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**THE ATTITUDE OF
GRATITUDE
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THE ATTITUDE OF GRATITUDE

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TODAY IS THE TRADITIONAL THANKSGIVING SUNDAY. IT IS NOT THE DAY OF THANKSGIVING. THAT COMES ON THURSDAY. TODAY WE ARE NOT CELEBRATING THANKSGIVING. RATHER, WE ARE CELEBRATING THE ATTITUDE OF GRATITUDE.

ACTUALLY, HAVING A DAY OF THANKSGIVING IS VERY CONVENIENT. IT PROVIDES THE WAY FOR WHAT WE COULD CALL "~~SHORT-ORDER-PIETY~~." YOU MAY HAVE A TOTAL LACK OF THANKFULNESS, A PERPETUAL ATTITUDE OF INGRATITUDE. BUT ON ONE DAY OF THE YEAR YOU "DO" THANKSGIVING, COUNTING YOUR BLESSINGS OVER ONE BY ONE, GENERALLY FEELING GRATEFUL ALL DAY LONG FOR GOOD THINGS AND HAPPY RELATIONSHIPS. THEN ON FRIDAY, HAVING "DONE" THANKSGIVING YOU GO BACK TO WORK...AND POSSIBLY, BACK TO THE PRACTICE OF COMMISERATING OVER YOUR PHYSICAL PROBLEMS, YOUR FINANCIAL BURDENS, THE INGRATITUDE OF YOUR FAMILY, THE LOW COMPENSATION IN YOUR WORK, THE CRIME AND VIOLENCE THAT ARE SO MUCH A PART OF THE DAILY SCENE. I HAVE OBSERVED, TONGUE IN CHEEK, THAT IT MIGHT BE MORE APPROPRIATE TO HAVE AN ANNUAL "TRIBULATION" DAY, SPENDING ONE WHOLE DAY "TRIBULATING" (ONE WOMAN SAID, "WHEN THE LORD SENDS ME TRIBULATIONS, IT'S MY DUTY TO TRIBULATE") THUS, SPENDING A VERY FULL DAY OF GRIPING, COMPLAINING AND REVEALING TO THE VERY "NTH" DEGREE OF INGRATITUDE. THEN GOING BACK TO A GLORIOUS YEAR OF ^{THE REMAINING} 365 DAYS OF LIVING WITH AN ENTHUSIASTIC ATTITUDE OF GRATITUDE.

THE PSALMLIST SINGS "MAKE A JOYFUL NOISE UNTO THE LORD." Psalms 100, The traditionalists call it "OLD ONE HUNDRED". CAN YOU CATCH THE VITALITY OF THOSE WORDS?..SUGGESTING THAT YOUR THANKSGIVING SHOULD BE OBSERVED, NOT PERFUNCTORALLY, BUT WITH ENTHUSIASM, VITALITY, AND EBULLIENCE (?) ~~Can Lord~~

"Old One hundred" will be read and preached about and sung in churches across the land all this week, and on Thursday, Thanksgiving Day. BUT I WONDER HOW OFTEN IT WILL REFLECT A TRUE ATTITUDE OF GRATITUDE,

OR IF THE CELEBRANT MAY SIMPLY BE ENGAGING IN WHAT GILBERT AND SULLIVAN CALLED, ""PLATITUDES IN STAINED GLASS ATTITUDES." IN OTHER WORDS, IS THE HEART REALLY THANKFUL, OR ARE ~~THE~~ WORDS MOUTHED TO COVER A HEART THAT IS WORRY-FULL, LACK-FULL, FEAR-FULL. AND CARE-FULL?

A LITTLE~~G~~IRL WAS "SLEEPING" OVER AT HER AUNT'S HOUSE, AND WHEN THE AUNT TUCKED HER IN AND SAID "GOOD NIGHT", SHE REMINDED THE CHILD TO SAY HER PRAYERS, AND AFTERWARDS THE AUNT SAID, "WHAT A JOY TO HEAR YOU PRAYING SO WELL, YOU SPEAK SO EARNESTLY AND SINCERELY." THE LITTLE~~G~~IRL REPLIED, "BUT AUNT~~E~~, THAT'S~~N~~OTHING, YOU OUGHT TO HEAR ME GARGLE!"

PRAYER, TO THE CHILD, WAS~~A~~N ACCOMPLISHMENT OF MEMORY AND IMITATION. WHAT OF YOUR THANKSGIVING? IS IT A "JOYFUL NOISE", an enthusiastic CELEBRATION OF^A PRODIGAL UNIVERSE IN WHICH YOU HAVE BEING?

HERE'S A LITTLE TEST: KI^AND OF A WORD ASSOCIATION. WHAT WORD COMES TO YOU WHEN WE USE THE PHRASES: PRAY TO GOD, WORSHIP GOD, RETURNING THANKS TO GOD? YOU MIGHT THINK OF OBLIGATION. THIS IS A POINT WE NEED TO BE CLEAR ON. YOU MAY HAVE TO GREATLY EXPAND YOUR GOD-CONCEPT. YOUR PRAYER IS NOT FOR GOD. IT INVOLVES AN ALTERATION OF YOUR CONSCIOUSNESS. WORSHIP IS~~N~~OT A PERFORMANCE WE PUT ON IN ORDER TO GET GOD'S APPROVAL. "RETURNING THANKS" IS NOT AN ATTEMPT TO GIVE BACK TO GOD A PORTION ALL THAT HAS~~C~~OME TO YOU. ACTUALLY THERE ARE NO STRINGS ON THE ABUNDANCE THAT FLOWS FORTH INTO YOUR LIFE. (SHOCK) ACTUALLY, IT DOESN'T MAKE ANY DIFFERENCE TO GOD WHETHER YOU PRAY, OR WORSHIP, OR EXPRESS THANKS TO HIM OR NOT.

DOES YOUR GOD SIT SULKING IF YOU DO NOT ~~GIVE~~ HIM THANKS?. DO YOU IMAGINE HIM SITTING SULKING BECAUSE OF LACK OF APPRECIATION? DO YOU PICTURE HIM SAYING, "SUCH AN~~I~~NGRATE...AFTER ALL I~~V~~E DONE DONE FOR HIM?"

THAT MEDIAEVAL MYSTIC, MEISTER ECKHART, ~~WHO~~^{WAS} A PARISH^{MAN} WHO HAD A MARVEOUS METAPHYSICAL AWARENESS. IN HIS DAY, IF THE PEOPLE HAD REALLY UNDERSTOOD HIM, HE WOULD HAVE BEEN A CANDIDATE FOR BEING BURNED AT THE STAKE. HE RADIATED A GENUINE LOVE FOR PEOPLE, AND HE REMAINED POPULAR. IN LATER YEARS ALL HIS PAPERS AND WRITINGS WERE CONFISCATED AND BURNED. THUS WHAT WE HAVE TODAY OF HIS WRITINGS IS SIMPLY THAT~~CH~~ WHICH SLIPPED BETWEEN THE CRACKS.

A CLASSIC ECKHARTISM IS THIS: "I NEVER GIVE GOD THANKS FOR LOVING ME, BECAUSE HE CAN'T HELP HIMSELF." Thanksgiving is an important state of your consciousness which keeps you in an awareness of oneness with the divine flow.

THIS BRINGS US TO THE HEART OF THE INNER MEANING OF THANKSGIVING. MAN IS A SPIRITUAL BEING. WE HEAR THIS OFTEN..EVEN AFFIRM IT FOR OUR-SELVES. BUT WHAT DOES IT MEAN? IT MEANS THAT LIFE IS LIVED FROM WITHIN - OUT. THAT THERE IS A DIVINE FOUNTAIN WITHIN YOU WHICH MUST BE PERMITTED ~~TO~~ FLOW FREELY. HEALTH AND WELL-BEING ARE THE FRUITS OF KEEPING CONSCIOUSLY IN THE FLOW. THIS HAS BECOME THE MOST IMPORTANT INSIGHT OF TRUTH TO ME. WHEREVER YOU ARE AND WHATEVER MAY BE YOUR NEEDS, GOD IS WITHIN YOU, ~~THE~~ THE WHOLE UNIVERSE STANDS BEHIND YOU TO A DEGREE EQUAL TO THE FULL EXTENT OF YOUR NEEDS. ALL THE POWER OF HEAVEN AND EARTH ARE WITH YOU WORKING ON YOUR SIDE, ON THE SIDE OF HEALING, OF JUSTICE, OF OVERCOMING.

IN OTHER WORDS, THANKSGIVING IS NOT JUST A REACTIONARY EMOTION, SOMETHING YOU FEEL WHEN GOOD THINGS HAPPEN TO YOU. IT IS A CAUTATIVE FORCE, IT IS AN ATTITUDE THAT LIFTS US TO THE HIGHEST LEVEL OF CONSCIOUSNESS, ENABLING US TO EXPERIENCE THE HIGHEST QUALITY OF LIFE. YOU MAY SAY, "I HAVE SO MUCH AND I AM GRATEFUL." BUT IT MAY BE THAT YOU HAVE SO MUCH BECAUSE YOU ARE GRATEFUL. THE GRATEFUL HEART OPENS THE ~~WAY~~ TO THE FLOW, BRINGS YOU TO THE FEAST ("THOU PREPAREST A ~~T~~ABLE BEFORE ME") where you can experience blessings from the

COSMIC FLOW

I HAVE LONG HELD THE BELIEF THAT IF YOU CAN GET A VIEW FROM HIGH ENOUGH UP, AND SEE FROM THE PERSPECTIVE OF WHOLENESS, THAT YOU WILL BE ABLE TO DEAL EASILY AND EFFECTIVELY WITH LIFE. IN THE EARLY DAYS OF AMERICAN PARTICIPATION IN WORLD WAR II, I WAS GOING THROUGH A STRUGGLE OF CONSCIENCE. I HATED WAR AND FOUND IT HARD TO SEE MYSELF INVOLVED IN MILITARY ACTION. BUT I COULDN'T DENY THAT I WAS AN AMERICAN WITH THE RESPONSIBILITY OF CITIZENSHIP. I WAS A MINISTERIAL STUDENT AND ELIGIBLE FOR A 4-D CLASSIFICATION WHICH WOULD MEAN EXEMPTION FROM THE DRAFT. WHAT SHOULD I DO?

I TOOK A TRIP UP INTO THE ROCKY MOUNTAINS, IN A BEAUTIFUL WILDERNESS AREA, PACKING BACK INTO THE WILDS. EVERY MORNING, I WOULD CLIMB TO THE SUMMIT OF THE HIGHEST PEAK AROUND, AND SIT IN QUIET MEDITATION FROM THIS SUMMIT OF THE WORLD. I WAS NOT EXPECTING TO HEAR GOD'S VOICE TELLING ME WHAT TO DO. YET I WANTED GUIDANCE. IN A FEW DAYS IT CAME QUITE CLEAR. JUST GO ABOUT MY DAY-TO-DAY AFFAIRS, AND LET LIFE HAPPEN! IT WAS THEN THAT I WAS LED TO FORMULATE AN AFFIRMATION: "GOD'S LAW OF ADJUSTMENT REGULATES ALL ^{THE} ~~MY~~ ^{OF MY LIFE} AFFAIRS AND ALL THINGS ARE IN DIVINE ORDER."

WHAT HAPPENED IS A LONG STORY THAT MAY BE RELATED AT SOME FUTURE TIME. BUT I WAS DRAFTED, AND WAS ASSIGNED TO THE MEDICAL CORP, WHERE I HAD A VERY MEANINGFUL AND FULFILLING EXPERIENCE THROUGHOUT THE WAR.

THIS VIEW FROM THE TOP IS REALLY WHAT THANKSGIVING IS. SOME YEARS AGO WE HAD SOME FRIENDS VISITING WITH US FROM ENGLAND. IT WAS THEIR FIRST TRIP TO AMERICA, and of course their first visit to New York. OF COURSE, THEY HAD BEEN CONDITIONED WITH ALL THE LURID DETAILS OF HOW SORDID AND CRIME-RIDDEN OUR CITY WAS.

THE FIRST PLACE I ~~TOOK~~ ^{TOOK THEM} WAS TO THE TOP OF THE RCA BUILDING. IT WAS ONE OF THOSE BREATH-TAKINGLY BEAUTIFUL DAYS WHEN YOU CAN "SEE FOREVER." THEY WERE THRILLED BY THE SIGHT. LATER, AS WE TOURED AROUND THE CITY, THE MAN SAID, " I JUST CAN'T FORGET

THAT VIEW FROM THE TOP...IT COLORS EVERYTHING I SEE." They went AWAY SINGING THE PRAISES OF NEW YORK."

THIS HAS LED TO A HELPFUL INSIGHT ABOUT THANKSGIVING. IT IS LITERALLY A VIEW FROM THE TOP...CONTEMPLATING ALL THE CHANGING AND CHALLENGING THINGS AND EXPERIENCES AND PERSONS OF YOUR LIFE FROM THE HIGHEST POSSIBLE POINT OF VIEW. WHENEVER THERE IS A CONFLICT OR CHALLENGE, GET THE VIEW FROM THE TOP/SEE THE INHERENT good./SEE THE ACTIVITY OF GOD./GET YOUR CONSCIOUSNESS CENTERED ON THE COSMIC FLOW OF LIFE. LOOK UP AND SEE THE WIDER SPHERE, SEE THE DIVINE CREATIVE PROCESS AT WORK, /SEE THE ACTIVITY OF GOD IN PERSONS AND SITUATIONS. /WHEN YOU DO...YOU WILL SPONTANEOUSLY FIND YOURSELF IN AN AWARENESS OF THANKSGIVING.

YOU MAY RECALL THE ACCOUNT OF JESUS AT THE TOMB OF LAZARUS, WHO HAD BEEN THREE DAYS IN THE TOMB. THE SISTERS MARY AND MARTHA WERE DISTRAUGHT WITH GRIEF. JESUS HAD THE MEN ROLL THE STONE AWAY FROM THE TOMB. THEN HE LIFTED UP HIS EYES (got the view from the top) AND SAID, FATHER, I THANK YOU THAT YOU HEAR ME." YOU MIGHT IMAGINE PEOPLE THINKING, "THANKSGIVING! WHAT IS THERE TO BE THANKFUL FOR? THIS IS A MOCKERY...THE MAN IS DEAD."

BUT JESUS KNEW THAT THE KEY TO POWER IS ACKNOWLEDGING THE AVAILABILITY OF POWER. HE WAS NOT GIVING THANKS FOR ANYTHING...HE WAS GIVING THANKS FROM A HIGH PERSPECTIVE THAT COULD SEE LIFE AS TRANSCENDENT TO DEATH. IN THIS CONSCIOUSNESS HE AFFIRMED, "I AM THE RESURRECTION AND THE LIFE." (not to make it true...but affirming that which was true from his mountain top perspective.) Then Jesus proclaimed, "LAZARUS, COME FORTH!" AND THE MAN WALKED OUT, FREE AND WHOLE.

IN OUR CONTEMPORARY FRAME OF REFERENCE, THERE IS NO WAY TO REALLY UNDERSTAND THE IMPLICATIONS OF THIS EVENT..THE ACTUAL BODILY RESURRECTION FROM THE DEAD. I SAY: "DON'T GET SO INVOLVED IN ANALYZING THE DETAILS THAT YOU LOSE SIGHT OF A SIMPLE FUNDAMENTAL:

IF JESUS WOULD LIFT UP HIS ~~EYES~~ TO GET A VIEW FROM ~~THE~~ TOP IN DEALING WITH THE FINAL ENEMY OF DEATH -- HOW MUCH MORE IMPORTANT IT IS THAT WE LOOK UP AND GIVE THANKS IN EVERY EXPERIENCE IN OUR LIVES. ACTUALLY THANKSGIVING CAN BE A GOLDEN KEY TO RESURRECTING THE WANING POSSIBILITIES OF ANY EXPERIENCE OR RELATIONSHIP.

THERE IS AN OLD SAYING, "A DONKEY MAY CARRY A HEAVY LOAD OF PRECIOUS SANDALWOOD ON HIS BACK AND NEVER ~~K~~NOW ITS PRECIOUSNESS...ONLY ITS WEIGHT.

MANY OF US GO THROUGH ~~LIFE~~ FEELING ONLY THE WEIGHT OF CIRCUMSTANCES, NEVER ABLE TO APPRECIATE THE PRECIOUS NATURE OF LIFE, BECAUSE OF A CHRONIC NEGATIVE ATTITUDE. HEAD BOWED ~~DOWN~~, ~~EYES~~ FIXED ON ~~THE~~ GROUND. WE NEED TO LOOK UP, GET ~~THE~~ TRANSCENDENT VIEW, CULTIVATE THE ATTITUDE OF GRATITUDE.

AT THANKSGIVING TIME, WHEN OUR MINDS TURN NOSTALGICALLY TO OUR HOME AND FAMILY OF OUR FORMATIVE YEARS, I FIND MYSELF REMEMBERING MY MOTHER. SHE WAS A GREAT SOUL, WHO BECAUSE OF A VERY UNSTABLE HUSBAND, (MY FATHER) ~~she~~ HAD A VERY DIFFICULT LIFE. BUT SHE WAS A NATURAL TRUTH STUDENT BEFORE SHE FOUND UNITY. I CAN REMEMBER HOW SHE FACED THE CRISES ~~THAT~~ WERE FREQUENT, WITH POISE AND EQUANIMITY, WITH FAITH AND WITH A THANKFUL SPIRIT. SHE DISCOVERED TRUTH OVER THE BACK FENCE TALKING TO A NEIGHBOR. THESE TWO LADIES, MOTHER AND THE NEIGHBOR, BOTH WENT ON TO ~~BE~~ ^{BECOME} MINISTERS.

ONE OF THE THINGS YOU NOTICED ABOUT MOTHER WAS HER DEEP CONVICTION THAT THE UNIVERSE IS SEEKING TO GIVE YOU THE ~~THE~~ FULLNESS OF LIFE.

WHEN TALKING ABOUT ANY NEED, SHE WOULD ALWAYS SAY, "I GIVE THANKS FOR ABUNDANCE... I GIVE THANKS FOR HEALING...ETC" this was THE FOCUS OF HER PRAYER. THERE WAS NEVER ANY SENSE OF REACHING FOR GOD, SOLICITING HIS HELP. SOMETIMES SHE WOULD STAND IN A CIRCLE WITH MY TWO BROTHERS AND A ~~SISER~~ ^{SISTER}, HOLDING HANDS, AFFIRMING, "WE GIVE HANKS FOR ABUNDANCE...OUR EVERY NEED IS FILLED." EVERY DAY WAS THANKSGIVING DAY.

THERE WAS ONE VERY MEMORABLE EXPERIENCE, THAT SOME OF YOU MAY HAVE HEARD ME RELATE BEFORE. IF SO PERHAPS YOU WILL INDULGE ME TO HEAR IT AGAIN. AFTER ALL, WE LISTEN TO AN OPERA OR SYMPHONY OVER AND OVER AGAIN. ^{IT WAS SATURDAY} THE BUTTERWORTH FAMILY WAS ALL WORKING AROUND THE HOUSE, PAINTING, GARDENING, CLEANING UP. IT WAS A LOVELY HOUSE IN AN UPPER ~~XXXXXX~~CLASS NEIGHBORHOOD. NO ONE KNEW OTHER THAN THAT WE WERE AN UNUSUALLY INDUSTRIOUS UPPER CLASS FAMILY. THE FACT WAS, ON ONE OF THE MANY OCCASIONS THAT MY FATHER HAD RUN OFF, IN THE FACE OF HIS INABILITY TO FACE HIS GAMBLING LOSSES, LEAVING THE FAMILY ADrift WITH NO (REPEAT "NO") RESOURCES. MOTHER WAS INGENIOUS AND RESOURCEFUL. SHE FOUND THIS UN-RENTED HOME THAT WAS IN GREAT NEED OF REPAIR, AND MADE A DEAL WITH THE LANDLORD HE WOULD PROVIDE THE MATERIALS, WE WOULD DO THE WORK, IN EXCHANGE FOR LIVING IN THE HOUSE RENT-FREE. SO THIS SATURDAY, WE WERE WORKING AROUND THE HOUSE, WHILE IN THE POSH HOME NEXT TO US A VERY FASHIONABLE GARDEN PARTY WAS GOING ON. AS SUPPER TIME APPROACHED, WE NOTICED THAT NOTHING WAS GOING ON IN THE KITCHEN, BUT WE HAD FAITH THAT MOTHER ALWAYS FOUND A WAY. SHE CALLED US IN AND EXPLAINED THAT THERE WAS NOTHING IN THE HOUSE TO EAT. BUT SHE ASSURED US THAT IF WE FELT GRATEFUL AND KEPT BELIEVING, THAT IT WOULD WORK OUT. / SHE HAD US SET THE DINING ROOM TABLE, / AND HAD US GET OUT THE BEST SILVER AND LINENS (remnants of better days), / and set A FESTIVE TABLE. / THEN AT THE DINNER HOUR, / SHE HAD US STAND AROUND THE TABLE, / HOLDING HANDS, AS SAID GRACE (which did seem unusually long) / THE PRAYER WAS INTERRUPTED BY A KNOCK AT THE BACK DOOR. / IT WAS ONE OF THE MAIDS FROM THE HOUSE NEXT DOOR. SHE SAID THAT HER EMPLOYER, SEEING THAT WE HAD BEEN WORKING ALL DAY AND PERHAPS NOT TAKING THE TIME FOR PREPARATION OF DINNER, WONDERED IF WE WOULD LIKE TO SHARE IN SOME OF THE FOOD LEFT OVER FROM THE GARDEN PARTY. / MOTHER GRACIOUSLY SAID, / "WE WOULD BE HAPPY TO HAVE IT." SOON THE MAID RETURNED WITH TWO OTHER PEOPLE CARRYING SILVER SERVING DISHES AND TOWERS WITH WARM AND SUPTUOUS FOOD,

COMPLETE WITH SALAD, HORS D'OEUVRES, AND DESSERTS. AND WE SAT DOWN TO A LAVISH FEAST. IT WAS A HAPPY DAY AT THE BUTTERWORTHS. ACTUALLY IT IS ONLY IN RETROSPECT THAT I LOOK UPON THE EXPERIENCE WITH AWE, FOR MOTHER WAS FOREVER MAKING THE MOST AMAZING DEMONSTRATIONS.

WHEN YOU MAINTAIN A GRATEFUL HEART, YOU CAN NEVER BE POOR. WITHOUT THE ATTITUDE OF GRATITUDE, YOU ARE NEVER RICH. ONE OF THE DANGERS OF HAVING TOO MUCH IN A MATERIAL SENSE IS THAT WE TEND TO LOSE SIGHT OF THE RICHES OF LIFE...ALLOWING THE ATTITUDE OF GRATITUDE TO ATROPHY.

A WEALTHY DOWAGER CONSULTED HER DOCTOR ABOUT SOME SEVERE ACHES AND PAINS AND TENSIONS AND NERVOUSNESS. AFTER A THOROUGH EXAMINATION HE ADVISED HER TO GET A JOB. SHE PROTESTED THAT SHE COULDN'T POSSIBLY WORK, SHE WAS TIRED ALL THE TIME. The doctor said, "Madam, what you need is something to be tired from, not tired of."

THE SYMPTOMS DESCRIBED ARE THE RESULT OF TOO MUCH COMFORT IN THE HOME AND ^{NOT} ENOUGH GRATITUDE IN THE HEART.

THANKSGIVING IN ITS OWN MODEST WAY, TRIES TO REMIND US...NOT JUST WHAT WE HAVE TO GIVE THANKS FOR, BUT WHAT WE HAVE TO GIVE THANKS FROM. WE MAY VARY BY GREAT DEGREES IN THE LEVELS OF OUR STATE OR STATION IN LIFE...THUS THERE WOULD SEEMINGLY BE A VARIATION IN REASONS FOR THANKSGIVING, — WHAT WE HAVE TO GIVE THANKS FOR. THERE MAY BE TIMES WHEN WE REALLY BELIEVE WE HAVE NOTHING TO GIVE THANKS FOR. BUT WE ALWAYS HAVE MUCH TO GIVE THANKS FROM — OUR SPIRITUAL GROUND, THE FOUNDATION PRINCIPLES OF TRUTH.

SOME PEOPLE MAY DO GREAT THINGS AND HAVE MUCH IN THE WAY OF HEALTH AND POSSESSIONS...THEY SEEMINGLY HAVE GOOD REASON FOR THANKSGIVING. BUT NO MATTER HOW LITTLE YOU HAVE, YOU CAN REJOICE IN WHAT OTHERS HAVE AND CELEBRATE THE FLOW.

PERHAPS THIS IS WHAT TRUE AFFLUENCE IS...NOT JUST THE FREE-FLOW OF SUBSTANCE IN YOUR LIFE...BUT THE ABILITY TO CELEBRATE ALL THE ABUNDANCE IN THE UNIVERSE.

I HAVE ALWAYS LOVED "THE CHANTICLEER" THAT LITERARY CREATION OF ROSTAND. YOU MAY REMEMBER THE ROOSTER THOUGHT THAT IT WAS HIS CROWING AT DAWN THAT CAUSED THE SUN TO RISE. Every morning HE WOULD ARISE AT DAWN AND POSITION HIMSELF FOR HIS PERFORMANCE. AS HE CROWED, THE SUN WOULD RISE AND BRING ON THE LIGHT OF DAY. HE HAD A GREAT SENSE OF PURPOSE, HIS LIFE HAD MEANING. BUT ONE DAY HE OVERSLEPT, AND WOKE UP TO FIND THAT THE SUN HAD ALREADY RISEN. IT WAS A CRUSHING BLOW...NOW HE FELT HIS LIFE HAD NO MEANING. THEN, IN A FLASH OF INSIGHT, HE THOUGHT: "IT MAY BE THAT IT IS NOT MY POOR VOICE THAT BRINGS ON THE DAY: BUT EVEN IF I MAY NOT CAUSE THE SUN TO RISE, I MAY LIFT MY VOICE AND CELEBRATE ITS RISING."

IT IS A MARVELOUS INSIGHT INTO THANKSGIVING AS A POSITIVE POWER... NOT JUST A REACTIONARY EMOTION, BUT A VITAL CAUSATIVE ENERGY. IF YOU GET THAT VIEW FROM THE TOP, YOU REALIZE THAT YOU CAN APPRECIATE GREAT THINGS, AND BE GRATEFUL THAT YOU CAN. YOU CAN CELEBRATE THE ABUNDANCE THAT IS EVERYWHERE, NO MATTER WHOSE LIFE IT MAY APPEAR IN.

WHAT WOULD ART MUSEUMS BE WITHOUT ART ENTHUSIASTS?..OR A SYMPHONY ORCHESTRA WITHOUT MUSIC LOVERS? WE CAN'T ALL PAINT OR SEW OR COMPOSE OR SING OR PLAY. BUT WE CAN CELEBRATE THE CREATIVE WORKS WHEREVER THEY SPRING FORTH. MAYBE APPRECIATION IS THE GREATEST KIND OF CREATIVITY. AND MAYBE AFFLUENCE IS NOT JUST THE FREE FLOW OF SUBSTANCE INTO YOUR LIFE...BUT THE ABILITY TO CELEBRATE ALL THE ABUNDANCE IN THE UNIVERSE.

I LOVE THE ATTITUDE EXPRESSED BY A SUPPORTER OF OUR RADIO WORK, WHO SENDS A GIFT WITH THE CRYPTIC NOTE..."HERE IS A PIECE OF THE UNIVERSE." IT REFLECTS THE CONSCIOUSNESS..."I LIVE IN THE UNIVERSE AND IT LIVES IN ME...THEREFORE IT IS MINE TO USE AND TO ENJOY."

THE ART GALLERIES AND LIBRARIES AND MUSEIMS ARE YOURS TO ENJOY.
THE SUNRISES AND SUNSETS AND MOONLIT NIGHTS AND THE LAVISH COLORS
OF FALL ARE ALL YOURS TO CELEBRATE. HOW RICH YOU CAN FEEL! AND
THIS FEELING OF RICHES IS A KEY TO OPENING THE WAY TO THE FLOW.

THIS ATTITUDE WOULD LEAD TO RESPECT FOR PROPERTY, AND A HEALTHY
RESPECT FOR PEOPLE, ALL PEOPLE. GREATEST OF ALL IT WOULD LEAD TO
A HEALTHY SELF-RESPECT AND THE FEELING OF SELF-WORTH.

FINALLY, WE NEED TO EMPHASIZE THE GIVING ASPECT OF THANKSGIVING.
THE HEBREW WORD FOR THANKSGIVING IS "YAW-DAW", WHICH LITERALLY MEANS
A STRETCHING FORWARD OF YOUR OPEN HANDS. FIND YOUR HIGH POINT
WHERE YOU CAN VIEW LIFE FROM THE TOP. STRETCH FORTH YOUR HANDS
IN A SYMBOL OF BLESSING TO CONDITIONS AND RELATIONSHIPS EVERYWHERE.
PRAYERFULLY PROJECT A POSITIVE AND LOVING BLESSING TO EVERYONE AND
EVERY CONDITION THAT HAS TOUCHED YOUR LIFE.

CULTIVATE THE ATTITUDE OF GRATITUDE. IT WILL KEEP YOU CONSTANTLY
IN THE CREATIVE FLOW.. IT WILL LEAD YOU TO THE EXPERIENCE OF
"LIFE MORE ABUNDANT."

RELATIONSHIP SITUATION, / OR PERHAPS A CHAOTIC
 FINANCIAL ~~XX~~ NEED. / AND THEY MAY OFTEN FIND A
 SEEMINGLY MIRACULOUS ANSWER. / BUT THEN, / EVEN THO
 GRATEFUL FOR THE HELP RECEIVED, / ^{TENDENCY} THEY PUT THE TRUTH
 BACK ON THE SHELF LIKE A ~~BOOK~~ RECIPE BOOK ONCE
 THE CAKE IS MADE. / THEY FEEL GOOD ABOUT IT BEING
THERE / TO BE CALLED ON WHEN NEXT THERE IS A CRISIS
 TO BE ~~MEET~~ - / OR A PIE TO BE BAKED.

*co-creators - conduct for expression
 of Principle - Our Nature*

*Not people using
 Principle - but
 are living truth*

SOMEHOW IT DOESN'T OCCUR TO THEM / THAT TRUTH IS
 A WAY OF LIFE, / AND ITS PRINCIPLES ARE APPLICABLE
~~TO~~ TO SITUATIONS GREAT ~~AND~~ SMALL. NO HUMAN
 NEED IS TOO INSIGNIFICANT / TO BE DEALT WITH BY THE
 PRINCIPLES OF TRUTH. / ... MAKING A PIE, / PLANTING
 SPRING FLOWERS, / GETTING TO WORK ON TIME, COPING
 WITH THE EVERYDAY STRESS, / GETTING ALONG WITH ONE'S
 NEIGHBOR.

*SIMPLE FAITH OF MY MOTHER. TRIP TO K.C.
 HEAT! "CLOUD OVER THE SUN." FOLLOWER RAIN.*

IF YOU HAVE COME FROM AN ORTHODOX RELIGIOUS
 BACKGROUND, / YOU MAY THINK THAT YOU SHOULD NOT

~~BE~~ TURNING TO GOD WITH EVERY LITTLE NEED. ^{ONE}
WOMAN WAS FACING A LITTLE PROBLEM IN HER WORK./
A FRIEND SUGGESTED THAT SHE PRAY ABOUT IT./ SHE
SAID, / 'OH, I WOULDN'T/THINK OF/BOTHERING GOD ABOUT
SUCH A LITTLE THING.' / THE BELIEF IS THAT GOD
HAS THE WEIGHT OF THE WORLD ON HIS SHOULDERS./ A
LITTLE CHILD WAS OVERHEARD / SAYING HIS PRAYERS
OUT LOUD./ HE SAID '...AND PLEASE GOD, / TAKE CARE
OF YOURSELF, / FOR IF ANYTHING HAPPENED TO YOU, /
WE WOULD ALL BE SUNK.'

I ONCE HAD A LETTER FROM A VERY CONSERVATIVE
MINISTER / CRITICIZING MY PHILOSOPHY ESTABLISHED ON
THE DAILY RADIO BROADCAST. / THE MAIN GIST OF
HIS COMMENT WAS THAT I MISLED PEOPLE / BY ENCOURAGING
THEM TO USE GOD. ^{GOD IS TO BE WORSHIPPED} [CHARLES FILLMORE] USED TO SAY,
'GOD LOVES TO BE USED.' / JESUS SAID 'IT IS THE
FATHER'S GOOD PLEASURE / TO GIVE YOU THE KINGDOM

WHOLENESS IN EVERY PERSON. / INFINITE MIND IS THE
TRANSCENDENT REALITY OF YOUR MIND, / AS EMERSON
PUTS IT / 'AN INLET THAT MAY BECOME AN OUTLET / TO
ALL THERE IS IN GOD.'

▶ IT IS ALWAYS SURPRISING TO ME TO ENCOUNTER A
BELIEF IN SOMEONE THAT IT IS SOMEHOW SACRILEGIOUS
/ TO SEEK DIVINE GUIDANCE IN ANYTHING / BUT THE
DEEPER ASPECTS OF LIFE. / IT IS THE SAME KIND OF
ATTITUDE / THAT SUPPOSES THAT ONE IS NOT PRAYING /
UNLESS HE MAKES THE ACT A FORMAL CEREMONY / WITH
SPECIAL LITURGICAL WORDS.

See "I Heard A Forest Praying"

BUT ISN'T EVERY APPRECIATION OF BEAUTY A PRAYER? /
ISN'T THE ARTIST PRAYING / WHEN HE PAINTS THE TREES
AND THE SKY IN A SPIRIT OF REVERENCE? / ISN'T THE
SEEKING TO KNOW HOW TO BANDAGE A LITTLE GIRL'S
BRUISED ELBOW / A PRAYER? / IF WE ARE SEEKING ~~FOR~~

GUIDANCE FOR WHAT WE ARE DOING / IN THE FUTURE /

MIND, / WE ARE SIMPLY UNITING THE VARIOUS PARTS OF
OUR WORLD WITH THE COSMIC WHOLE.

▶ WE LIKE TO SAY THAT THE APPLICATION OF TRUTH PR
CIPLES / IS THE 'PRACTICE OF THE PRESENCE OF GOD.
BROTHER LAWRENCE - MY BROTHER - POTAPAY
IT IS THE CONVICTION THAT WITHIN YOU / IS THE UN-
BORN POSSIBILITY OF LIMITLESS LIFE, / AND YOURS
IS THE PRIVILEGE OF GIVING BIRTH TO IT. / IT IS
TO HAVE FAITH IN F^UFAITH, / TO TRUST THE PROCESS OF
YOUR CREATIVE MIND, / AND TO ACT AS IF IT WERE COM-
PLETELY IMPOSSIBLE TO FAIL.

AND IT IS TO CORRECT THE TENDENCY TO 'PRACTICE
THE ABSENCE OF G^UOD.' WHICH IS PRECISELY WHAT
WE DO / WHEN WE PRAY TO GOD 'OUT THERE', / BEG^UGIN
SUPPLICATING OR BARGAINING. / A SPIRITUAL PHILO-
SOPHY ~~X~~ THAT CAN BE PRACTICED EVERY DAY / MUST
DEAL WITH CHANGELESS LAW, / AND WITH A
PRESENCE THAT IS PRESENT / AT ALL TIMES AND IN

WHEN WE USE THE TERM 'PRACTICE THE PRESENCE',/
WE ARE NOT USING IT LIGHTLY./ THE TRUTH IS NOT
JUST A PHILOSOPHY TO STUDY,/ IT IS A PARTICULAR
WAY OF LIFE TO PRACTICE./ IT IS PRACTICAL,/ BUT WE
MUST WORK AT IT EVERY DAY.

OF COURSE IT IS IMPORTANT TO KNOW THE FUNDAMEN-
TALS,/ TO KNOW THE ALLNESS OF GOD,/ TO KNOW THAT
~~I AM~~ ^{YOU ARE A} A SPIRITUAL BEING,/ AN EACHNESS WITHIN THE
ALLNESS OF GOD,/ TO KNOW THE LAWS OF MIND ACTION
/THE VITAL ROLE OF/CONSCIOUSNESS,/ ETC. BUT ALL-
IMPORTANT/ IS WHAT ^{YOU} ~~I~~ DO WITH THESE INSIGHTS./
LIFE IS FOR LIVING./ AND TRUTH IS FOR ACHIEVING
THE HIGHEST LEVEL OF EFFECTIVE LIVING./

OF COURSE LIFE FOR ANY OF US/ DOES NOT ALWAYS MOVE
ALONG IN PERFECT ORDER./ SOMETIMES THINGS GO WRONG
AND THERE IS NOTHING NEGATIVE/ ABOUT ADMITTING WITH
ROBERT BURNS/ THAT 'THE BEST LAID PLANS OF MICE AN

AND PAIN FOR PROMISED JOY.' / IT MAY BE A JOB THAT HASN'T WORKED OUT, / A PHYSICAL CHALLENGE THAT HAS ARISEN, / A SUDDEN NEED FOR FINANCING IN A TIGHT MONEY-MARKET, / OR A RELATIONSHIP COMPLICATION WITH A SPOUSE OR CO-WORKER.

OF COURSE PRAY ABOUT IT. / BUT PRAYER IS REMEMBERING THE TRUTH, / KNOWING YOUR ONENESS WITH INFINITE MIND. / IT IS NOT TRYING TO GET SOMETHING OUT OF GOD, / BUT TURNING YOUR MIND AWAY FROM THE DISTRACTING NEED / AND BECOMING AWARE OF THE SPONTANEOUS HEALING, / GUIDING ACTIVITY OF THE PRESENCE.

YOU SEE, THE BIG PROBLEMS OR CRISES / ARE ALWAYS DEFINED BY THE CONSCIOUSNESS IN WHICH THEY FIND YOU. / AND THAT CONSCIOUSNESS IS DETERMINED BY THE PRACTICE YOU ENGAGE IN DAY-BY-DAY.

THE BIG GAME AT THE STADIUM IS DETERMINED BY THE CONDITIONING AND PRACTICE / OF THE MEMBERS OF THE

JESUS WALKED OUT OF THE TOMB TO PROVE HIS MASTERY OVER LIFE, / BUT THE CONSCIOUSNESS TO DO THIS WAS NOT ACQUIRED IN THOSE THREE DAYS. / IT WAS ACHIEVED DURING THE ENTIRE 33 YEARS OF HIS LIFE, / IN A CONSTANT SELF-DENIAL AND DISCIPLINE.

▲ LIFE FOR ALL PERSONS IS CHANGE, / AND CHANGES CAN OFTEN EVOLVE AS CHALLENGES / THAT ~~TEST~~^{TRY} ONE'S METTLE. / BUT A CHALLENGE IS NEGATIVE / ONLY IF YOU ARE HARASSED BY IT. / IF YOU HAVE DONE YOUR HOME-WORK, / OR YOUR PRAYER-WORK, / IF YOU WILL, / IT WILL SIMPLY BE AN OPPORTUNITY / TO DRAW ON YOUR RESERVE / JESUS SAID, 'LAY UP TREASURES IN HEAVEN'. / - WHICH MEANT VERY SIMPLY, / TO CONDITION YOUR CONSCIOUSNESS WITH POSITIVE ENERGY. / EMERSON SAYS, "GIRD YOURSELF ABOUT WITH INCESSANT AFFIRMATIVES." / IF YOU HAVE A HEALTHY BANK BALANCE / AND YOUR CREDIT IS GOOD, / MEETING A FINANCIAL NEED / IS A CHALLENGE / BUT CERTAINLY NOT A TRAGEDY / YOU SIMPLY WRITE A CHECK,

WE NEED TO GET A NEW ATTITUDE ABOUT THE CHALLENGE OF LIFE./ SOMEONE MAY SAY,/'I HAVE A PROBLEM.'/ OFTEN THE WORD 'PROBLEM'/HAS DARK MEANINGS,/ IMPLYING IMPASSABLE OBSTACLES AND IMPOSSIBLE PEOPLE./ IT ALWAYS SEEMS TO ME,/IN THE PRACTICE OF THE PRESENCE OF GOD,/A BETTER WORD IS 'PROJECT'/FOR IT CONNOTES A POSITIVE ENDEAVOR/OF RESEARCH AND DEVELOPMENT. /THERE IS A TENDENCY TO DEAL WITH A PROBLEM/WITH TENSION AND STRAIN/AND THE 'ONLY A MIRACLE CAN SAVE ME' CONSCIOUSNESS./ BUT WE TACKLE A PROJECT,/SUCH AS PUTTING A MAN ON THE MOON/WITH VIGOR AND IMAGINATION,/AND WITH THE CONVICTION THAT IT WILL BE DONE.

WHAT PROJECTS DO YOU HAVE IN YOUR/LIFE?/ YOU MAY FACE PROBLEMS/WRINGING YOUR HANDS,/BUT YOU CAN FACE PROJECTS RUBBING YOUR HANDS/IN ENTHUSIASM AND EAGERNESS/TO ^{SEE}~~SAY~~ ANOTHER DEMONSTRA-

WOULD YOU WALK ON IT NOW? / WHY NOT? / IT IS THE SAME WIDTH AND PERFECTLY SUBSTANTIAL. / WHY IS IT ANY MORE DIFFICULT FOR YOU / TO WALK IT AT THIS HEIGHT THAN ON THE GROUND? / IT IS BECAUSE YOU BECOME TOTALLY PREOCCUPIED / WITH THE SPACE ON EITHER SIDE OF THE RUNWAY, / AND THE POSSIBILITY OF FALLING, ^{CONSEQUENCES} / GIVING LITTLE OR NO THOUGHT TO THE RUNWAY.

THE REASON THE HIGH BEAM CONSTRUCTION WORKER DOES HIS WORK SO FEARLESSLY, / IS THAT HE IS CONFIDENT OF HIS ABILITY / AND HE DOES NOT BORROW TROUBLE / BY WORRYING ABOUT FALLING, / SO HE NEVER DOES.

WHEN SOME CONCERN TROUBLES YOU, / LOOK AT THE WHOLE THING AND SEE WHAT HAS HAPPENED. / YOU ARE IN A PROBLEM CONSCIOUSNESS. / YOU HAVE BECOME OVERWHELMED BY A SITUATION BECAUSE YOU ARE EMPHASIZING THE PROBLEM AND MINIMIZING YOUR POWER TO COPE.

IN THE PRACTICE OF THE PRESENCE OF GOD,/WE FIND
A NEW SENSE OF FAITH/IN THE CONSTANCY AND EVER-
PRESENCE/OF A DIVINE PROCESS/THROUGH WHICH ALL
THINGS ARE POSSIBLE.

▶ LET ME TELL YOU OF A PERSONAL EXPERIENCE. MAN
YEARS AGO,^{IN DETROIT, MICH}/IN THE EARLY DAYS OF MY RADIO BROADCASTING CAREER, ABOUT 40 YEARS AGO - IN ~~THE~~ THE DAYS BEFORE TAPE RECORDING REVOLUTIONIZED THE INDUSTRY/-- I HAD TO BE PHYSICALLY PRESENT AT THE BROADCASTING STUDIO EVERY MORNING,/SIX DAYS A WEEK./A 6:30 AM BROADCAST,/MEANT I HAD TO GET UP ABOUT 4:30 AM,^{WITH THE FARMERS}/LEAVE HOME AT ABOUT 5:15/EVERY DAY OF THE WEEK./NO DAYS OFF./IF I WANTED TO GET AWAY FOR A CONFERENCE OR A HOLIDAY,/I HAD TO GO TO A RECORDING STUDIO AND ~~MAKE A~~ CUT A RECORD ~~CUT IS THE~~ WORD. ONE MORNING I AWAKEND TO FIND THERE HAD BEEN A HEAVY SNOWFALL DURING

MY MOST POPULAR RADIO TALKS. / AND IT WAS A GREAT GROWTH EXPERIENCE FOR ME.

IK HAVE FOUND THIS TO BE AN EFFECTIVE WAY / TO GET INTO THE 'IT CAME TO PASS' FLOW. / WHEN YOU ARE BOGGED DOWN IN SOME DIFFICULTY WHERE THERE APPEARS TO BE NO WAY OUT / - ^{Moses} STAND STILL AND SEE GET STILL / AND VISUALIZE YOURSELF / - 24 HOURS LATER, / THINGS ALL SETTLED. / FEEL GOOD / ABOUT THE OUTWORKING. / THIS WILL COMPLETELY BY-PASS THE QUESTION OF 'HOW' / - GETTING INTO THE CONSCIOUSNESS OF ACHIEVEMENT, IN WHICH THE ANSWER CAN EASILY UNFOLD.

▶ IT IS AMAZING HOW MIND WORKS. / JOB SAYS, 'THAT WHICH I FEARED HAS COME UPON ME.' / YOU MAY HOLD AN IMAGE IN MIND OF SOME DIRE CONSEQUENCE, / WHICH WILL TEND TO CREATE THE CONDITION / OR DRAW ~~THE~~ PERSON TO YOU / THAT WILL MAKE THE IMAGE BECOME A

BUT THE MARVELOUS THING IS/THAT THIS IS A UNIVER-
SAL PROCESS,/SO YOU CAN REVERSE IT WITH DRAMATIC
RESULTS./ INSTEAD OF IMAGINING AND WORRYING ABOUT
SOME NEGATIVE CONSEQUENCE,/DETERMINE WHAT YOU
WOULD LIKE TO SEE MANIFEST,/AND HOLD IT AS AN
IMAGE IN MIND./ FOR INSTANCE IF YOU ARE WORRYING
ABOUT THE SAFETY OF A LOVED ONE,/WHY NOT SEE HIM
SURROUNDED BY LIGHT,/SITTING AT HOME IN HIS EASY
CHAIR,/HAPPY~~E~~,/~~B~~WHOLE,/SAFE,/AND WELL./ IN OTHER
WORDS, STAND ON ~~THE~~ VANTAGE GROUND OF TRUTH/AND
SEE THAT ~~WHICH~~ YOU WOULD LIKE TO BE TRUE.

► IT WAS SIR WILLIAM OSLER WHO USED TO SAY, 'LIVE IN
DAY-TITE COMPARTMENTS.'/ MAKE EVERY DAY~~E~~ AN OPPOR-
TUNLITY TO PRACTICE THE PRESENCE./ MY MOTHER HAD
¹STATEMENT FROM HER ~~MONEY~~ PHILOSOPHY,/ 'IF A THING
IS WORTH DOING, IT IS WORTH DOING WELL.'/ AND I
LIKE TO PARAPHRASE THAT,/ 'IF A DAY IS WORTH LIVIN

SO OFTEN WE SAY TO ANOTHER PERSON, /OR THINK IN OURSELVES, / 'I WONDER WHAT ~~THIS~~ KIND OF DAY THIS IS GOING TO BE?' ^{PILOT "WONDER WHERE PLANE IS GOING?"} / MORE RELEVANT IS THE QUESTION, / 'WHAT KIND OF ENERGY /AM I GOING TO PROJECT INTO THIS DAY?'

THE BIBLE SAYS, / 'GOD HAS SET ALL THINGS UNDER YOUR FEET.' / THIS DOESN'T MEAN THAT YOU HAVE POWER OVER THINGS 'OUT THERE' /- BUT IT DOES MEAN THAT YOU HAVE POWER /OVER YOURSELF AND HOW THE THINGS OUT THERE WILL AFFECT YOU.

^{I SET GOD BEFORE ME IN THIS DAY ~ PRESENCE IS ONLY PRESENT}
THE EXPERIENCES OF LIFE HAVE NO IDENTITY OF THEIR OWN. / THEY BECOME TO US WHAT WE SEE THEM AS BEING. IT IS ALMOST AS IF WE HAVE /A PLUS OR MINUS STAMP IN OUR HANDS, /AND WE STAMP THINGS AS 'GOOD' OR 'BAD',.. 'HAPPY' OR 'TRAGIC'. WHAT ARE YOU STAMPING THINGS? YOU CAN EFFECTIVELY USE WHAT I CALL 'THE POWER OF THE PLUS.' / ~~IT IS AKIN TO~~

YOU CAN BECOME A SELF-ACTUALIZER. / WITHIN YOU IS
THE UNBORN POSSIBILITY OF LIMITLESS LIVING / AND
POSITIVE OUTWORKING / - AND YOURS IS THE PRIVILEGE
OF GIVING BIRTH TO IT. / START YOUR DAY, / EVERY
DAY, / IN THE ^{DIVINITY - DIVINITY} NAMASKAR CONSCIOUSNESS. SEE GOD IN
YOURSELF. / SEE GOD IN PERSONS. / SEE GOD IN EXPE-
RIENCES. / GET INTO A 'YES' CONSCIOUSNESS. / AFFIRM
YOUR ONENESS WITH GOD, / WITH LIFE, / WITH THE CREA-
TIVE FLOW.

WHETHER YOU MAY BE A SALESMAN, / A MUSICIAN, / AN
ATHLETE, / OR A STOCK BROKER, / PREPARE YOURSELF FOR
EVERY FORAY INTO THE WORLD. / DON'T LET THE WORLD
TURN ON THE LIGHTS IN YOU. / YOU TURN THE FOCUSED
SPOTLIGHT OF YOUR SPIRITUAL INSIGHT / UNTO THE WORLD
DON'T LET ANYONE OR ANY SITUATION / DETERMINE HOW
YOU ARE GOING TO ^{THINK - FEEL} ACT - OR REACT. LET YOUR LIGHT
SHINE.

SO...PRACTICE THE TWO STEPS IN THE CREATIVE PROCESS:

1. LET THERE BE LIGHT. SEE YOURSELF IN THE CENTER OF GOD, IN THE LIGHT. YOU WILL KNOW...PERHAPS NOT KNOW ABOUT...BUT YOU KNOW...YOU ARE IN MIND.
2. LET ~~THE~~ THERE BE FIRMAMENT. NOT FAITH IN...JUST FAITH. PERCEPTION. CAN DO ALL THINGS IN THE ALLNESS CONSCIOUSNESS.

THIRD STEP: "DRY LAND" - MENTAL IMAGING.