the happiness of all men.
 15. Always start today with a prayer for the glory of God.

It is a little to ask, but it is a little to gain. The more you pray, the more you will know of the power of prayer. The more you pray, the more you will know of the love of God. The more you pray, the more you will know of the truth of the Bible. The more you pray, the more you will know of the reality of the Kingdom of God. The more you pray, the more you will know of the power of the Holy Spirit. The more you pray, the more you will know of the love of the Father. The more you pray, the more you will know of the truth of the Gospel. The more you pray, the more you will know of the reality of the Kingdom of God. The more you pray, the more you will know of the power of the Holy Spirit. The more you pray, the more you will know of the love of the Father. The more you pray, the more you will know of the truth of the Gospel. The more you pray, the more you will know of the reality of the Kingdom of God.

USE FOR SPIRITUAL DEVELOPMENT SELF HELP AND SELF IMPROVEMENT

1. Pray for the law of attraction. You will win.
2. Pray for the law of cause and effect. You will win.
3. Pray for the law of the harvest. You will win.
4. Pray for the law of the seed. You will win.
5. Pray for the law of the sower. You will win.
6. Pray for the law of the reaper. You will win.
7. Pray for the law of the fruit. You will win.
8. Pray for the law of the seedling. You will win.
9. Pray for the law of the growing. You will win.
10. Pray for the law of the ripening. You will win.
11. Pray for the law of the harvesting. You will win.
12. Pray for the law of the storing. You will win.
13. Pray for the law of the using. You will win.
14. Pray for the law of the giving. You will win.
15. Pray for the law of the receiving. You will win.

LESSON II

THE PROPER MENTAL ATTITUDE

You will find as you progress in spiritual unfoldment that your purpose and intentions are what sets the motivation into action that determines the difference in your success or failure. If your purpose is for true understanding of all phases of your being and your intentions are to continually strive toward making a better life for yourself and others by doing your part in whatever you can to make your world and the world that surrounds you a better place to live, you will be motivated by the positive type of creative thought. We say creative thought because all thoughts are creative, always producing for you success or failure, harmony or discord.

If your mental attitude is that of self-satisfaction, if you are merely seeking for the ideas of truth that will fit into your way of life or to receive ideas that have originated in your own mind -- rejecting any teachings without examining them that do not fit with your preconceived notions -- then you must look elsewhere for you will gain nothing except boredom in these teachings. These two attitudes will be as the closed door to truth and true learning. The person who tries to square everything with his own thought or refuses to accept anything that has not originated in his own thinking not only can stand in the way of his own light, but can act as a shadow getting in the way of and blocking out the light from other sincere seekers -- a barrier through which the light of truth cannot penetrate.

The anatomy of truth is made complete and strong through practice and as you are able to see the creative process of the law of truth unfold before your eyes, then your faith starts to grow in leaps and bounds. Your faith will then be converted into knowing and the reality of these truths then brings the beautiful light into full view for you to see and understand in all its unadulterated beauty -- this beautiful illumination of truth. Whereas in the beginning you were only able to grasp faint glimmerings of light, you now stand in the presence of real cosmic light and love and not only see, read, talk and hear the truth; but feel, experience and know the truth. You have reached the "I Am", the Christ consciousness within you and now feel the oneness with the all power, the eternal thing.

Now we have to remind you once again that this state of being is not reached over night. We must help you to keep your eye on the goal. You need to understand there is a purpose in your present study. After you have reached the above state of consciousness, your work and study is not finished. In order to keep yourself attuned to cosmic light, you have to share it with others. As Jesus said, you would not light a candle and keep it hid under a bushel basket. There are very few, after having reached this state, will need to be told this; but lest anyone be weighed and found wanting, it is well that you have these thoughts well organized and understand the law of cosmic love and light.

There is a right and wrong way to do anything. Some make the mistake, after having gained some understanding of these principles and experiencing and feeling the power and seeing this power set into action, of thinking he is the great I Am. He immediately sets to work to show everyone what a powerful fellow he is -- sets out to prove to the world that he is the great saviour. This is one of the saddest mistakes one can make for he can only succeed in falling flat on his face and appear the spiritual clown. It is possible for one who makes such an error to get back onto the path of light if he sees the foolishness of his ways and gets up and comes back to the teachings in a different frame of mind. He may have learned a priceless lesson that will stay with him and keep him in balance (behold the parable of the Prodigal Son) but some who fall do not rise again. So, try to keep your balance while you progress along the path. In doing this work correctly, you will have to keep in touch

with the divine supply. This divine supply is plentiful and without limit; but it certainly is not designed for your use exclusively.

You will be reminded once again of the Master Jesus's words here, "That that I do, you can do also and even greater works." If the greatest Master Metaphysician of all time held this type of humility in his consciousness, how is it then that some beginners come to this great "I Am" conclusion. Remember, there are two forces and this egotistical conclusion does not come from the force of light and the bloated ego is the open door for the dark forces to enter.

One of the first steps in creating better conditions in your life and developing the proper mental attitude is to analyze your thoughts, aims and purposes carefully. In learning the importance of your thoughts, you will at the same time learn the importance of mental discipline. In order to demonstrate the law of the Cosmic in a constructive way, you will first have to learn how to control your thinking.

A well worn out but true saying that has come down to us through the ages is, "As a man thinketh, so is he." Wiser words than these can never be written. Does it not seem strange that these familiar words have been written and spoken so many times? It is unlikely that few people, if any, have not either heard them spoken or read them. Yet how few of us seem to realize how important these seven words are. This simple instruction is an ancient and wise one also, "Man, know thyself." Put these two sayings together and these few words give you a most powerful formula for spiritual unfoldment and for life itself.

How do you get to know yourself? Analyze your thoughts. How do you think? This is truly what you are, if you really learn how you think or how to think. Few people actually know how they do think, for there are very few people who think consistantly. There will be protest here, I am sure, but if you stop and analyze well, you will understand the above. How often people have come to me with these words, "Positive thinking just does not work for me. I have really tried. I have worked hard keeping out all negative thoughts (for a week, or perhaps a month or sometimes months) and I cannot see any change."

Now, from a lifetime of negative and inconsistant thinking you expect to change your course of life in a short while. No, my friend, this is not likely to happen. The minute you start changing your thoughts, the change in your life begins; but you have to wait a while for the change to really be felt.

The Law of the Cosmic is seen in nature. If you have a weed patch and you wish to plant flowers, you would not expect to run out and throw a handful of seed on top of the weeds and have a beautiful flower garden. You would first uproot the weeds and prepare the soil, then plant the seeds. You would understand you would have to wait a while to see the seeds peeking above the ground. You would examine them as they came up carefully to see if you were going to have a flower or a weed, and you would not be surprised to find some weeds growing. Nor would you throw up both hands and give up and say, "Oh, I don't understand. I planted flowers and I am getting weeds." You would simply go to work pulling the weeds out

with the understanding that the weeds were there before the flowers; and though you worked hard trying to uproot the weeds, you realize you may have left part of the roots there and you know the weeds might try to come back and choke out the flowers. You know it takes time to grow a lovely flower garden. You do not expect to put the seed into the ground and instantly have beautiful flowers.

You realize you have to put more effort into your garden. You expect to care for these flowers, watering them and keeping out the weeds, fertilizing and keeping the earth around them loose. The thing here is -- you have never doubted that these seeds were going to grow into beautiful flowers. You realize it takes time for the seeds to sprout roots before they can grow, and after they start to grow, you realize there are things you have to do before you can see the flowers in bloom. But, you are not concerned with time for you have the end results in your mind. You can picture the flowers. You know what they are going to look like; so you just do what you need to do and look forward to the day your garden will be in full bloom.

You are perhaps wondering what all this has to do with your spiritual unfoldment. You are looking for a new way of life and what has a flower garden got to do with it? The sowing and reaping example is so common, you are expecting to get a magic formula; but the real truth here is no matter how simple it may seem, the law of cosmic is explained in this simple process. We constantly remind you all thoughts are creative and if you want your life changed for the better, it will need repetition. Your mental garden must

be well planted and well cared for. Your first concern is to get rid of the mental weeds. Let go of confusion, conflict, lack of faith, resentments, hatreds, fear and wrong emotions congested by fear, false pride and doubt. You get rid of your mental weeds by realizing you want to free yourself. If you have faith, you can do so. There is a power in the cosmic that honors faith. When you learn to trust the universal mind, you will live a life that is happier, healthier and more prosperous. Practice first patience, tolerance and understanding. You must realize your mental garden, like the flower garden, must have time to take roots and grow into full bloom. You must put the right mental seeds (thoughts) into your garden. If you plant tulips in your flower garden, you would not expect to see morning glories growing. Remembering these simple instructions, you will have the magic formula for life with happiness, health and success in full bloom.

One needs to understand the cause in order to get the right effect and one of the most difficult effects for one to understand is unhappiness and depression. Deep depression is not to be tolerated. Some unhappy or unpleasant experiences will come into the life of all people from time to time, but one does not give in, give out or give up. To feel these things for a period when they come is normal. When one falls into unhappy states of mental depression frequently and without a conscious understanding, it can come from many causes; but the two major causes are resentment or self-punishment, resentment of yourself or others. In either case, mental depression can generally be termed as self-punishment. One must not accept this

feeling nor permit himself to stay in this state, for it retards all progress in one's life.

Man as God expressed is invested with the power to control all things in his life. Therefore, as long as man himself does not permit or invite unhappiness, poverty, disease and all misfortunes, they cannot effect him for long periods.

By training yourself to think in a positive way, you are going to learn what visualization is and the fine results that come from the right visualization. All things are first pictured in one's mind and manifested through the law of the mind. These first affirmations are written in the most simple language for this reason. They may seem too simple to do any real good; but the power hidden within these simple words is the greatest force there is -- the power of your own mind, including all of the functions of your mind, working in harmony with the infinite mind of God with the understanding that the power of mind and infinite mind is before and after all other powers. One must learn to visualize one step at a time. With practice, one's feet learn to walk, then run. Remember, the same feet that stumble while learning to walk and run can be taught the most difficult dance steps. So, start simple and as you progress, you will be able to go into deeper meditations and affirmations and learn the many different ways the power of mind works.

The secret of success in mental discipline and visualizations, like in all other things, is found in patient and persistent practice. Start with learning to concentrate on the things you want and not on the things you do not want.

THE PROPER MENTAL ATTITUDE
AFFIRMATIONS

1. "I now affirm I am one with God the all power and the all powerful God is one with me. I am the living expression of this power, the universal mind which has endowed me with a conscious, subconscious and superconscious mind. I am daily training my conscious and subconscious mind to cooperate with me in complete balance with my God self, the superconscious mind. As a result of my efforts in practicing, I am gaining rapidly the abundance of all life, realizing the limitations are now being lifted. I vibrate with and to love, health, self-confidence, abundance. I do not need to accept any lack in my life. I am power, positive power, expressing God in a calm, serene, peaceful and happy life. I am at peace."
2. "I do not need depression in my life. I turn to my world within. I have complete balance in all the functions of my mind including the super function which I call the superconscious mind. I understand this is the God within. With this realization, I quiet my conscious and subconscious mind. I am now relaxed. My entire being is at peace. I will let this mental peace flow to my conscious sense of being. I am entitled to have health, happiness and abundance. I must have it in my life to make my life complete. I now accept, believe and keep always all the good in my experience and know I will see the outer manifestations of this good in my life as I grow daily in my practice."
3. "I am the manifestation of my constant thoughts. Thoughts are the substance sent into the cosmic and are acted upon by the Law of the Divine Mind. By

this process my thoughts become things and are manifested in my life. I will remember Jesus said, "As a man thinketh, so is he." I will be careful to visualize only that which I desire to create. Appreciating this ability to choose my way of life, I will visualize only that which when made visible will shine forth and show the glorious handiwork of God. I express God in my life. I receive an abundance of all good. A deep peace abides in me now. My entire world within and without is at peace."

EXERCISE FOR SPIRITUAL UNFOLDMENT,
SELF HELP AND SELF IMPROVEMENT:

1. For seven days, do 2 things a day you do not wish to do.
2. Remember understanding self gives one a true, built-in security and safety. Maintain a program of self-analysis.
3. Resolve now to drink all from the cup of today even if it be bitter, you will not have to drink it tomorrow. Unpleasant tasks or circumstances do not improve by procrastination.
4. Be ever watchful of your mental attitude.
5. Fear is the enemy of mankind. Start today to free yourself of fear. Remember the wise saying, "Fear knocked at the door, faith answered it and no one was there."
6. Every day for seven days before you allow yourself to complain, sit down and write down your blessings. If you feel like complaining when you are not able to comply with this mental exercise, just put off complaining until you are able to do so. As you count your blessings, they multiply.

LESSON III

BEING AND BECOMING

You must keep complete balance in the function of your mental, physical and spiritual being. You must realize if the mental function only is developed, you will be apt to become the bloated ego that holds the bloated nothing Emerson speaks of in the mind of men. If the physical side of your nature controls you, you are the materialist, concerned with only the gratifications of your physical being. If you are concerned with the spiritual development only, you are in danger of becoming the religious fanatic. In order to make up your eternal triangle, you must strive to keep a constant state of co-ordination in order to develop in a constructive, lasting and satisfactory manner.

A FORERUNNER TO SPIRITUAL UNFOLDMENT

Try to be honest at all times with yourself for if you are honest with yourself, you will not be dishonest with others. To be honest in every sense of the word is to endeavor to uncover every secret fault. Do not tolerate jealousy, resentment or fear. Above all, do not tolerate mental laziness.

All your efforts and attempts toward spiritual growth and unfoldment can be destroyed by a bloated ego and selfish desires to develop the power of the cosmic for self gain only with utter disregard for your fellow man. There is no lack or limitation in the cosmic. No one needs to deny himself. At the same time, it must be remembered once you have learned the power of thought, you must use it in and for the good of all concerned or you will be the most miserable of creatures.

This gradual process of self-unfoldment and spiritual enlightenment cannot be gained through either extremes or excesses. This is why you must first have a well rounded state of consciousness. You must work toward this goal in a moderate way neither going too fast nor too slow. Do not deprive yourself of the comforts of life. Nothing is gained by being the martyr. Use moderation in all phases of life. Neither fast nor feast. The mental diet is more important in the unfoldment of the spirit than the physical. The body is to be cared for properly as it is the vehicle or the sheath of the spirit. Eating moderately with the proper exercise are most essential. Hatha Yoga is the best exercise one can do while learning how to obtain spiritual enlightenment and development.

You gain nothing by trying to become an ascetic,

by retiring from the world and rejecting the realities of life. For if you try to reject the realities of daily existence, you can achieve nothing. In the final analysis, only that which is normal and balanced and in harmony with the general sense of life can produce a lasting and permanent benefit. Running away from your problems is not the road to spiritual unfoldment. You can only fool yourself and will be sadly disappointed if you do not take the steps up one at a time and you are bound to stumble and will have to begin all over again. So, take each step carefully and if you feel you are going too slowly, don't worry about it. You can stay after you arrive. If you are seeking peace, remember the real peace you want comes from within, and when you begin to feel this peace within, rejoice for it means you have begun to develop your spiritual powers and have started on the path that leads to consciousness expansion and cosmic consciousness. You experience a beauty that cannot be seen by the physical eye as you glimpse the illumination of the soul.

Your desire to unfold clairvoyant powers and enter this state of higher consciousness can be fulfilled and the faithful soul will not be disappointed. After having given you the do's and don'ts that are musts if you expect results, we do want to remind you that the end results are your reward and the promise written above is true. The journey is worth while, so keep on keeping on.

It would indeed be delightful if we could promise you that all you have to do would be merely to snap your finger, take a pill or drink a psychedelic cocktail, run away to a cave and drop out of life and you would

be transported on a multi-colored magic carpet into the promised land. It would be nice. Or would it? Without challenge, life is futile and if you could enter into a glorious Garden of Eden in such a manner, you would never like it. Pitiful are those immature souls who float on the stagnant river of psychedelic drugs on into the sea of no return -- going into the horror chambers of the lower astral planes of the never, never lands of insanity to truly become the proverbial lump of clay, the empty tombs of youth. What a waste so many beautiful and intelligent people today enter into this miserable state of existence in all innocence, actually searching for a better way of life. What a rude awakening. Some are fortunate enough to find their way back before going too far out into the deep, treacherous, dark waters of the psychedelic river, come safely ashore and avoid the raging psychedelic storms that destroy their life completely. Fortunate indeed are those who can escape without harm. It is a dangerous game. More dangerous than Russian Roulette. Most people do not realize the danger that lies hidden in these innocent looking drugs until it is too late; therefore, they must not be condemned. They need compassion and the light of spiritual love and understanding to help them back to the safe and sane side of life.

In the modern world, man searches for means which will lead to consciousness expansion or a world of reality, but the world he finds is only a world of fantasy and actually serves to destroy himself and others. Youth believes that these hallucigens will lift the scales from the eyes of man; however, we have been confronted with enough evidence as to the effects of these drugs that it

is plain that if tampered with to any extent, it is certain to blind them instead. They seem to be seeking peace, love and serenity, spiritual power and understanding, but find instead hatred, insanity, chaos, waste and self-destruction as well as destruction and disgrace to their loved ones and fellow beings. There are no short cuts to consciousness expansion or spiritual unfoldment. God is not found in a psychedelic cocktail, pill or hallucigenic drug. It would seem as unreasonable as trading an imitation stone or costume jewelry for a real jewel.

How then does one find the safe and sane way to consciousness expansion and reality? The many different schools of metaphysical or cosmic sciences still engage in this age old argument. The difference between the real and the unreal has been a bone of contention and disagreement that is as old as the history of man. Some metaphysical students deny the reality of matter and all manifestations of form and say it is unreal because it changes its form and relationship with other manifested states and changes its own manifested conditions from within. Change as such cannot be sufficient proof of the unreality of the manifested. The truth of this matter is quite to the contrary. The very idea that all the world is growth and change reveals the reality in the manifested or material side of life. In order for a thing to change, there has to be a reality.

Reality is as changeable as the human personality. The different states of reality, when experienced through one personality, differs in degree of quality and quantity. A beautiful sunset, for example, experienced through the feelings or the intellect of two people viewing the same

sunset "may cause one to say, "The sunset makes me feel beautiful," while the other may say, "I see beauty in the sunset." Yet one cannot deny that both have expressed reality. So, one can say that the feelings reveal a different concept of the same sunset viewed at the same time and place. Focusing your attention to the different stages of realities through the same subject of feeling, yet manifested through different levels of feelings, you will understand that you must never waste your precious time and energy on this age old argument. The spiritual nature is the eternal thing; but matter and form are the manifestations of the spirit and both are essential to the growth of spiritual unfoldment. The material plane is part of all states of development and reality. The spirit could not manifest itself on earth without that which is part of itself.

We do not wish to put a damper on the joy and the ecstasy felt in the soul when you are experiencing spiritual unfoldment for spirit's function is a very beautiful, real and the lasting thing. Yet, if you try to escape the reality of the material plane, you will become unbalanced. As long as you are on earth, you must function as an earthling. Earth is the classroom and life is the teacher; and if you did not have lessons of earth to learn, you would not be here.

Your life will be filled with periods that seem trying and testing and if you do not face this issue in the beginning, you will want to give up, thinking what is the use. Realizing nothing worth strong effort and determination can be worth having, you will not lose sight of your goal when you meet with the unpleasant realities of life. Be perfectly sure that no person or

thing can keep your own from you if you have faith and confidence in yourself to claim it. Get a clear picture of the surroundings you desire, and step by step you will come closer to your ideal if you faithfully carry through these lessons. Poise and power rightly go together, and until you develop self confidence and faith to some extent in what you are doing, you will be lacking in both poise and power. In your preceding lessons, you have learned how important it is to find and understand yourself. Accepting and understanding yourself as you really are, recognizing and overcoming your weaknesses and improving yourself is becoming a better you.

By facing up to these facts, you can dispel the clouds of discouragement and see the sun of the faith that shines from your real self. With this balanced faith and understanding, you will rise victorious over your most trying circumstances and find you have come many miles along the lighted pathway of spiritual unfoldment. No good purpose can meet with the desired end results by denying a thing, either pleasant or unpleasant, exists. Being and becoming is determined by your ability to overcome the hardships or darkness in order to reach the better life of spiritual light and growing into the eternal light of the soul fully awakened -- the ultimate of spiritual unfoldment.

Let your affirmation be:

I am one with God and God is one with me; therefore, I am the outer manifestation of God expressed. I have complete dominion over my entire being, my gestures, my thoughts, my speech and all acts which

characterize me. My nervous system is now under my complete control. I have complete control over all things that concern my life -- both large and small. I will not let anything annoy nor irritate me. I have complete control over my entire being now. Every emotion is in balance. I practice self-control constantly. I stay calm and serene under any and all circumstances. I will remain free from acts that would show lack of self-control. I am expressing God, realizing this, limitations are lifted and nothing is impossible as I remain positive and steadfast in my purpose, in my faith, in my God and in myself. We are one. I am at peace.

EXERCISE FOR SPIRITUAL UNFOLDMENT,
SELF HELP IMPROVEMENT:

1. I will begin my day with a positive thought.
2. I will greet, each morning, the dawning of a new day as the beginning of a new life and a new challenge.
3. I will say my affirmations each morning and each night.
4. I will ask for what I want and know I am sending out vibrations that will attract my desires to me.

LESSON IV

THE MAGIC MIRROR OF YOUR SOUL

Does life become easier when one starts to awaken his psychic centers? Unfortunately, in the beginning, the answer is "no." As you become more aware of your inner self, you become more mature. Life seems so different from what you believed it to be, you wonder where you have been. For a period, mental confusement may enter in. You may, at this point, think of turning back; but you will not turn back. You have been awakened to real life and you will not allow your soul to slumber. You will struggle with your physical being, for it will feel since you started to learn truth your problems are coming down upon your entire being. You will feel crushed and out of sorts because you

understand now that you can no longer excuse your short comings, that your successes or failures are up to you. You know that your world has been created by you; and when you first realize this, your world may not present a pretty picture. You cannot blame others if you find yourself in a foul, unhappy mood. Before you became aware of your real self, you could always find an object upon which you could direct your unhappy feelings. If nothing else was handy, you could always go home and kick the cat. But, now you feel trapped, for you have learned the answer lies within yourself.

When you reach this point upon the lighted pathway, my friend, rejoice and be extremely glad for you have arrived. You are now ready to start your progress on the path of spiritual unfoldment. You have to have a good look at yourself. For the first time, you can see yourself as others see you. If you do not like what you see, and you probably will not at first, don't run for cover. Analyze yourself carefully, for you are not going to stay the same. You have already started the change that will soon manifest itself. The real you is about to emerge. These unpleasant things you are seeing have been the shadow that crowded out your true reflection. In order to be freed from these character defects that have clouded up your world within, they have to leave your subconscious mind, and in the process, your conscious mind is made aware of these unpleasant facts. Realizing this, then turn them loose. Send them out of your life into the nothingness and don't worry, you will rise above them without any trouble and your best qualities will be brought out. All of this is part

of the plan in growing into spiritual knowing and light. You know now your faith has made you free. Limitations are lifted. You begin now to find the oneness with creation, the peace within. You will now be conscious of the mental union between the seen and the unseen.

Do not think you are finished. You have found the light, but you will still have to grow into the light. There will be testing periods as you lift the mystic veil a little higher. You will still pass through periods when you feel as if you are standing still, but this is not the case. You have reached a certain plateau on your climb upwards where you must stop for a while and get your bearings before you climb to loftier heights.

You realize now the idea of spiritual unfoldment is a serious one and you are ready now to get down to understanding the principles of cosmic law and how you develop the ability to work with this omnipotent power to further your life's purpose. You have already learned the first step, and that is the giant step. It is the most important step, for if you start out on the right foot, you are not apt to wind up on the wrong foot.

You will experience many wonderful things as you gradually create the beauty of knowing within your own soul. You will find other people strongly attracted to you. As you feel the peace, serenity, harmony and love within you, you actually radiate these feelings to others. The beauty within your soul will show from without as your God self comes forth. You will seem like a new person to others, but you will understand you have let your real self emerge.

You have come to realize the importance of education now, and by this time study should be an accepted part of your life, for it is the essential thing for your continued growth and well being. It is good to set up a study course in your program of living, for we have said your mental diet is most important in your spiritual progress and it is important that you keep this well in your mind at all times. You grow as fast as your wisdom and understanding grows. Remember, the Bible says, "With all thy getting, get understanding."

We do not consistantly remind you to study for the purpose of your developing a superior intellect, but you must remember Jesus taught, "Study to show thyself approved, rightly dividing the truth, being not ashamed to teach the truth." You will need to know these teachings well, for you will be constantly questioned by the skeptic and non-believer, those who are ignorant or prejudiced, and especially those who are prejudiced. This latter type of individual will literally cripple and injure psychic phenomena. If you understand the teachings well, you will have the certainty and self-confidence that will shine through in whatever you are saying and will help to convince the non-believer that you believe what you say. Whether he believes what you are saying or not, the conviction you express in your manner rings true and will serve to stop ridicule or persecution.

Never be on the defensive. Remember, you have nothing to defend; nor do you have a right to push your beliefs on anyone. You must realize that everyone has the right, just as you do, to accept the thoughts that go on inside within oneself. Every man carries his

own measuring rod whereby he measures and categorizes the true from the false and will adjust his thoughts as he grows, for any concept of truth is not binding. It can and generally does change from day to day.

There is so much to learn about spiritual unfoldment and the psychic life, few people can scratch the surface. The sincere and constant researcher will tell you this. You realize then what a great challenge these teachings offer. This will explain why so few people understand the deeper metaphysical teachings, for the average individual is so mentally lazy, he is ready to identify with the man made religion with the feeling it is easier to walk on the well worn and beaten pathway of the traditional religion and accept this as the truth -- knowing very little about themselves and simply accepting the idea that they are what the man tells them they are. They never dig beneath the surface (beneath the consciousness to the inner consciousness) and so they can only be what they know about themselves.

Realizing this then, my friend, you will have patience and understanding and a gentle attitude; for if they awaken from this sleep of mass hypnosis, of constant preaching throughout the ages, it will be because the long night of their soul has ended with the glimpse of the sun that shines through from the inner knowing. The light of your soul is kept bright by loving kindness and the great depths of the conviction of inner knowing that you feel within the depths of your being.

Remember, the average person today has grown up through the ages on rationalism, doctrinism and various types of priestcraft. Few have even a smattering of

psychology though this is supposed to be the age of education. More people walk around puffed up with numerous degrees, imagining that they are superior because of the degree, never realizing that a degree is knowledge in one subject or in a highly specialized field and most generally limits their knowledge to that specialized field or subject. Degreeism, rationalism and dogmatism are the diseases that threaten to destroy our youth today. This is why youth is rebellious. Perhaps they are going about their rebellion in the wrong manner; but they are waking up slumbering psyches (psyche is the soul or mind). No college or university gives a degree in wisdom. No one can rightly prove they have all the answers, but most of the traditional religions pretend to have all the answers. Our new look at space and time has made many people realize how limited their views are. Men are now realizing that space is not just emptiness and time and distance has certainly changed. Yesterday men dreamed of traveling around the world, but the time it took, very few except the idle rich fulfilled that dream. But today, in this jet age, time to travel is no problem. In fact, today one can leave his home, travel around the four corners of the world and be back in a shorter time than it took his grandfather to travel across the country. So, one's concept of space and time has to be an ever-changing thing. Realizing this then, one can understand why youth seem to flee from the old ideas of God.

I have heard and read so many complaints from parents and the so-called adult generation about our American youth chasing off after Eastern religions. "Why

are they doing it?" is the constant cry. But few parents are really looking for the answer as to why. They feel something is wrong with the youth of today. They have lulled themselves to sleep with the priestcraft handed down from so many generations. This, then, is the secret of the generation gap that seems to be so puzzling to our society today. The older generation find it difficult to visualize another world such as the invisible world ruled by the Law of the Cosmic. The reason being they are used to living in a specific world which has served to shape their minds and establish this basic consciousness. This process of conditioning has limited the mind and the structure of thought until it seems the gulf between the last generation and the present generation is almost insurmountable. Too many people are prone to throw away anything that passes their understanding as being evil, foolishness or unreasonable and untrue since it does not fit into their presently conditioned theological beliefs. That is why the world is so restless today. They have outgrown the teachings of their forefathers, but without realizing what they are doing, they go on rationalizing. Jesus the Christ taught, "Man, know thyself." No minister, no priest can find your real self for you. They were never meant to do this. It is for you to follow the Master's teachings and know thyself. The minister and the priest have played the role of God long enough. He is meant to be the doctor of the soul and help you to find the answers for your soul's satisfaction. But, no doctor of medicine tries to give the same diet and medication to all of his patients, for he realizes the functions and the chemicals are varied and different

in each individual. Nor does the medical doctor believe he is the keeper of the physical being. Neither is the priest or minister keeper of your soul. They should advise you if they feel you may find yourself in trouble. Whatever truth you feel leads to study. Try to find a teacher or minister your inner guidance tells you is right and listen to his advice as long as you feel within you it is right and try to follow it. When you feel you are not guided right, in order to continue your growth, you must feel free to seek your guidance elsewhere. "Seek and ye shall find." The teacher or minister is the guide, but they cannot do it for you. Metaphysical ministers and teachers realize this and also know some may have to learn by experiencing. Though it may disturb them to let go when they see one of their flock leave the path of light to wander in the darkness and perhaps encounter hurts and disasters, they still must give them the freedom to do so, realizing that once they have seen the true light, they rarely will fail to come back. This is the meaning of the parable of the Prodigal Son, and there will always be someone to show them the way back. If they are let go reluctantly, you will place a barrier there so that foolish pride might prevent them from coming back when they are ready and desire to do so.

Your mental preparation for spiritual unfoldment is very important. You will have to unlearn some of the things you have learned in order to truly learn; for as mentioned, the bulk of humanity has been conditioned against metaphysical teachings. Now you will have to let go of some of these old, dogmatic teachings and this is easier said than done; but it will grow

easier as your faith increases. Jesus the Christ, the great Master metaphysician said, "Whosoever shall not enter the kingdom as a little child shall not enter therein." These teachings are of the utmost importance to the truth seeker. You probably have already learned through experience that you cannot depend upon the evidence of your physical senses. If you have not yet realized this, then you had better **T H I N K** a little deeper for the evidence of the physical senses does not convey the truth of these teachings. Jesus said also, "I am the way, the truth and the light." When Jesus said this, he referred, as he does all through the Bible, to the Christ consciousness, or the inner Godself that dwells in all people. The human sense of reasoning will act as static at times, and you will have to put forth greater effort in order to grasp the truth. You will need to take your human sense of thinking based upon your physical senses and impressions and translate it into a truly spiritual sense of expression. This is done by feeling. You will learn to recognize truth by this inner knowing -- the gladness one feels when he finds that restful peace within himself. Often one feels a great surge of exciting joy when he first realizes he has learned to recognize truth -- that perfect sense of oneness with the Cosmic God, the Creator.

You will find complete contradiction between your human sense and your spiritual sense. Your understanding of truth must come to you through the revelation governed by your feelings and your inner guidance by the light from your own soul. You will see the hidden meaning behind the mystic veil. As you grasp the truth and accept it as fact with your inner sense of

knowing, you will then rise to the point along the lighted path that you are no longer spiritually blind. You have your spiritual bearings and your spiritual eyes open and you do see and understand perfectly these words, "I am the truth, the way and the light."

The hellfire and brimstone, fist pounding, unloving minister really riddled the teachings of the great Master -- took away the joyful feeling of love and implanted fear in its place. He has made God so fearful, distant, non-loving and unobtainable that man feels not only isolated and detached from the idea of God, but fearful of seeking after any idea of God. This is understandable if examined in the light of intelligence. Man can respect the thing he fears, but he rarely will love or desire to have it. His only desire is to shun, deny or flee from it. The consciousness of man today has outgrown the idea of superstition and fear in religion and cannot be scared into being good any more than he can be scared into being healthy. Man can no longer live with the idea of a mean, vindictive God. This is the exact reason today for so many so-called agnostics and athiests. They cannot accept blindly the dogmatic interpretations of God of priestcraft. This, then, is why you must unlearn some of the things you have already learned in order to truly understand spiritual truths. As soon as you grasp this point, you stand upon the pinnacle of spiritual demonstration. This is what is meant in the Bible when it speaks of the revelation of the Holy Ghost.

The understanding of the word of God revealed to you by this inner knowing, the God consciousness at the center of your being, will reveal to you the eternal sense of the harmony of God, man and the universe.

The Kingdom of God is within you. It brings you into the bountiful, harmonious, happy and beautiful life as you learn to look into the Magic Mirror of your soul and let it reflect from within out. This great kingdom that is within you and has always been with you and will always be with you is there for you to make manifest and bring into your outer life of expression. The great secret formula is simply this. The magic mirror of your soul and the golden keys of learning open the doorways to life and the spiral stairway of wisdom that leads outward and upward as the light on the path grows golden and brighter as you grow daily into the light of your spiritual unfoldment.

In Isaiah 45:11 it is written, "Thus saith the Lord, the Holy One of Isreal, and his Maker, Ask me of things to come concerning my sons, and concerning the work of my hands command ye me." or give me revelation of truth or understanding, and with understanding I will have the knowledge to overcome any obstacle or problem that may confront me now or in the future. This explains the unfolding of the divine consciousness and gives you the understanding and recognition of your oneness with God and unleashes for your use the divine power within you or the Cosmic or God force. In essence that is truly what you are seeking as Isaiah said, for the Lord or the law of the God within. With this understanding, you will gain conscious dominion over all things. You will cease being creative and will become the creator.

With study and determination, you will reach the point of inspiration that will stimulate your consciousness so much your faith will grow stronger and you

will then be able to put aside your preconceived ideas and allow these divine teachings to enter in and become in reality a part of you and your life. With these studies you will not only accept the principles of the Cosmic laws, you will also understand the meaning of them. In the beginning of your faith, it was enough to believe that the Divine Law of God or God's works; but your life and expression of this law becomes more pronounced as the manifestations are intensified with your demonstration of the knowledge of how and why the law of the invisible can now be seen in the visible; as Jesus said, "the word made flesh."

In the beginning, you will find it most helpful to remember the words Jesus said when he spoke of the little child. He meant to have a child-like attitude while learning -- not allowing your mind to be filled with skepticism you may have built up from pre-conceived notions, ideas and superstitions. Try to keep an attitude of trust, being child-like in your faith. This will keep your mind open where skepticism will constantly keep closing it. Your approach to truth is the test of how fast you may progress. When you encounter something that is very new to you, perhaps something you have never heard of or read about before, do not shut your mind to it, for you will miss a great deal of truth. If you take this mental attitude, the light you seek may possibly be hidden in that which you reject. A few may have the know-it-all attitude, and if you come across something that has not originated in your own mind and thinking, this latter type of mental attitude is the most difficult to overcome; for this can cast a shadow that will be an impossible wall

the light of truth will not be able to penetrate through or disintegrate, thus creating an insurmountable barrier between you and your desired goal of true spiritual unfoldment and blindfold you to truth.

This is not to say you accept all things blindly; but it is to say the attitude that believeth all things as possible will give you the freedom for the time being to set aside what you have considered as facts. It is better if you are presently able to forget most of what you have been taught as fact and not allow any preference or prejudice to get in your way. In so doing, you will develop the child-like attitude of calm, patient waiting and expectancy for the understanding of the truth you so strongly seek and desire. Investigate all things with an open mind. Another viewpoint may seem different to you at first while it is new, but it may be the thing that holds the answer you have been seeking. Truth is not new, but the understanding and the approach to truth is the thing that often keeps the truth from you. Truth is the lasting, eternal thing. In order to learn, you must have a burning desire to know truth. This is the most important prerequisite. If you have this, nothing can or will prevent you from reaching the desired goal.

Let your affirmation be:

I am God expressed. I will not have to rush to get things done. I will remember haste creates waste. Everything is done in its time and its place. I am without tension. I know my life belongs to eternity. I know that I am empowered by the Almighty Spirit. Knowing this, I realize no power can oppose me or delay my

work; therefore, I move on my way serenely. I will greet all seeming obstacles with forbearance, patience, kindness and love. I will not allow myself to be concerned about the rate of progress in any task which I am doing; nor will I hold resentment toward others who seem to be against it. I live, breathe and walk in serenity. Realizing this, I laugh away any cause for impatience. I am God expressed. I am at peace.

EXERCISE FOR SPIRITUAL UNFOLDMENT,
SELF HELP AND SELF IMPROVEMENT:

1. I will avoid negative thoughts as I would the plague.
2. I will greet all people pleasantly.
3. At the same time, I will spend my time with those who are positive minded this week. I realize thoughts are contagious. Realizing this, I will not allow my time to be wasted with the negative complaints of those who do not wish to help themselves.
4. I am seeking to know my true self now. I will not allow any one person or thing to retard my progress. After I receive my spiritual footing, I will be able to help many people later.
5. I am presently seeking my own self unfoldment. This is the most essential and important thing in my life now.
6. This week I resolve not to cast my pearls before swine lest they turn on me and render me. In plainer words, my spiritual unfoldment is a personal thing. I will not try to impress my beliefs upon anyone. I will not discuss my belief with anyone outside of these teachings -- realizing a

doubting Thomas can dampen my enthusiasm for spiritual unfoldment, damage my faith and retard my progress.

7. Look up these scriptures and memorize them:

Matthew 21:21, 22

Matthew 22:31, 32

Luke 10:19, 20

Luke 14:28, 29

Luke 15:21 through 24

LESSON 7

SELF-MASTERY

If you have embraced these principles of truth teachings conscientiously, at this point you may feel disposed to stop wit to gain advantage upon your own weakness. This will not, however, prove you from having come to pass. This is where you must practice courage and to stand with your progress in overcoming your weakness. In having to know yourself it was necessary for you to find your weak points and then endeavor to change them. As you go on with your course for self-improvement, your path to spiritual unfoldment becomes smoother.

You cannot change your preordained lineage, color and fortune over night. Practice persistence and

EXERCISE FOR SPIRITUAL UNFOLDMENT,
SELF HELP AND SELF IMPROVEMENT

1. I will keep my mind pure and free from all evil thoughts.
2. I will greet all people pleasantly.
3. At the same time I will keep my heart pure and free from all evil desires.
4. I will keep my tongue from speaking evil and from lying.
5. I will keep my hands from doing evil and from touching a woman who is not my wife.
6. I will keep my feet from going to a dancing place and from standing on a high place.
7. I will keep my eyes from looking at a woman who is not my wife.
8. I will keep my ears from hearing a false witness and from speaking lies.
9. I will keep my heart from coveting what is not mine.
10. I will keep my mind from being troubled by the things of the world.
11. I will keep my heart from being troubled by the things of the flesh.
12. I will keep my heart from being troubled by the things of the devil.
13. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.
14. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.
15. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.
16. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.
17. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.
18. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.
19. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.
20. I will keep my heart from being troubled by the things of the world, the flesh, and the devil.

LESSON V

SELF MASTERY

If you have practiced these principles of truth teachings conscientiously, at this point you may feel disposed to wage war to good advantage upon your own weaknesses. This will not, however, prevent you from having some relapses. This is where you must practice patience and tolerance with your progress in overcoming your weaknesses. In learning to know yourself, it was necessary for you to find your weak points and then endeavor to change them. As you go on with your plans for self-improvement, your path to spiritual unfoldment becomes smoother.

You cannot change your preconditioned thoughts, habits and feelings over night. Practice, persistence and

patience are needed. The nature of feeling in an emotional sense is not always created by one's own thinking. Things, places, persons and circumstances outside of one's self can create various types of feelings. The nature of feeling must be understood in order to understand oneself. The mastery of one's self does not necessarily mean that one must master his feelings; for man cannot always master his feelings, but man can master his acts. It is often difficult, if not impossible, to master those feelings that have become a habit of the soul; but one learns to conquer his feelings by stopping the manifestations of these feelings, especially if they clash with the law of common sense and one's moral standards and beliefs. Gradually, by not giving in to your unfavorable emotions and feelings, you will outgrow them. It is said a man never gives up anything, he just outgrows it. Don't let the simplicity of these words confuse you. Nothing is overcome or outgrown without effort.

Never feel guilty over anything; for guilt feelings will cause guilty thoughts and will attract guilt into your life. By governing your thoughts and learning not to give in to your wrong emotions and feelings, you become the master of them. It is when they master you that you get into trouble. Remember how Jesus said to pray, "Lead us not into temptation." He did not say "don't let us have temptation" but "Lead us not" meaning do not let us enter into or yield to temptation.

Another thing to understand is that impulsiveness will be adverse to your plans, for this defect always degenerates into nervousness. Then everything must begin all over again. Nervousness is certainly known

by all people. No matter how calm and serene a person may seem to be, you may be sure he has, at one time or another, experienced tenseness. Often a calm, serene exterior will cover up a seething storm of nerves beneath the surface. No matter how common nervousness may be, it is possible to overcome this foe to your progress. It is a hinderance to any accomplishment, especially spiritual unfoldment. A few moments of extreme nervousness may destroy the fruits of many days work. Extreme nervousness is an element of disorganization. It greatly handicaps one's reasoning powers, impairing his ability to judge. Few people can truthfully say they have not used these familiar words after having made a mistake or done something unethical, "What could you expect? I was very nervous." Another common expression is, "I had to do something to relieve my nerves." A more current one is, "I was so uptight, I couldn't help it." It would be impossible to mention all the foolish actions that these terms have given false protection. This excuse is an aggravation to the faults you wish to overcome. He who constantly uses this as a pitiful defense of his actions or as an excuse for his mistakes is like one who would say, "I have done wrong, but I can't help it because I am bad." It is not only necessary, but a must, to learn to control your nervous system and bridle impulsive actions. There are always situations that can cause the most serene person to become tense and nervous; but here we are not speaking of nervous or tense situations or circumstances. We are speaking of nervous people and impulsive actions. Nervousness and impulsive actions are closely related and most generally follow each other.

A FORERUNNER TO SPIRITUAL UNFOLDMENT

Calmness is a state one must learn and it can be learned. It is a priceless possession, for there are very few days in our day to day living when we are not in need of a calm, serene outlook. It is possible, with this priceless quality, for one to change his entire life and overcome the greatest obstacles. Looking at life calmly, one can mold faults into virtues. Without a certain amount of calmness, no serious resolution can be worked out.

Enthusiasm is often referred to as a type of nerves. To some extent this is true. There is a thing called nervous energy, which when properly channeled and used up is constructive and good. However, unused, it leads one into that undesirable state of nervousness. Pages could be written on nervousness and impulsiveness; but here we have given you enough to understand why you should never use the negative excuse or affirmation, "I can't help it, I am nervous." You must remember, when statements are made over and over -- whether positive or negative, they are affirmations.

While on the subject of positive and negative emotion, let us go to the one most often used and abused in a negative sense to cover a multitude of sins -- the emotion love.

Earlier in these writings we spoke of love; but love being one of the most essential ingredients in your spiritual unfoldment, one can never say too much about this subject for there are so many phases and types of love it is a most complex subject to say the least. Here we are going into some of the positive and negative concepts of love.

First of all, let us consider maternal love. There is

nothing more beautiful. In its highest form of expression, it can remove the most difficult obstacles. This type of love, like all types of love, can also be put to negative use according to its depths and how it is expressed. The love of parents for their children may be a blessing or curse, depending upon how it is used. Many parents are fearful they may fail in their duties unless they are able to lavish a great deal of time and money upon their children's whims. This sometimes serves to cause them to expect too much to be given them from life. It can create weaknesses of various kinds that can lead them into many hang-ups. This type of indulgence is a poor expression of parental love. It is generally expressed by a narrow ego that gives to the child everything he desires whether it is good for him or not. Often this is done, not for love of the child, but a certain, thoughtless self-love which causes the parents to dread the crying of the little ones as something undesirable and so yield to the child in the name of love and goodness. Here we have an example of the most common cause of spoiling children. How much more sincere and intelligent is the love of parents who can resist a storm of tears while explaining to the child and making it understand their reasons for refusing its wishes.

Another kind of negative expression of maternal love relates to the matter of separation. Many parents prefer to see unhappy and unsuccessful children rather than see them happy and successful at a distance. This certainly can be termed as "blind affection," and results in the carnage of many lives. Much unhappiness is caused by this unreasonable attachment. Many parents

A FORERUNNER TO SPIRITUAL UNFOLDMENT

would see their children lead a worthless, useless life and turn into a vegetable before they would have them untie the apron strings and find their happiness elsewhere.

The understanding of the emotional nature requires much searching of one's self and is a study within itself; but to acquaint yourself with those emotions most commonly felt and misunderstood is a good start toward understanding yourself and others. Regardless of emotional balance, there will always be trying circumstances that will test your strength. Therefore, one must always keep his inner being serene and tranquil lest he be weighed and found wanting.

Let your affirmation be:

Today I am the master of myself; for I understand self-mastery neglected revenges itself and destroys noble ideas. I will control my thoughts and my emotions, thus giving my soul the proper nourishment that will enable it, in turn, to give me the strength to look clearly into my inner self and honestly evaluate my life, to cast out my weakness and bring out my strength. My life opens up into the beautiful seas of life's calm and tranquil waters as I grow into self-mastery. I am becoming a success from whence flows the life beautiful. I am calm, I am serene, I am God expressed, I am at peace.

EXERCISE FOR SPIRITUAL UNFOLDMENT, SELF HELP AND SELF IMPROVEMENT:

1. Every day for 10 days if I lose my temper, I will count to 10 ten times before I react in any way and

if my anger still does not subside, I will sit down and write ten good reasons for my anger. After writing out these reasons for my anger, I will then wait twenty minutes, read over what I have written and then if I feel my anger reasonable and justified, I will react.

2. Every day for the next 10 days, if I feel depressed, I will sit down and write myself a letter as if I were writing a letter to someone else. I will explain at length and in detail the exact reason for my depression. If I cannot think of a reason for my depression, I will take the same time and detail to explain why I should not be depressed.

If I feel jealousy I will examine my reasons and write them out in detail and the first place I will look for reasons will be within myself for I know that my own feelings of inferiority are the most likely cause for jealousy.

3. I will put all negative thoughts and emotions out of my mind by replacing them with a positive concept.

LESSON VI

YOUR SOLAR SUN

We are now going back to the how and why of increasing your mental awareness, and you will understand this can be done only through the practice of mental and self-discipline. Mental discipline or the discipline of your thinking can be difficult and painful; but its compensations are well worth the effort put forth. Until mental discipline has become a practice in your realm of thinking, your spiritual unfoldment will be delayed. You must never allow negative thoughts to linger in your consciousness. Fleeting negative thoughts flit through the consciousness of every man; but it is the thought that you entertain consistently until it sinks down into your inner being, the sub-

conscious mind, that becomes a reality. Thoughts of fear, resentment, hatred and jealousy are the most harmful. Fear is the father of all wrong emotions and the root of all evil. Therefore, one must start with the fear and anxiety thoughts. The fear of losing one's heart's desire, whether it be a person, position, place or thing creates anxiety. Anxiety is the child of fear and gives birth to jealousy. The child of jealousy is resentment and hatred is bound to be the end result.

Ernest Holmes says when you fear a thing, you open the door to the thing you fear. What you fear, you attract. For instance, if you fear you will lose your sweetheart, wife or loved one, you first become filled with anxiety that leads into suspicion and jealousy causing you to act in such a manner that you literally drive your loved one away from you, bringing about the thing you feared. Don't try to push a thought out of your mind you do not wish to entertain. Endeavor to replace it instantly with a concept of good.

First of all, you must realize there is no way nor means of receiving anything without giving an equivalent; so if you wish to attract certain things or circumstances to yourself and yours, you will be shown before we are finished there is no legitimate way of obtaining desired results without following through with what you understand is truth. Merely giving lip or ear service is not the road to fulfillment. In other words, merely attending lectures and classes or giving lectures is not going to bring you any lasting reward or results unless you are sincere in hearing and speaking truth, and most important by practicing and applying this in your own daily life, or you are wasting your time as well

as the time of those who are trying to assist you in finding truth.

The reference of Jesus to the little child is and has been a matter of great controversy in all religions and teachers of religions as are all the teachings of the great master. This is understandable due to the fact that the wisdom of the words of Jesus could not be measured by the few words he said; for the actual words of Jesus that have been written out for us could not possibly be all the wisdom that was taught by the great megaphysician. If all the writings of his actual teachings were compiled, he could have said them all in three or four weeks. In his illumination, Jesus without a doubt, knew how few of his actual sayings were going to be given to us; so everything he said had so many meanings. Here we understand what Jesus meant when he said a man must become as a little child in order to enter the kingdom of heaven. If we analyze the true meaning, let us look at a child's attitude toward life. First, there is hate. This is not natural. A child knows no hate at first. Children rarely, if ever, experience hate until they have experienced fear. Until fear is learned, a child loves without question. It is natural to love. The most essential need of loving and being loved is the strongest need of life. There is more dreaming, writing, talking and romancing about love than any other subject in life. Yet how few are those who dare love without demanding or being sure of what is in it for them without question, non-possessively?

All those great creators of beauty are those who truly have been lovers of all life -- not just those who think

of their love life, but those who understand all life is love. It is a simple understanding and sharing of the simple daily activities and habitual things of life -- so unpretentious and omnipresent is real love that like the simplicity of nature, most of us overlook it. True love manifesting itself in all its beauty as desire for life, good will, understanding of this brings beauty, joy and an abundance of all good into one's life. Love is essential to all life. In order to live, one must truly learn to love.

Learning to become as a little child is learning to become natural. The simplicity of this statement sounds easy -- yet how many today in this hectic, so-called sophisticated world, dare be natural. Start today. Say "yes" to life. Let yourself dare to be natural. At first you will not find this simple suggestion easy. You have been caught up too long in a world of so-called reality. No matter what set or class of people you travel or associate with, there will be so many "do's" and "don'ts" you will, at first, be filled with many anxieties such as "what will people think if I say, think or do this or don't do that." We must put "know thyself" in here again. This is a must. Don't do something or refrain from doing something because you are young or old, rich or poor, ugly or beautiful, or for any reason except that you feel good in doing this or refraining from doing that because it is right for you.

Don't twist the meanings of the words around to excuse yourself from your obligations to life, to escape responsibilities and obligations you have to your loved ones. Here again we will remind you of the child-like attitude. A child is rarely idle. Laziness is learned just

as selfishness and hate are learned, just as lack of faith in one's self, one's God, one's loved ones and the world at large. Remember, when one truly believes in fairies and the angels, it is easier to believe in man and God. It is natural to have faith, to say "yes" to life, and life will reward you with the same answer. Renew your life. Repossess yourself, your lost faith in truth, love and beauty and in so doing, you will gain the real, the true life and beauty.

James Allen, the great English clergyman who wrote a beautiful little book called "As A Man Thinketh" has this to say, "Man is the master mind that moulds and makes; and man is mind and even more, he takes the tool of thought and shaping what he wills, brings forth a thousand joys and a thousand ills. He thinks in secrets and it comes to pass. Environment is his looking glass."

As a man thinketh, so is he. What you think about, you keep in your mind until you become like it. You associate it with yourself until it becomes you. This is how your world has become what it is to you.

Don't cry because you deem yourself a failure. Do not wail and bemoan your fate. You are and receive what you become and you will continue to be and receive what you are. If your beliefs are limited and narrow, then you cannot be the big or the great I Am. Your way to change your life is to expand your consciousness; for you must do this to be able to come close to being the great I am you only foolishly pretend you are. Children don't pretend to be happy, to be anything they are not. Happiness is natural. Children are natural. Anyone can see this is so.

Don't pity yourself, for you limit yourself when you do this. One does not manufacture success and happiness. You have to remove the things from your life that keep you from happiness. Others you see who seem so much more fortunate than you and to have so much more than you -- open your eyes to the real reason why. It is because they have a larger view of life than you do, not because life has favored them and frowned upon you.

You have been learning about mental discipline and thoughts and how you are affected by them. We are now arriving at the vital point of "The How and The Why" of thoughts. It is learning the importance of the co-ordination of the conscious thinking and subconscious thinking. We think of the subconscious as the abdominal brain, seated in the solar plexis. The understanding of these two functions gives you the secret of all life. Conscious thinking, as most of you know, is that part of thinking you are aware of at all times. Subconscious thinking is the mental energy you set into motion every time you think. All thoughts are sent down through the nervous system. When a thought is persistent, or charged with strong emotion, it acts as a command to the subconscious mind and it goes to work to produce the thing it feels you have ordered it to produce. To most people, this explanation is old hat; but how many have really taken into serious consideration the true meaning of this? You are a law unto yourself. The Divine power of the creator works with you. If you channel your thoughts right through the subconscious, you have your whole life in your hands when you think. In order to control your life properly,

think what you want to have manifested in your life -- not what you do not want.

You can develop all your latent power and see that it is brought forth into expression. It is your privilege. That is the reason why no one should be lacking in the abundance of all good because there is no lack in the universe. The supply is inexhaustable. Your life and your character are formed, molded, controlled and set into motion to be manifested by your thoughts into the very form which you desire. First, you must realize you have to build, or rebuild, within that which you want in your life. You must know what you want and remind yourself -- persistently and constantly thinking about it, visualizing it. Your every thought is like a building block. If the block is not strong, you know the whole structure can fall and one cannot build anything lasting using first sticks, then stones, then straw.

Understanding is gained only by making practical application of this information. The subconscious may be thought of as the solar sun and will shine with ease if you will keep your thoughts in the positive realm. As you progress, you will find that it is easier to find serenity within and quiet your noisy mind. Keep an open, alert state of consciousness and if you do this, you will find the cosmic reflecting back your thoughts in substantial manifestations. Now you have learned what the results will be when you impress the subconscious mind. They will be that which corresponds with what you have given it and things will happen in your life and happen quickly. You have learned the subconscious is intelligent, creative, powerful and responsive.

Mentally concentrate upon the object desired. In so doing, you are ordering what you want to come forth into expression. This is how you ultimately get to the point of knowing. When you get to this point, as we have told you before, thought results are instantaneous. Jesus said, "My Father and I are one. I am one with the Father and He is one with me." Realization of your oneness with the creator is of utmost importance at all times. Your subconscious is where the finite and the infinite meet and blend into one. You lose that lost feeling and the sense of being two things and expand your consciousness. You gain a clear idea that you are a part of the seen and the unseen, the manifest and the unmanifest, ego man, God man. The visible you expresses the invisible God within you.

Failure and unhappiness are always due to a state where you have allowed yourself to be impressed with thoughts of failure. Instead of letting your positive thoughts flow into the cosmic stream, you have let doubts and fear clog up your subconscious. In order to correct this, reverse your process. Set your positive thoughts into motion. Think of having a built in instrument of success. Your subconscious (your solar center) connects you with the omnipotent God and gives you the omnipotent power of God circulating through your entire being. Limitations are lifted and nothing is impossible because of your oneness with God. Jesus said, "I of myself can do nothing. It is the Father who sent me." You can learn to think of it in this way, my conscious mind in itself can do nothing; but it is the switch that sets the power of the subconscious to work when you THINK that connects

you with the cosmic current, the power of the omnipotent, invisible God. Do not look outside of yourself to blame any of your experiences in life. Never lose sight of the fact that the quality of your conscious thinking determines the quality of what you are and what your life is and so determines the experiences which result in your life. It is up to you.

If this writing appears to be repetitious, it is. Don't forget, the teacher also hears repetition. I hear these words constantly, "I Keep trying. I try so hard." Once again I will say, never try to change anything in the manifest before you have changed the picture in the unmanifest. You must change the mental picture in the consciousness first before it registers in the subconscious and then is transmitted or manifested in your life. If you are trying to make things happen, this means you lack faith. When you are unreasonably anxious over something, you close yourself off from your all power. Each time you say, "I am trying" you are saying I am putting forth effort, but you are still holding doubts. Change this. Live in the joyous anticipation of your life as you want it to be. When you live in joyous anticipation of life, you are expanding your consciousness and you are letting more energy flow into expression.

The visible or intellectual side of truth teachings leads to the perfection of understanding and reasoning while the invisible side leads to the understanding of the spiritual side of man and the perfection of faith. The scientific view point in truth teaches us to use reason and moderation in all things. This then is how one keeps his balance while he is learning spiritual

unfoldment. We remind you once again here of balance since you are ready now to start your exercises for spiritual unfoldment and/or opening of your perception centers. The faithful, sincere student who has followed the instructions laid out in these lessons up to now have most likely started to become sensitive and aware.

Let your affirmation be:

This week I resolve not to cast my pearls before swine lest they turn on me and render me. In plainer words, my spiritual unfoldment is a personal thing. I will not try to impress my beliefs upon anyone. I will not discuss my belief with anyone outside of these teachings, realizing a doubting Thomas can dampen my enthusiasm for spiritual unfoldment, damage my faith and retard my progress.

Look up these scriptures and memorize them:

Matthew 5: 11, 12

Matthew 7: 6

Matthew 15: 14

Matthew 22: 31, 32

EXERCISES FOR SPIRITUAL UNFOLDMENT, SELF HELP AND SELF IMPROVEMENT:

These exercises will help you to get started and the object is to collect your thoughts and ideas and start them on a positive trend and to prevent negative representations or thoughts from crowding in bringing more disorder to your own over-taxed brain. This accomplished, the ideas or thoughts written, emotion will be felt to change and some of the negation in your life

will subside. At first you may feel this is too easy and you may feel yourself carried away with floods of apprehensions; but ignore these feelings and soon you will find yourself able to think in a positive manner.

They will serve to help you reject your fears and anxieties. You will find freedom in a short while from minor worries and agitations. If you continue to employ the prescribed means, you will find still greater outlets from many frustrations that have been keeping you from success in finding a full and happy way of life. It will help you to view dispassionately the consequence of things that may be tormenting you and haunting your mind. It also will serve to help you banish the negative preoccupation of your old manner of cluttering up your mind. This will be the prelude that will give you the ability to enter into the silence of deep meditation, and then you shall begin to truly reflect these positive thoughts and ideas and see them manifest in your life.

One must first learn how to control his thoughts in order to clear his mind and enter into the silence of the deep meditation. You will be given more simple exercises before we try to teach the exercises of how to go into deeper meditations. Otherwise, you may try to deceive yourself into thinking there is a short cut. Deception is the thing you must be determined to overcome, for deceptions are bad counselors to real strength and true spiritual unfoldment.

If you sincerely want to change your life and find successful living, you will try this simple exercise. You have much to gain and nothing to lose. By this time, you have probably tried almost everything so why not

try this for at least one week or thirty days. The best time to do this will be the first thing after arising each day before your mind has had a chance to get cluttered up with negative thoughts. Finally you will be able to stop your negative thoughts by this simple mental exercise.

1. Make a rule to write down a few positive thoughts each day. This helps you to start controlling your thoughts. At first you may find it hard to write down anything; but if you can write only one good positive thought each day, this is a beginning and a good one. Write them down on cards. At the end of seven days you will have acquired seven good positive thoughts. At the end of thirty days, you will have acquired thirty good thoughts, etc.
2. Each day for six days, starting now write down all the things you can remember about Lesson I. Then review Lesson I briefly, compare and find out how much you remember. Continue this same review from the first through the sixth lesson. This exercise will serve two purposes. You will learn what kind of a memory you have, plus you will be reviewing your lessons in preparation for the written examination you are going to take on all six lessons.

In the forthcoming lessons, you will learn the coordination of the conscious and subconscious mind, how to go into deeper meditation and definite steps to be taken toward the opening up of the perception centers.

REQUIRED STUDY AND HELPFUL HINTS FOR THE NEW MINISTER

**AND THOSE WHO ARE STUDYING TO BECOME
A NEW MINISTER**

REQUIRED READING

For The Student

"A New Text of Spiritual Philosophy and Religion"

Dr. B. J. Fitzgerald

"Minister's Guide & Service Book" by Dr. B. J.

Fitzgerald

"Aquarian Gospel of Jesus the Christ" by Levi

"How to Live 365 Days a Year" by Dr. Schindler

"Biblical Spiritualism" published by Rev. Frances Bond

"Psycho-Cybernetics" by Maxwell Maltz

"Hidden Power for Human Problems" by Fredrick
Bailes

"Prayer Can Change Your Life" by William R. Parker
& Elaine St. Johns

For The Minister

"Cosmic Consciousness" by Richard M. Bucke

"How to Live 365 Days a Year" by Dr. Schindler

"Autobiography of a Yoga" by Yogananda

"Human Personality and its Bodily Survival" by
F. M. Meyers

All the duties of a minister are important, but experience has taught us that the greatest need and the most gratifying of these duties is that of counseling.

Human communication is almost a thing of the past. The world is moving so fast in this jet age. Mother has her usual duties as mother, wife and homemaker plus the P.T.A. and many other social obligations -- not to mention the fact that due to the high cost of living today plus the standard of living, often both parents find it necessary to work and very often the father works on two jobs. Junior has his Boy Scouts and the daughter has her Girl Scouts and if the family comes together at all, it is generally at the dinner table. The family dinner hour is no longer the pleasant, relaxing, leisurely time it once was. Usually each member of the family feels that he must gulp his food to get on to the next thing he has to do. All minds are

so occupied with individual things that often the dinner conversation is rambling -- if there is any conversation at all. Then, last but not least, there is the television and even that brings dissention if each does not have his own T.V. set. Many families now have at least two sets in their home due to the difference in preference of the T.V. programs.

So, where does one go to find communication? That is a question on the minds of most people today. It is sad when one learns how few ministers there are in the world today who give this type of service to their people. We have people from all religions who come to us for private consultations. We feel our first duty is to suggest that they talk to their own minister. This leaves no room for persecution from other religious leaders and the relatives of the counselee. We most generally receive the same answer from all people -- that either their own minister is too busy, or they do not feel free to talk to him.

The next step then is to find out their purpose. In using this procedure, you protect yourself from harassment from the general public and also from the legal authorities, who must be a matter of concern. After having found the purpose of the counselee, then you must inform them of your own purpose -- that you are practicing your religion according to your constitutional rights. Then, if the person is sincere in his purpose, you have already made a bridge between you and the counselee.

One of the first things a new minister must learn is that you cannot do it for the counselee. Even God himself cannot help anyone unless he is ready to help

himself, no matter what his faith may be. We have a broad view on religion, and we teach a philosophy of religion that can benefit any man no matter what his beliefs may be. However, we must be fair and never quarrel with the beliefs of others. Dogmatism is the greatest handicap in assisting others in finding their own inner guidance and a better way of life.

If you are counseling someone who is of another faith, it is wise to suggest that they read self-help books, and it is a good idea to have beginners in your own religion study these books also as it will give them a firm foundation and the vital balance one needs in his life no matter what his religion is. One must realize that he must function on the human plane as well as the spiritual plane. We are in the schoolroom of earth because we are earthlings, and if we did not have lessons to learn of earth, we would not be here.

Study groups in all these subjects can be of great help, and I might add are very much in demand. One of the most popular and helpful books we have found through our group activities and by talking to many people is "Psycho-Cybernetics" by Maxwell Maltz, M.D., F.I.C.S. This book is a simply written book that can be understood by the average lay person as well as the college man, but in its simplicity there is a practical, new way of life. It is an outline of self-image psychology with steps in how to understand and improve or help oneself and can be a great influence in finding a better, happier way of life.

Other self-help books that many doctors, marriage counselors, psychiatrists and ministers from all faiths recommend for their patients are:

- "The Games People Play" by Eric Bern
- "The Will To Live" by Hutschnecker
- "The Will To Happiness" by Hutschnecker
- "Helping Yourself With Self Hypnosis" by Frank S. Caprio, M.D. and Joseph R. Berger
- "You Can Learn To Relax" by Dr. Samuel W. Gutwirth
- "Dynamic Thinking" by Melvin Powers
- "How To Live 365 Days A Year" by Dr. Schindler
- "Psychic Self-Improvement" by William Wolfe

This type of book can be recommended for people from all faiths and all walks of life. The following list can also be recommended but especially for those who are interested in spiritual unfoldment, mediumship and psychic development. In building one's faith, books by these authors are very valuable -- Fox, Bailes, Holmes, Goldsmith, Murphy, Yogananda, Troward, Harold Sherman, Robert Collier.

These are a few of the best authors on the above subjects and these authors have many books that are all good, but a few titles will be mentioned here and a larger list will be included in Volume 2. One book that all people seem to treasure is "Hidden Power For Human Problems" by Fredrick Bailes. These books are also very inspirational:

- "Prayer Can Change Your Life" by William R. Parker
- "Psycho-Pictography and Mental Influence" by Vernon Howard

"Power of Perception" and "Spiritual Breakthrough"
by Marcus Bach

"Wisdom of Christ" and "Song of the Savior" by
Ally Wassel

"The Prophet" "Spirits Rebellious" and "Tears & Laughter" by Kahlil Gibran

Please note that Gibran is one of the most loved and accepted authors of all the American people in our present age. His books, and there are many titles, are a must to all those who wish to have a good library.

In the deeper metaphysical and occult studies, there are so many books that we cannot begin to list them here. But when you study our book from our church by our late president, Dr. Fitzgerald, make a note of all the authors he mentions, for he has a vast knowledge of these teachings, as you will see, and the authors he mentions are the best on the subjects.

The books listed here are the titles of what we feel are of the greatest aid to the student and certainly the spiritual worker. You should always recommend your own text first **"A New Text of Spiritual Philosophy"** by Dr. Fitzgerald. He has given the best information here as well as an introductional outline for all subjects. It is amazing the information Dr. Fitzgerald has been able to get into a book of this size. After your students have read this book, they will then be ready to go into a fuller research. There are so many different subjects that make up the teachings of the Universal Church of the Master. I do not say this without having investigated several other churches. I was an ordained minister in another church before finding the teachings of the

U.C.M. and have been a minister in the Universal Church of the Master for many years. I sincerely believe these studies are the most complete. I do not see how any spiritual or metaphysical students could quarrel with any of the teachings of our church and I proudly recommend Dr. Fitzgerald's book. Of course, you may obtain this through the church headquarters.

From the subjects mentioned in Dr. Fitzgerald's book, the student can decide which of these he would rather study. There are books on the aura, color, psychic development, healing, spiritualism and the development of the same. There are also books on transfiguration, reincarnation, astral projection and astral travel, the four bodies of man, Yoga, Hindu teachings, all types of Eastern philosophy and religions, Buddhism, Zen Buddhism, Theosophy, Religions of all the world, Astrology, Numerology, Philosophy, Huna, Psychology, the study of the subconscious mind, positive thinking. Some of the best on the subjects are mentioned here.

Two books have been published that were written by ministers in our church are **"Contact Healing"** by Rev. Dr. Houston and **"Light On The Mountain"** by Rev. Helena Ruhnau. We highly recommend these for reading as well as these others; also **"Biblical Spiritualism"** published by Rev. Frances Bond.

"Helping Yourself With E.S.P." by Manning is exceptionally good for those who are developing mediumship.

For students interested only in developing E.S.P., **"Making E.S.P. Work For You"** by Harold Sherman. Edgar Cayce is for all students in the metaphysical

studies. Also "There Is A River" by Sugure, "Many Mansions" and "Many Lives and Many Loves" by Gina Cerminara. "The Sleeping Prophet" by Jess Stern and "Venture Inward" by Hugh Lynn Cayce (Edgar Cayce's son). All these titles, as well as many others are based on the life and readings of Edgar Cayce. "A Gift of Prophecy" by Ruth Montgomery (about Jeane Dixon) and "A Search For Truth" also by Ruth Montgomery. "A Door To The Future" and "Yoga, Youth and Reincarnation" by Jess Stearn. Leadbeater and Annie Besant also have several books in print. Some of Leadbeater's books are very popular with the students of the aura and color. These three especially have been found most helpful, "The Chakras", "Man Visible and Invisible" and "Thought Forms." Annie Besant's book on the four bodies of man is very good.

Some other excellent books of great benefit are "Cosmic Consciousness" by Maurice Richard Buck and "Principles of Light and Color" by Babbitt. "Life In The World Unseen" by Anthony Borgia, "The Autobiography of a Yoga" by Yogananda. "The Human Personality and its Bodily Survival" by F.M. Meyers, "The Tibetan Book of the Dead" by W. Y. Evans-Wentz, "The Egyptian Book of the Dead" by Budge, "Astral Projection" by Oliver Fox, "The Phenomena of Astral Projection" by Muldoon and Carrington, "The Secret Doctrine" and "Isis" by Madame Blavatsky, and many other books by Madame Blavatsky, also "Nothing So Strange" by Arthur Ford. These are only a small list compared to the large selection in print. There is so much material on these subjects that one

REQUIRED STUDY AND HELPFUL HINTS

can never hope to learn all there is to know. However, constant research is of great benefit to the spiritual worker. One must be armed with wisdom to answer those who question and the saying is very true that one gains nothing to argue with the ignorant -- but, ignorance will seldom challenge true wisdom.

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“Wisdom is the principal thing;
therefore get wisdom:
and with all thy getting
get understanding.”

Proverbs 4:7