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Self Realization



.....BY.....

Peggy Barnes

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A Series of Fifteen Lessons Covering the Third Year's Work of the Institute of Universal Science



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To those to whom theology and religion are synonymous, these lessons will mean little but to those who believe that obedience to God's law is the highest form of worship and that true religion is right living, living in accordance with the laws of nature, they may be a blue print for the building of a new life. They will prove to man his individual relationship to God and his ability to create his own world according to his own desires.

Looking back over the history of the human race, we find that there are comparatively few of the millions of human souls that have lived on this material plane, who have achieved success in life because of a knowledge of their own ability to make of themselves what they chose to be.

Away back in the beginning of the story of religion, we find that man feared God because he did not understand His manifestations. All sickness, poverty and unhappiness were supposed to be a visitation from God because of man's wickedness. Instead of seeking a better understanding of nature, which is really God in manifestation, man began to find excuses for his unhappiness and to blame everything in the universe but himself for the terrible things which came upon him. He sought to bribe the gods with sacrifices and gifts and thus to evade punishment for his own sins. With the many gods and sacrifices came the church and the priesthood and man was taught to believe that his life was mapped out for him by God, that certain events were predestined to happen and he was powerless to prevent them. He was taught to blame environment for his mistakes and to accept a vicarious atonement as an escape from eternal damnation. It is easy to see why all this dogma was invented for the moment man begins to think for himself along religious lines and accept his own moral responsibility, he frees himself from the shackles that the priest has fastened upon him. When man realizes his own power to make of himself what he wills to be he becomes his own priest and his own saviour.

Jesus was among the first of our prophets to teach us of the moral responsibility of the individual. Paul, who carried on the teachings of Jesus after his crucifixion, said in his letter to the Galatians,

Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap. Galatians 6:7.

Jesus taught man that the Father was within himself,

I am in my Father, and ye in me and I in you.

John 14:20

He also taught him that his progression, both material and spiritual, depended upon his co-operation with the governing laws laid down by the Father.

Greater than any dogma or creed is man's recognition of his own relationship to God and a realization of the power of self.

We have prayed for wars to cease and for men to live in harmony, victorious over greed, intolerance and lust. Our prayers have not been answered. Why? It is logical for us to believe that no chain can be stronger than its weakest link. It therefore behooves us to strengthen the single link that we may have a stronger chain. If we desire victory over carnal things, we must first begin with self; if we desire a better country, we must first be better citizens; if we desire victory over war and hatred, we must first think the thoughts and do the deeds that help to create those conditions. As an individual, you are responsible for the kind of thoughts you send out to form a part of the mass consciousness that sways material conditions. If you wish for a peaceful world, you must vigilantly guard your mind that thoughts of strife and hatred may not enter in. Think peace, peace, peace. Eventually, if enough minds send out vibrations of peace, peace is bound to dominate the mass consciousness and become universal.

God is the Life Principle in all things and I am made in the image of God. My thoughts, therefore, must be acceptable to Him if I am to work in harmony with the Great Plan of Life. In the churches of different theological denominations, we hear a great deal about sin and we are told that it is wicked to sin. Just what constitutes sin? According to man-made law, the moral code differs in different countries and that which is called a sin in our country may not be counted a sin in another country. We conclude that an act cannot always be judged a sin because it is not condoned by man-made law. Sir William Blackstone tells us in his Commentaries that no man-made law can exist for long unless it be in harmony with God's law. In I John 3:4, we read

Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.

In speaking of the law, it is logical for us to believe that John did not mean the man-made law but rather the law of the Father. Jesus said,

Think not that I am come to destroy the law, or the prophets: I am not here to destroy but to fulfill.

For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Matthew 5:17, 18.

If sin be the transgression of the law, and man's progression depends upon the power of mind, then it is necessary for man in seeking **Self-Realization** to know how to control his own mind that it may create constructively for him. We must first strive to understand God or Divine Mind, in as far as it is possible for us to understand that which is practically incomprehensible.

No man hath seen God at any time. I John 4:12.

We can only see God in manifestation around and about us and from an investigation of the laws governing the phenomena of nature (God in manifestation), we must draw our deductions and apply the gain in knowledge to our own lives.

Our next step is to understand our relationship to the Father and through that relationship our ability to build in our inner or invisible world that which will bring health, happiness and abundance into outward manifestation. The key is in your hand. All you need is the desire and the effort that you may bring into your life a true realization of the power of self.

QUESTIONS

1 What does self-realization prove?

2 Why did primitive man fear God?

3 How did man go about seeking immunity from punishment?

4 Speak of the early church and priesthood.

5 Did these priests teach man personal responsibility for error?

6 Name one of the first prophets who taught individual responsibility.

7 What do we believe regarding prayers for peace?

8 What is sin?

9 What men have seen God?

10 What is meant by our term "inner or invisible world"?

LESSON TWO



God Is Spirit

When primitive man saw a bolt of lightning come from the sky and strike his brother, who fell to the earth to rise no more, he realized that there must be a governing power over which he had no control; a force that could stop his breathing if, and when, it chose. And so, at that moment, man started his age-long quest for knowledge of God, the great Over-Soul that controls all life. The history of religion tells us that our first gods were spirits that were supposed to dwell in every manifestation of nature. Unfortunately, most of them were supposed to be evil spirits intent upon the destruction of man. Mysterious spirits in trees, rocks, clouds and sun were not concrete enough for primitive man, who believed that he must find some way to conciliating his gods in order to become immune to harm, so we entered upon an era of idols and sacrifices. It was only natural for man to mould and carve his idols into semblances of human beings and later to visualize his God as a glorified man, for we can only comprehend that which comes within our own realm of understanding and man himself was and still is God's highest type of creation.

It was only a short step from idols and sacrifices to priest craft. An elaborate ceremony was woven about the sacrifices and someone must be capable of carrying on these ceremonies, believed necessary to win the approval of the various gods in order to gain immunity from disease and disaster. Thus a fabric of fear was woven between man and his deities, and his efforts to conciliate these gods were because of a fear of punishment. When priesthood entered into man's scheme of things he began to allow the priest to do his thinking for him, along religious lines, and the masses have continued to do so down through the ages. Now and then a brave soul has dared to step out from the beaten path and visualize a god and a religion along lines different from those laid down by the priests andd he has generally paid for it by losing his life or his liberty. It is only in this present age that man has dared to think that religion may be an individual experience and to visualize his God in other form than that of a glorified man.

We have neither time nor space to elaborate upon the many gods and goddesses that were given to man in the earlier evolution of religion, but suffice it to say that there were many, and weird and mysterious were the ceremonies that surrounded them. It was Moses who brought to us the conception of God as a personality, an anthropomorphic God with a mind capable of jealousy and ven-

geance. This God was Yahweh, sometimes incorrectly called Jehovah. Yahweh, history tells us, was originally the spirit of a wild volcano and developed into a God of war and fear, but nevertheless Moses led his people from animism into monotheism and from the darkest superstition into a religion with the one God, Yahweh, as their deity. Whatever we may think of Moses and his laws, his influence is still felt throughout the world and although we call ourselves Christians, and profess to follow the teachings laid down by the gentle Nazarene in the Sermon on the Mount, we are still Mosaists at heart and "an eye for an eye and a tooth for a tooth" principle still dominates our business, political and social life. As Charles Francis Potter so aptly says, "Christianity is an ideal and Mosaism a reality."

Not until Jesus came to teach the world of a loving and understanding Father did we even start to get away from the fear of God. It was Jesus who taught us of unchanging and unchangeable laws that govern all things created and who told us to do right because it is right and not because of fear of punishment. He gave us an understanding and forgiving Father, and strove to lift from our shoulders the mantle of terror cast there by the gods of past years. With a God of Love, he tried to erase from the minds of his people a God who punished by fire, pestilence, and flood those whom he chose to select as offenders. While the God brought to us by Jesus was a loving Father, he also had a stern sense of justice and was no respector of persons. In the fourth chapter of John, verse 24, we read,

God is Spirit, and they that worship Him must worship Him in Spirit and in truth.

With this happier conception of our deity, we pass on down through the years, not forgetting Allah of the Mohammedan faith. Allah was also a monotheistic God and seemed to be identified with the Yahweh of Moses for he too was a jealous God and in the Koran we find these words,

"There is no God but Allah; and Mohammed is his prophet." While Cristianity has brought to us a God of love, it has still retained the element of fear in its conception, and until recently practically all Christians believed God to be a personality.

The new thought religions, Unity, Theosophy, Christian Science and Spiritualism have brought to us a new conception of God and those who are broad enough to realize that our knowledge of God and of religion is subject to the law of evolution, as are all other things in life, have gained a broader and more constructive viewpoint of deity and its place in their lives. This is the scientific age and

science has done a great deal towards doing away with past erroneous beliefs. A great deal of this scientific research has been instigated by our younger generation. The youth of today, studying the various theories of evolution, biology, science and other studies that present a universe governed by immutable law, cannot accept, even in their religion, statements that are contrary to the facts that they are taught in school. Therefore, lest we have a race of agnostics and atheists, we must give to them a religion based upon the fact that there are no miracles, all happenings being the effect of some cause and in full accordance with the natural laws of God.

QUESTIONS

1 What started man's quest for knowledge of God?

2 Describe our first gods.

3 Speak of the period of idols and sacrifices.

4 Name and describe the God of Moses.

5 Did Jesus teach us to fear God?

6 Where, in the Holy Bible, are we told that God is a Spirit?

7 Tell us of the God of Mohammed.

8 What conception of God is accepted by Spiritualism and other new thought religions?

9 Do the younger generation accept theology, as a whole? And why?

10 What does Spiritualism teach concerning a belief in miracles?

LESSON THREE

In His Own Image Created He Him

In order to realize our personal responsibility in life, we must first understand our relationship to God, the Father of us all. In Genesis 1:27, we read,

So God created man in his own image.

and in John 14:20, we are told that Jesus said,

I am in my Father, and ye in me and I in you.

Jesus also said that God was Spirit. Therefore it is logical for us to believe that because we are in, and a part of the Father, made in His image, that we too must be spirits. Higher critics of the Holy Bible claim that the 'a' in John 24:4:

(God is 'a' Spirit:)

was added by someone who translated the Bible and that the passage originally read

God is Spirit.

Be that as it may, let us not get the conception from this verse that we, as Spiritualists, believe in an anthropomorphic God. God is Spirit, Infinite and Creative Mind, in and of all things. Because God is All, all things created must have come from within God. God is Spirit and the universe, and all therein, is his body. Man is individualized Spirit and his body is his universe. Both God and man create through the power of thought.

Spiritualism is monistic, a doctrine denying the duality of mind and matter, because it contends that all matter is Spiritual Energy, an emanation from Divine Mind, its rate of vibration determining its status in the universe. God manifests through matter in the many phenomena of nature. He is therefore a part of everything created, expressing Himself more fully in man, the highest of His creations.

In the days gone by, we sought to find our God in the skies, all-powerful and all-terrifying, seated upon a golden throne in a far off place called Heaven. Today, we realize that God is so very close to us that He is a part of us and lives within our own souls. To commune with Him, we have but to go into the silence and attune ourselves to the God within. The Kingdom of Heaven is within ourselves. It is not a place but rather a state of mental consciousness. To enter into the kingdom, we must strive to develop our own spiritual consciousness.

In order to understand our relationship to God, we must first understand ourselves and our possibilities as parts of the Father. Our philosophy teaches us that man is a trinity: body, soul, and spirit. Originally, a single cell of physical organism, the natural law

of evolution has developed man to his present state and in this state he is undergoing the further development of discarding the physical and becoming pure spirit. A part of man, the spirit, is a part of God. Man's purpose is to create more of his kind and to progress. The man of today has a far better understanding of mind and matter than the man of yesterday but even now he is only partly conscious of his own spiritual possibilities and their reaction upon his material and spiritual life. Man is indivisible from God and as he consciously recognizes the God (Spirit) within himself, he is influenced by it and lives a broader and more beautiful life.

We shall discuss the three principles of man separately taking the lesser first,—the body.

Spiritualism believes in organic evolution and that man evolved from the single cell life principle, generated in the mud and slime of ocean bed and, in accordance with these laws of evolution, has attained his present status. The moment we speak of evolution the uninitiated cry, "Oh, I cannot believe that I am descended from a monkey." In making this statement, they acknowledge their ignorance of the theory of evolution as advanced by Wallace, Darwin, Andrew Jackson Davis and others. They do not say that man is descended from a monkey but from a common primate ancestor. He has risen from a single cell to his present state, and is by no means near the end of his evolution. The majority of those who have made a study of man's organic growth agree in calling the first type of man to stand erect the Ape-Man, the Piltdown man, our earliest ancestor, and the Cro-Magnon, the first true man. If you are interested in the study of evolution, I would suggest that, among others, you read:

Darwin's **Origin of Species,** Davis's **Nature's Divine Revelations** and a later book by Garbedian, **The Major Mysteries of Science.**

Man's body is composed of matter and we will not go into an analysis of matter as we are not concerned with it at this time. There is no such thing as permanency in nature, for it is subject to constant change. All matter is transitory; its nature may be changed by a change in its rate of vibration, but it is still matter and will always remain as such. Nothing has been created, literally speaking, for creation and re-creation are constantly going in. We do not speak of the creation as in the past (Genesis 1:), for nothing is ever wholly finished, but is constantly in a state of being re-created. Man was not and is not created; he is the process of making and he participates in the process.

At the time of so-called death, the physical body is vacated and

the two higher principles, soul and spirit, continue to exist in a new expression of life. The body has served its purpose as the house of the soul and spirit during their earthly existence, so it needs must follow the way of all matter. It disintegrates, its vibration being changed because the motivating power, the spirit, has left the body, and passes into other states of matter from which it came. Those who still believe that the old physical body will, at the call of Gabriel in some far distant day, revive and again become active, would surely recognize the fallacy of such a belief were they to look into the graves of those buried even a few years ago. A fleshly body can only be created through the natural laws of birth and when death occurs and thee cord connecting soul and spirit to the material is broken, the body has lost its motivating power and disintegrates. It is immortal as matter and always contains life to a certain extent. Dr. George W. Crile, of the Cleveland clinic, made some remarkable experiments with matter. "He took the brain tissues from a freshly killed animal and reduced them to ashes electrically; to the resulting substancee he added protein and chemicals. The whole was electrically treated and the artificial cells with many life-like habits resulted." Dr. Crile said: "This experiment proves, in my opinion, that life is closely allied to electricity." This thought is not new for Andrew Jackson Davis gave us a similar theory nearly one hundred years ago. Each year gives us new discoveries regarding the trinity of man and among other things we realize more and more the influence that the mind has upon the physical status of man.

QUESTIONS

1 Give two Bible quotations that teach us our relationship to God.

2 What do higher critics of the Bible claim regarding the "a" in the verse, "God is a Spirit"—John 24:4?

3 Do we, as Spiritualists, believe in a personal God?

4 Is Spiritualism monistic?

5 Speak of our earlier conception of God.

6 What is Man?

7 Describe the three principles separately.

8 Do we accept the story of creation as written in Genesis?

9 Describe the change called death.

10 Speak of the experiments conducted by Dr. George W. Crile.

LESSON FOUR



The Higher Attributes of Man

The soul is the intermediate principle between the spirit and the physical body. Through the soul the vibrations of spirit are slowed down that they may contact the lower vibrations of gross matter. The soul is sometimes called the etheric body because it is built of a more ethereal matter than that of which the physical body is composed. Paul refers to it as the spiritual body in I Corinthians 15:44. At the time of so-called death, the soul and spirit withdraw from the body and the soul, a replica of its former physical habitation, becomes the body of the spirit in the higher expression of life. As the entity progresses in spirit life, the spiritual body, or soul, becomes more and more ethereal as its vibrations increase and synchronize with their surroundings. The foregoing thoughts are those of Andrew Jackson Davis and are found in his marvellous book, **Nature's Divine Revelations.**

The spirit is the God-spark, the highest attribute of man. It is the motivating power of all matter and it exists in its highest vibration in the soul of man. It is the spirit that gives to man consciousness, reason, memory, personality and individuality. It is his spirit that makes man immortal. The spirit in man is perfect, never changing, never dying. The mind of man is subject to change and unfoldment. It is through the mind of man that he progresses.

Man is a part of God and partakes of His nature. All that God is, man is and all that man is, God is. If man would only recognize the fact that he is truly a part of God and that he has all the potentialities of God, he would understand his relationship to the Father and aspire to be more like him and to use his own unlimited opportunites and resources. Man alone holds the key to his own attainment, the power of thought control. As Divine Mind is creating the universe through the power of thought, so man creates his individual universe and his thoughts have their chemical reaction upon his body just as the Infinite Mind creates chemical changes in the universe. Knowing that all is created, or rather evolved through thoughts, infinite and finite, we realize that we can learn to govern our conditions by learning to control the motivating power, thought. We must, therefore, learn how to discriminate between positive and negative thinking, how to encourage the first and eliminate the latter. The right thoughts put into action in our lives will bring health, success and spiritual development.

If thoughts are the motivating power of the universe, and it is through the mind of man that he progresses, it is necessary, in seeking knowledge of our relationship to God, that we understand the human organism through which the mind functions, the brain. The brain itself is incapable of thought but it is the organism through which thought comes into manifestation. Science tells us that we have developed only a small portion of the brain power that is at our disposal, approximately twenty per cent. As we study natural law and realize the power of our own thoughts in building or tearing down conditions within and without, we shall be able to free ourselves from many of our errors and to develop our brain power to a greater degree. The fact that the brain and mind are not synonymous removes a stumbling block that has caused many a scientist to believe that there can be no life after death. We hear many people use the expression, "He has lost his mind." The mind cannot be lost for it is of God. When a person becomes mentally deranged, it is not because the mind is wrong, but because the brain, the physical organism through which the mind functions, has become diseased and the mind cannot function clearly through it.

Science has proven to us that the constant repetition of a thought can eventually make a channel in the brain and wear down the brain cells until a person becomes abnormal along this certain line of thought. When so-called death occurs, the brain disintegrates with the rest of the physical body but the mind, with all of its memories and experiences of the past, continues to function in the spiritual body.

The brain consists of approximately 54 ounces of gray matter. The nervous system is the means of communication carrying impressions to the brain. It centers in the brain and has direct contact through the spinal cord. A study of the nervous system shows us that a combination of forty-three pairs of nerves extend like telephone wires through the body. Twelve pairs of these nerve trunks are known as the cranial nerves, because they have their roots at the base of the brain, while the others are called spinal nerves because they arise at various points along the spinal cord and extend to various organs. These nerve trunks split into branches and extend to every part of the body; therefore the brain has a direct contact through this marvellous nervous system, with every part of the body. Every sensation upon the nerves of the body is promptly relayed to the brain and action follows. Every action must be preceded by a thought, for thought is the cause and action its effect. When we make this statement, you may wonder how the many bodily functions

of which we are unconscious are brought into effect, for of course we do not consciously send out the thought that the heart must beat, the blood must circulate, etc. In order to explain these functions, we must next analyze the mind.

Great men of past ages gave a great deal of time to the study of the mind and Plato is quoted as saying,

"Mind is ever ruler of the universe."

As we experiment with the Mental Law, we realize the truth of this statement. Truly, to know more of the mind is to know more of God.

QUESTIONS

1 Do we believe the spirit and soul to be one and the same?

2 Describe the soul.

3 Describe the spirit.

4 What is the key to man's attainment?

5 Speak of man's power to build his own life as he chooses.

6 Are the brains and the mind the same? If not, state the difference.

7 Is the brain capable of thought?

8 What happens when the same thought is continually repeated?

9 Describe the nervous system.

10 Give quotations from Plato regarding the mind.

LESSON FIVE



The Mind

In order to attain self-realization, we must first understand our relationship to our Father, God. Because we, as individuals, build our lives through the operation of the mental law, we can, by studying the law of Cause and Effect as set into motion by Infinite Mind, gain some knowledge of its action upon the finite mind.

Infinite Mind is the mind of God, the motivating power of the universe. Infinite Mind has created all things and governs all things by immutable law. Through a marvellous system of evolution, it has brought all organic matter into being. Infinite Mind set into motion the causes that have brought about certain effects in the universe and it is always associated with energy and matter. Infinite Mind creates from within itself through the power of thought.

The Word was with God and God was the Word.

The finite mind is the mind of man and it is with the different phases of this mind that we are now concerned. The majority of psychologists agree upon three phases of mind: conscious, unconscious and subconscious. We shall deal with each phase separately.

The unconscious mind is the God-Mind and it gives to us all the inherited knowledge of the ages. Because the unconscious phase is the God-mind, it is through its contact with the conscious mind that we develop our spiritual consciousness and all the higher principles of life. The unconscious is constantly becoming conscious and then lapsing into unconsciousness again and thoughts going into the subconsciousness are constantly being brought into conscious manifestation again. Sir Joseph Banks tells us that when the so-called miracle of instantaneous healing is accomplished, the God-Mind and the conscious mind come into absolute harmony in the thought that the body is perfect and instantly through the power of Infinite Mind, which knows no imperfection, it becomes perfect again. The conscious mind must have absolute faith in the power of God to make the body whole or this instantaneous healing cannot be accomplished.

Thy faith hath made thee whole.

It is the unconscious or God-Mind that controls all of our involuntary actions: the circulating of the blood, the beating of the heart and the functioning of all the organs of the body, carried on without our conscious knowledge.

The conscious mind is the phase that is acquired through our conscious

faculties and it is this phase that we use in determining the nature of thoughts that we permit to dominate our lives. We can assert our will power and choose that which we desire in life bringing it into reality through the power of our own thoughts. It is this phase of the mind that gives us an awareness of all the material manifestations of God in nature. It is capable of reasoning and judging and it is through the control of the conscious mind that we progress spiritually. It recognizes the external world and it uses the five physical senses as channels through which to attain knowledge.

The subconscious mind is the connecting link between conscious and the unconscious. It is the sum total of all past conscious states. Every thought we think, positive or negative, goes into the subconsciousness and because that mind does not have the power of reasoning and cannot differentiate between constructive and destructive thoughts, it acts upon both with impartiality. Thus you can readily see that by thinking negative thoughts of sickness, poverty, and fear, you can soon bring these conditions into your life for you have placed these thoughts in the subconsciousness and it will work diligently to bring them into substance. It is especially necessary that we assert our will power over the thoughts that we permit to dominate our minds just before we go to sleep at night for psychology teaches us that the subconscious phase of the mind continues to work while we sleep. We should, therefore, think health, happiness and success at that time that the subconscious mind may have constructive thoughts upon which to work during our sleeping hours.

As we study the mind and its phases, we realize the truth of these words,

For as he thinketh in his heart, so is he.

With the aid of the galvanometer and other electrical instruments recording thoughts and their effect, science is teaching us much regarding the power of the mind. Recent experiments in telepathy and planetary clairvoyance are opening up an entirely new vista in regard to the power of man's thinking. Many of our scientists agree that man's thoughts build and govern his own personal world and this is a fact that Spiritualism has always taught. We are gradually coming into a realization that our success in business or social life, as well as the health of the physical body, is largely governed by the kind of thoughts that we think. Because cause and effect are linked together in the mental world, just as they are in the material world, we know that we set into motion a certain effect with every thought that we think.

We are also affected by the thoughts of others, and we shall go into that more fully. Your thoughts can uplift or tear down the thoughts of others who are attuned to the same mental vibration as yourself. Here you must assume a ccertain responsibility for the nature of the thoughts you send out into the ether. If we constantly fill our minds with the sordid things of life, greedily absorbing every story of vice and crime that we can find, we are building a mental vibration that not only attracts thoughts of a like nature out of the ether, but we are also opening the doorway for psychic influences of a negative nature. There are many beautiful things in life. Why not look for them and strive to raise our own vibrations and develop our consciousness of Spirit?

QUESTIONS

1 What do we mean by the term 'mental law'?

2 Describe the action of Infinite Mind in bringing the universe into being?

3 What is finite mind?

4 Name the three phases of finite mind.

5 Describe the unconscious phase.

6 Describe the conscious phase.

7 Describe the sub-conscious phase.

8 What great truth becomes a reality to us as we study the mind?

9 Speak of recent discoveries of science in regard to thought.

10 Are we affected by the thoughts sent out by other minds?



The Invisible You

We are now becoming aware of the existence of an unseen world within each and every one of us. This inner, or invisible, world is a world of causes. These causes are set into motion with our thoughts and our thoughts are governed, or controlled by our own will power. Our outer, or visible, world is the result of our inner thinking. It is a constantly changing world because of the variations of our thoughts. Within ourselves we have the ability to bring into existence, in our lives, any condition that we may desire to create, be it good or bad. It is necessary, therefore, for us to thoroughly understand this creative power of the universe in order that we may use it constructively in our lives. This dynamic power plays a most important part in your life, for it can raise you to the heights of optimism or sink you into the depths of pessimism and despondency. This power of mind, using thought as its substance, plans, even to its tiniest detail, that which it desires to bring into outward manifestation in the tangible world. We must realize therefore that it is the kind of thoughts we permit to dominate our invisible world which determines the status of our visible world.

In all the phenomena of nature, we have a positive and a negative force. We would not appreciate the light did we not have the darkness; we would not appreciate heat did we not have cold; nor joy without experiencing sorrow. In the world of thought, we also find a positive and a negative force and in order to understand and appreciate the one we must also know the nature and the power of the other. The power of thought to create sickness and unhappiness is just as potent as when it is used for a constructive purpose. To be able to differentiate between negative and positive thinking and to gain control of the mind by asserting the will power enables us to eliminate the negative and to create with the positive, thus giving to ourselves unlimmited opportunity for progression.

Each mind is an individual broadcasting station and is constantly creating thought waves in the ether. It is also a receiving station, for it picks up thoughts sent out by other minds and is more or less influenced by them. It is interesting to know that there is in the brain an organ resembling a part of the receiving set used in wireless telegraphy. The scientific name of this organ is the pineal gland, the name being derived from the fact that, in form, it resembles a pine cone. It is located near the middle of the skull above the top of the spinal column, in front of the cerebellum and attached to the

third ventricle of the brain. The functions of this gland are not clearly understood as yet. Its resemblance to the wireless set lies in the fact that it contains peculiar particles of gritty substance known as brain sand and the wireless apparatus also contains small particles resembling this brain sand found in the pineal gland. Because we are aware of its use in the receiving apparatus of the wireless set, it is not illogical for us to believe that the pineal gland may perform a similar duty in the brain and assist in the receiving of mental vibrations sent out by other minds.

We are, without doubt, sensitive to, and unconsciously appropriate as our own, the thoughts sent out into the ether waves by other minds. If we are lacking in will power, and prone to think negatively, we naturally attract to ourselves from out of the ether thoughts of a like nature and they help to make us weaker and less able to overcome error. Fault-finding, fear, worry and jealousy are all thoughts of a negative type and must be overcome in order to prevent us from being susceptible to thoughts of a like nature sent out by other minds. Thoughts from outside forces do affect, and sometimes dominate our thinking, if we permit them to do so. If you doubt this, go to hear some great lecturer on religion or politics and watch the crowd as the words of the speaker sway them emotionally into the channel of thought in which he desires to lead them.

In our invisible world, we form our own opinions of people and things and what we think out manifests in our visible world. Therefore we must not permit others to prejudice us against our friends nor must we judge them from another's viewpoint. We must judge them from our own personal contact with them and at all times remember, if we must judge, that we might not have done as well ourselves under the same circumstances. We are the masters of our inner world and so we must assert our own will-power and cleanse our minds from all thoughts of criticism regarding our neighbor. Having done that, we should then fill the mind with some constructive thought in regard to his conduct. Truly, thoughts are things, and as our beloved poet, Ella Wheeler Wilcox, said,

"Each must create its kind
And they speed o'er the track
To bring you back
Whatever went out from your mind."

Millions of human souls are not conscious of the fact that they must assume responsibility for their conduct whatever it may be. We do not need to remain in any situation where we are unhappy

nor do we have to exist in ignorance and poverty. We can overcome any condition if we know the law and will make the effort necessary for its operation. Never believe that your opportunity has passed you by, for each day brings a new chance for you to find success and happines. By realizing and overcoming the errors of yesterday, we create a new world of tomorrow. Set your goal and work toward that goal knowing in your own mind that you will eventually reach it. Sometimes you will contact the criticism and jealously of others along the way but after all, the things we work the hardest for are the things we appreciate most and for each one who has the courage and energy to climb the ladder of life, there are ten who sit idly at the foot of the ladder and begrudge him his success. Cease to blame fate, environment and every known cause but yourself for your mistakes in life. The invisible man builds the visible structure of his life and he can control the situation by constructive thinking. **You are the master of your fate.**

QUESTIONS

1 Speak of the invisible world within us.

2 How does it affect our outer world?

3 What brings all thought into tangible manifestation?

4 Speak of negative and positive forces in both material and mental worlds.

5 Tell of the pineal gland and its purpose.

6 Why do the thoughts of others affect us?

7 Name some negative thoughts that we should eliminate.

8 Should we permit others to influence us in our opinion of people?

9 Quote from Ella Wheeler Wilcox regarding thoughts.

10 How can we overcome all negative conditions?

LESSON SEVEN



Manifesting The Mental Law

By our own experience, we have learned that all adverse and undesirable conditions in our lives can be overcome. We can accomplish this by asserting our own will power and controlling the thoughts that out-manifest in our lives. We must never permit a thought to enter our inner world that we do not wish to become a tangible thing in our outer world.

In the foregoing lessons we have already learned of the havoc that negative thinking can create in our material world and the destructive chemical reaction caused in the physical body by thoughts of such a nature. If we are really sincere in our desire to create better conditions in our lives, we must study the laws governing the power of thought control. Our first step is to "clean house" mentally. In order to do this successfully, we must be absolutely honest with ourselves. We will find this very difficult, at first, for it is very easy to see the faults of others but we generally fail to recognize those same faults within ourselves. If we do acknowledge our faults, we can usually find some excuse for ourselves. Here is an old Confucian proverb that would be of inestimable value to us if we would put it into action:

I will let no error but mine own offend me.

If we will earnestly strive to overcome our own errors, we will have no time to criticize our neighbors' actions. Always remember that the things we see in others are the reflections of our own mental attitudes, and if we can see no good in others there can be but very little good within ourselves. As the Great Teacher said,

And why beholdest thou the mote that is in thy brother's eye, but perceivest not the beam that is in thine own eye?

There are those who believe that we can overcome evil by denying its existence, but this we do not quite agree with. We may have many, many weaknesses and bad thought-habits that we do not really recognize until we honestly analyze our thoughts and admit our mistakes. We cannot overcome a thing by simply denying its existence. We may shut our eyes to its presence, but it will still remain unless we remove the cause.

Every thought that you think in your conscious mind finds a place in the subconscious and there it remains to do its work, whether it be positive or negative. As before said, the subconscious mind cannot discriminate as to the nature of thoughts. It accepts all and works

equally as hard to bring a destructive thought into tangible manifestation as it does to bring about something constructive. If you are constantly filling your inner world with evil and can see no good in anyone you meet, you will bring out the negative nature of all whom you may contact in life.

A person who makes a habit of saying something unkind about everyone he meets, who expresses no love for his fellow-men and is constantly finding fault and seeing ulterior motives in the actions of his friends, generally lives a hand to mouth existence. Such a person is constantly ill, and depressed, and generally disliked by all whom he contacts. Such people become chronic pessimists and instead of accepting the responsibility as their own, they pity themselves and blame the world at large for their predicament. If you are one of those people who see something wrong in everyone you meet we suggest that you go into the silence and psycho-analyze yourself and find out what is wrong with Y-O-U.

For every poison there is an antidote, and for every negative thought there is one of a positive nature with which it may be overcome. You are now ready to take the first step and concentrate upon your own life and the conditions you have created therein. Go into your own silent chamber and, shutting out the material world, ask God and the Angel Loved Ones to help you in the analysis of self. After relaxing in mind and body, meditate upon the conditions in your life that are not good. Go back over the months, and perhaps years of your life, and see where you have set into motion the causes that have brought these outward manifestations into your life. Face the issue squarely and do not permit yourself to palliate your errors. If you have accepted the fact that your thoughts have built your life, then you must also assume the responsibility for all adverse conditions. It may be necessary for you to concentrate for some time before you reach the point where you can honestly admit your mistakes even to God and yourself, but when you have reached that state of humility, you are ready for the next step, and that step is to set into operation the causes that will bring health, success, and happiness into your life instead of the former unwanted conditions.

The greatest evil in the world is poverty and it is the cause of most of our negative thoughts. Thoughts generated by lack have caused all sorts of vice and crime and can only be overcome by teaching people to understand and to put into operation in their lives the dynamic power of thought control, thus setting into motion the laws of right living. The Law of Abundance controls our attain-

ments along material lines and we positively can attract the material things in life if we know how to demonstrate this law. It is so important that we shall devote an entire lesson to it later on in our studies.

Self-realization is becoming an active factor in our lives so let us repeat our Realization each day before we concentrate.

QUESTIONS

1 How can we control our thoughs?

2 What is our first step in manifesting the mental law?

3 Give a Confucian proverb that is most helpful.

4 Can we overcome error by denying it?

5 Speak of thought and the subconscious mind.

6 If you hate everyone you meet and find fault all the time whom should you blame?

7 What is the antidote for negative thought?

8 How shall we take the first step in re-creating conditions in our lives?

9 What is the greatest evil in the world?

10 How shall we overcome lack?



Analyzing Self

One of the most difficult things for the average human soul to do is to honestly psycho-analyze himself. It is an easy matter for us to see the errors in other peoples' lives but very, very difficult for us to see those same mistakes in our own lives. When we have arrived at the point where we are able to honestly admit our own bad habits, we are a long way on the road to progression. He who thinks himself perfect and cannot see his own weaknesses has a far road to travel before he reaches the goal of self-realization.

Let us discuss some of these bad thought habits that we are prone to develop and then honestly analyze our own lives and see if we have developed any of these errors.

If there is any person with whom the healthy normal individual has little patience, it is the person who is always whining about his hard luck and pitying himself because he has not had an opportunity to find happiness or success.

Perhaps you pity yourself because you did not have a chance to get an education. Well, neither did Abraham Lincoln. There are many free schools and millions of books and regardless of your age, you can always get your education if you put forth the effort.

Perhaps you are sorry for yourself because you have no financial backing and you are sure you could make a success in business if you could get a start. Well, where there is a will there is a way and many a man has built a substantial business by selling papers on the street corner at the start. If you will use your energy for something besides fault-finding and whining, you will find a way to get starte. Confidence in your own ability and the necessary energy to make that ability work are all that you need. Once more let me remind you that you get out of life just what you put into it, no more and no less. You cannot expect to draw checks on a bank in which you have placed no assets.

The hours that you spend in feeling sorry for yourself are wasted time in an all too short earth life. God placed you here to work out your own destiny. He gave you a "talent" and if you hide that "talent in a napkin," and sit down and pity yourself because your brother has ten talents to your one, you will not have a good accounting to give to the Master and you will, I fear, lose the one talent that was given to you. You, as an individual with all potentialities, must make your own world and you cannot find happiness in envying your brother because of his success.

Self-pity is one of the most destructive weaknesses of the human soul, and it truly is the basis of much of our unhappiness and misery. It seems to come into the consciousness of nearly every individual who is unsuccessful in attaining that which he sees his neighbor enjoying in a material way. According to our understanding of natural law, all thoughts of self-pity are negative and are morally wrong. Self-pity in your inner world creates depression, lack and ill health in your outer world.

We all have our faults. We would not be human unless we did. For us to assert that we are perfect, have no faults and never think destructively is to place ourselves in the same category as the ostrich who sticks its head in the sand and believes itself hidden from the world. Let us be honest with ourselves for only by errors understood and corrected can we hope to progress. The most formidable barrier in the way of man's progression is of his own creation, and the only limit to his progression is that which he sets up himself, created in his own mind,—his thoughts. And again we say, **Avoid negative thoughts.** Bring into your life the things that are of constructive value by asserting your will power and controlling your thoughts. Do not worry about becoming too perfect for you will always have negative thoughts to contend with as long as you live in a physical body and even after you have left it, there will be many earthly desires to overcome. It is a proven fact that you absolutely can change the conditions in your life by changing your trend of thought. When you work in harmony with God's law, you are really beginning to live in the true sense of the word. In Paul's words,

Whatsoever a man soweth that shall he also reap.
Galatians 6:7

This applies to the mental as well as to the material world. Seeing only the mercenary motives in our brother's acts, criticising his mistakes and the way he lives his life will bring no happiness into our own lives.

In analyzing yourself, honestly admit your faults, see yourself as others see you and then strive to overcome these errors that you have permitted to become habit. Greed for material things, conceit, jealousy, hatred and intolerance are only a few of the destructive tendencies that we should recognize and strive to overcome.

In overcoming our bad habits, we must first eliminate from our minds all thoughts that tend to make them a real issue in our lives. To negate these thoughts is not enough however. We must build up a constructive thought vibration in their place. Every time you catch

a destructive thought coming into your consciousness, assert your will power and eliminate it. Then think of something beautiful and constructive. In the words of the song,

Look for the beautiful.

QUESTIONS

1 Is it easy to analyze self?

2 Speak about the person who pities himself.

3 Were all successful men born rich?

4 Speak of the parable of the talents.

5 What does self-pity do to our outer world?

6 Speak of the power of worry.

7 Does it help us to constantly look for faults in others?

8 Name some negative habits that we must overcome.

9 When we eliminate negative thoughts have we done all that is necessary to overcome error?

10 What is the most formidable barrier in the way of man's progression?

LESSON NINE

The Chemistry of Thought

It is a scientifically proven fact that every mental change is followed by a physical change, for every thought we think has its effect upon the physical tenement in which we live. You can learn to control your mind to such an extent that none can hurt you unless you permit them to do so. This may sound almost impossible but it is an absolute fact.

When you permit yourself to become involved in a quarrel and someone strikes you an actual physical blow, it is not the blow itself that does the real damage but it is the anger thought that immediately charges your mind. True, the blow is an offense and may hurt your body for a time, but the actual harm is caused by the mental disturbance. Your angry thoughts start the heart to beating more rapidly and the blood to circulating faster. In cases of extreme anger, chemical changes are caused in the blood; the gastric juices are not secreted and the stomach and intestines become temporarily paralyzed, so that digestion is impeded and sometimes almost wholly stopped. Scientists have recorded cases where persons eating a heavy meal become violently angry and as a result suffered either an acute indigestion or a stroke. An instance is recorded of a mother who nursed her child after a serious quarrel with her husband and the babe was seized with convulsions and passed away. The doctors analyzed the undigested milk in the child's stomach and found it contained a large amount of adrenalin which they said caused the child's death.

Quoting from P. E. Emerson, in his book entitled **Nervousness**, "In anger, fear or rage, there is almost instantly deposited in the blood, through the action of the adrenal glands, a substance known as adrenalin, which increases blood-sugar, increases breathing capacity and circulation and also increases the rapidity of the clotting of the blood. There is also a change in the distribution of the blood, the supply to the stomach being diminished, while that to the limbs and brain is increased." This change, together with the secretion of an over-abundance of sugar is, according to Prof. Cannon, of Harvard University, "for the purpose of increasing muscular power."

Years ago, when man attained material things by his physical prowess, nature took care of him by giving him more physical strength in time of need. The sugar generated in the blood was, of course, burned up in the bodily action that followed. In these modern

days, when we live by our wits rather than by our brawn, we have no outlet for the poison generated by anger. It therefore remains in the blood stream to the detriment of the body.

Mind builds your body and it also builds your blood; it is the chemist within your body. Often there is a chemical unbalance in your body because of some thought, irritating and corosive, which interferes with the functions of the unconscious mind and prevents it from doing its natural and normal work in your body. When acids, astringents and wrong chemicals are created in the blood, you are likely to have all manner of troubles. "Mind, by wrong thinking, generates chemicals that are destructive to the organs and tissues."

As a normal mind is the basis of all good digestion, and good digestion a most important factor in our physical well being, it behooves us to be especially careful of our thoughts immediately before or after eating. Perhaps you may eat a hearty meal immediately after you have had an argument with some one. Within a couple of hours, you will be wondering how you came to have such a terrible headache. You may come home from work with your nerves at high tension and begin to find fault with everyone in the home. Your food is not ready on time; it isn't what you wanted; the children annoy you with their noise. Finally you explode and tell them all what you think of them and how little consideration you are shown in the home, etc. Then you sit down and eat in an atmosphere charged with negative vibrations, and later you wonder why your food distresses you so and why you have nervous indigestion. It could not possibly be your own fault. Of course not. You would not admit it anyway but you, and you alone, are responsible for the physical reaction to your destructive thinking as well as for the upset condition of the entire household. And so we are learning that our mental attitude has a great deal to do with our digestion. Many restaurant and hotel managers are demonstrating the law of harmony by soft music and beautiful color schemes and many are attracted to such places without knowing the reason why. The higher attributes of man respond to this demonstration of harmony and of course it reacts favorable upon the physical body.

Among other things that science has discovered about the power of negative thinking is that all thoughts of such nature not only create poison in the body, wreck the nerves and upset the health, but they also cause hurry and worry which burn up the nervous energy faster than it is generated and really shorten our lives. One might say that hatred, anger, etc., react upon the mind and body, as alcohol does. They have a stimulating effect for a time, but after

that has worn off, the after effect is depressing, especially upon the digestive and nutritive processes. The supply of blood to the brain is retarded and there is, to a certain degree, a weakening of the mental faculties. The man who holds hate and anger thoughts may be a quick thinker but he is also in danger of acting illogically and foolishly.

QUESTIONS

1 Does the body control the mind?

2 What happens to the body when one becomes involved in a quarrel?

3 What has science proved to us with regard to anger thoughts?

4 How do anger thoughts affect the blood stream?

5 Why was primitive man able to overcome the poisonous effects of anger?

6 Speak of the effect of destructive thinking on ones digestion.

7 Why do we enjoy music and harmonious surroundings when we eat?

8 What effect does worry have on the body?

9 What happens to the brain when we become angry?

10 How shall we overcome hatred, anger and intolerance?

LESSON TEN



The Antidote of Wrong Thinking

In seeking Self-Realization, we must first learn to differentiate between positive and negative thinking and to use our own will power in controlling the nature of our thoughts. To that end we shall, in this lesson, discuss negative thinking and how to overcome it.

We must first negate, or deny, every destructive thought that comes into our consciousness, but this alone will not change conditions. We must also fill its place with a constructive thought. As a first step, let us cease to be offended and to permit destructive thoughts to enter into our consciousness because of the mistakes of other people. We have no right to become angry at our brotherman because he does no think or act the way we think he should. We all have faults of our own. Let us first overcome them before we judge those of our brother. Have you ever tried to see yourself as other people see you? Try it sometime. It is most enlightening. If you could see yourself when you lose your self control and permit yourself to become violently angry, you would endeavor to govern your temper if only for your pride's sake. All the animal nature in you shows in your face. It either becomes crimson red or deathly white; your eyes bulge and your whole body trembles; for the time being you are positively insane with rage. Not a pretty picture, is it? Are you doing anything to control it?

You can overcome anger with tolerance. You must realize that every man has as much right to his opinion as you have to yours. Concentrate the will power upon your thoughts and close the door, mentally, to those of an intolerant nature. Thomas Jefferson said, "When angry, count ten before you speak; if very angry, a hundred." This is indeed good advice, for you will have had time to assert your will power and probably will not speak at all. If you permit yourself to talk when angry, you say harsh words that you really do not mean, and yet these words can leave a scar that can never be effaced. In Proverbs 16:32, you will find this verse,

> **He that is slow to anger is better than the mighty; and he that ruleth his Spirit than he that taketh a city.**

In Proverbs 23:7, we find these words,

> **For as he thinketh in his heart so is he.**

Change your trend of thought when you are tempted to become angry, and think of something beautiful and uplifting. See something good about the person or situation that confronts you. Close

your inner world to disturbing thoughts and fill the conscious mind with the word—Peace. This may sound difficult, but it can be done, and after you have made the effort for a few times you will find yourself gaining control of the situation, and your fits of anger will gradually decrease.

If jealousy is your weakness, then it is certain that you have developed an inferiority complex. In permitting yourself to be jealous of another soul, you are admitting that they are superior to yourself, that they have attained to something that you do not have. You do not need to be jealous or envious of anyone, for anything that anyone else can do you can do also, and if you would put the same amount of energy, wasted in negative thinking, into constructive effort to accomplish for yourself the thing that you are envious of in your neighbor's life, you would achieve success and happiness and forget your jealousy. Have confidence in your ability to get what you want out of life. Use this affirmation for your positive thought in overcoming jealousy,

Every height attained by others is within the range of my own possibilities.

Hatred is often generated by jealousy and so you must learn to unhate everyone that you have formerly permitted yourself to hate. Love is the antithesis of hate, and to overcome hate you must cleanse the mind and body with an inflow of Divine Love. Mentally send this revivifying current of Pure Love through your whole body and cleanse your soul from all hatred. If the person you hate has done something unkind to you, perhaps you deserve it. Think it over and see. If you have ever thought unkindly and unjustly of any human soul, then you have no right to condemn the one who hurts you. Let us be consistent. The old Law of Compensation has a way of hitting us back when we least expect it. How do you dare to ask God to **forgive you your trespasses as you forgive those who trespass against you,** and continue to hold hatred and grudge in your heart against your brother?

Fear is one of the most destructive thoughts that you can harbor, for fear can keep you from making a success in social or business life and create a chemical unbalance in your body as dangerous as that created by anger or jealousy. A fear of failure has kept many a man chained to an office stool for a lifetime when he might have been out in the world making good at a profession more in harmony with his own desires and ability. You fear your neighbor's criticism so you spend money that you can ill afford to prove to your neighbor that you are just as successful as he is. If a member of your family

is ill, you hold fear over him instead of visualizing him as whole and well. If you have money, you fear you will lose it. If you do not have money, you worry as to how you may get it. You cross your bridges before you come to them, and spend countless hours worrying over things that never come to pass. Oh, what wasted energy! These are only a few of the fear-thoughts that you permit to invade your inner world and thereby create a chaotic condition in your outer world. The antidotes for fear are courage and faith. Realize that you are a child of God and nothing can harm you unless you permit it to do so. Do not fear the criticism of others. If you are doing right and thinking positively, nothing can harm you to any lasting extent. Banish fear-thoughts and know that whatever may go out of your life only opens the doorway for something better to come in.

QUESTIONS

1 What is meant by the words "negate destructive thoughts?"

2 Having denied them, what is our next step?

3 What changes take place in our personal appearance when we permit anger and hatred to dominate us?

4 What is the antidote for anger?

5 Give a quotation from Proverbs 16:32 regarding anger.

6 What is the antidote for jealousy?

7 For hatred?

8 Speak of the Law of Compensation.

9 What is the antidote for fear?

10 Can the criticism of others harm us?

LESSON ELEVEN



Environment

In this day when we are learning the operation of the mental law, there are many excuses which we formerly made for our transgressions that must be cast aside and among them is the habit of blaming environment for the conditions with which we have to contend. Environment has always been an excuse for the person who has not had the initiative and energy to make good in life. The weak-kneed person is so likely to believe that the world owes him a living just because he has been brought into it through no personal desire of his own. The world does not owe us a thing. In fact, we owe the world compensation for the air we breathe, the food we eat, and the space we take up. There is an abundant supply of all things available for our comfort and sustenance. God has shown no partiality in providing this supply, but we as individuals must obtain our share through our own energy and ambition.

When we realize that our present physical and financial status is due to the thoughts we permit to manifest in our inner world, then we must logically conclude that the habit of blaming outward conditions for our problems is a bad one. Whatever the situation that may confront us it is entirely up to us to change it. We do not need to continue in any environment with which we are out of harmony unless we so desire. Our misfortunes are not the fault of another and we are not the poor innocent victims of circumstances. Get that thought out of your mind for all time. We are just what we have made ourselves. We are the outer manifestation of our inner world. We do not say that environment has no effect upon our lives because it does, especially in our younger years, but it is not a valid excuse for a misspent life after we have reached the age of maturity.

A child brought up in the underworld has never been taught true standards of right and wrong, but if this child grows into maturity, mentally right, there comes a time when the unconscious mind succeeds in becoming conscious, and that soul knows that he is doing wrong. If you do not like your present environment, change it, as only you can. No one is going to pick you up and place you in the midst of wealth and happiness. You must attain that goal through your own effort and if you are one of the people who cannot be taught the error of self pity and the weakness of blaming environment for your lack of initiative, there is little hope for your progression. When you are inclined to feel sorry for yourself, remember

that whatever your status in life there are others more unfortunate than yourself. Forget self in serving others and you will eventually cease to pity yourself.

It is necessary that we also understand the great Law of Compensation and the part it plays in our lives. This law is absolute in its action and, like all other laws, is set into motion through the power of thought. It is understood everywhere in the world of physical science and it also enters very vitally into your spiritual progression. Under this law, nature exacts something in return for everything she gives, for she does not bestow gifts without receiving in return. She is, after all, kind to you to a certain degree, for she does not always demand payment in kind. She does, however, demand that she be paid in full for everything that she bestows upon you. This law is a great leveller for it shows that God is no respecter of persons for all must react to the law regardless of their financial status in life. Compensation is ever seeking to make things balance. No man has ever sensed compensation at its true value as has Ralph Waldo Emerson in his wonderful essay entitled **Compensation.** He has truly recognized it as a great moral principle and it would be helpful to every student to read the entire essay.

The following is a quotation from it:

> **Always pay; for, first or last, you must pay your entire debt. Persons and events may stand for a time between you and justice, but it is only postponement. You must pay at last your own debt.**

Another quotation from the same is as follows:

> **Benefit is the end of nature, but for every benefit you receive, a tax is levied. He is great who confers the most benefits and he is base, and that is the one base thing in the Universe—to receive favors and render none.**

When we truly understand the strict impartiality in the action of this law, we recognize our relationship to all men. For the man who cannot, figuratively speaking, "walk with the man in the street," and who feels himself, because of birth or financial status, to be better than other men, we can only express our sincere pity. We cannot see life at its fullest unless we are able to see it from all angles and the poorest human being in the world, as far as material riches are concerned, may be the richest in the thing that really counts,—Character. The Law of Compensation always balances accounts with each individual and those who have a superiority complex will, at some time, have their fall. Intolerance of any kind always acts as a boomerang, for compensation says,

Live and let live.

Thus we realize our own moral responsibility not only to ourselves but to the world at large. If we fill our inner world with thoughts of happiness and success, and permit no negative force to tear down our power of attainment, we can reach our goal regardless of environment or other outside conditions. We have the power within ourselves to bring into reality anything that we are capable of visualizing and there is no height to which we cannot climb provided we know the law and put it into motion.

QUESTIONS

1 Is wrong environment an excuse for error?

2 Has God shown partiality in the distribution of material things?

3 Who is responsible for our troubles?

4 How do we set the law into action?

5 What author wrote a wonderful essay on Compensation?

6 Quote from this essay regarding the payment of your own debts.

7 Quote from it regarding the receiving of favors.

8 What do we believe regarding men who have a superiority complex?

9 What about intolerance?

10 What limits one's attainment in life?

LESSON TWELVE



Laws of Vibration and Increase

The Law of Vibration plays an active part in our lives. The status of all matter is controlled by it, and every vibration sent out through the channel of thought remains in the ether for all time to work good or evil, dependent upon the nature of the thought. Much of our knowledge regarding the power of thought is based upon our understanding of the Law of Vibration.

Receiving sets, human and mechanical, are all controlledd by vibration. A message sent by wireless travels through space until it comes in contact with a station of the same vibratory rate and then it is received. The greatest difficulty of the wireless operator is to keep the messages, not intended for him, from coming in on his vibration. This can only be done by perfect attunement to the rate at which the station vibrates. We can deflect vibrations that we do not care to contact just as the wireless operator uses his receiving set by keeping our minds in perfect attunement. Our thought vibrations travel around the world even faster than a wireless message, and they are received by minds attuned to the same rate of vibrations as ours. The teachers of the Far East tell us that a thought vibration sent out into the ether remains there for all time and can never be erased. They say that each thought, word and deed takes its place in the great Akashic Records of the universe and either builds up or tears down the Universal Consciousness.

All things are recognized by mind. Hence the statement, **All is mind.** Sound is heard by the ear, but it must also register upon the mind as sound. Light is seen by the eye but must register in the mind as light. A color is a certain color because of its vibration and without vibration there would be no color. Vibrations between 32,000 and 36,000 per second register as sound upon the human ear. Of sound vibrations above and below this rate, we are unconscious. The sun sends forth energy which causes waves in the ether. We call them light waves, and they are seen by the human eye. At the rate of four hundred trillions per second, they are seen as light and below that, they are sensed as heat.

As all vibrations register upon the mind, we as free individuals must decide what kind of vibrations we shall permit to register. This decision must come through the operation of our own will power. A thought, being a vibration, creates a wave-motion in the ether similar to that of an electrical disturbance, the brain and the nerves

being its conductors. The thought vibrations pass through the body into the ether and travel out into space just as the wireless message does. We, each and every one of us, vibrate at a certain rate and that rate is controlled by the mind. If your thought vibrations are along negative lines, they are bound to create unsatisfactory conditions in your life, so to change your conditions you must change your thought vibrations. If your associates or your environment are not to your liking, change them. No one is going to change them for you for you are the Master of your own life.

Science has brought to us many new discoveries in regard to vibration and we have today an invention which records thought vibrations and registers the intensity of emotion. Another recent invention is the oscilloscope. This is a machine registering the electronic vibrations of blood.

One of the fundamental laws of nature is the Law of Increase. It has controlled the growth of organic matter since the beginning of time. According to the belief of Spiritualism, man was evolved from the single cell life-principle, generated in the mud and slime of ocean bed. This cell separated, forming male and female. This male and female created more of their kind; their children in turn creating more, and so the earth was peopled. Even in the lowest forms of cell life, this process is repeated again and again and this Law of Increase assists nature in producing more of each species. This law controls all organic life from the simplest and tiniest cell to the most complex of God's creations. We sow our seed in the ground and the Law of Increase returns to us more than we sow. We invest our money in stocks and bonds, houses and land and, if well invested, it brings back to us an increase in the investment. The mental law operates in the same way and we reap more than we sow whatever the thoughts we may send out. The negative thoughts planted in our mental gardens are just as destructive as the weeds that grow in our material gardens, and it is a certain fact that constant negative thinking can stop our source of supply from God just as the weeds can eventually choke out the flowers in your garden. We cannot sow weeds and reap wheat and neither can we think distress and lack and expect to reap happiness and plenty. As we sow, so do we reap, materially and mentally.

In Matthew 25:29, we find these words,

For unto every one that hath shall be given, and he shall have abundance: but from him that hath not shall be taken away even that which he hath.

This verse has been inexplicable to many persons and we have had diverse explanations of its meaning by religious teachers. To those who understand natural law, it seems quite simple. Jesus understood the law and he tried to teach others to understand. The laws of increase and attraction both enter into this parable. Because the "unprofitable servant" did not put into active use the talent that was given to him, it did not increase. Naturally, he with the ten talents set them into motion thus making his abundance grow and because like attracts like and success attracts success, he would attract from the one who did not utilize his talent and set the Law of Increase into motion. If he with the one talent had used it to advantage instead of hiding it away, he would have had a different report to give to his Master.

QUESTIONS

1 Define vibration.

2 What part does the Law of Vibration play in our lives?

3 Speak of the wireless receiving set and vibration.

4 Speak of man's ability to receive mental vibrations.

5 What are the Akashic Records?

6 Must sound and light be recognized by the ear and eye only?

7 Does thought create vibration? Explain how thought travels from the mind into space.

8 Explain the Law of Increase.

9 (a) Describe its material phase.
(b) Its mental phase.

10 Explain the 29th verse of the 25th chaper of Matthew.

LESSON THIRTEEN



Demonstrating Health

In the days of long ago, there were some very peculiar ideas about health and the diseases of the physical body. Whatever God chose to send to man in the way of bodily affliction, was accepted as a matter of course. God sent sickness upon us because we were wicked and sinful. When the man or woman who had really lived a good Christian life became ill and suffered the tortures of some dread disease, no one could understand why God had sent this punishment upon one who did not deserve it. Gradually, the mind of man has assimilated the fact that God does not sit upon a golden throne and hurl disease and disaster upon those towards whom he is supposed to have some personal animosity. Sickness is brought about by breaking the laws of hygiene, diet and care of the physical body, but we know, through actual demonstration, that it can also be caused by wrong thinking. "As a man thinketh in his heart so is he," applies to the physical world as well as the mental.

There are certain well defined principles and laws which govern our health, and while we are not fully emancipated from error along these lines, we are well on our way to a great enlightenment. We have had many systems of treatment of the sick, from charms and sacrifices to medicine and hence to osteopathy, chiropractic, electro-therapy and mental and Spiritual Healing. Unfortunately, we have paid too much attention to the curing of disease and too little to the prevention of it. We have practised medicine for hundreds of years and we are just beginning to realize that sickness can be cured and even prevented by right diet plus right thinking and we feel that we are now on the highway to an illumination in regard to the causes of our bodily ailments.

We are also getting to know our chemicals and realizing how we have abused our stomachs with the wrong combinations of food. We are learning the value of the chemicals contained in vegetable and fruit juices and to know how to add them to our diet in a manner that will eliminate acids and build red corpuscles in the blood. Food minerals are the building material of the body and human cells, and many of them are not supplied by our modern diet of refined and denatured foods. Add to your daily meal a glass of the particular juice that contains the chemicals that you need. Healthy glands and organs depend upon these mineral elements. There are twelve minerals in our foods that are alkaline forming. They are calcium, iron,

sodium, copper, iodine, chlorine, potassium, manganese, magnesium, phosphorus, silicon and flourine. There are also five other chemicals found in food, necessary for fuel and energy. These are carbon, hydrogen, oxygen, nitrogen and sulphur. All starchy and sugary foods contain the first three. Fats and oils contain carbon and hydrogen, while proteins such as meat, fish, eggs, milk, cheese, etc., are made up in part of carbon, hydrogen, oxygen, nitrogen, and sulphur. These five chemicals are acid-forming and must be balanced by an adequate amount of minerals that are alkaline in order that we may have healthy bodies. At the back of this book you will find a list of vegetable juices that are palatable and just what conditions they will help.

Those who understand the mental law recognize the power of thought in regard to the physical body and they know that unless we eliminate wrong thoughts from our minds as well as the overabundance of acids from our bodies, we can never hope to become perfectly well. The statement that our inner world builds our outer world not only concerns our social and business attainments but it vitally affects our physical welfare. Mind controls the body. Our thoughts, negative or positive, help to create a disease or to aggravate one already present in the body. We do not say that all diseases are caused by negative thought for, as before stated, some are caused by malnutrition, accidents, wrong eating and other abuses of the human body, but it is safe to say that at least fifty per cent of our ills are mental. Negative thoughts such as hatred, jealousy and anger can, if harbored constantly, create even a malignant disease. Such is the belief of those who have made a study of the power of thought upon the human body.

There is no question, even in the minds of some men of science, as to the value of Spiritual healing. Marvellous cures have been accomplished by Spirit Power working through healing mediums. Healing was the outstanding phase of the Nazarene's mediumship and today astounding cures are being made all over the world through the power of Spiritual healing.

We can heal ourselves through the power of prayer and absolute faith in the healing power of God. Dr. Alexis Carrel, noted surgeon and scientist, has demonstrated the healing of malignant diseases through the power of prayer and faith. He treats upon the subject in a most interesting way in his book, **Man the Unknown.** There is one thing that you must remember, however. As long as you hold hatred in your mind toward any person or condition, you cannot expect to be healed. Your negative thoughts are creating new poison

in the body as fast as your positive thoughts of prayer and faith can eliminate those already there. If you wish to be healed, do as Dr. Crane so forcibly advises:

Clean Up Inside

Forgive everyone that has harmed you, freely and honestly, or else analyze the affair that has caused hard feelings, and see the other fellow's point of view as well as your own. It always takes two to make a quarrel, and if you keep your mental balance, there can be no argument. Realize that you are a perfect child of God, eliminate negative thoughts and have faith in the healing power of the Infinite. The law will operate in your behalf and you will be healed.

QUESTIONS

1 What did primitive man believe regarding disease and poverty?

2 What does the man of today realize regarding these conditions?

3 What causes ill health?

4 Name the alkaline forming minerals.

5 Name the chemicals necessary for fuel and energy.

6 What kind of foods contain carbon, hydrogen and oxygen?

7 What kind of food is acid-forming?

8 Speak of the power of thought with regard to health.

9 Can mind heal the body?

10 What is the first step we must take in order to be healed?

LESSON FOURTEEN



The Law of Abundance

This law, without doubt, plays a most important part in our earthly attainments, and as one well known author has said, "It is the great secret that attracts material success."

There is an abundance for all of our requirements right here upon the earth plane. All that we need, or ever can need, has been here since the beginning of time, only waiting for us to progress mentally to the stage where we can recognize and take advantage of this great storehouse of nature. The ground is filled with different metals, coal, gas, oil, etc., and from the earth, air, and water, we derive the things necessary to sustain us during our earthly existence. There is no partiality shown in the distribution of these great gifts, bestowed by God, for all of His children have an equal right to their supply.

The only thing that limits us in obtaining material things is our own thoughts. By negative thoughts, we decrease our ability to receive of God's abundance, and by positive thoughts we increase that ability.

Before we start to operate any law we must learn just what to do in order to set it into motion and just what results will be obtained, (cause and effect). The universe is governed by natural law, the law that God set in motion to govern all that He had created. We, of course, come under the jurisdiction of that law, and to make our lives a success, must live in harmony with it. In order to share in the abundance that God has provided, we must understand the law and put it into active operation in our daily lives. As before stated, all law is obeyed or disobeyed through the power of mind. The first thing that we must realize is that we are not bodies with souls, but we are souls with spirits, functioning through our physical bodies. The operations of our bodies are controlled by mind, Infinite and finite. Our conscious thoughts are the result of the contacts made through five physical senses and our words and deeds give form and sustance to our thoughts, making them a reality. Everything in life, animate or inanimate, was a thought before it became clothed with words and deeds and became a reality. Just as Divine or Infinite Mind sent forth the thought that has brought the universe into existence, so man with his finite mind has created or evolved his own individual universe through his own power of thought.

The second fact that we must realize is that we, each and every one of us, regardless of race, color or creed, are all children of God with equal rights to our share in the abundance that God has provided.

If we do not have our share it is our own fault, for we have not worked in harmony with the law. There are many good Christian people who are living in poverty and ill-health today simply because they have created those conditions with their own negative thinking. They cannot understand why they lack the material things of life because as they say, "We have certainly lived good moral lives." Yes, that may be true, but the Law of Abundance does not operate solely because of our morality. While we know that material gain cannot be of a positive and beneficial nature unless it is gained and used in a manner that is in harmony with Spiritual Law, yet morality alone will not bring about financial success. If we abuse God's abundance after we have received it, then we must make reparation for that abuse. Many men who passed into the Spirit world leaving millions behind them are living in hovels and in destitution over there because they gained their money by oppressing others and did not share it with their brother man. They are spiritually bankrupt over there until they see the light and make reparation for breaking God's law. We may see the wicked man successful in holding his gains for a long time, but rest assured "God is not mocked," and his time of reparation will come.

And so we learn that we cannot bring about financial success through morality alone, but we must also eliminate negative thoughts and think those of a positive nature in order to manifest the laws that shall bring us our share of God's abundance. Do not recognize "lack". Know that there is no such thing. A supply of all things is right here at hand just waiting for us, as God's children, to claim our share. Spend your last dime as though you were a millionaire. Know that you have an inexhaustible supply from which to draw, and material things will come your way because you are living the law that attracts them.

The third truth that you must assimilate is that God's abundance is not meant to be hoarded by us. We have no right to have and to hold that which should be in circulation to be used by others. All things belong to God; they are loaned to us for our sustenance during our earthly existence. Use your substance freely realizing that that which we give to others will be repaid to us through the operation of the law. We must not give with the expectation of being paid by the one to whom we gave. The moment we have given we have set into motion the law that brings compensation for that gift and we are already repaid. We must teach those to whom we give to pass that gift on to another worthy soul instead of trying to repay us, and thus we set into motion a Universal Law that is a benefit to all mankind. Bless each penny as it leaves your hand and goes out into the world to contact some other soul, and your blessings will be

returned multiplied a hundred fold. In Ecclesiastes 11:1, we read,

> **Cast thy bread upon the waters; for thou shalt find it after many days.**

As the tide must go out in order to return, as the seed must be sown that the plant may grow, so must we comply with nature's law and give in order to receive. It is evident that Jesus knew and operated this law for St. Luke 6:38 quotes him as saying,

> **Give and it shall be given unto you; good measure, pressed down, shaken together, and running over, shall men give into your bosom. For, with the same measure that ye mete withal it shall be measured to you again.**

Now that we understand these three essential things about the Law of Abundance, we are ready to make our demonstration. Of course we must be reasonable in our demand for material things, not asking for more than we need and at no time must we ask for something that should not rightfully be ours and might bring unhappiness to another if received. Hitherto we have, perhaps, depended upon **man** for our material things (our salaries, etc.), but now as we go into the silence to start our demonstration, remember that we are asking God. This is a partnership between our Heavenly Father and ourselves, and because we are asking Him to give us of the supply really intended for us, our request will be granted.

It is best that our demonstration be individual and so you must go alone into the silence. Ask God for the particular thing you need at this time, something that would bring happiness into your life, or that of another. For example, let us say that you desire to take a trip and you do not have the money to finance this much needed change. You need it physically and spiritually, and you are harming no one by desiring it. Ask God as you would your earthly father for that which you desire. After you have offered up a prayer, then sit in silence for a few moments seeking to raise your vibrations and contact the higher forces that they may help to bring about this happiness that you are asking for. In closing, repeat this affirmation three times:

> **The Law of Abundance manifests in my life and that which is needed will come to me through the operation of Divine Love and Law.**

Then close with this prayer:

"I am grateful, O God, for the understanding of Thy Truth and I thank Thee for the supply which Thou art giving to me. In perfect love, I shall give of my abundance to my brothers and sisters who are in want. In perfect trust, for I know that Thou hast heard, I open my heart and my hands to receive of Thy abundance." Amen.

Do this three times a week for a ten-minute period. Permit no thought to enter your mind of a negative nature; **know** that God is giving you this trip, visualize yourself going, plan for it, pack your suit case and get ready. If you successfully create the mental condition necessary for the operation of the law, you **positively** will go. The more faith you have the quicker your demonstration can be brought about. Do not expect that God will drop your supply into your lap while you sit idly and pray, however, for **you** must put some effort into the demonstration and do what you can to help to bring it about. You will be guided in your efforts by the Spirit Forces. Do not limit your demonstration by thinking that it must come at a set time or from any particular source. Just know that you are working with immutable law and it cannot fail. But remember this,—if someone comes to you for help, and it is possible for you to give it even if you must deprive yourself to do so, do not refuse to give that aid. You cannot demonstrate prosperity for yourself and refuse to assist in the operation of the law for another. God uses human instruments to bring about many of His Divine manifestations, and you may be the one chosen to help someone else in order to see if you are worthy to receive yours. Let us emulate the Boy Scout and "do a good deed every day," and watch those good deeds come rolling back to us.

QUESTIONS

1 What has one well known author said about the law of Abundance?

2 Are all things necessary for our requirements here upon the earth?

3 (a) What limits our attainment in regard to material things?
(b) What do we mean by cause and effect?

4 What is the first thing we must realize before seeking to operate the Law of Abundance?

5 What is the second fact?

6 What is the third fact?

7 How do we go about this demonstration of the Law of Abundance?

8 Give the affirmation.

9 Can we bring this demonstration about by mere asking?

10 What do we believe about **giving** in relation to this law?



Affirmations for Self Realization

I, as an individual, am subject to the spiritual and material laws of God! I set these laws into motion through the power of my own thoughts, positive and negative; and the nature of my thoughts is controlled by my own will power, therefore **I will think positively.**

☆

I will let no error but mine own offend me. Confucius.

☆

Let no word of unkindness be spoken in this temple (the body). Sir Joseph Banks.

☆

My mind is free from all sense of fear and I rest in the consciousness that all anxiety has given place to perfect trust and peace.

☆

The Law of Abundance manifests in my life and that which is my own will come to me through the operation of Divine Law.

☆

Because I am in harmony with God's law, health and success shall be mine.

☆

The power of thought builds my life, therefore I will think along constructive lines.

☆

In perfect love I give of my abundance to my brother, who is in want. In perfect trust, for I know that Thou hast heard my prayer, I open my heart and hands to receive of Thy blessed abundance.

☆

I must not, I cannot, I will not fail. Success in all things is mine, because of my conscious oneness with the great I Am.

☆

I shall realize that failure is for those who think failure.

☆

Having asked God to give of His abundance, I rest secure in my faith. His law is immutable.

☆

I am a perfect child of God and the power to heal myself is within myself.

I am well, I am perfect, I am strong, I am loving, harmonious and happy.

☆

Every atom of my being vibrates in harmony with Divine Law.

☆

I shall never permit the thought of sickness to enter my mind for I am what my thoughts make me.

☆

God is Infinite and can do all things; He is in me and I in Him. Therefore I am infinite and the power to heal myself is within myself.



Your Reaction to Color

Red stimulates passion, anger and hatred, sensuality and physical love. **Clear Blue** creates a religious feeling. It is cool and calming to the nerves. **Green** is a quieting color. It causes relaxation, and is soothing to tired nerves. This is not hard to understand as we know that nature clothes the earth in shades of green for our enjoyment. It is a splendid color for rooms used for recuperation and rest, and is the ideal color for the healing of the nerves and the regaining of bodily harmony. **Gray** is depressing, and must never be used in connection with mental cases. **Black** also produces a feeling of grief and gloom. This explains why it is customary for us to clothe ourselves in black when a death occurs in the family. **Yellow** is exhilarating to the emotions and inspiring to the mind. We know that by the effect of the sunshine and the beautiful golden sunsets that fill us with inspiration and happiness.

It is well to make a study of color and sound as related to health, for they play a most important part in our physical well-being. We enjoy certain colors and sounds that harmonize with our own rate of vibration, and those that do not harmonize irritate us sometimes to the point of hysteria. We know that music appeals to our emotions according to the nature of its tone and tempo. We may be sure that there is disharmony somewhere in the mind or body of the person who cannot tolerate music. Those in charge of hospitals and asylums are realizing the effect of color vibrations, and are tinting their walls and furnishing their rooms in colors that are soothing. Those who have made a study of color give us the above hints as to its effects upon the mind and the body.

Vegetable Juices

The following is a list of vegetable juices that are palatable and that contain helpful chemicals:

Carrot Juice—The richest known source of the wonderful anti-infective vitamin A. Carrot juice strengthens mucous membranes of nose, sinus and throat. It is also good for stomach disorders. It gives off invisible rays of healing ultra violet light which have been scientifically measured.

Celery Juice—Rich in sodium and other alkaline bases, celery juice helps to keep the blood serum calcium in solution; also helps to insulate the nerves against emotional or mental agitation.

Spinach Juice—Abounding in rich quantities of iron and sodium, the iron of spinach juice rapidly improves the quality of the red corpuscles in the blood.

Cabbage Juice—Well balanced in vitamins A, B, and C. Cabbage juice is helpful in overcoming toxic poisons in the digestive tract and colon. It is also good for reducing.

Beet Juice—Believed to be a natural and helpful stimulant to the heart, because it contains potassium and manganese, beet juice is needed for strengthening the heart muscles.

Knowing the value of these vegetable juices, you can combine them to suit your taste, using them as cocktails before meals. Carrot juice is especially helpful, and a pint a day will work wonders.

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