

The Necessity of Mental Discipline.

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Rev.17-9. Eph.4:23.

It is not usually considered part of mental discipline to pray - but so it is. All the thoughts and all the acts of man tend upward if his mind is quickened in its spiritual plane. "Be ye renewed in the spirit of your mind", said Paul. This renewing of the mind is part of ^{its} ~~the~~ mental discipline. If you renew your mind in a chaotic way, you will get discordant results; but if you renew and quicken your mind in a spiritual way you will get orderly results. Now, our worship is not for the benefit of God, but for our benefit. Then we should give ourselves to the orderly expression of our minds in Spirit. Be renewed in the Spirit of your mind. Now, that we may be renewed in the Spirit of our minds, let us give attention to Spiritual things; in other words, concentrate your mind upon Spirit. We will take as a central, directing ~~thought~~ statement, this: "Divine Will guides and

direct all my thots thru the Spirit of Truth." The promise is that the Spirit of Truth will come and lead us into all Truth. That promise is fulfilled in anyone who recognizes that the Spirit of Truth is and always has been present. If you recognize that, your Spirit mind will begin to be renewed. "Divine Will guides and directs all my thoughtstthru the Spirit of Truth." (Silence)

ADDRESS: That mind discipline is a necessity our many schools bear witness. Every individual knows that he must control his mind. That is, he must educate it, and from the birth of the child the parents plan for his education. Where shall he be educated, is the first thot. Now, this universal recognition of the necessity of disciplining the mind (education is simply mental education) should give us a clue. to the oft-repeated references in the bible to the ~~a~~ right attitude of mind; to what we might call the evolution of the mind, bringing out

into conscious~~ness~~ expression by man of these innate capacities which were implanted in man by the creative mind. This brings us to the question of what is the very best system of discipline that we know anything about. You know, we are losing faith in our school systems; there has been a great change in the last few years in these systems. They have beencumbersome. Our colleges loaded up the minds of our young people with facts; with courses of study that were not used when they entered practical life, and the question has naturally arisen: "Why is this necessary?" Why could not these children have been taught practical lessons which they could use in their every-day affairs?" Well, the excuse has been that the study of dead languages and these various systems of mind culture were necessary to discipline the mind; that it didn't make so much difference when you came out of college whether you used what you learned there or not, if your mind

got the discipline. But, people are objecting to that a little bit. They say they do not want to spend so much time in this round-about way of disciplining the mind; why not learn what you can use in your daily affairs and "kill two birds with one stone?" There is still a shorter ~~x~~ cut to this mind discipline, and that is to get at a complete understanding of the mind - what mind is. The ordinary ~~xxxxxx~~ intellectual citizen of the United states thinks that all of his mind is that which comprehends his daily affairs. That the mind makes the man is widely accepted, but how much of the mind makes the man? Oh, well; that is another question, and it is only in metaphysical fields that the whole man is receiving attention. The ordinary citizen recognizes that his mind is that which he eats and drinks with, and reads his newspaper with; and that does not go very far. When it comes to speculating about absolute things, he puts that

aside; that is imagination and he does not like to deal with things that he cannot get right down to what he calls the realm of facts. So to that man mind is a mixture of sense consciousness with a very small modicum of intellect; very small. And the less of the religious phase of mind you get into his mixture, the better he likes it. Then we have the religious student - the one who begins to think of the creative source of existence; he acknowledges his capacity of that; the mind to him is a much larger and broader thing than it is to the plodder in the world. There is also the philosophical mind - the mind like Sir Isaac Newton that could comprehend causes and look back of the mere appearance of things. When we get a little further back we strike the minds of the prophets and seers and great teachers of the race. When we reach these we have in a measure comprehended Mind. We have found that the mind is a sense thing if we regard it in its

bodily manifestation; Again, it is an intellectual thing; it can reason and it can draw conclusions from comparisons. And again, it is a spiritual thing; it can think about God.

Now, what department of mind am I using? Is my mind centered upon sense things? If so, I shall only get a sense return. That is good logic. If your mind is taken up with personality, if you are allowing your affections to cluster about the family relations, the race consideration and those events that are changing and passing away, you cannot expect a return any different from those events. Don't you see, your whole that is founded on these transitory things, and in the end you get just that kind of result from your thought. So, thought discipline based upon the world is not enduring. Then, why not study and discipline your mind in intellectual ways? Take music and art and those things that do endure. Are they unchangeable?

No. The same systems that we had even ten years ago are not in use today in these departments of man's evolution and development. We are constantly changing them. The best intellectual standards are temporal things. Then, we must find a still deeper foundation - and that deeper foundation is creative law. We want to get back to the source of thought - and where shall we find this source? In the mind of Spirit. The Mind of Spirit is just a name for that inner consciousness that lays hold of the formless; that makes its realm of thought, God. There is a mighty difference between the concepts of God. Lots of people have a personal concept of God. That kind of a God will pass away; that kind of a God will never endure because he is not the Real thing. Then you can see that we must get back to an understanding of what the creative principle is. We must understand God. People say - especially those on the intellectual plane - "The finite cannot conceive of the infinite.". But, are you a finite being? No.

I
~~Yan~~ came forth from the infinite; then I must be infinite myself.
I must have a place in my consciousness where the infinite expresses
itself. Have I found that place? Not unless I have identified my-
self with it. Then until you ~~indeed~~ identify yourself with your real
being which is Spirit you have not begun real mental discipline.
You are in the outer courts of the temple. Then let us get right
back to what Paul wrote to the Phillipians; "Be ye renewed in the
Spirit of your mind." This would indicate that there is a spiritual
part of the mind, and that it is that Spiritual part that we need to
renew - that needs quickening in us. Metaphysicians find that they
can, thru turning their attention to the inner realm of the mind get
certain results. You can feel with your mind. Sometimes it is called
vibrations; well, there is something in that, but the mind has a more
interior way of expressing itself - that is, knowing and feeling.

You can know and feel with your mind when you begin this research of the mind. That is, the identity - what we call the I AM in man - can run up and down the whole gamut of his being and discern the different planes of consciousness. As you go on in this renewing of your mind you will exercise that ability to feel the intellectual man, and the sense man, and the spirit man, and you will know when you have quickened the mind of the Spirit. And when you have quickened this mind of the Spirit you have come into that same relation that Jesus Christ did when he said: "This that I am speaking to you is not of myself." In other words: it is not that man that you see; it is not the intellectual man - that was John:- The ~~xx~~ spiritual man recognizes that there is an intellect thru which it expresses itself, but does not give that man authority and power. No. The intellectual man himself when he sees the spiritual man back of him says: "I am not the real

thing; there is one to follow me that is greater than I." When you say that, you have renewed the spirit of your mind. And this renewing of the Spirit of the mind is possible to everyone of us. It is a wonderful revelation and by meditating and thinking about yourself as a spiritual being you begin to ~~thru~~ establish in your consciousness these thoughts of the Absolute. Now, the absolute, creative law is constantly at work in you. The absolute, creative intelligence is constantly at work. You see its manifestation; you see in your own body wonderful things being done that you outwardly do not know how they are brought about, but you see the results and your intellect logically draws the conclusions that there must be back of that law a wonderful intelligence. Now, cannot you as an individual commune with that intelligence? Certainly. What is that intelligence? It is Spirit; the Absolute; the creative Idea. And man has the

power to make a conscious unity with this Spirit of his mind. But if you do not look for the Spirit of your mind, why you will not get the Spirit of your Mind. You will get lesser things. Now, I find many metaphysicians who, altho' they know this Law, when they see in themselves some ~~lack~~ lack in the way of education, and they wish to attain in some direction, before they know it almost they will be adopting some man-made method. Men the world over are, in this day especially, giving less and less attention to mere theoretic exercises. They are finding out that they have a soul. Soul is another name for intellect; it is that realm of mind in us that deals with things. There is a great quickening in the human family in this ambition to know more about the power of the mind, and if you are not careful you will run right off into an intellectual development of the mind. You will be adopting some method of mind culture along some of the

various lines that are not based upon the Spirit of the Mind. Now, the question is: "How will you develop?" Will you develop simply as an intellectual expression of the mind, or will you develop as a spiritual expression? Will you, in other words, Will you in other words base all your thoughts and all your acts upon the Law? Will you be a follower of Jesus Christ? Now, Jesus Christ did not adopt any authority. He did not base his doctrine or his acts upon what man had laid down as the Law of man's action. We went right counter to the standards of the ~~various~~ religious world and the material world, because he did things that nobody had ever done before, and they could not understand how they were done. But he knew. He knew that he had found the molding realm of thought. In other words, he had been quickened in the Spirit of his Mind and he applied that Spiritual law to the needs of man right at the time. A lady was

telling me the other day that she got one of the best lessons of her life from a lecturer who told about doing "just the next thing." She said it sounded so simple that at first she did not comprehend it; but when the lesson was worked out she found that she was not doing the next thing. And we all find that? When we see how the mind works, and that we are thru our thought constantly building up substance and making a working realm in the Universal ether you can see how ~~so~~ necessary it is to throw all of your thought force into the thing that you are doing. But in your daily acts, for example; you get up in the morning and your first thought is, "I must get up and dress; I have to go to the office. I am doing all that I do for the purpose of going to the office;" Your mind all the time is on a future work and you are not thinking about the "next thing" at all. You are not thinking about the

things right at hand; you are depleting your substance by throwing it into a future thing. ~~if you~~ change that attitude and just think of the "next thing" - or even better than that, think of the thing you are doing - not the next thing you are going to do because that removes it one degree away from the present action of your mind. The Spirit always works in the omnipresent; Spirit is not dealing with future propositions. Spirit deals with the NOW. And the more you can get this Spirit of the NOW into your mind, the better disciplinarian you become; the better you can control your thoughts. Now, you must have power to control your thoughts. What kind of Power? Spiritual Power. And the more you can talk to this man of sense about Spiritual Power the more power he will express. If you let your mind run away from the Spiritual man you will get into a place where you are run down. You care less

and less because you are not connected with the dynamo. Now, the one dynamic resource of man is Spirit Mind. Keep your thought on that proposition. Jesus Christ demonstrated the Spirit Mind. He was an origina-tive, initiative mind. He did away with all Law that interfered with the originating Spirit mind in man. When he and his disciples were hungry they walked right into the fields and gathered corn and ate it. And the Pharisees said: "Why look at those sinners breaking the Law of the Sabbath." Jesus quieted the tumult by saying: "The Sabbath was made for man; not man for the Sabbath." In other words, man comes first, always. Then he went into the synagogue, and there was a man who needed healing. The Pharisees said: "Now, we'll watch him. I wonder if he will break the law again and heal on the Sabbath day." Jesus said: "Is it good to do good on the Sabbath day?" and he healed the man. So

in all of his acts he paid no attention to the standards set up by human law. He used the law as it came to him from within.

In other words, he was quickened in the Spirit of his mind.

Now, we take Him as a standard, and we say whatever our need may be we can have it supplied by using this Spirit of the Mind. If I

want to know a certain thing, I will call upon the Spirit of my mind, and I will find out that thing. Nobody can hide anything

from me when I put this discerning Spirit of the Mind into action.

Nobody can keep from you an education, or anything that you wish to accomplish if you do it in the Spirit of your Mind. Someone

may say: "Could I learn to dance thru the Spirit of my mind?

Don't I have to go to a dancing master to learn to dance?" No.

Dance by yourself. Dance in your mind first and it will begin to

work in your feet. Dance in your mind and you will find ~~and~~ that

every part of your body will begin to go thru a rhythmic expression. It will then not be mere ~~physical~~ muscular exercise; it will be real, Spiritual expression of divine harmony in what we call the realm of things. Everything in the universe had its origin in this Spirit of the Mind. Not the intellectual mind, but the Absolute Mind; the formless, all-powerful realm of ideas. When we open ourselves to it, it begins to form in us what we call harmony, poise, mastery, dominion; that is the real spiritual mind expressing itself. We must trust this mind and give it a chance. We do not give this Spirit mind an opportunity to express itself. The intelledt is always right there. It says: "Now, I'll show you the way. Do this and do that; study all the books in the world; choose this teacher, or that system,"and so on. ~~Now~~ That is not the way the Spiritual Mind works at all. The Spirit of the Mind will say;

when you want to know anything: "Get off into a corner somewhere; get yourself where you will not be disturbed and think this thing out. Get hold of the underlying principles. People say to me - "I cannot remember things; I have to discipline my memory, haven't I?" Yes - by quickening the Spirit of your mind. It is because your Spirit is not projecting into your mind the right kind of thoughts that your memory is off. Get hold of the Spirit of your mind; discipline your mind then; begin to marshal in your mind, if you want a good memory, the memory of Spiritual things. People are trying to cram their minds with the memory of all kinds of things that do not pertain to the ~~the~~ Absolute. Do you want to remember these things? I do not want to remember my past. My past is not a pleasant thing altogether to remember; it is full of blow-holes. Let it go. Do not be afraid that you are going to

lose your memory if you are holding to the Spirit of your Mind. Then, "Be ye renewed in ~~you~~ the Spirit of your Mind!" Think about the Spirit of your Mind. Think about that wonderful Spirit doing all things for you. That is the promise. When this Spirit of the Mind - which is the Spirit of Truth - comes/ into your consciousness you will be guided in all things. There is nothing but what you may accomplish if you will be true to the Spirit of your mind. Trust it. Deal/ with it day after day, morning, noon and night. Concentrate upon the Spirit of your mind, and ask that it be in divine order; that it bring out in you any faculty; whatever you want to ~~accomplish~~ know; any accomplishment of any kind - ask the Spirit of your Mind to open up that field thru which you wish to express, and I guarantee that you will do it, and you will do it in a new and better way than it was ever done before - thru the Spirit of your Mind.

Blessing (Offering) - Let us all enter into the Spirit of our mind in its providing capacity. This deals with the causing side of substance. The Spirit of the mind in all people here is now expressing in increased ratio, increasing with the activity of the I-am in consciousness, abundance. All thought of lack is now dissolved, and the great all-sufficient mind of the Spirit is doing its perfect work. Great blessings and a great out-flow of plenty now follows. In the Name of the Lord Jesus Christ manifest thru the Spirit of Truth this is accomplished.