

OPEN
DOORS

WHITNEY

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By
FRANK B. WHITNEY

Please return to:
Unity Church of the Hills
Austin, Texas

Open Doors

by
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DEDICATED

to the reader who, in opening this book, is opening the doors of his mind to a new presentation of an old philosophy of life. "Behold, I have set before thee a door opened, which none can shut."

Friendly Doorways

I like to see a doorway wide,
The door ajar a space,
With "Welcome" showing on the step,
The curtains hung with grace.
I always feel a friendly man
Is home, if I should call;
At my disposal, if I stop,
He freely places all.

I like to know that all through life
The doors are opening wide,
And that on every hand I find
My call is not denied,
That life says, "Welcome," back to me
Wherever I may go,
And that its all it offers me;
At least, I've found it so.

And, so, I like my doorway wide,
I like my door ajar,
That, possibly, my light may bring
Some stranger from afar.
That he, in searching for a door,
May see my light and take
Fresh courage then and, if he can,
A little visit make.

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OPEN DOORS

These doors now open to you:

DOORS TO PEACE

DOORS TO WISDOM

DOORS TO LOVE

DOORS TO JOY

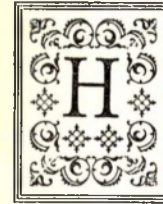
DOORS TO HEALTH

DOORS TO PLENTY

DOORS TO SUCCESS



OPEN DOORS



OW WOULD you like to have some great god or mighty power make you this promise: "I have set before thee a door opened, which none can shut"? Would you accept his authority, claim the promise, and go your way through life confident that he had opened all doors to you, doors that could not be closed by human hands? Or would you begin to reason over and over in your mind, trying to think of some kinds of doors not included, some human hands not mentioned?

Have you thought that there were doors closed to you, human hands that placed obstructions in your path? Have you had the experience of trying very hard to reach a certain height or goal, only to find when you arrived there, ready for the final step to victory, that human agents were barring the way? If so, then you need to know that this promise has, indeed, been made. The voice of heaven says to you this day: "I have set before thee a door opened, which none can shut."

Many persons go through life secretly desiring to enter a new world, one with new opportunities, peace, health, love, and success. Is the door to this life, this world, closed to them? Can any one or anything shut it? Could any-

thing close the door except their own delusions? Of course, if they do not perceive the truth, they believe in closed doors. But if they accept the promise, all doors are opened to them.

There are those who stand before open doors, at the threshold of opportunities and success, who are self-mesmerized with the belief that these doors are closed, that others have shut them, barring their way, depriving them of progress and advancement. These persons see closed doors, their efforts thwarted. Still, they stand before open doors, doors that none can shut to them.

"I am the door," says Jesus, who, to us, is Truth, light, peace, love, life. We begin to see that the realization of Truth, light, grace, love, and life is the door opened to us upon an ever enlarging world. The realization of love most assuredly opens the door to a world of love, a door that neither hate nor fear can shut. The consciousness of Truth opens the way to an understanding of more and more Truth, a way that ignorance cannot close to us.

The very thought of closed doors carries with it the thought of thwarted ambition, lost hope, adversity, failure. Surely man's Creator does not make him a thing of abjection, a failure, a victim of human chicanery. Certainly God of justice, God omnipotent, closes no doors to His offspring, neither does He permit doors to be shut to Him.

"My progress is unimpeded, because the Spirit of God bears me onward." This affirmation rings true in its every syllable. The whole thought is backed by the Biblical injunction

and promise. Surely Truth is in its every word. If we think of our progress as unimpeded, then we cannot give one thought to the belief that other persons can be impediments to our ongoing. If we think of the Spirit of wisdom, justice, and omnipotence as bearing us forward, then we cannot entertain the slightest thought that any person or thing can block the way of God's will for us.

Many persons live in a world of inhibitions. They are hedged in on every side by restrictions to their development and progress, restrictions consented to because they feel somehow that it is natural for man to submit to limitations. Their world of limitations and restrictions is, truly, a world of delusions, one conjured up by their own benighted beliefs.

Since the world about us takes on the nature of a circle about us, we can think of this world or the circle as having many doors, open doors. We could mark these doors with many names. Here a door to health, here one to happiness, there one to success—all opened to us. We find doors in the outer world opened to us because in consciousness we have found inner doors opened. The door to health is opened because we know that the Spirit of life within us recognizes nothing as having power to limit our health.

Do you grasp the truth of this message of open doors? Are you not ready now to set out upon the great adventure of proving this great truth, finding all the open doors that you can, passing through them to greater and nobler things? Remember, they are all open to you.

UNSHAKEN

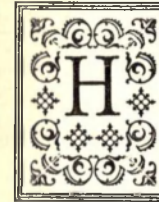
No matter how the world may move,
Or how the winds may blow,
Or how the tides may rise and fall,
Or seasons come and go,
They ne'er affect me nor disturb
My peaceful soul's content,
And I remain unshaken,
Undisturbed, unmoved, unrent.

The things that other persons say,
The things that they would do,
Cannot affect my spirit's peace—
My spirit constant, true—
And things outside cannot molest,
And neither can they harm,
For, in the calmness of my soul,
I'm safe from all alarm.

Unshaken, undisturbed, unmoved,
The spirit in my breast
Makes me to know I am secure
And safe from all unrest;
I pause in times of stress and strain,
Amidst all worldly things,
And listen to assurance sweet—
With joy my spirit sings.



WINDOWS OF HEAVEN



HAVE YOU ever been in the slough of despondency, on a bed of pain, or faced by seeming opposition on every side, and then suddenly realize the nothingness and powerlessness of the outer situation, suddenly feel a burst of light within and about you, the light of the presence of God? Have you ever been in some situation in which your black and heavy thoughts seemed to darken your world completely, and then you seemed to be given a higher thought, a deeper consciousness of reality, and realized that in Truth you did not exist in adversity and despair, but in heaven?

Many an invalid on a bed of pain, many a business man seemingly engulfed in financial depression and failure, many an individual living in an environment of inharmony and hate, has seen this light. He has seen the windows of heaven open and a flood of light has burst upon him. He has realized that the high Truth of heaven—the reality of his peace, health, and success—alone is true.

In the Book of Malachi we read: "Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to *receive it*." The "windows of heaven"

open to us when we look heavenward, when we turn from all belief in the power of adversity. When we prove to ourselves that God is all in all—all of peace, love, health, and plenty—then we cannot let adversity overcome us.

Oftentimes, when in silent prayer, a person will realize his detachment and freedom from adverse conditions because the very light of heaven will reveal to him the reality, presence, and power of God. The windows of heaven will open to him, and his whole being will be flooded with light, joy, love, peace, life, and health. He will lose all belief in the presence or power of fear, hate, pain, disease, or failure when he grasps the all-reality of love, health, and success.

A woman one time related that she had been given up to die and that relatives were at her bedside, anticipating the final moment of her life. She had been unconscious for many hours. She had the experience of sleeping heavily and, at the same time, of being able to hear some of the voices about her. There came a time when that which represented disease and suffering seemed to separate from her and something beautiful and strong began to grow within her.

An assurance of her power over disease, pain, and weakness came to her. She lay still with only half-opened eyes. Those of her sorrowing relatives who were about her continued in the belief in death. They could not see the light of God shining in her heart. They did not know that she had perceived the trueness of life! She could see how by gradual stages she had been led by adverse belief down into the darkened valleys of disease and hopelessness.

Her mind began to shake off the miasma of adverse belief and to free itself from the mesmerism and hypnotism of belief in death. She saw that those who believe in succumbing to death die. Those who find that God is their life live!

Windows of heaven opened to her consciousness and heaven's light revealed Truth to her. She turned from darkness to light, and beheld heaven's blessings poured out upon her. She beheld the light of Truth within her own soul, and heaven's light shone about her. The light of Truth in her consciousness freed her from the mesmeric thought that would have separated her from life.

Windows of heaven open to us when life on every hand seems to be closed to us. The light of Truth reveals our blessings when we cease to look for disappointments, crosses, sacrifices, and adversities. When to human perception there is naught but loss and failure, in the sight of God there is naught but success and plenty. When man is driven to extremity by his self-inflicted failure, God takes the opportunity to reveal success to him if he will but face the light.

We can see that unless we face heaven, unless our thought is purified, we cannot behold the "windows of heaven." We cannot receive heaven's blessings unless we think in terms of blessings. We cannot behold the light of Truth until we turn from darkened beliefs.

The "windows of heaven" are opened to you now, whoever you are, wherever you may be, whatever your problem. These windows are never closed to you.

EACH DAY BEGINS A BRAND-NEW YEAR

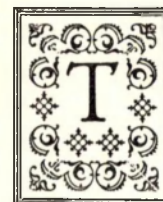
Each day begins a brand-new year,
So you on any day
Can take a brand-new lease on life
And put the past away;
You need not look to certain days
As better than the rest;
I think today of all the days
Is truly, then, the best.

Each day begins a brand-new month,
Each day a brand-new week;
If you desire a lucky day,
Success you wish to seek,
Begin today to see yourself
Accomplishing your task;
If you need aught to fill your life,
Today for this then ask.

Today just ask of God the good
You need to fill your life;
Today affirm that God will free
You from all pain and strife;
Today believe, approach the year
Without a trace of fear;
Today'll bring good to you! Each day
Begins a brand-new year!



I BEGIN LIFE ANEW



O BEGIN life anew I am willing to give up every heavy and depressing thought of the past. I am ready to yield every thought that would bind me to the adverse and limited beliefs of yesterday. I cast from mind every thought that would hold me in bondage to the limitations of the past.

I cease to entertain thoughts of inharmony, fear, hate, disease, or lack. I am no longer in bondage to those beliefs which would cause me to lose sight of my perfect freedom and inner perfection in Spirit. I give up thoughts that would bind me to the personality of others or cause me to be affected by their limited beliefs. I begin life anew!

I give up the thought that persons, things, or circumstances can hold me to crystallized beliefs or conditions. I recognize no outer thing or circumstance as having power to limit or affect my ongoing. I rise out of the belief that I can be bound or limited by my environment. I recognize no claim of outer conditions as able to cause me to stand still or to go back. I advance in the might of my spiritual heritage. I begin life anew!

I greet this day as giving me an opportunity to lay hold of new blessings. Today I

enter into a new world—one filled with new ideas, new ideals, new opportunities, new visions. I see the world as freed from the limitations that I have placed upon it in the past. I no longer think of it as my master or of myself as bound by worldly things. I rise in the glory of my spiritual power, and proclaim my world as subject only to the will and word of the Christ within me. I begin life anew!

First, I see myself as I am seen in Spirit. I behold myself as freed from all bondage to race beliefs. I no longer look upon myself as created in the image and likeness of sin, imperfection, and failure. I know the truth that I am created in the image and likeness of God, my Father. I behold the Christ in me now coming forth as the outer manifestation of God's idea of my perfection. With this new and true concept of myself, I begin life anew!

I see my friends and loved ones as freed from the limited beliefs that I have had about them. I give up every adverse and personal belief about these dear ones, in order to see the Truth of God and His perfect will manifest. I cease to think of my associates according to the adverse and limited beliefs that I have entertained about them previously. I begin life anew!

I greet life today with the conviction and assurance that God is in His world as the all-pervading, all-reigning presence of good. I have faith in the good as mighty to remove every evidence of so-called evil. I believe in God's omnipotence and His omnipresence. I align myself with the forces of good, the power of God.

Disregarding the claim of evil, I acknowledge God as the one Presence and one Power in my life. Going forth armed with the conviction of my oneness with God, the good, I begin life anew!

I know that the power of God within me is mighty to defeat and overthrow every claim of any external power. I do not consider any problem of the world too difficult for God to solve. I can admit no claim of the external world as having more power than God within me, the principle of good, the law of Infinite Being. With the knowledge of the truth of my innate supremacy over things of the external world, I go forth this day beginning life anew.

I cease to think of myself as living in inharmony or discord. I live in a peaceful environment. I am surrounded by the blessings of God. On every hand I find a blessing, a blessing commensurate with the need to be supplied. I know that God gives to me in the way and according to the form that will most acceptably fulfill my needs. Assured of peaceful surroundings and established in the blessings and prosperity of God, I begin life anew.

I begin life anew today because I am established in the consciousness of new life, new health, and new strength. Gone are the old beliefs that would bind me to physical weakness and disease. Forever dispelled from my mind are those race beliefs that would hold me subject to woes of the flesh. I rise to the consciousness of my innate spiritual perfection, which is now being expressed in my physical organism as perfect health. Firmly convinced

that the truth of my health is now appearing, now manifesting, now here, I begin life anew.

I know today that I am emerging into a new world, the world wherein only Truth, peace, love, life, and substance hold sway. I live in the world of Spirit, untouched by negative beliefs, unaffected by ignorance, superstition, and fear. I live in the heavenly kingdom of God now appearing as God's idea of man's perfect world and environment. I live in the kingdom of peace, love, justice, and beauty. I live in a new world. I begin life anew!

I go forth this day holding those high ideals which cause my vision to be centered upon the spiritual heights from which come true inspiration, illumination, and revelation. I lift my vision to those heights from which I am illumined by the light of Spirit. Light is shed upon my path. All things that I need to know this day are revealed to me. I am illumined and inspired by the light of Spirit now burning within my breast. Knowing that God, His light, and His inspiration attend me wherever I go, I begin life anew!

I go forth radiating light, Truth, peace, harmony, and joy to all whom I contact. The sun of Truth—the son of God within me—shines gloriously upon all whom I meet. Christ within me is alive. Spirit within me speaks to Spirit in those whom I greet this day, and the message of light, love, and joy flashes to the ends of the earth. I begin life anew today because I constantly behold newer and newer visions of beauty and holiness.

I, YOUR GOD, LEND YOU A YEAR

I, your God, lend you a year
Of days to highly prize,
Days of possibilities,
In which all goodness lies—
Days of joys, days of success,
As well as sunny days,
Days of health and days of wealth,
And days of love and praise.

So take these days and use them well—
And make your dreams come true;
And ere the year draws to a close,
To you I'll give your due;
If you'll give back into My hands
A year with love replete,
Lo, I shall give Myself to you
And make your life complete.

Make of these days a perfect year,
A tapestry fine-spun,
A chalice for My blessings rich,
O My beloved son,
And for the year that you now live
According to My will,
Lo, I shall give you other years,
And more, for you to fill.



INVOCATION

This is an interpretation of Charles Fillmore's "Invocation." "Invocation" is found in the booklet, *"Directions for Beginners."*



AM NOW in the presence of pure Being. In this holy presence I realize that in truth and reality there is only God. I am now at one with the great I AM of Spirit. In this holy presence no belief in the presence or power of anything unlike God can take command of me. To enter this mighty and holy presence, I have been willing to cast from my mind, my life, and my environment everything ungodlike in character, everything that sets itself up as opposing or equaling God, the omnipotent.

"Immersed in the Holy Spirit of life, love, and wisdom," I give up all recollection of, or association with, ignorance, hate, fear, or death. I am forevermore alive in the light, love, and life of God. The glory of heaven is now showered upon me. My heavenly baptism now takes place, and my soul is flooded with the presence of Spirit. I am immersed in the omnipresence of God. His light, life, and love—now poured out upon me—are, indeed, a heavenly benediction. He gives me of Himself, and I am at one with Him.

"I acknowledge Thy presence and power, O

blessed Spirit." To me henceforth there can be no other truth, being, reality, or existence. There can be no thought of evil, because Thou art the presence of good. There can be no existence of adversity, because Thou art the presence of holiness. There can be no power of sin, disease, or death, because Thou art omnipresent as good, truth, reality, the absolute! Naught can have power but Thou, for Thou art omnipotent! I acknowledge Thee only.

"In Thy divine wisdom now erase my mortal limitations." Through Thy wisdom, now expressed within me as my own, may every unwise, ignorant, or unillumined thought be cast from my mind. Help me to deny and to eliminate every belief that is not founded upon Thee, who art the reality and the permanence of my life.

"From Thy pure substance of love bring into manifestation my world according to Thy perfect law." From Thy loving substance cause to manifest in my life all that is pure, noble, high, and heavenly. Bring into expression Thy heavenly kingdom, that spiritual realm in which I with Thee now live, and move, and have my being. Cause me to behold in Thy heavenly mirror myself as I am seen in Spirit. Permit me to glimpse Thy divine concept of me as it exists in the higher realms of mind and Spirit.

Having every mortal limitation erased from my mind and my body, acknowledging Thy presence and power, being immersed in Thy Spirit, light, life, and love, I am now at one with Thy omnipresence of all good.

HAVE YOU PRAYED ABOUT IT?

Have you, in seeking peace, tried prayer?
Now, what would Jesus do?
If every other plan has failed,
See what's in prayer for you;
If you are wond'ring what to do
And cannot well decide,
Just whisper low your secret thoughts
To Him who's at your side.

Have you yet prayed about it, friend?
You wonder what is best?
Then, place the matter in His hands
And leave to Him the rest;
The load is lifted when you pray,
Your heart will lose its sigh
When you give all into His hands
As He is standing by.

You wonder what the Christ would do?
If He would smile, forget?
If He could still His blessing give,
If He'd be loving yet?
"Yes, love and sweet forgetfulness,"
He recommends to you;
Oh, what a comfort 'tis to know
Just what the Christ would do!



THE PRAYER THAT LIFTS MAN TO GOD



THE TIME of prayer should not be the occasion for man to think of himself as a worm of the dust or as a sin-soaked sinner. Regardless of what man has believed himself to be, he, when in prayer, should seek to find out what he is in truth. His sinning may cause him to resort to prayer, he may approach prayer in a most humble attitude, but when he starts to pray he must give up the tendency to think of his sins, faults, or imperfections. He must give up all inclination to see himself according to worldly standards. By prayer he opens the windows of heaven and beholds himself revealed in the glory of the kingdom.

Were he to approach God in a cringing attitude, he indeed would appear conspicuously unlike the majesty of his Father. He could not catch the truth and glory of his divine sonship if his eyes were turned earthward, instead of Godward. He would have the wrong concept of prayer and, consequently, miss much of the good that might, otherwise, be gained from it.

If you must be humble, penitent, and contrite, then be so before you actually engage in prayer. Let prayer be your time of exaltation,

the time of your ascension, the time when you stand in the presence of God bathed in the light of heaven.

Is this concept of prayer something new to you? Does it sound heretical to your old concept of prayer, or make you feel disloyal to the accepted views of religion? The words "prayer" and "to pray" used in our English translation of the Bible are a translation of the Hebrew root word, *palal*, which carries the significance, "to judge oneself to be marvelously made; to recognize wondrous things within the self, and to do so continually and habitually." Does this make this concept clearer to you?

In prayer, then, seek to think of yourself as being marvelously made. Would such an attitude include a thought of sin, disease, or imperfection? God has created you in His image and likeness. Will you not accept this truth? Or will you, while in prayer, attempt to carry into your concept of His divine Fatherhood a thought that He is untrue or that His Truth does not pertain to you, His child?

Next, recognize the wondrous things within your true self, the Self of God. Recognize light, peace, life, love, perfection, and substance divine. In this Self of God behold your own selfhood, for this is your real and true self. Behold something of God Himself within you. Behold His wondrous presence within and about you, a presence that in truth is your own reality and life.

Recognize this divine truth continually and habitually. Continually? Yes, at all times. Since this is the absolute truth, you must con-

sider it so forever and ever. When you appear to be disturbed by things of the world, then you must know the truth about yourself, about your freedom from external things. When you appear to be unhealthy, then you must realize the truth that you are marvelously and perfectly made. You must realize this truth when actually in prayer or engaged in the daily task.

If you would pray the prayer that lifts you to a realization of the presence of God, you must know what prayer is in truth, and you must pray the prayer of Truth. You must enter the divine presence with a clear countenance, uplifted eyes, and head erect. How else can the glory of God's presence be reflected from your countenance!

The prayer that exalts must be of an exalting character. If your prayer tends to cast you down, then it would fall short of this ideal and purpose. You cannot expect to be exalted by a prayer the very nature of which is depressing. Those who cringe in the dust come to think of themselves as of the earth, earthly. Those who know themselves as sons of God find themselves so accepted by the heavenly Father.

Those who in prayer feel lifted up have power also to lift up others to Christ. The teacher of practical Christianity who through prayer feels exalted can help others to rise out of personal limitations, disease, and lack, and help them to be lifted up to the presence of Christ.

Healing is not a mysterious, mesmeric, or fraudulent process or experience. The individual through prayer rises out of the belief in and

manifestation of disease. It ceases to be a reality to him or a part of him. He is exalted to the Truth of heaven, wherein he sees himself as God sees him. He beholds the truth, beauty, and holiness of health and perfection, and accepts these as his own.

Humility is but the vestibule to prayer. Prayer itself is illumination, inspiration, exaltation, and revelation. In prayer man exchanges the crucified Christ for Christ exalted. He loses sight of Calvary when he beholds Christ, perfect man, resurrected, ascended, glorified, victorious, triumphant! What a picture! The perfect man of God exalted and the light of God within him radiating His resplendent glory.

Your escape from the woes of the flesh, your release from unhappiness, disease, and failure, exists as a reality in the heart of prayer. You have but to sacrifice a limited, personal impression of yourself, you need but place the old belief on the altar of sacrifice, in order to have your prayer ascend to high heaven and have it answered in a measure far surpassing your most sanguine expectations.

Cease to limit for yourself what can be done through prayer. The prayer that has been answered for you today will be but a slight introduction to, or forecast of, what will follow. The exalted feeling that you experience now through prayer but serves to reveal what will come to you at some time when your thought will ascend still higher and higher in spiritual consciousness. Be ye exalted! Lift up your head, your eyes, your heart. Your illumination and ascension are at hand.

GOD STILL ANSWERS PRAYER

Remember well in times of stress
When you would all desires express,
That God still answers prayer.
For men in prayer to Him have turned
Throughout all ages, and have yearned
For Him, and found themselves ne'er spurned;
They found He answered prayer.

No prayer can e'er ascend in vain;
He gives His best, then gives again;
For God still answers prayer.
We often fail to comprehend
The things of God, our truest Friend,
But of His good there is no end,
For still He answers prayer.

By our power to trust, believe,
He answers us, and we receive;
Yes, God still answers prayer.
For 'tis by measure of our light,
Our power to pray, and pray aright,
He gives, then adds a blessing bright!
Yes, God still answers prayer.



PRAYER AND CONFIDENCE

THE MOST scientific and efficient prayer is that one in which we earnestly know the nothingness of evil and confidently expect and see the manifestation of good. The prayer of the practical Christian is one in which he knows that his answer has come and that the blessings of heaven are being poured out upon him. He knows that his desire for good has opened the windows of heaven, and that the answer to his prayer is certain.

The practical Christian so clearly understands the technique of prayer that, to him, it is not a thing of mystery. He finds that prayer is founded on a definite and scientific law. He asks and he receives. He knocks and the doors of heaven are opened to him. Nothing is withheld, nothing delayed.

When we ask, we do not do so in the sense of beseeching for something. We ask in the sense of inviting our good! We ask in prayer by becoming receptive. We ask Spirit for God's blessings by becoming receptive to them. We reach that high consciousness in which we know that our desire for good is answered without question, without restriction, without limitation. We pray in confidence.

At one time we were taught to bow down in

abject humility and ask God for release from pain if it might be His will that we suffer no longer. Now we rise in the majesty of our divine sonship, know that it is His will that we express His image and likeness, and become filled with His presence of life and health. What a revelation regarding prayer Truth has given to us! What confidence we can feel when we pray the prayer of Truth and enter into the realization that that for which we pray is ours at that very moment!

Knowledge of the true technique of prayer gives us confidence. To pray for health we simply realize that in God's sight we are eternally whole. The answer to our prayer simply depends on our clear thought, clear realization, and clear vision. The clearer the realization that we get of our oneness with God, the sooner will the answer come. Clear thinking and clear vision in prayer give us confidence in ourselves. We see ourselves standing erect in the presence of God and feel that He gives His approval in all that we ask.

The perfect prayer is one in which the individual loses all sense of his own personality, only to find himself as he exists in Spirit, heir to all that his heavenly Father has because he is created in His image and likeness. His prayer is terminated with the realization that he actually has that for which he has prayed. Sooner or later, he is greeted by its manifestation.

When we pray we must exclude from mind all doubt and fear. We must pray with perfect trust, with the assurance of utter confidence.

A VERY PRESENT HELP

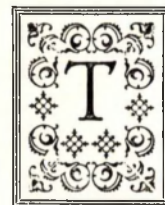
The way seemed barred, then unseen hands
Threw open fast-closed doors;
My purse was empty, bare, and then—
'Twas filled from heav'nly stores;
My path seemed lonely, dark, and then—
Then Some One came to aid;
I looked about inquiringly.
A voice? "Be not afraid!"

I stood where roads diverge. A hand?
"Take this road, straight ahead!"
When I would rest, I looked about:
A pillow for my head!
A stone obstructed full my path:
Straightway 'twas moved aside!
My eyes searched wide. "I shall take care
Of you," Some One replied.

I, wearied, stopped, then something gave
New courage and new heart;
I lost my way. A star came out,
And showed me where to start!
I stopped at night and there—ahead—
A shelter in the wild!
My eyes sought sleep, my heart in prayer.
Then Some One near me smiled!



THE ABIDING PRESENCE



ODAY, what are you conscious of as truly present in your life? Do you feel some presence within and about you, something that is always with you, something that gives you comfort in times of trial, something that lives and endures through all time? If so, then you are indeed living in the presence of God. If you can sense the presence of light, peace, and love when outer conditions strive to make evil appear, then you have found the abiding presence of God.

Those who find difficulty in life have not found the presence of God. They are, instead, more aware of what would seem to be His absence. They believe that sin, evil, disease, and want are present. Of course, in Truth God could not be present and evil be there at the same time. We must think of evil as rapidly disappearing to make room in our consciousness for the presence of God. This takes place as we clear our thought and behold His presence. In absolute Truth, God is never absent. This becomes true to us individually only as we grasp its significance. If we do not, then God does not appear to be present. The greatest work that we have to do is so to clear our thought and

vision of all belief in evil that we may behold the omnipresence of God.

Evil in any of its many guises is but an illusion appearing to the person with clouded thought and vision. The whole work of Jesus and of Christianity is to cause man to cease regarding evil as something, to strengthen him spiritually so that evil will not lure him away from the good, to turn him to God and reality. Mystics and seers of all time have practiced the realization of the presence of God to such an extent that evil was for them reduced to nothingness.

The abiding realization of the presence of God is man's only salvation from the woes of the flesh, the temptations of the world, the charm of evil. Jesus so completely lived in the presence of God that His associates could see it about Him as an aura of light. There is perhaps no similar illustration within our knowledge of how the consciousness of light objectifies so powerfully. Had Jesus entertained a belief in any presence other than the presence of God, this aura of light could not have manifested.

Today, if you are feeling sad or unwell, you are not conscious of the abiding presence of God. If you are conscious of persons and things of the world as having power over you, your thought is divided. You are believing in evil as having presence and power, even though you aspire to know the high principles of Truth.

When you are conscious of the presence of God—of peace and love, then there can be no unrest in your life. The abiding presence is

sensed when you know with all your heart that God is truly present and is more real to you than anything else in all the world. Regardless of your environment, you can get the clear realization of God's omnipresence if in consciousness you perceive Truth and hold to it.

David sang of God: "If I make my bed in hell, behold, thou *art there*." If in consciousness we abide in hell, then hell becomes a reality to us and we live therein. All the time, however, we have access to the presence of God. When we abide in His presence, hell is transformed into heaven. The first part of the line of David shows human experience as contrasted to the spiritual principle expressed in the second part. "If I ascend up into heaven, thou *art there*."

The spiritual world sustained by the presence of God is everywhere present. The evil that man objectifies through his ignorance is like a mist that hides the spiritual world from his eyes. We are not to think of God as present in the evil but of the evil as having no presence or reality in Truth. Were God present in evil, we could not hope to escape it. Were God truly in evil, evil would be a reality. God would need to know evil in order to sustain it and to abide in it, even as we need to know the presence of God in order to live in it.

Man's only freedom from the claims of evil, sin, disease, and want lies in his consciousness that in reality he has no relation to these whatever. In Spirit, he is at one with God and His manifold blessings. In Spirit, he is eternally unified with the abiding presence of God.

TRUE PRAYER UNDERSTOOD

The prayer that reaches Heaven's ear
Is not the prayer of doubt and fear,
Or one of learned word or phrase
Imploring God to change His ways;
It's not a prayer of begging grace
From mumbling lips and hardened face;
But just a thought of peace and rest
Since God in heaven knows the best;
It's just a knowing, firm and true,
That God will bring the good to view;
Thus may true prayer be understood—
Not asking, but accepting, good.



THE PARDONING POWER OF PRAYER



THE WAGES of sin is pardon and forgiveness if he who has sinned comes into an understanding of Truth and the power of prayer. Hezekiah prayed, "The good Jehovah pardon every one that setteth his heart to seek God."

Surely such a person does not seek God, the good, if he is holding himself bound in remorse to events of the past. The wages of sin become destruction only when the sinner dwells in the self-condemning and destructive thought.

Are there any unpardonable sins? Surely not. God, in His infinite mercy, could not withhold from any one His love and forgiveness. If a man forsakes his evil thoughts and deeds and returns in spirit to his Father, this Holy One will surely forgive and pardon. "Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto Jehovah, and he will have mercy upon him; and to our God, for he will abundantly pardon."

Recently a nationally known radio preacher said he deplored the fact that the Bible mentioned anything like a sin against the Holy Spirit, or an unpardonable sin. He said that in his ministry he had had numbers of persons

come to him, relating some sin of the past and confessing to him that they felt it was the unpardonable sin to which the Bible referred. He said that often only with the greatest difficulty could he rouse them from their state of self-condemnation.

The only sin against the Holy Spirit is our resistance to its work. God is ever ready to forgive, love, and pardon us. When we do not accept His forgiveness, love, and pardon, we resist the action of the Holy Spirit. We cannot be forgiven as long as we refuse to be. As long as we condemn ourselves, we cannot be set free by the forgiving love and pardon of God.

That person who believes that the wages of sin is destruction does not believe in the pardoning power of prayer. His ignorance and doubt keep his absolution from being given to him. His enlightenment and faith alone can bring about his pardon. He never seems to be able to bring himself to the point where he will accept the pardon offered him.

There are those who spend a lifetime brooding over mistakes of the past. They should not do this. They should become contrite for their sins, accept God's mercy, love, and pardon, and think no more of the past. If they have learned the lesson intended for them, they should be ready to progress to something higher. There are those who are Christians who never get beyond the stage of being sorry for sins. They kneel in abject humility and never seem to rise triumphant in Spirit.

There are those who do not make their demonstration of health because they impede

the healing thought in its action by not letting themselves be forgiven. Their refusal to be forgiven is really the only sin against the Holy Spirit.

Have you been holding yourself in bondage to the belief that the sin that you committed years ago can never be forgiven? Then your conception of Christianity must be changed. You must change your idea of God and your idea of yourself.

In the new presentation of Christian principles, you will find that God does not condemn man. Man condemns himself and holds himself in bondage. When he lifts his thought to God, his pardon is granted him. Were he to grasp a hot object, he might experience pain as long as he held it. When he holds on to what he calls sins of the past, a certain mental pain is experienced. When he releases the hot object, the burns, if any, begin to heal; God's healing work takes place. This healing could not commence so long as he deliberately held the hot object. God would appear to refuse to heal him so long as he deliberately refused to let God do His healing work.

The pardoning power of prayer, man's ability to rise out of limitations through ascending into spiritual consciousness, is his only way out of unpleasant memories of the misdeeds of the past. The thought of the past must be given up for the forgiving love of Christ. When does perfect forgiveness and full pardon come about, when are these given and granted? When man is ready for them. When he can let the Christ in him forgive him.

SEEKING AND FINDING

Ever has the world been seeking,
Ever searching for a prize;
Looking, hoping, for some pleasure
That so far eludes its eyes;
Happiness is often sought for,
Frequent is the search for wealth;
Love may be the thing that's hidden,
Some are looking for their health.

Often do we look about us
For the thing to satisfy;
Sometimes blame the others when they
Would our happiness deny;
Still in outer things and persons
Hope to find the thing that's sought;
Just like something quite material—
To be sold or to be bought.

All our seeking is well ended
When—within—our God we find,
Find within us joy and pleasure,
Health and wealth and peace of mind;
No more seeking to be happy,
No more running here and there,
When within we find the treasure,
Then we'll find it everywhere.



THE MIRACLE CONSCIOUSNESS



HOW ARE miracles performed? By having the consciousness that in Truth nothing that happens is miraculous, but that so-called miracles come about through the simple working of a higher law. Those who have accomplished that which others believed to be miraculous have done their work in what seemed to them a perfectly natural manner, with no thought that anything out of the ordinary had taken place.

Even the miracles of apostolic days might be considered quite commonplace today to those who understand laws that in former times were understood by only the few. We can see that enlightenment means much, and that an understanding of higher laws puts us in a position to understand those manifestations which come about through the operation of laws that govern realms higher than the material. A modern civilized white man going into a community of wild, uncivilized, uneducated natives of islands in the South Seas could display some of our most common inventions and be looked upon as a miracle worker. The magic of the white man would discredit, to a great extent, these islanders' tribal beliefs in the miraculous.

Those who live in a certain material state of consciousness think that everything that

takes place must be explained as a result of the action of material law. If a material law does not explain it, then it is fraudulent. On the other hand, if it cannot be denied a legitimate appearance, then it is labeled miraculous. Very often, for instance, if healing cannot be explained by the principles of allopathy or some other generally accepted school of medicine, it is discredited as the work of charlatans.

From the writings of many generations ago comes this teaching: "The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death." We are led to believe that on a certain plane there operates a law based on material appearances, such as evil, sin, fear, failure, death. We can see that a certain chain of cause-and-effect is produced by belief in this so-called law. Were we to believe that there is no higher law, no higher plane, we should be bound to the wheel of sin and death. Jesus came into a world in which no law was recognized but the law of sin and death. No doubt, when He began teaching that there was something that would set the people free from this law, He was considered a mountebank.

All the miracles that Jesus performed, all the cases of miraculous healing since the time of His physical appearance, all the numberless answers to prayer, disprove all false belief that there is nothing beyond or higher than the so-called laws of matter, laws of sin and death. The laws of the three-dimensional world lose even their character of law when man is conscious of the operation of the higher law, the law of the four-dimensional world, the law

of heaven, "the law of the Spirit of life in Christ Jesus." The law of the material, the law of the physically explainable, gives way to the law of Spirit, which is unexplainable according to material standards.

Operating in conjunction with the law of Spirit is the work of Truth and love. There are many cases wherein life has been despaired of, wherein the law of sin and death seemed to be working with unyielding power, but wherein Truth and love set free the seeming victims of sin and death. Truth and love are miracle workers. They work in defiance of all explanation from the standpoint of material appearances and values.

If according to appearances evil conditions in your life—disease, inharmony, failure—seem to be irremovable according to every known material remedy, just perform a miracle. Do not, however, think of your work as miraculous. Just realize that through your higher understanding the "white magic" of heaven is performed. Calmly and assuredly realize that Truth and love set you free from the appearance of sin, disease, failure, and death.

The miracle-working Christ is as active in your life today as when He appeared in the physical, centuries ago. When you work through Truth and love, you are conscious of His presence and power. You will cease to try to reason things out according to the law of appearances when you enter the miracle consciousness, the consciousness that there are no miracles.

JESUS, I AM NOW ONE WITH THEE

Jesus, in "*the light* which lighteth every man,
coming into the world,"
Jesus, in "the mind that hath wisdom,"
Jesus, "speaking truth in love,"
Jesus, realizing that Thou art "the way, and
the truth, and the life,"
Jesus, sure that "sin shall not have dominion"
over me,
Jesus, in that consciousness in which I know
that "in quietness and in confidence shall
be" my strength,
Jesus, knowing that I "rest in Jehovah, and
wait patiently for him,"
Jesus, walking "in newness of life,"
Jesus, in the faith in which "a faithful man
shall abound with blessings,"
Jesus, in "the peace of God, which passeth all
understanding,"
Jesus, in that love in which we "love one an-
other,"
Jesus, in the realization in which we "judge
not according to appearance, but judge
righteous judgment,"
Jesus, realizing that "thou hast put gladness in
my heart,"
Jesus, confident that "all flesh shall see the sal-
vation of God,"
Jesus, knowing with thee that my "body is a
temple of the Holy Spirit,"
Jesus, aware that "the God of heaven, he will
prosper us,"
Jesus, certain that "the Lord our God, the Al-
mighty, reigneth," *I am now one with thee.*



KEEPING STEADFAST TO THE VISION



MAN HAS always had in his heart an ideal, in his mind's eye a vision. This has to do with his overcoming of those things in the outer world which appear at times to block his progress and to defeat his high purposes. It has to do with his rising to the mastery of all earthly things through the might of that within him which is divine.

Inherent in his heart of hearts there is something almost like a forgotten philosophy of life, a science that, if he could but grasp it, would reveal to him the powerlessness and nothingness of evil, sin, material limitations, disease, and lack. He feels, when he even thinks of these negative conditions or gazes upon them, that he in some wise is untrue to some heavenly vision that in his heart of hearts is becoming more and more real to him. If he is fortunate enough to become acquainted with Christian metaphysics, he is taught to look away from the seeming adversities of the world or his own shortcomings, and to behold the vision of Christ omnipresent and omnipotent.

By the study of Truth, which is the science of Being based upon the teachings of Jesus, he is taught to behold the vision of the good, the

noble, the beautiful, and the divinely true. He is taught to keep the thought and sight of evil out of mind and to replace these by the vision of good in all things. He finds that he must be true and keep steadfast to the vision. The ideal that he has in mind is that which is prompted by the very Spirit of Christ, which seeks to cause him to evolve higher and higher in the scale of spiritual unfoldment and development.

Emma Curtis Hopkins, widely known as a teacher of Truth, formulated these statements:

Steadfastly facing Thee, there is no evil on my pathway.

Steadfastly facing Thee, there is no matter with its laws.

Steadfastly facing Thee, there is no loss, no lack, no absence, no deprivation.

Steadfastly facing Thee, there is nothing to fear, for there shall be no power to hurt.

Steadfastly facing Thee, there is neither sin, nor sickness, nor death.

Facing God as omnipotent good, we know that there could be no evil; facing God as Spirit, no reality in matter; facing God as omnipresent substance, no lack; courageously facing God as love, nothing to fear; facing God as abiding health and life, no disease or death. In such steadfast vision we behold the allness of God, allness with no sense of compromise. We recognize the omnipotence and omnipresence of good to the utter exclusion of all belief in evil.

When we face the light we turn away from the shadows. With light everywhere present

in a room, there can be no shadows. With God recognized as everywhere present, there can be no evil, no sin, no disease. Were we to admit these to place or power in God's realm, the world of Truth and reality, we would but rob God of that which we should recognize as His.

"Where there is no vision, the people cast off restraint," and perish. When they lack the heavenly vision, that of the omnipresence of good, they succumb to the belief in evil. When they fail to remain steadfast to the truth of God's omnipresence, they entertain the race belief that sin and disease have place or power.

"Thou shalt be stedfast, and shalt not fear." Steadfastness of vision, our holding confidently to spiritual ideals, causes us to lose sight of that which formerly made us worry. The person who feels that he has a great purpose in life must lose sight of all opposition, all discouraging thought and experience. His eye must be upon the goal. He must vision his plans in completion. He needs to behold God's completed work and himself in right relation to it.

If today you have a problem to handle, you must take your thought off its seeming difficulty or your belief in failure. You must see the Spirit of God operating in all your affairs and your victory and success coming into evidence. If you would demonstrate over personal shortcomings, you must see them being replaced by spiritual perfection. You must be loyal to the vision of Christ within you as now coming into manifestation, you must be true to the principle of keeping your vision centered upon God, the good.

CHRIST WILL SHOW THE WAY

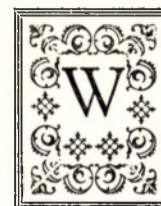
When you're standing undecided,
Where two highways separate,
Knowing not which road to travel,
And for guidance seem to wait,
You will find—in Truth and Spirit—
Wisdom comes without delay
If you pause and ask direction,
Knowing Christ will show the way.

On the street, and far-flung highway,
And on busy boulevard,
Stands a Sentinel that's watching,
Wiser far than traffic guard;
There the mind of Spirit watches,
Never missing night or day;
You are sure of its protection,
For 'tis Christ that shows the way.

If you find that those about you
Seem unloving or unjust,
You'll be shown the right direction,
So in Spirit place your trust;
It will point the way of love, so
Hold opposing thoughts at bay,
For the way of love is easy
When the Christ has shown the way.



THE QUIET ZONE



WE HAD just turned off from a street where automobiles were scurrying to and fro, horns were shrieking, and thousands seemed to be paying tribute to their great god, Noise. The little side street seemed so quiet that we were just about to mention the fact when a simple little sign greeted our eyes, "Quiet Zone."

Back on the hill, nestled among the trees, was a hospital, where many a person was patiently resting, seeking health. The little sign seemed to have created an aura about the place, for the stillness seemed more powerful than the noise of the busy street. We, too, entered into the spirit of stillness and became part of the "quiet zone."

The first thing felt was a sense of being separated from noise and confusion. Even the thought, "quiet zone," seemed to build a thick wall that shut out the noise of a busy city. Possibly, in a distant land ages ago, a little group of men had the same feeling when their Master said, "Come ye yourselves apart into a desert place, and rest a while," into that place deserted by the noise and distractions of the world.

We seemed to feel that a heavy door had been closed behind us to keep out the world of con-

fusion. Our attention seemed to be turned to the very familiar instruction, "Enter into thine inner chamber, and having shut thy door, pray." We had something of a feeling akin to that which sages, adepts, and Christian mystics have had when they have gone deep and deeper, still farther and farther, into that inner realm which no noise or confusion ever penetrates.

The quiet zone! Whoever we are, wherever we may be, we, too, can enter the quiet zone. We can stem the tide of noise and confusion by declaring the words, "*The Quiet Zone.*" We can set our environment apart from the noise of the world and its disturbances. We can live in a world in which Noise is not god but wherein God Himself, the God of peace and harmony, is enthroned.

When we erect the mental signboard, "The Quiet Zone," we must do so without any thought of resistance. We must not think that we are fighting or defeating noise. We must realize that in Truth there is only God's world. His zone of stillness and quiet.

In God's quiet zone there can be no noise, no fear, no harm, no destruction. Only the quietness, peace, and harmony of heaven can prevail. There can be no activity of evil where this perfect quiet is established. Truly, the secret place of the Most High so beautifully described in the 91st Psalm is the ideal zone of quiet—free from noise, pestilence, terror, and destruction.

The quiet zone! A place of stillness, refuge, sanctuary! No evil or disturbing thought can enter there. Every mortal belief has been si-

lenced. No thought of inharmony, fear, hate, disease, or death. Every disturbing thought has been stilled. Absolute quiet. God's zone of perfect stillness.

Have you idealized and visualized some place where you could retreat from the irritations of life? Turn aside from the way of confusion, irritation, hardship, and pain. Enter God's zone of quiet! You can command your whole life, your whole world, when you have learned to get still. With God in the silence you can do all things. You can direct your whole world from this place of vantage.

God's zone of stillness is your refuge of quiet. It is your place of power. In the stillness of this quiet zone you will learn and understand your power over things of the external world. Something at the very heart of your being will say to things external, "Be still, and know that I am God,"—yes, Lord of all, commanding things of the world and subjecting them to you.

You enter the quiet zone to find that it is, indeed, a very small place. Eventually, you find that it has extended to the very circumference of your world. You will ultimately discover that your world is one of quiet, one of freedom from noise, fear, and distraction, one filled with the presence of God.

City officials speak of districts as being zoned for business, zoned for residences. How is your life zoned? Is it given over to jangle, fear, and disease? Or is it zoned for peace, happiness, and health? You have power to say which it will be. By your decree you zone your life one way or the other. How ideal is the life zoned

for quiet! A life in which adverse thought is shut out and stilled. A life in the intense quiet of which Spirit is most active, active as the presence of divine power and life.

The way to zone your life for quietness is to enter that high consciousness of the presence of God into which no adverse thought, no disturbance, can enter. When you do this, Spirit in you erects the standard, "The Quiet Zone." Nothing disturbing can enter your environment. Nothing can disturb the calm peace of your soul. All is quietness, the quietness that comes from God's holy presence.

When you enter the quietness of Spirit you will be set apart from the confusion of the world, but in that quietness you will find spiritual activity. You will find the life that exists in reality, in Spirit. Through stillness you will have found yourself, found God.

When things of the outer world seem to disturb you, call their attention to the all-commanding banner, "The Quiet Zone," and make them respect it. Retreat to the quietness and security of that secret and quiet place in which you are established in God. Go apart from things of the world and retreat to that place of stillness and of power wherein God reigns supreme.

In God's quiet zone, all is quietness and peace. No disturbing thought can enter the presence of God. Know that in this quiet zone you are one with Him and He is one with you.

LET SILENCE SPEAK

When gossip lifts her scornful head
And would revive old tales long dead,
Lend not your ears to tales absurd;
Make no defense, speak not a word;
Let silence speak.

When some one speaks the voice of sin,
The word of evil with its din,
Retreat within, it won't be heard;
Recall the good, speak not a word;
Let silence speak.

The voice of Truth within your breast
Is far more powerful than the rest;
Just let the still, small voice rejoice;
It will its mighty message voice;
Let silence speak.



SAFE IN GOD'S LOVING CARE



IF YOU ARE tired of worrying about the outcome of your affairs, if you are ready to give up turning over and over in your mind the situation that has been commanding your attention, just put it all in God's hands and say to it, "I place you safe in God's loving care." In God's care you, too, will be free from worry and care.

"Safe in God's loving care." Even the words give us a sense of freedom from worry. What a comforting realization to know that we can put our worries and our affairs in God's loving care and that He will take charge of them! We know something of the assurance that Israel had when Moses said:

"The eternal God is *thy* dwelling-place,
And underneath are the everlasting arms."

Into these loving arms, into their loving care, you are to place all your affairs. Here they are safe and secure. No evil thing can come nigh them or molest them. In God's loving care they receive His blessing. His arms are about and underneath them. His arms are underneath you, just as a loving parent would infold you in his arms and keep you safe from harm.

"Safe in God's loving care." Place yourself,

your thoughts, and your anxieties in His love and care. The anxieties about the future, about money, about relatives—all these must drop from your mind and be put into His loving care. Not a worry, not a troublesome thought, is to be left.

Do you recall these words of the Psalmist: "Cast thy burden upon Jehovah, and he will sustain thee"? It is another way of saying, "Place yourself and your loved ones in God's loving care." If the burden seems too heavy, cast it upon the Lord.

Are you concerned about your health? Cease worrying. Place yourself, your health, and your life in God's loving care. Know that in His presence you have life, health, and strength. In Him you are safe from contagion, disease, and death. He is your stronghold. He is your strong tower of defense.

Are you worried about your success? That, too, is something that God will take care of. He will free you from all possibility of failure. He will prosper you and make your work succeed. Place all that you have in His love and care. Your business, your expenses, your plans, and your obligations will receive His blessing. All that you have, all that you do, will have divine approval.

"Safe in God's loving care." When you place yourself and your loved ones in His care you must do so with the assurance, conviction, and realization that He will take care of you and them. Remember these comforting words:

"Be not dismayed, whate'er betide,
God will take care of you;

Beneath His wings of love abide;
 God will take care of you.

* * *

No matter what may be the test,
 God will take care of us;
 Lean, trusting one, upon His breast;
 God will take care of us."

There are two essential points in this matter of letting God take charge of us and our affairs. First, we must be willing to give up all anxious thought and place our affairs completely in the loving care of God. Second, we must have the realization that God is at work, establishing peace, order, and success. We must feel that we are working with God in what He is doing and be ready, at all times, to coöperate with Him.

Before you arise in the morning, dedicate yourself and all that you have to God. Before you close your eyes in sleep at night, get still and feel the presence of His loving care. Before beginning any new undertaking, pause and realize that you and your work are safe in God's care and love.

From this attitude of resignation will come strength and power. You will feel that, deep within you, indwelling Spirit is at work. You will realize that God is truly at work, taking care of that which you have given into His charge. You will have the assurance, conviction, and realization that you, your life, and all that you have are safe and secure in the loving presence of Him who is Father and God in all and over all.

MY BODY IS A TEMPLE RARE

Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God?
 —*I Cor. 6:19.*

My body is a temple rare
 As is a place of holy prayer;
 Or holy shrine set on a hill
 Wherein abides a presence still;
 Or where an altar, reared in praise,
 Stands out before our wondering gaze;
 Or as a chapel whence ascend
 Our songs of praise to God, our Friend;
 Wherein a dazzling light we see,
 Which burns and shines eternally;
 And where we sense a Presence bright,
 Which fills each nook and place with light;
 A chapel wherein living bread
 Is placed before each prayerful head;
 The wine of life, the Spirit's wealth,
 Is consecrated as our health;
 Our sins therein are then absolved
 And foul disease, unknown, dissolved.
 And virgin purity we face
 With youth in loving, fond embrace;
 And God, as priest, in tender voice
 Bids us to live and to rejoice.
 My body is a temple rare
 As is a place of holy prayer.



HEALTH SYMPTOMS



HEALTH is contagious! Possibly this accounts for the fact that many persons, accustomed in the past to taking on the symptoms of disease as they read descriptions of disease, now find that through the study of Truth literature they have all the symptoms of health and, finally, even health itself.

There is power in the suggestion of health conveyed by those Biblical passages which make health their keynote. Our forefathers, who rigorously studied the symptoms of disease and often found themselves part of the graphic pictures that they studied, have been superseded by a new race, a race of men interested in health symptoms. The news-stand popularity of magazines devoted to physical culture, New Thought, and psychology attests to the truth of the statement that mankind is turning its attention away from disease and its symptoms to mental and physical perfection.

The familiar conversation about operations, headaches, and insomnia prevalent a decade away is becoming taboo in polite society in many places. The person who confesses to having disease and who tiresomely describes his ills but confesses that he has broken natural, moral, or spiritual laws! In the past people

thought that disease came about by some mysterious cause entirely removed from the individual himself. Outside forces or agents—a fresh draft of air, an unexpected shower, a bit of germ life, the diseases of kindly old grandparents—were thought of, at one time, as the causes of man's diseases.

Today man's disease symptoms and his diseases are checked up to him. If he lives in the thought of the past, he is still thinking, studying, manifesting, and talking disease. When he comes to the place of hearing and accepting the new philosophy, that of health, his world changes. He begins to show signs of health, symptoms of well-being. Furthermore, he wants others to see his degree of health, since this is indicative of his healthy mind, healthy emotional life, and morality.

Health symptoms disclose the fact that we are health-minded. Physical health in the individual leads us to expect to find Truth, peace, love, and health in his consciousness. We can see that the race of the future will be made up of those who will be just as eager to be thought of and spoken of as healthy in mind and in body as men in the past have been quick to make their diseases a subject of conversation.

The person who thinks thoughts of fear, selfishness, intolerance, greed, lust, and evil is sure to outpicture in his body disease and its symptoms. Those whose minds are free from such heavy, tense, and impure thoughts are just as certain to manifest health. Their minds are open to the healing power of Spirit, and it manifests in their bodies as health and wholeness.

If you live in a community where disease, contagion, infection, heredity, and symptoms are freely discussed, discipline your mind so that you do not accept these as realities or as something to which you might be subject. The new age demands men and women of intelligence and health. The new philosophy of Christian metaphysics and healing, the old truths of higher understanding, most fitly meet the needs of modern men and women. For them the Christian religion is given a new presentation, and they find in it that which most fitly meets the needs and demands of a new day.

The applicant for a new position who can show health symptoms has a great deal in his favor. His prospective employer knows that there will be no days of absence from work, no shortage in mental efficiency, no lack of physical endurance. His healthy aura will give promise of a congenial nature, a spirit of coöperation, and a disposition to handle situations with optimism, mastery, and thoroughness.

We use the term "health symptoms" advisedly because it causes us to look to ourselves for even the slightest indications or evidences of health. Every one has health to some degree and, as he observes his symptoms of health, he begins to see the various ways in which his health manifests. The expression, "health symptoms," is especially coined for those who are inclined to look for symptoms of disease. They must realize that health symptoms are but guideposts to perfect health, and that those who find in themselves peace, love, and life can expect these to manifest as health in body.

REALITY

Above the clouds and fogs of earth,
The sun is shining bright;
Above the darkness of the night,
There's glowing heaven's light.
Beyond the seeming hate of man,
There's love with power unspent;
Beyond man's seeming fear and lack,
There's God omnipotent.
And back of all the evil sights,
The good will come to you;
For back of what appears to be,
There's always God to view.

THOUGHTS

Thoughts of God, so splendid, high!
Thoughts of good that satisfy,
Thoughts of Truth, enduring still,
Thoughts of light set on a hill,
Thoughts of inspiration's height,
Thoughts of peace both day and night,
Thoughts of love that casts out fear,
Thoughts of life right now and here,
Thoughts of strength and thoughts of health,
Thoughts of plenty and of wealth—
May such thoughts fill all my mind—
Thoughts for self and all mankind.



FOR HEALTH'S SAKE, BE JOYFUL

IF YOU are to take the Bible as a textbook of health, you will find in it a number of references concerning the effect of joy upon your physical well-being. There is, for instance, the very familiar proverb, "A cheerful heart is a good medicine," and we consent to its philosophy because, somehow, we never associate sickness with the light-hearted person.

A modern writer expressed himself on the subject when he produced this quip: "A cheerful liver always has one." The radiant, optimistic individual need have no fear of liver troubles. The joy that circulates through his mind, body, and soul offers little encouragement to those engaged in the business of manufacturing remedies for the liver.

The president of Boston University says: "Laughter provides both physical and mental release. It counteracts rigidity, and gives one a release from difficulties which weigh on the mind. Its physical benefits are in the expansion of the lungs, the activation of the heart, and the release of the overworked capillary system. Laughter has a distinct social value in making a person livable and responsive. Lastly, it has an effect on the emotions, providing an emotional release that makes for a

wholesome and cheerful outlook." In this statement, Daniel Marsh very plainly shows his opinion of the relation of joy to man's health and general well-being.

Did you ever have the experience of feeling upset mentally and physically, seemingly unable to "get hold" of yourself, and then finding the tension relieved through the association of pleasant company, a humorous incident, or the power of a song? What happened? You but released your grasp upon an adverse situation. When joy entered your mind you gave up the adverse thought that was holding you in bondage. Possibly a smile brought you to your senses, and you saw the futility and foolishness of burdening yourself with adverse or false beliefs.

There is good psychology in the use of inspiring music in the churches. Music makes the individual ready for prayer. No doubt, music proves a good counteragent for some of the depressing prayers that we often hear. If the spirit of joy is overlooked or neglected, then prayer has lost its most faithful ally.

A woman recently remarked that she had gone to church all her life but had never had her prayers for healing answered. About her was such a thick wall of pessimism that the joy of healing was utterly excluded. Her religion was negative. Her mental attitude showed that she had not grasped the underlying truth of Christianity, even though she believed herself to be a true follower of Christ.

Those who do not know the joy of Christ, the joy of living, know not Christ or life. If a man

knew by heart all the religious teachings and dogmas of Christianity, yet failed to live a more radiant and a healthier life because of these, his everyday life would bear witness to the lack.

"A cheerful heart is a good medicine," a tonic for the liver, a stimulant to digestive forces, a strength for the loins, a veritable cure-all. Wise old Solomon's words come to us today with the added potency of the faith of those who for generations and generations have proved their truth. If your prayer for health has been unanswered, then to your prayer add joy. If results are still not forthcoming, add more joy. Fill yourself so full of the consciousness of joy that there is no room for aches or pains.

"Be of good cheer; thy sins are forgiven"—the sins of improper eating included! That "sin" of speaking unwisely to your neighbor and worrying about it, that sin of self-condemnation that has thrown your digestive system into disorder—they are forgiven, wiped out, and forgotten. "Go thy way, eat thy bread with joy."

When those about you would scatter the propaganda of depression—that octopus which would inject a charge of inky darkness into your clear, pure streams of thought—just practice being joyful. The mist will clear; your health will come!

Let your Great Physician be one with a cheerful smile. Lift your eyes. Let your heart be lifted up. The world is full of joy—all for you! Joy is the magic that breaks down barriers, puts sparkle into the eye, and gives tonic to the body.

THE SOMEWHERE OF JOY

Somewhere there's a song that's sung;

Somewhere there's a smile;

Somewhere bells of joy are rung;

Somewhere there's no guile.

All these bells and smiles and joy

Are for you alone.

In their music they employ

One harmonious tone.

Now, the "somewhere" where you'll know

Perfect peace and rest

Is not far for you to go:

'Tis within your breast.



SMILE IN VICTORY



IN TIME of stress and strain, smile! Let your soul rise above the seeming harshness of the external world or the apparent injustice of persons or circumstances. Rise to that height from which you can smile at the appearance of material things that seek to be observed as things of substance, things of reality. Let your soul be exalted in victory. Let it smile.

The most transitory things in the universe are those things which men often empower with the ability to make them sad and depressed. Oftentimes those things and situations that seem to rob us of the ability to smile are later observed as almost beneath our rightful field of attention. How ridiculous they seem to us when we know the truth! How we smile in victory when we have risen to the consciousness of our ascendancy over them!

Smile in victory! Smile at the utter defeat of the seeming power of material things. Rise to those heights on which you can stand so closely identified with the principle of Being that you feel that you can no longer be swayed by persons, things, and circumstances. Let the very Spirit of Christ within you smile its approval at your victory.

Personal attachment to external things is a

mistake. If a person makes this attachment, then he is in the position of being happy or unhappy according to the seeming condition of things. His soul is bound to them through the bondage of his belief. He has deprived himself of the freedom that comes from nonattachment.

If we give other persons the power to make us unhappy, then we give our happiness into their hands and we are robbed of soul freedom, soul joy. The mother who is anxious about her son thinks that her worry is indicative of her loyalty to him. She can do little for him through worry but infinitely much through rising to a consciousness of his victory in Truth.

A teacher of Truth once said that the sense of joy that comes at the time of a demonstration is something that the demonstration always awaits and that our hoped-for demonstration had been postponed for lack of this joy. Does it not follow that if we rise to the heights of joy we shall defeat the false claim of time or of delay in demonstration? Do we not see that there is such a close relation between exaltation and demonstration that we master the secret of completing a demonstration when we discover the true worth of joy?

The teachings of New Thought, Christian Science, Unity, and various other societies of practical Christianity and optimistic psychology have taught us how to smile. We have been taught to disregard the false claim of persons, things, and external circumstances. The power of our inner Christ has been so emphasized that the very Spirit within us smiles in victory. How the world has needed a religion

of smiles! How men have fought against it, calling it antichristian and underestimating the force of its optimism!

The pessimistic person closes his mind to the joy of Spirit. He might be totally immersed in a world of joy and still refuse to smile. He seeks to be convinced of optimism. He challenges the humor of a situation when he should give it the benefit of the doubt. He holds his soul as if it were in the hollow of his hand. He refuses to let it smile.

The person who knows the truth of life and his relation to life can smile. Established in spiritual consciousness, he can laugh at the little affairs in life that formerly made him sigh. "He that sitteth in the heavens will laugh."

Does something today seem to depress you? Why not realize the truth of the situation? If Christ within you is greater than anything in the world, then you can declare yourself, affirm your supremacy over material conditions. You can even smile at your previous efforts to refrain from smiling. You can laugh as you live in those heavenly heights on which you are lord over your world.

Smile in victory! Why? Because Spirit within you is ever victorious. It can know no defeat. Everything in the world of externality and appearances must bow before it. Its victory is ultimate. Even a superficial smile pre-sages the coming of one that is more substantial.

Remember that joy is essential to demonstration. Cease all worrying over the outcome of your affairs. Smile! Laugh! Feel yourself so full of joy that nothing can distress you.

THIS WOULD BE HEAVEN

If in this world which men decry
 There'd been no evil thought or sigh,
 If sin had never once been taught,
 Or men had ne'er of evil thought,
 If hate had never filled the heart,
 If fear in life had had no part,
 If foul disease had not been known
 Nor want and failure claimed their own,
 If men had never thought of sin
 Or e'er believed in evil's din,
 This world would be a heav'nly place,
 Its people all a heav'nly race.
 We'd cause our heaven to appear
 Right in our midst, right now and here,
 If we our thoughts would watch and guard,
 Thus keep the way to evil barred.
 If we of love would ever think
 Our thoughts with God would form a link,
 And joy and health and peace would reign
 And in our midst would e'er remain.
 For we would find, through thinking right,
 Our heaven coming into sight;
 And this old world which men decry
 Would change to heaven by and by.



THE SUN-KISSED HEIGHTS



WHAT A THOUGHT she conveyed to me when she said, "Somehow, I always have the desire to live on a mountain peak"! With those words came to my mind the picture of myself sitting at ease on a high mountain, catching the first shafts of light at daybreak, feeling myself high above the shadows of the valley, vision turned upward, just a little closer to God. How humanity longs for the sun-kissed heights, sunny and bright, yet cool and peaceful!

If you cannot go to the mountains at present, then you must bring them to you. You can ascend to their heights right where you are and enjoy them, just as if you had physical mountains to ascend. If home duties or office obligations keep you from taking a vacation at present, you will need to take one right where you are. Who knows but that the big vacation that you have longed for will appear when you have first had your vacation in the higher realms of mind!

A vacation usually means to us that we have a season of relaxation, freedom from the worry and cares of the workaday world, release from the monotony of detail and routine. Many a person returns from a long vacation without having experienced the relaxation and freedom

that he sought. So in our vacation to "the sun-kissed heights" of mind and soul we know that we shall receive both relaxation in mind and freedom from worry.

Promise yourself today thirty-one days of relaxation and freedom, regardless of who you may be or where you may be. Refuse to live in the valley of tension and worry. Ascend to the sun-kissed heights. There you will find quiet, peace, sunshine. There you will be kissed by the cooling breezes of heaven. Thus you can satisfy the desire to be on the mountain peaks.

If you are depressed by worry and care, leave the shadows of the valley. Take a mental excursion to the heights. Viewing the affairs of your life from a distance, from the heights, you will see all things in a new light. You will feel superior to the events of your world. You will feel that you are master of them. When you return from your vacation you will be refreshed and strengthened.

When one returns from a vacation, friends and relatives are viewed in a new light. The little break in associations seems to free us from the memory of personal shortcomings. So when we practice going to our sun-kissed heights we must come back knowing that those about us are freed from any unhappy thoughts that we have had about them. We are to see them in a new light. Do you begin to grasp the benefits of this new kind of vacation?

Is your home life irksome to you today? Take a vacation. Right at this instant go to your sun-kissed heights.

TAKE A VACATION

Cease to think depressing thought;
Worry always comes to naught.

Take a vacation!
Give your mind its needed rest;
Free from all thought depressed.

Give it a vacation!
The shortcomings of the race,
You will never have to face.

Take a vacation!
You will "come back" with a bound,
Feeling extra fit and sound,

From your mental vacation!



MENTAL SUNSHINE



MENTAL SUNSHINE is truly a radiation from the Son of God, and the one who is sunny-minded has found himself to be the child of heaven, the son of fortune. When we contact a person who is sunny-minded, he seems to light something within us and we blaze with an inner glory, a new-found happiness, a joy celestial.

There are no gloomy days for those who have their own mental sunshine. They go through life shining through the seeming clouds, dispelling gloom and disease. The sunshine ordinarily thought of as an antidote to disease is as nothing compared to the sunshine of the mind and soul at one with Spirit. There is healing in this sunshine. Then does "the sun of righteousness arise with healing in its wings."

They whose thought is purified of all negation show the light of their inner sun reflected upon their countenance. "Then shall the righteous shine forth as the sun in the kingdom of their Father," the kingdom of light and love within them. No external thought can dim their light, no belief in evil can obscure their glory. "It is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ."

Understanding gives us mental sunshine. Wisdom based on our understanding of our true relation to God and the universe makes us shine with light and joy. "They that are wise shall shine as the brightness of the firmament," the glory of the sun, the light of heaven. We become mentally sunny when we realize the nothingness of the seeming mists and fogs of life. Our souls shine with an inner light when we realize that we are not children of misfortune but children of light.

The people of the world could easily be divided into two groups, which we might designate as children of darkness and children of light. Let us call those the children of darkness who think of themselves as living in the dark—in evil, sin, misfortune, disease, fear, hate, lack, failure. They are of darkened countenance who think of evil and external things as having power over them, power to dim the light of Spirit within them. On the other hand, they are children of light who have found Truth, who have found God within themselves. They belong to the realm of heaven and abide in light, peace, love, courage, health, joy, and plenty.

Mental sunshine is but a radiation from that consciousness in which God is enthroned as light, and where there is no belief that any person, thing, or circumstance can overshadow it with evil. When those who are mentally sunny come near us, they share their sunniness with us. We partake of their consciousness of Truth and of light. In the sick room they come as a beam from heaven. The belief in sickness

loses its grasp upon the invalid when mental sunshine appears.

In the presence of mental sunshine we feel closer to heaven. We seem to sense the glory of things celestial and we note the rapid disappearance of things earthly. Light fills the consciousness of those who are sunny-minded and joy floods their soul. They live on the mountain peaks of life. They catch the first rays of the dawn. They live close to God.

Would you be mentally sunny? Would you be a child of light and joy? Then know the truth. Realize your utter freedom from ignorance, darkness, fear, and depression. Know that in reality the sun of God shines within you. Know that in truth nothing can dim this light. Realize that God in the midst of you is shining through all seeming darkness, mist, or fog.

In truth you are the illumined, inspired, and joyful child of God. In truth nothing can dim your light or affect your joy. Even when you are not conscious of its presence, the light of God still shines. The joy of your inner man is never affected, the light is never dimmed. As you continue to increase in understanding of your relation to the divine, your light will increase in brightness. Mental sunshine will spread to every part of your being, and "thy whole body shall be full of light."

Mental sunshine is a panacea for all ills, because the light of Truth is the revelation of ourselves as we exist in perfection unqualified.

MY FRIEND, THE GARDENER

Early dawn I walked with leisure
In the garden's cool and peace;
From all heated thought and trouble,
There alone I found surcease;
Then quite near me came the Gardener,
Calm and cool, at morning's break,
And it seemed the world in motion
Paused, a breath of peace to take.

In the quiet of the garden,
In the stillness cool and calm,
Here He lifted drooping branches,
There He gave His touch of balm;
Next He led me by still waters
To the shade where, peaceful, stilled,
I—like roses and their fellows—
Felt myself with coolness filled.

Then the Gardener whispered to me
That there was a counterpart
Of His garden right within me:
'Tis the garden of my heart,
That I'd always find Him waiting
There, when heated thoughts held sway,
That I'd find Him by still waters,
Walking in the cool, new day.



SUN-CROWNED, LIVING ABOVE THE FOG



TO THE POET, him of mystical vision, is often given power to look into the future and to see men and conditions as they may appear. Possibly a half century ago J. G. Holland penned these lines, which come to us today with added force:

God give us men. The time demands
Strong minds, great hearts, true faith, and willing
hands . . .

Tall men, sun-crowned, who live above the fog
In public duty and in private thinking!

Have you ever seen the sun crown a mountain peak with majestic brightness and glory, causing it to stand out above the fogs below it as something heaven-blessed, divinely favored? The picture gives us a sense of granite fastness, contrasted with the instability of mists and fogs. Even as a mountain peak stands out from the fog, so do we find those persons of "strong minds, great hearts, true faith" who stand unmoved in the presence of the fogs and mists of human experience.

We can think of the mountains as almost saying to themselves: "With this heavenly benediction upon me, what care I for fogs? In but a short time they will be as nothing and evaporate

into thin air!" Do you number among your acquaintances those "sun-crowned, who live above the fog," those blessed with noble thoughts and high aspirations, living above the petty experiences of the workaday world? Truly the world today has a need for those who can keep their heads in heaven even as they walk the streets of earth.

The sun-crowned individual knows that there is a sun, and he feels its warmth and glory. He appreciates the fact that he is above the fogs of life. He sees the fogs disappear into nothingness in the presence of the sun. We are reminded of the power of the light of Truth to dispel all that is unlike it. An understanding of Truth, life, and love dissipates evil, sin, disease, and hate.

The sun-crowned individual, he whose consciousness feels the light and warmth of Spirit, truly lives above and beyond the fogs and mists of human experience. He is strong-minded, stout-hearted, confident in his faith, ready to carry out the convictions of his heart. To him is given power to live above those petty annoyances which many of his fellows experience.

Would you be sun-crowned, so conscious of the presence and power of Spirit that the little mists and fogs became as nothing to you? Then your thought must be turned "son-ward," turned to the realization of your power as a son of God over the misty existence of the external world. If you would be "tall" in the sight of God, then you must obey a certain principle of moral rectitude that will keep you erect in the majesty of your divine sonship. You must be

true to God in private as well as in public.

The person who gains an understanding of Truth is truly crowned with light. He is never hazy in mind, but knows what to do at all times, how and when to do it. He is never disturbed by the personal actions of his associates. He lives above the mists and fogs of personal consciousness. In his sun-crowned world there exists neither mist nor fog—neither evil, sin, fear, hate, disease, nor failure.

Our living "above the fog" gives us a sense of being apart and beyond the haziness and confusion of life. We ascend into a consciousness in which we know that we are above the petty experiences and annoyances of life. We realize that we are unaffected by these, that we live above them—in a world that they cannot enter.

If we would be "tall men, sun-crowned, who live above the fog," we must embrace a philosophy of life that will keep us in the light of Truth, erect in our divine sonship, high above the fog of adverse thought. Where can we find this rule of life but in Christian psychology? With our mind upon that which is high and noble, we are literally lifted into a new world, the world of reality—of Christ. By righteous thought we are entitled to the crown of light—wisdom, peace, love, life, and health.

Our first ascension over the fog—adverse thought—must be a mental and spiritual action. Whatever fog manifests in the world of effect will cease to be when it is dissolved in the heavens of the mind. As we look away from the fogs of earth we behold the light of heaven.

OUT OF THE CLOUDS CAME A SUNBEAM

Out of the clouds came a sunbeam so bright,
All of the sky with its glow was alight;
Gazing high heav'nward, no cloud could I see;
Even the sunbeam shed glory on me.
Not all the clouds in the heavens could hide
That little sunbeam which shone with such pride;
All who looked skyward saw courage displayed;
In spite of the clouds, how the sun laughed and
played!

What if that sunbeam had sulked 'hind the cloud?
What if its bright, shining face had been bowed?
What if it, too, had let mists hide its smile?
Earth would have known naught of sun all the while.
But, when the sunbeam was bursting with light,
It bored through the clouds with its shafts long and
bright;
It gave them a push and a thrust and a peck,
And not all the clouds could, then, hold it in check.

Once, on the face of a man I beheld
A smile, though his pride had been hurt, had been
felled;
Full many a man would have lowered his head;
Many would think of his spirit as dead;
But right through the sorrow a sunbeam shone
bright;
And all the world 'round him was filled with his
light;
And all who looked toward him saw courage dis-
played;
In spite of his clouds he still laughed and he played.



TRUTH: THE RELIGION OF JOY



THE MODERN presentation and interpretation of Christianity has revealed to us that it is in reality a religion of happiness, health, and prosperity. The medieval concept of Christianity as a religion of self-sacrifice has given way to the realization that as followers of Jesus we must embrace His philosophy of good cheer. Those who thought that they were becoming more like Jesus by being sad-eyed, sad-minded, sad-faced, and sad-hearted have discovered in the teachings of the Christ a philosophy of optimism that is strangely unlike their former concept of religion.

Truth, the message of Jesus Christ, is a religion of joy. The mission of Jesus was to give to the world something to counteract the negative beliefs set down in the Old Testament. The teachings of revenge, the prophecies of evil, and the theory of the power of disease as exploited in the old books had made man a slave to false beliefs. Jesus came to free man from the burden of adverse beliefs and to reveal Truth to him.

Christianity becomes to us a religion of joy when we learn its mighty truths. Do you not feel happier when you know that there is nothing in all the world outside of you that can

enslave you? Do you not experience a deep feeling of joy when you realize that God in the midst of you is never separated from you, always with you, always master over everything in your world? Are you not happy when you know that evil, sin, disease, or failure can make no claim on you, since you are the child of God? Have you realized that the love and the sunshine of God in the midst of you radiate to the very circumference of your world, making it a place of joy, a veritable heaven? Yes, Truth is truly a religion of joy.

Never give any thought to the belief that any person, thing, or circumstance can limit your joy. God in the midst of you is unlimited joy, never limited by what persons think or do. You have dominion over everything of your world. The foolish beliefs of ignorant men have no power over you, an enlightened child of God.

Go forth each day conscious of the great secret in your heart that you have found the "pearl of great price," "the peace of God, which passeth all understanding." In these days of confusing religious beliefs, you have much for which to be thankful. All about you are those living in the delusion that to follow Christ is to go the way of bitterness and sacrifice. To you is given the privilege of knowing Truth, which reveals that God's will for you is the path of joy.

You are disloyal to Christ when you think an adverse thought. If you think of yourself as other than a son of God, you are thinking contrary to Truth. If you think of yourself as under the power of evil, sin, disease, fear, or failure, you are thinking according to teachings

prevalent in the world before the advent of Jesus.

The reason that your life is one of joy is because there is nothing in all the world to take joy from you. If your thought is corrected so that you know that persons and external things cannot affect you, if you know that disease and failure have no power over you, if you realize that life is a life of joy, your joy is assured.

To think of Christianity as a joy religion, a philosophy of optimism and health, may seem new to you. If Jesus brought mankind the realization of freedom, what can this realization be but that which frees men from beliefs that cause them to be unhealthy, unhappy, unsuccessful? You can disabuse your mind of all doubt about His religion as being the realization of joy if you approach it from this angle.

If you would be a good Christian, be joyful. Make the most of your Christianity. If those who are not Christians, or who are imperfect Christians, are unhappy, unhealthy, and unsuccessful, then your duty is to reveal the true status, beauty, and power of Christianity by your life of joy, health, and plenty.

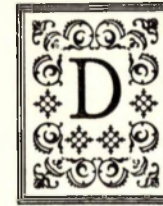
Many persons have some little secret thought that makes them unhappy. If you have one of these, convert it to an understanding of Truth. Do not let a single secret fear limit the joy that is rightfully yours as a follower of Christ. Cast out every adverse belief that would take the sunshine out of your life. Rise to the realization that Christ in you is a sun of joy that sheds upon your world warm and glorious radiations of happiness and good cheer.

THE WORRY CURE

I ceased to worry, then I found
The thing itself lacked base and ground—
The thing that made me worrisome,
No longer to my mind would come.
For worry thoughts are just like food
That feed the thing on which you brood;
So when your worry comes to end,
The thing itself has not a "friend."
You can your troubles dissipate,
If you all worry terminate;
Just look away from seeming strife;
Instead, behold the good in life.



BEING "UPHEARTED"



DO YOU not admire those who are upbeat, those whose hearts are never downcast by the events and problems of the world about them, those who lift their hearts continually in praise, and go their way rejoicing, spreading their message of upbeatness? The upbeat person is one who moves through life buoyed up by something within him that lifts him above discouragement and defeat. His heart moves along as on wings of song.

Many persons could easily summarize those things and circumstances which make them downhearted. They would place first, perhaps, events centering around the actions of other persons. We can readily agree that more persons are unhappy and downhearted because of the actions of others than from any other reason. One way for them to be upbeat, then, lies in their freeing themselves from the belief that others can make them unhappy.

There are those who become downhearted because they meet some little rebuff in life. Personal plans are thwarted. Little love affairs do not turn out as expected. Business plans meet defeat. We can see that personal plans often terminate in disappointment. The person inclined to be downhearted must free him-

self from all tendency to be disappointed if personal plans go awry. We can see that to be upbeat we must not be harmed by defeat or the belief in failure. If our efforts are not rewarded as we think they should be, then our efforts have to be renewed and reinforced by our sure and certain upbeatness.

Adverse thinking—believing in the so-called power of fear and failure—makes for downheartedness. Conversely, optimistic thinking makes for upbeatness. The upbeat individual lives with his heart in heaven, since his joy is of heavenly origin. His life centers around his innate joy. Things of the world about him have no effect upon him.

“Let us lift up our heart with our hands unto God in the heavens.” Let us live with heart in heaven, with thoughts of God, in joy unchangeable, established in God. When we learn to keep our heart established in God—Truth, love, joy, and life—nothing in all this world can make us unhappy or downhearted.

The upbeat person is unmoved and undefeated by events of the world about him. He is unharmed, unaffected, by what other persons think, say, or do, or by what they fail to do. His heart is lifted up, and they cannot pull it down. He has learned to live in the joy of heaven, and nothing in all the world can destroy his heavenly joy.

Many a person starts the day with a song in his heart only to be cast down early in the day by an unloving word or glance. If man did not have the inner assurance of being mightier than a word, what would there be to him?

If he would give to other persons the right to take his joy from him just by their speaking one word, truly he would give them magical power. Were some one to say to him, “I can speak one word to you and cause you to be transformed into a creature of unhappiness for twenty-four hours,” he would absolutely refuse to be so influenced. This very transformation, however, happens again and again.

“His heart was lifted up in the ways of Jehovah.” The individual who can feel that his thought and his life are detached from the persons and things about him need not fear becoming downhearted. He need not fear that what another says or does will destroy his happiness. He has the inner assurance that things of the outer world cannot take from him the presence of God within his breast, nor his consciousness of this presence.

Does this message, by any chance, find you disheartened or discouraged? Have you been thinking that others have the power to make you downhearted? Have you thought that you would be happier if others would not do this or that? Have you believed that physical things can keep you from enjoying the joy of heaven? Then, to you, this message is especially sent. We ask you to change your thought, to cease to think of the power of external things, and to meditate upon the presence of God within you. We ask you to reestimate the things of life.

Resolve today to be upbeat the whole day long, being firm in your conviction that persons and things have no power over you. Find within yourself the wellspring of joy.

BE COMFORTED, MY FRIEND

The dear one that you loved so well
May not appear to sight;
Yet you may know, someway, somehow
He's following his light.
You may not hear, you may not see
Him, just as yesterday;
Yet, still he may be right at hand
To brush your tears away.
This dear one lives in God, 'tis true;
So, if you Godward gaze,
You'll find in God your loved one lives
And joy will fill your days.

PRAYER AND ANSWER

Pray for light—your light then see!
Pray for truth—then truthful be!
Pray for love—but love in turn!
Pray for life—live as you yearn!
Pray for joy—and joyful feel!
Pray for faith—and faith reveal!
Pray for all the good in mind!
In your prayer, the answer find!



THE JOY OF DETACHMENT



Y A PERSON weighed down with a sense of burdens and worry nothing would be so appreciated as a feeling of utter detachment from those things which seem to depress and to cause anxiety. Paul's admonition to "lay aside every weight" comes to him as a message of divine authority and freedom. Willing, of course, to comply, he needs to know just how he is to drop the "weight" in order to feel a sense of mental and physical detachment from it.

When we lose that which causes a wrong mental attachment to something, we seemingly make the detachment that we are seeking. This process is one by which we change the binding thought to one of freedom. Quite naturally we see that thought causes the wrong mental attachment: the wrong thought about things causes worry, the right thought unbinds us.

Right at the outset of this plea for right thinking as a cure for worry, we hear some one say, "Well, business conditions are in such a mess, I am so crowded on every hand with bills and more expense, not knowing which way to turn, that the advice, 'Don't worry,' seems pretty thin to me. How could I keep from worry? How could I remedy matters by being optimistic? I would give thousands of dollars

to be able to detach myself from business worries and be happy."

The first thing for our friend to know is that he can discipline his thinking. He can cease thinking the thought that causes worry. He can detach himself from the worrisome thought, the thought that also aggravates the condition of his business. He can, by disciplining his thinking, exchange the feeling of being disheartened for that of joy.

The person who does not detach himself from worry becomes an agent through which adversity enters into his business and affairs. He impregnates his affairs with the belief that they are filled with confusion and failure. His depressed spirit expresses itself as stagnation in finances. And he changes the current of his affairs for the better when he takes the stand for joy and success.

A mother may say, "But my son, reared in a Christian environment, is leaving for college with a crowd of boys noted for their loose morals. How can I do other than worry about him incessantly? Could I mentally detach myself from such a situation and even be content to feel joyful?" The mental bond between mother and child is almost as strong as the physical bond that formerly existed. The mother's worry disturbs what should be the cool-headedness and good judgment of her boy. She has to free herself from worry and to entertain faith in him if she hopes to be of help to him.

The mother who finds herself in such a situation must detach herself from all belief that her son is susceptible to evil influences. She

must rejoice in the fact that he goes forth unfolded in the presence of Christ, governed and guided by one power, the power of good. Across the unseen path that bridges her thought with his must travel her faith and confidence. She must reach the realization that she is detached from all personal concern, rejoicing in the truth of the supremacy of God, the right.

"What of the person who has found a friend untrue, or the young woman whose fiancé has been taken from her?" one may ask. Even the weight of personal attachment must be laid aside. When a personal attachment becomes a bondage, detachment is the next step—mental detachment serving to pave the way to peace of mind. When you let another have the power to destroy your peace of mind, it is high time to free yourself from belief that he can do so.

Detachment from things of the outer world tends to cement your unity with the Christ within you. From Him comes the joy of knowledge of mastery and victory. You lay aside the weight of worry over finances, worry over family matters, worry over personal attachments, and you find in the joy of detachment that indefinable something that on a higher plane unifies you with friends and affairs in a sense of faith, love, and success. Detachment, then, from worry becomes in the end attachment to conditions of a higher order: peace, confidence, joy, and victory. Through reversing our thought, through exchanging worry for faith and self-control, we rise to that height where we find detachment from personal worries transformed into attachments celestial.

HELP WILL COME

At the time when you are yearning,
When your heart to God is turning,
 Help will come.

Though the future seems appalling,
Though ideals seem to be falling,
If to God your heart is calling,
 Help will come.

Though you may feel quite forsaken,
You but need your faith to waken;
 Help will come.

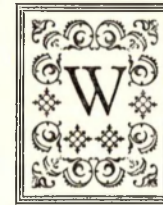
Even though you have been fearing,
And the world seems to be jeering,
You will find the clouds are clearing;
 Help will come.

You may be quite lone, rejected,
But if help is sought, expected,
 Help will come.

God your cause will be defending,
Lovingly His aid be lending,
He in love will be attending;
 Help will come.



GAINING A SENSE OF FREEDOM



WE GO THROUGH life with one dominating desire, which we experience consciously and subconsciously: the desire for freedom. Because it seems so elusive in its fulfillment, we are often inclined to think of perfect freedom as coming to us in some future time. Possibly the idea of heaven as some future and distant state of freedom prevails because freedom often eludes us in our human relationships.

In gaining a sense of freedom several steps are necessary: We must recognize the possibility of our gaining our freedom here and now. We must know that freedom takes place primarily as a mental process. We must set about dislodging from mind all thoughts and beliefs that interfere with freedom and replace them with the consciousness of freedom. Viewed in themselves, these steps do not appear to be difficult ones. In taking them, however, we are often inclined to make concessions to race beliefs and, thereby, we hinder the good work.

There is no valid excuse for our not enjoying perfect freedom here and now. Surely, if we were to be given a foretaste of heaven, no gift could compare with that of freedom—freedom from inharmony, tension, ignorance, hate, fear, disease, lack, failure, and death! Does it

not seem as if freedom had within it all that we can desire? Is not our desire for it but an innate prompting to enjoy something that is even now almost within our grasp?

The sense of bondage is primarily mental. If the individual did not know that he was in bondage, he would be free. If he did not know that he was afraid, he would be free from fear. If bondage and fear were not in his mind, his fear-knowing process would have no place. In the same way the process of "unknowing" becomes one of liberating ourselves from the thought that holds us in bondage and giving ourselves a sense of freedom.

Some children are afraid of the dark. If fear were not planted in their mind as some sort of discipline, the dark would hold no fear or terror for them. Since the thought of fear produces fear, then the thought of truth and freedom must neutralize fear. Since the thought of hate places one in bondage to hate, then freedom from hate must come through freedom from the hate thought. Again let us remark that gaining this sense of freedom is entirely mental.

We recall having once seen a name for Jesus in some foreign writings that, translated, means "the Freedom Giver." Our own much used term, Savior, carries exactly the same thought when rightly understood. Jesus came to save men from bondage to sin, fear, disease, and lack. His mission was to help them to gain a sense of freedom. He knew that He had to release them from bondage by having them "unknow" bondage to adverse thoughts and know the truth

about freedom. He knew that when He succeeded in planting the truth of freedom in their mind they would be free. Most conspicuous among His sayings is this: "Ye shall know the truth, and the truth shall make you free."

Can we question our ability to render ourselves free from bondage through reversing our thought? Can we think of freedom as coming to us in any way except through change of thought? Can we doubt that freedom is the gift of Christ? Certainly His teaching is unmistakable, and the experience of those who have taken Him at His word attests to the demonstrability of His philosophy.

One of the difficult steps to be taken is that of rising out of the belief that mankind is placed in some sort of inescapable bondage for some divine purpose. Surely we do not grow more Godlike through bondage to sin, evil, and disease. Surely Godlikeness is found in the escape from this horde of adversities. Another difficult step that some experience is their advancing ahead of their fellows in this matter of freedom. How easy it is for a person to argue against this doctrine of freedom by thinking that he must be loyal to his fellows! Many a person rejects Truth because his friends and neighbors do not catch its truth.

Each one seems to have his little pet belief, which binds him to some adverse condition. But for some of these little fears, hates, and evils, we should be a race expressing divine goodness, freedom, Truth, and love. What a heavy, black cloud would be lifted from the earth at this moment if each one would yield his pet limita-

tion! How the sun would dawn on broadened mental horizons if freedom replaced bondage—freedom from sin, evil, and disease; freedom in mind and in soul.

The teaching of Jesus applied to the needs of today may be interpreted in this way: John Doe, if you will release from your mind the belief that you are entertaining about failure and know the truth about success, you will be successful. Mrs. John Doe, if you will relieve your mind of the thought that your liver is functioning poorly and know the truth about your perfect health, you will be healthy. "Ye shall know the truth, and the truth shall make you free."

If Jesus realized the importance of giving us our freedom from adverse belief, then we are not loyal to Him unless we learn, know, and realize the Truth that sets us free. We show our loyalty as Christians when we gain our freedom and prove the Truth of Christ. In this teaching of His we have the means of lifting ourselves and the race out of the limitations and bondage of negative beliefs.

The freedom that you now sense as possible for you is yours when you are ready to take the steps to it. When you are willing to give up your sense of bondage for freedom, when you are ready to exchange bondage to adverse beliefs for freedom in Truth, you will be free. Free your mind of the thoughts that have enslaved you. Express in mind, soul, and body that perfect freedom which is now yours to enjoy as a Son of God.

FORGIVE YOUR YESTERDAYS

Forgive the past and all mistakes
And all the failures and heartaches;

Forgive your yesterdays.

Forgive the days so hard, so long,
The times when evil seemed so strong,
The days with scarcely one sweet song;

Forgive your yesterdays.

Forgive associates unkind
And drop such mem'ries from your mind;

Forgive your yesterdays.

Forgive all dealings filled with loss;
Forgive hard times, the heavy cross,
Forgive the evil and the dross;

Forgive your yesterdays.

Forgive the grief, the pain, the bruise;
Forgive the days you seemed to lose;

Forgive, forgive, forget.

Forgive the past. Unseen, it dies;
Your vict'ry, in forgetting, lies;
Forget and, in forgetting, rise!

Forgive, forgive, forget.



FREEDOM IN FINANCES

MAN LEARNS how to partake of the riches of God when there is revealed to him the truth of his constant prosperity in Spirit. He may go the hard way of poverty and deprivation until the truth dawns upon him, but, eventually, he will perceive the falsity of preconceived beliefs in lack and will know that as the son of God he is heir to God's prosperity and blessings.

Are you free in finances? If not, learn to exercise the right thought about your affairs. Cease to think that you are limited in finances, bound to a condition of hardship and financial limitation. Know that you are the son of God, free and fearless in finances. The same Father who created you has not left you, abandoned in a world of lack without means of support.

You will not be free in any respect so long as you are not free in finances; a mental tension regarding supply will reflect in your world and cause you to be hedged in by limitation. The way out of financial difficulty is an understanding of the law of prosperity and an abiding faith in its work. You need to gain the right concept of your relation to the universe and to lay hold of universal supply. Your faith will cause you to take hold of that which is rightfully yours as the son of God.

Our progress in demonstrating prosperity must be an orderly one. First, we must give up thinking thoughts of lack. We must not think of ourselves as living in a world of negation, deprivation, or poverty. Under no consideration should we think of ourselves as bound to conditions of lack from which there is no escape.

Secondly, we must begin to think of ourselves as sons of God, and often meditate upon what it means to enjoy such sonship: nothing unbefitting divine sonship should ever be associated with it. No limitation should be put upon the power of God inherent within man.

Thirdly, our minds must be receptive to new and rich ideas. Resourceful ideas unify us with prosperity. The person who has a rich consciousness will never be fearful in finances or needy as to supply, for his consciousness is based upon an understanding of Truth sufficiently deep to establish itself firmly in his mind.

Fourthly, we must move courageously and fearlessly in those matters of finance which we feel moved by Spirit within us to undertake. We must feel something of Spirit within us, something of its will and of its action.

These four rules or statements are quite simple, but within them lies the very essence of fearlessness in finance. We can see that understanding, vision, receptivity, and faith are involved. We perceive that he who knows, sees, receives, and holds fast to Truth is bound to succeed. The only way open to him is one of plenty, one of fearlessness.

Many persons do not grasp this science of demonstrating prosperity because their faith is centered in a negative belief, in a pseudo-philosophy of denial and lack. They are those who think that it is a mark of the spiritual to be without the abundance of God. They have failed to see that Truth must be demonstrated on every plane, and that God must be proved to be man's supply as well as his Father and his health.

Your fear in finances is shown by the attitude that you display when confronted by financial situations or problems. Your fearlessness is noted by your disposition to think of such situations according to Truth, and to react without fear or thought of failure.

Are you seemingly bound to a position of insignificance and low salary? Then you must be especially interested and diligent in bringing forth those rich ideas within you that are salable. You must make yourself of value to the other fellow. Every thing, every thought, that seems to hold you back must be cast out of mind. You must think in terms of prosperity and success. You will feel that you are more truly a son of God when you enjoy His blessings than you would be if you were living outside all consciousness of them.

Give up the ridiculous thought that there is any reason or excuse for you to be without plenty. Cease to think of yourself as needing to go through life as an object of pity because you are shut off from supply. Rise in the majesty of your divine sonship, learn the truth, and apply the law.

MY CREED

I believe in one God almighty—peace, love, joy, and life, Father and Creator of all good, and in Jesus Christ our Lord, through whose power I am saved from evil, sin, and disease. I believe in myself, in God in me, and in my power through Christ to behold in myself the son of God, for such I am in Truth. I believe in my fellow man, in God in him, and in his power to be filled with all good because God in his midst is All-Good. I believe in the forgiveness of sins, which takes place when through Christ in me I remit and release sin from my consciousness. I believe in the resurrection of the body to perfect life and health, which is achieved when through Christ the body is exalted above the belief in sin, disease, and death. I believe in everlasting joy, peace, love, and life, which are realized when through the knowledge of Truth we behold heaven in our very midst. Amen.



MY CREED ABOUT MY RELATIVES, MY NEIGHBORS, AND MY ASSOCIATES



BELIEVE in you, God in your very midst. I believe that you are acting at the present time according to the measure of light that you now possess. I know that, even when you appear to falter, you are but preparing yourself for a higher step. I believe that the light of Truth is ever increasing in brightness in you, revealing your way as you advance.

I believe that the Spirit of Christ is in you, that it is the source of your inspiration and guidance. The light of His presence reveals the way to you. I know that you will come to see yourself as you are—the child of God, perfect and whole.

I believe that at the heart of your being you will find perfect peace and harmony. Nothing of the world about you can cause you to lose sight of this realm of quiet, peace, and joy. Nothing external to you can cause you to lose sight of that which is within you. I believe that you will come to know the world as that which you master through finding God within you.

I believe that you are now being awakened to infinite joy. No belief that persons or things

can take joy from you can impress itself upon you. No adverse situation can depress or master you. I believe that even now you are radiating joy because Christ in your midst is ever full of joy.

I believe that you are infolded in love. Christ present within and about you loves you and inspires you, in turn, to love. No belief in hate or fear can rob you of love. No thought that is unloving can reach you. I believe that Christ's love is now expressing itself through your heart and that you are filled with love.

I believe that you are filled with life and health. No belief in disease can cause you to think of yourself as anything less than physically perfect, for such you are in the sight of God. His life and His health are yours. His healing presence casts all belief in disease far from you and you are awake to the reality of your physical wholeness.

I believe that you have plenty. God's wisdom directs and guides you into your highest good. You cannot be without supply. There is a place for you in the great universal plan and you are now established in your rightful position, the place where you know and realize abundant supply. You cannot be affected by the race man's belief in panics, depressions, and lack.

I believe that you now go forth along the path that God has mapped out for you. You advance according to the light of your understanding.

(If you desire to use this creed for yourself, change the pronouns to read, "I believe in myself, God in my very midst," and so on.)

I HAVE NO NEED FOR ANY CREED

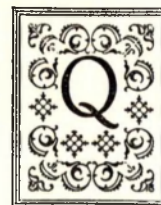
I have no need for any creed
Of strange dogmatic lore;
The only creed I'll ever need
Is Love, and nothing more.
For, if my heart with love is stirred—
The love of Christ—I'm sure
I'll need not one dogmatic word
To make my way secure.

I have no need for any creed—
Ecclesiastics' prose!
The only creed I'll ever need
Is the Truth my Spirit knows—
The Truth that Jesus knew and brought
To men whom He would save,
The simple Truth the Master taught
To free the sick and slave.

I have no need for any creed—
No creed to seek or give;
There's but one "creed" I'll ever need.
The creed of how to live.
The life that Jesus well portrayed
With love and Truth in mind,
A teaching that must be obeyed
Within my heart I find.



FORGET THE PAST



QUITE SOON we shall be thinking of the year as drawing to a close and the time will be ripe for making new resolutions. To some persons the last of the old year becomes a good time for a good mental housecleaning. Even those who have not learned through the study of Truth to renew their mind day by day find that the practice of clearing their thought once a year and making new resolutions stimulates them to forget the past and to take a new hold on life.

Forgetting the past does not seem easy for some persons. Wounded pride, hurt feelings, rebellion against defeat, are matters that many hug to themselves stubbornly and tenaciously, unless the light of Truth dawns upon them and they see the folly of their foolishness. They discover, after all, that the past is nothing of itself. Only their memory of it and their reaction to thoughts of the past can have any influence upon their present state.

Do you have difficulty in forgetting the past? Do you find yourself unable to break away from memories of disappointment and failure? Then cease to give importance to that which you call the past. In your world, the world of livingness, the world of today, there is no past,

there are no memories of unpleasant happenings of yesterday.

When the old arguments of yesterday come up, meet them with the truth, the realization, that you live in the glorious today. You are not to be burdened or limited today by what you or any one else thought, said, or did yesterday or forty years ago. Your world is not one of the past, neither is it one of limitation. You are neither limited nor bound by the thoughts, words, or deeds of others. Neither are you to be bound by your own.

Forget the past! Cease to think of it as something. In your world of today it has neither reality, place, nor power. There is absolutely no place in the present moment, resplendent with its joys and possibilities, for the unpleasant, haunting memories of yesterday. Think how ridiculous it is for a person to let the present be affected, influenced, or ruined by the past.

Forget the past! What do you care if some one spoke unkindly yesterday! That is his affair. The person who says or does an unkind thing but displays his own character. Your part is to be unaffected by what he does or says. Possibly you would be more lenient with him if you could know his hidden life, his problems, his discouragements, and his motives.

Forget the past! Cease to regard the souvenirs of yesterday that break your heart. Learn to live! Live this day to its fullest extent. You can do so only by refusing to let unhappy events of yesterday rule your today. If you are to live the spiritual life, you must break with the

past, and with its unpleasant associations.

You must be master of your life at all times. You must not be ruled by persons, things, or events. You must see the fallacy of being governed by the past. Those who live in the past in thought do not live in the present. Physically they live in the world of today; mentally they live in another world: unpleasant memories. We can readily see the incongruous situation.

If you have been bound by the past and have tried to live in it, change your way of thinking. Bring the vitality of the present into your life. You will change your whole life by doing so. You will see the world from an entirely new angle.

Forget the past! The persons who caused you heartaches, the events that caused you sorrow, and all the foolish little personal situations must be forgiven and forgotten now. All these have served their time. You have learned your lessons. Begin life anew.

Forget the past! Live in the glorious today! Today with its joys and promises! Today with its livingness! Today will give you a blessing. Rise out of the valley of despondency and ascend to the heights where the sun is shining. Put the past behind you. Keep your vision straight ahead.

Rising to the new consciousness, you must drop old, crystallized ideas. You must make room for the new. Salute the new day with the realization that henceforth you will live only one day at a time, and that today—today!

TODAY'S THE ONLY TIME

The past has gone with all its fears
And all its joys unknown;
The yesterdays and yesteryears
Like birds of night have flown.
We live as in a bright, new day,
As in another clime;
The past lives not, 'tis flown away!
Today's the only time.

The thing we call tomorrow fair
Does not exist at all;
It vanishes right in thin air;
Today comes into call.
Though poets sing of future days
In verses rich, sublime,
The truth remains: today we'll praise!
Today's the only time.

The only time, eternal now,
The present moment live;
You'll find your blessings now, somehow,
So learn to love and give.
Right now enjoy the things of good,
As urged in simple rhyme;
This truth had best be understood:
Today's the only time!



WITHSTAND THE CHALLENGE



IF THERE comes to you a situation in which your understanding and faith are put to a test, meet the challenge. If you have been living in the consciousness that external things cannot affect your happiness, if you have been declaring that adverse beliefs have no power over you, then prove that you can withstand all adverse claims. The principles of Truth that you have studied are not to be restricted in application to times of optimism, perfect health, and prosperity. When a testing time comes, then is the time to test your understanding and your faith.

The science of mathematics is not to be used or enjoyed when we have nothing to compute. We need to use our understanding of mathematics when we have a problem in hand! Our understanding of higher Truth—the understanding that the power of God in us is mightier than the false claims of so-called external powers—is to be utilized in times of necessity. The experiences that come to us are but challenges to our faith.

If you have been living in the understanding that other persons cannot affect your happiness and then, suddenly, comes to you the disturbing thought that they can do so, you have a situation in mind to meet. Remember that this or that

person does not enter into the circumstance; you are dealing entirely with your own reactions. You are dealing with thoughts representative of persons.

In any personal situation, you should never become angry with others or attempt to discipline or mistreat them. Your only duty is to handle your own thought. If you believe that others can harm you, then they will appear to do so. If you know the fact that they cannot, then they cannot. Through the power of Truth you thus withstand the claim of personal consciousness.

If you have been affirming the Christ Truth that fear has no power over you, then when the thought of fear comes to your consciousness you must witness the Christ Truth surely and completely annihilate the thought of fear. If you allow the thought of fear to make you afraid, you cannot witness your salvation. If you waver in faith, you will but give the strength of your thought to fear—and help to feed it.

If you have been establishing yourself in the consciousness that you are a child of God, then if the thought that you are a thing of weakness, disease, or imperfection comes to you, you must see that this thought is destroyed. If you are a child of God, you are His child once and forever. You are a child of God as truly when the false belief in disease comes to you as you are when the reality is in mind.

If you have been living in the realization that your heavenly Father—God in the midst of you—supplies your every need, then you must be loyal to this realization when the propaganda

of lack, panic, and failure is in the air. Your heavenly Father will supply your needs when you are in need.

When you let one little thought of doubt enter your mind it becomes an entering wedge for other doubts. The philosophy of evil that men have originated and believed, the philosophy of the presence and power of adversity, begins to thrive in your consciousness if you do not meet its challenge. When doubt enters in, your feet become enmeshed in the old web of false human thought. If you begin to try to reason things out according to man's philosophy of evil, you weaken your grasp upon the philosophy of God, the science of Truth.

When doubt and fear enter your mind, they bring with them all their relatives—inharmony, hate, disease, sorrow, failure. Your strength and protection lie in positive thinking—in thinking thoughts of good, peace, joy, love, health, and plenty. Remember that you are to think these not because they are pleasant thoughts, but because they are Truth. If you can keep the idea of Truth uppermost in your mind, you can more easily resist the claim of adverse beliefs.

Withstand the challenge that comes to you, seize the opportunity to prove Truth, by standing firm in the realization that God is all in all. If you can grasp the omnipotence of peace, love, life, joy, and plenty—the omnipotence of God—you will no longer believe in the power of adverse beliefs.

GOD IN YOU WILL PREVAIL

The storms about you yet may rage,
And evil seem to take the stage,
And men may still their battles wage,

But God as peace in you'll prevail!
The ignorance of false belief,
May hold the race to sin and grief,
But you will find there'll come relief,

When God as Truth in you'll prevail!
The darkness may delay the dawn,
But soon the shadows will be gone,
So keep on moving on and on,

For God as light in you'll prevail!

The evil may the good obscure,
But keep your thought most holy, pure,
The love of God will work its cure,

And God as good in you'll prevail!
When grim disease opposes health,
Or sly contagion comes in stealth,
You have in you the Spirit's wealth,

For God as health in you'll prevail!
When joy does not appear to view,
And grief would be obsessing you,
Just keep your thought upon the true,

For God as joy in you'll prevail!



MAKE NO CONCESSIONS



YOU, WHO have caught the vision of your divine sonship, beholding yourself immaculate in the sight of the Eternal, glimpsing yourself as unsullied by worldly thought and limitations, go forth this day true to your vision, making no concession to discouraging thought or limited beliefs. As you go forth panoplied in your spiritual aura, heaven's robe of protection, know that nothing of the outer world can touch you or harm you.

You, who have risen to the realization of your perfection in Spirit, make no concession to the beliefs of foolish men that you are evil or diseased. Let men say or think what they will. Concede not to thoughts of the world. Agree to heaven's decree that you are the perfect child of a perfect Father.

The false teaching of men that persons and things can harm or disturb you is but the philosophy of the mists and the fogs. Each son of God abides by the doctrine of light and makes no concessions to the shadows, which would but lure his eyes from the heavenly vision. Eyes turned to darkness are turned away from the light. Those who make the slightest concession to the philosophy of evil, the doctrine of appearances, lose their high vision. Their thought

must not be given to vain philosophies, to thinking of shadows and appearances; they must journey on, on with the vision of heaven in their heart, its radiance reflected in their eyes.

"Make no concessions." Concede not to the belief of your fellows that things about you can master you. Be true to the heavenly teaching that God within you knows no defeat. Be loyal to the heavenly vision in which you behold yourself victor over all outer things.

To concede that sin, evil, disease, or failure can deflect you from carrying out God's purpose for you—that of demonstrating the power of good—would be to throw away the power of your divine inheritance. To concede to the voice of the world that you belong to it and its limitations would be to yield your position of vantage, to become a child of darkness, a creature of fear.

Even as you reach the understanding when in prayer and silence that you are unmoved by things of the outer world, so are you in Truth, so must you be under all circumstances and in all conditions. If it is true that when you are in spiritual consciousness you are the perfect and unlimited child of God, so is it true in times of trial and in days of stress.

In the higher understanding you are not a thing of human emotions, sensitized to adverse thought, moved by capricious winds of circumstance and things of the external world. In the higher Truth, you are as abstract as is the figure seven, the sun in the heavens, the dominant chord, the color blue, the principle of addition. Can you think of the sun as refusing to shine

because some one made a face at it? Can you think of the sun as conceding to some one's desire that it cease to radiate glory, warmth, and sunshine? Can you think of the sun as conceding to personal wishes that it lose its glory and cease to shine!

Yes, in Spirit, you are as abstract as the sun. You are unrelated to things about you. You must shine with the glory of God in the midst of you. You must not concede to the belief that you can lack health, lack joy, or fail in your undertakings. Make no concessions to the race belief that there is something that you cannot do, something to which you cannot aspire.

You, who are reading this message, let yourself be lifted to the higher consciousness. Keep your vision on your spiritual ideals. Concede not to disappointments, discouragements, and appearances. Let men who believe in these negatives play with them as they will. Your part is to believe in God, in the power of Spirit in you, in the might of your higher self. As you go forth today to new undertakings, take with you this thought of your supremacy over all things about you. Let God in the midst of you proclaim Himself as mighty to conquer all things about you. Let Him demonstrate the power of His life in you. Yield no quarter to any belief that would tend to pull you back or cause you to think of yourself as less than that which God has named you, His image and likeness.

GIVE GOD THE BURDEN

If on God you cast the burden,
Cast on Him your pain and care,
Give to Him all anxious trouble,
Take it to the Lord in prayer,
You will find that in the yielding
Of the burden on the road,
There will be an end to grieving
When you learn to shift the load.

When on God your burden's resting,
When you learn to cast aside
Every load and seeming trouble
And, in Him, to rest, abide,
You will find that in your living
You discover peace and ease;
At each turn upon the highway
Something comes to you to please.

Having cast on Him the burden,
Prayerfully your needs made known,
Go your way in sweet rejoicing,
For you travel not alone.
At your side the unseen Savior,
Would relieve you from all care;
Hand to Him the heavy burden,
Whisper all your needs in prayer.



STABILITY



TRUE to Principle, indeed, is he who in testing times remains steadfast and firm in his faith. When the world is in a panic, he is stabilized in the peace and confidence of the Christ Spirit within him. When men cry, "Depression!", he continues to remain true to Principle, true to God. In the midst of contagion and fear, he it is who goes about with no fear in his heart, for God is there!

Stability depends upon the realization that within us is a tower of strength that never wavers. No capricious winds can jar or move it from its upright position. Depression, fear, contagion, and epidemic are as naught. The tower remains upright as if pointing its apex to heaven and glorifying God. One might as well try to prevent the needle of a compass from pointing to the magnetic pole as expect one's inner tower of strength to cease pointing to God.

Stability in man, the ability to be steadfast to Principle, depends upon his having found this tower of strength within himself and realizing his immovability when adverse thoughts become active about him. God is the "high tower" referred to in the Bible, and he who learns to live therein abides in stability, secu-

rity, and safety.

There are times when the propaganda of fear breaks out as financial depression or as the contagion of disease, but those who are stabilized in the understanding of Truth never waver. God is still God, their God, their tower of strength, their supply, and their salvation. They never worry, never fear, never doubt God, knowing full well that, in proportion to their loyalty to Principle, in the degree that they remain one with the immovability of this tower of strength, in that measure will they be unshaken.

Those who are true to God, unwavering in their faith, can well say: "Jehovah is exalted; for he dwelleth on high: he hath filled Zion with justice and righteousness. And there shall be stability in thy times, abundance of salvation, wisdom, and knowledge." The greatest need of the world is more understanding of Truth, loyalty to God in times of fear, greater stabilizing influences. This need is met when individuals become more stable in their thinking.

Today, possibly, you will have the opportunity to show whether or not you are stabilized in Truth. If the thought of disease or weakness comes to your mind, how will you treat it? Will you think about it, let it become your weakness or your disease, or will you neutralize it through remaining stabilized in the realization of your divine sonship? Will you continue to know that God is your life even when all those about you deny Him and believe in disease?

When other men think and talk lack and fail-

ure, will you remain stabilized in the realization that God in you is your supply, your substance, your support? If God is not your health and supply when you need to know that He is, of what good is Truth to you? If you can be stable only when things of the world about you seem to be in good condition, of what avail is the fact of your oneness with God? If you waver in testing times, where is your faith?

The propaganda of fear, whether it takes on the character of fear in finances or fear of disease, springs from false beliefs of the unenlightened man. He is afraid because he lacks a sense of stability. He lacks the realization that there is nothing to fear since God within him is all in all. He easily identifies himself with other minds that are full of fear, because of the ease with which fear propagates itself.

When we are stabilized in Christ, we are stabilized in peace, courage, love, life, and substance. We find therein something that gives us the safe feeling of assurance, steadiness, permanence. We learn to look upon the things that formerly disturbed us as being shorn of their power to harm, divested of all power to hurt. The thought of disease, the fear of failure, are neutralized by the Truth of God in the midst of us. From His high tower He says, "Adverse beliefs of the world have no power to disturb you. Turn your eyes to Me, turn your thoughts heavenward. I am your tower of strength, courage, health, and supply. You are one with Me, and I am one with you."

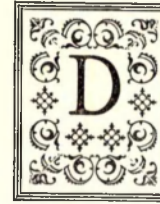
A MODERN PSALM

The Lord of might in me is my protector, my shepherd, my guard against all invasion. I shall not want peace, love, health, or joy. I shall not want opportunity or success. He makes me to rest when rest I need, to relax from thinking of affairs of the world when I should make my peace with Him. He leads me into quietness, even though I am in the busy marts and amidst the hustling throng. He restores to me the tranquillity of my soul, guiding me and keeping me true to right in all transactions. He is my adviser, my companion. Though I pass through shadows, He is my light, my life. I will fear no person, no thing; He is my courage at all times. He is back of me in all my endeavors, comforting and inspiring me. He supplies and refreshes me. He gives me power to draw unto myself mental, spiritual, and physical food. I am eternally conscious of His goodness, His kindness, and I in turn am loving and kind to those about me. I live in Him and He lives in me. I am forever aware of the presence of Him whose likeness I manifest to His glory. I dwell in His peace, love, life, and strength. Surely I can do all things through Him.

"Jehovah is my shepherd; I shall not want."



COOL-MINDEDNESS



DO YOU know those who stay cool-minded regardless of the situation they encounter? Possibly you number among your friends those who, even in the heat of a summer day, remain cool and poised. Certainly these prove to us most convincingly that thoughts that would seem to disturb us can be overcome and mastered. Evidently the solution of such a problem lies in overcoming the disturbing belief.

The individual who is thought of as being quick-tempered and hot-headed is one who thinks and acts without self-control. He is not master of his thoughts. He brings about mental cross currents and finds himself in the midst of them. He is not cool-minded, because by some psychological process he seems to exclude thoughts of harmony and joy, the cooling thoughts. His otherwise customary cool-headedness is disturbed because he harbors some thought foreign to healthy thinking.

There are persons who remain cool-minded even when all those about them are disturbed and hot-headed. They are cool because they are not disturbed by those thoughts which ordinarily irritate and distress. They have mental control and poise. They do not admit to mind those thoughts which cause hot-headedness.

The person who is easily disturbed by vexing thoughts places himself at their mercy. They have command over him. They produce a certain mental friction that robs him of peace and harmony. He becomes hot-headed because he entertains thoughts of friction.

Summer weather is often accused of causing us to be hot-headed. Usually our conversation about the weather and its ever increasing heat is responsible. If we think and talk about the weather as being hot we relate ourselves to hot weather. We become warm in mind and in body. Relief cannot come by trying to cool the body if the mind continues to think in terms of heat.

At the heart of our being is that which is never affected by heat or cold. It is the Spirit of God. If we realize that we have this unchanging presence within us and keep our attention fixed upon it, we cannot suffer from heat or cold. We can be bothered by the weather only to the extent that we let the thought of weather have power over us. It is just as easy to think and to realize that we are free from weather conditions as it is to think that we are under bondage to them.

Cool thoughts are as much indicated for summer weather as are cool clothing, cool diets, cool rooms. Certainly no one would deliberately dress himself in winter clothing, heat the room, and expect to be cool. His very thought and act would be at cross purposes with his expecting to be cool.

A young business man recently referred to an associate as one who always made him hot whenever they had a conference. Another per-

son does not have power to make us hot. Only our own reaction to what he says or does can do that. We become hot-headed because we let a certain measure of friction be engendered when we are in the presence of some person or thing that irritates us.

The best way to remain cool-headed and cool-minded is to get quiet and cool in the silence and then stand guard over our thoughts. By this means we turn out of mind every thought that would disturb us or cause us to become hot-headed. Impatience often engenders mental heat and confusion. Personal animosity is often the cause of mental friction.

The cool-minded person has much in his favor. He can approach a situation knowing that he has it pretty well in hand. All about him may be those who are disturbed and panicky, hot and fearful. He is master of his thoughts and master of the situation. He does not anticipate disaster.

Begin the day with the realization that nothing can disturb you, nothing can make you angry or hot-headed. Regardless of situations or the weather, keep your poise. Do not admit to mind any belief that would cause mental friction. You must realize that you are in command of your life and your affairs. Nothing of the external world should be allowed to disturb your peace of mind.

The world must look to cool-minded individuals as its saviors. Hot-headed thinkers may bring about world-wide confusion, but it remains for cool-minded persons to make the adjustments.

I DO NOT QUESTION GOD

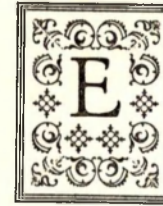
I question not God's means or ways,
Or how He uses time or days,
To answer every call or prayer;
I know He will, somehow, somewhere.
I question not the time or place
When I shall feel His love and grace;
I only know that I believe,
And richest blessings shall receive.
I cannot doubt that He'll attend
My every call, and that He'll send
A ministering angel fair,
In answer to my faithful prayer.

FORGETFUL FRIENDS

The friends who forget are the friends that we
 need,
For they are the friends who are friends true,
 indeed;
They never remember or e'er call to mind
Our shortcomings many, nor faults do they find.
They always forget every word said in haste;
Upon our misdeeds not a thought do they waste;
And, never recalling the things we'd forget,
They make us remember the good in us yet.



THINGS GOD CANNOT DO



EVEN THOUGH we think of God as omnipotent, able to do all things, we must concede that there are some things that man can do and that God cannot. Man can behold evil, he can sin, he can think hate and fear, he can manifest disease, he can bring about death. He is able to do such things because he can sink to a certain level of consciousness in which he recognizes adversities. Divine Mind is the perfect consciousness of Truth, life, and love, and can know nothing that is the opposite of itself.

To man who in ignorance of Truth has many gods—gods of evil, sin, disease, and failure—comes the voice of the Divine: "Thou shalt have no other gods before me"—"thou shalt not bow down thyself unto them, nor serve" any gods of adversity. When he thinks of evil or disease as having presence and power over him, he becomes enslaved to it. The voice of the Divine alone can set him free.

In the Bible, God is defined: "Thou that art of purer eyes than to behold evil, and that canst not look on perverseness." God is unable to behold, look upon, or recognize evil, sin, disease, or death. If God could know, see, or recognize these as realities, they would be such. Man could not escape from these by

prayer or any other means if, in the sight of God, they were eternal verities. Man's escape from adversity of every description lies in the fact that it does not exist in Divine Mind.

Throughout the Old Testament are to be found such passages as this: "I make peace, and create evil; I am Jehovah, that doeth all these things." Here we have evil, always elusive of all explanation, imputed to the power of Jehovah. Since evil seemed to man to have presence and power, there was no other way to explain it but to classify it under a general head that signified omnipresence and omnipotence. In an age of considerable ignorance regarding mental and physical hygiene, no doubt when a person made himself ill he thought that Jehovah had created the condition. Today, if even the smallest child acts in disobedience to certain physical rules about health, he knows that he himself brings about the resulting physical discomfort.

Because of their belief in a dual-minded God, the ancient Jews remained in a state of dual-mindedness. They thought of God as knowing, seeing, and recognizing evil, disease, and death to be just as much something as was good or health or life. Their prayers were unavailing because they could not ascend beyond the false realization that evil and disease were something, something in the mind of Jehovah, something that He had created—He whose creations endure from everlasting to everlasting.

In the book of James we read: "Let no man say when he is tempted, I am tempted of God; for God cannot be tempted with evil, and he

himself tempteth no man." Certainly, there would be but one way in which God could tempt man, and that would be through spreading the propaganda of evil, through representing evil as something present, real, and true. Here we have something else that God cannot do: He cannot disseminate evil thought. Man can think evil and scatter it abroad; God cannot. Man can lead his fellow man into ways of sin, but God can only lead men into paths of good.

God as love cannot know hate and fear. God as life and health cannot destroy life or create disease. God as plenty cannot produce lack. Man, in going the way of ignorance and selfishness, can bring about evil, disease, and poverty. He may live in these for a time but, when he turns to God, turns to the consciousness of life and good and plenty, he beholds the omnipresence and omnipotence of these to the exclusion of evil, disease, and lack, which then disappear from his world.

God cannot compel man to accept a realization of His Truth, but through His love He can draw man to Him. The things that man can do, but that God cannot, belong entirely to the world of illusion, the illusory world formed by man's dual-mindedness and his adverse thought. That which man can do—to think and to form evil and disease—soon passes away, but the work of God endures forever. Man really does nothing when he does these things. But even in doing them he is brought nearer and nearer to the realization of God's omnipotence. When He accepts the Truth of God, he can do all things through Him.

BECAUSE YOUR THOUGHT TO GOD WAS TURNED

Today God sent to you a friend—
He came your cause to help defend;
Today some trouble came to end,
Because your thought to God was turned.

You cared not what the road, or way
That things worked out for you today;
Your thought from heaven did not stray;
Because your thought to God was turned.

Today, when nothing seemed so wrong,
You found you seemed for God to long;
You heard within your heart a song,
Because your thought to God was turned.

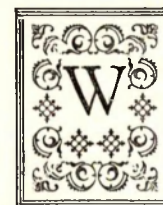
Today the sky to you looked blue;
You sought and found the good and true;
You turned and found the Christ in you,
Because your thought to God was turned.

You found the wrong replaced by right;
Your world appeared to be more bright;
You found within you His bright light,
Because your thought to God was turned.

You turned away from evil, sin;
You found your God, the Great Within;
You knew that you could conquer, win,
Because your thought to God was turned.



UNMASKING PERSONALITY



ERE YOU to lay hold of your power to see back of personal masks, you would be much surprised at what would be revealed to you. Possibly that person whose motives you have least understood, the one whom you have had difficulty in loving, would stand out in such a way that his soul would be revealed to you as something supremely fine, something that you could easily love and understand.

On page 17 of "The Twelve Powers of Man," we read: "Peter . . . saw the living Christ back of the personal mask worn by Jesus." Peter's spiritual vision was so quickened and clarified that he saw beyond human personality and beheld the divine! He was given power to lift the mask, to gaze beyond personality, and to behold God manifest as Christ. He could look back of the appearance of human frailty and see Truth, love, and beauty.

Are you often troubled by those about you who seem to be the personification of everything evil? Do these appear to wear the mask of ugliness, hate, selfishness, or evil? Then you must look beyond the mask. You must see the Christ in them, even as Peter saw it in Jesus. You must let your Spirit say to them even as

Peter said to Him: "Thou art the Christ, the Son of the living God."

Instead of the mask of disease, you must see Christ appearing as life and health; instead of the mask of failure, you must see Christ manifesting as prosperity and success. If those about you are firm in holding to the mask, if they are inclined to see themselves as the mask would make them appear to be, then your work is doubly increased and you must more firmly behold the vision of Christ until they, too, have faith and strength to see it.

If there is one in your family who appears as a person of selfishness, you must not see the caricature of God's man that he presents. Your work is to see love, justice, and unselfishness—the Christ! If those about you could manifest these as clearly as Jesus did, you would have no work to do, your work would be completed, you would have gained a clear realization of your own Christhood.

If you are linked with business associates who wear the mask of unfairness in business, then you must help them to unmask themselves. You cannot do this by pointing out their faults or antagonizing them. For a time your work must be silently done. Were you to attempt to tear the mask off by physical efforts or by personal means, you would appear as wearing a mask yourself. You would be seen as hateful and antagonistic. Your associates would have difficulty in seeing Christ manifesting in you.

A woman once told the story of her having received several letters from an old school friend, telling her of a gentleman in this

woman's city whom her school friend wanted her to meet. He was a man who had had many personal problems, a number of business failures, but had always managed to overcome discouragement and win some measure of success. The correspondence became very interesting, and this woman became quite enthused about meeting this gentleman when her friend would come to visit her at a later date. In the meantime, this woman had taken a position as private secretary to a man whom she disliked on the spot. Everything seemed to go wrong. In a few days he gave her some personal letters to mail. Imagine her surprise when she saw on one the name and address of her friend who was expecting to visit her. Instantly she realized that this was the unknown but common friend!

What happened was this: A certain truth that she had not known displaced a certain amount of ignorance. Sympathy and understanding replaced personal antagonism and misunderstanding. The personal mask was loosened through the love of the third person. This woman came to see sterling qualities, to appreciate deeper motives, in the man whose mask had been that of a hard-boiled executive. She came to see the son of the living God seeking through difficulty and disappointment to reveal more and more of the living God within him. Possibly, after all, human sympathy and compassion can do much to help us look beyond the mask and to see the shining Christ. We glorify Jesus when we see His Christliness coming into evidence everywhere about us.

NOT A WORD

He says to me, "There is no God,"
This intellectual one,
That Christ was but a myth, a fraud
Whose work was neatly done.
It seems to me that Christ at hand
Is list'ning all the while
And that there's understanding love
Beneath His tender smile.
How many times throughout the years
Those words the Christ has heard,
Has stood denied, denounced, unseen;
His answer—not a word.
His answer is the healing touch
For man and beast and bird;
When man reviles, He loves instead,
And answers not a word.



IMPORTANT—OR INSIGNIFICANT



THE LITTLE THING that happened yesterday that bruised your feelings, perhaps—was it really important, after all? That something which some one told you some one else had said or done—are you carrying that in your mind today? The failure or mistake of last year—is it important today? Could any experience of yesterday be important enough to rob today of the happiness that is in store for you?

Perhaps the affair was given importance because of the mood that you were in at the time. Perhaps your mental attitude was such that you did not exercise good judgment, and you reacted to it with a spirit of rebellion when under normal conditions you would have let the incident pass unnoticed. Possibly you made a most insignificant situation one that seemed to be of great importance. Such could easily be the case.

If you happen to be in personal consciousness—in the belief that persons and things can affect, harm, or interfere with your well-being and success—a little experience that centers around what another has said or done may seem quite important to you. If you live in the freedom of universal consciousness—in the realization that you live above and beyond what others

think, say, or do—such experiences are most trivial. What do you, the child of God, care if another behaves unseemly? His conduct but betrays his own need for Truth.

When another mistreats you, that one but advertises the fact that he lacks understanding. The person who is inconsiderate of another needs compassion. Above all, do not think of his actions as having importance in your own life. His need for refinement may be most important in his own life, but it is totally insignificant in yours.

If you will sift out and examine the various little secret and subconscious hurt feelings that you may be harboring, you will find them woefully insignificant. They can have little importance to one who views life from a universal standpoint. They cannot be important to one whose vision and thought should be on his ongoing. If you look back to insignificant things of the past, you will take your attention from important things of the present.

After all, what is important in life? First of all, Truth. Truth as it reveals to you your relation to God—peace, freedom, justice, love—in the midst of you. Truth as it reveals to you your freedom from what others think, say, or do. Truth as it shows you that your thought must be directed away from insignificant things, from affairs of personal consciousness, to the important things of Spirit.

What is important? Your being impersonal, unaffected by persons and things, forgetful of mistakes and failures of the past, true to the vision of your going forward and upward.

WHEN JESUS PASSES

Jesus, as You pass along,
Viewing right, o'erlooking wrong,
As You view the hurrying throng,
Pause a moment at my side.

Are there those who know not Thee?
So engaged they do not see?
Gently touch me, come to me;
Pause a moment at my side.

Eyes may not behold Your face,
But the soul will feel Your grace;
When You pause, my soul embrace.
Pause a moment at my side.



IN COMMAND OF AFFAIRS



YOU ARE either in charge of the affairs of your life or else you are the victim of every adverse wind of circumstance. You have power to master the circumstances of your life, or else circumstances master you. You can command situations through the God-given power of mastery within you, or else God-in-you is a hopeless victim in the hands of adverse conditions.

Man is the only creation of God having the power to say, "No," and, "Yes." He is the only one with power to choose the direction that he is to take and able to continue in that way. He has been given power over lesser creations. He has been given consciousness of the presence of God within him. His claim to a soul is indisputable.

To man has been said, "Greater is he that is in you than he that is in the world." Mightier is the Spirit of God in him than are the persons, things, and conditions about him. Greater is the power of Truth than the belief that persons, external things, and circumstances can master him. Greater is the presence of God within him than is the appearance of sin, evil, disease, and want about him.

At this point you may ask, "If man through

the power of indwelling Spirit is in command of the affairs of his life, why has he not known this before and taken command?" Because he has allowed himself to be subject to the race belief of his subordination to things. Because he has believed that God is far from him, apart from him, unconcerned with his temporal affairs and problems.

The person who does not know the truth of his power to take command of his life, its events and circumstances, is seemingly blown about by every wind of caprice and change. He lacks substance and balance, the foundation and background of Truth.

"He that overcometh, I will make him a pillar in the temple of my God." He that overcomes false beliefs and turns to Truth will find the pillar of the Lord within him, making him as adamant to things of the outer world, causing him to stand firm when, otherwise, he would fall, making him conscious of his power to command affairs of the external world and to see them subject to his word of Truth.

Sometimes when a young student in Truth has a problem to handle he attempts to shift responsibility by stepping aside and thinking that God will right all conditions. He makes a mistake, not by giving up personal concern in the matter, but by not knowing or clearly realizing that God is at work. This is a most important point. The individual must realize that God within him is actually at work. He must have the clear conviction that the Spirit of wisdom, justice, order, peace, and prosperity has command of his affairs.

THE LOVING HEART OF JESUS

His heart is standing open, filled
With love He well can share;
The room is large and warm and bright;
Come, take a friendly chair;
He will not stop to ask your name,
But love He will bestow,
For He can understand your thoughts,
Your needs right now He'll know.

His heart is standing open—
You'll distinguish in its throng
All those who seek refreshment, then
Go forth to labor long;
You'll see the folks misunderstood,
The weary and afraid,
And those, despairing earthly help,
Now seeking heav'nly aid.

His heart is like a banquet room,
A place to rest and feed;
Here's love that will sustain you
And it matters not your need;
Here come the weary and depressed,
Who quick are brave and strong;
Filled deep with love they go their way,
While chanting love's sweet song.



PLAYING THE GAME OF LOVE



CROSS the tennis net shone the radiant face of a young girl and, as she cried, "Love game," those of us standing at the side of the court smiled. The score that she announced was so typical of her own life and of her own heart that there was more meaning in what she said than there might have been if the words had come from the person with whom she was playing.

Somehow we always thought of Mary as doing the gentle, kind, and loving thing at all times. She was one of those persons in whose company we always relaxed and felt comfortable. We always knew that Mary would not misunderstand, that she would not take us at a disadvantage, that she would not mention those little incidents in life that often cause a person to call unpleasant happenings to mind. Yes, her motto was "Love game." Instead of making life a hardship to herself and others she made it a diversion. To her it was a game of love.

Were you to start the day some morning with your mind filled with love, were you to react to the situations and experiences of the day through love, were you to be kind and loving to all your friends and associates, you would know something of the joys of living

and the blessings that come to one who loves all, plays through life as if it were a game, never quarreling with the other players, but always ready to help them by observing all the rules.

The good tennis player is usually happy to help a novice and to show him how to improve his game. Poor sportsmanship in sports spoils the game, so does poor sportsmanship in the game of life and the game of love. You are a good sportsman in life's game if you can smile at seeming defeat and take new courage.

Determine today to love all, to meet every situation through gentleness and kindness, to be loving even in the face of hate, to be kind even when the other fellow is unkind in his attitude toward you.

There are men who get a great deal of sport and fun out of business. The world may think of business as a "big game," full of cheating and sharp practices founded upon the slogan, "Let the best man win," but to those who have the right concept of the game of life it is just a game of pleasure.

We can easily contrast two types of business men. There is one type that we see that seems to carry his business on his back. He does not know the game as it is played according to Truth. He is but a modern Atlas, weighed down by business cares. The other type is pictured by that man who, figuratively speaking, "sits on top of the world." To him, the world with its possibilities, opportunities, and prizes is at his feet. This type is usually sunny, friendly, and loving. Besides the rules of big

business he knows the game of love. Business, to him, is as much a source of relaxation and diversion as is tennis or golf.

Centuries ago, when men were engaged in playing a game of hate, fear, selfishness, and revenge, a new figure appeared in their midst. He taught them a new game. The rule was very simple: "Love one another." No doubt, this new rule, this one simple commandment, given to supersede ten time-honored rules, stirred up a great deal of consternation. At times, even today, the new commandment seems to be almost forgotten, but it still stands as the simplest rule of life, the principle upon which the very game of life is founded.

In some games there remains one step to be taken when all other resources are exhausted. Thus it is in the game of life. When you have failed to bring about peace, joy, healing, and success, try love. "Love therefore is the fulfillment of the law." If the measure of love that you bring to bear upon a problem does not seem to solve it, you have one more step to take: add more love. Then keep at it until your problem is swallowed up in love.

If your health should be improved, if business needs an increase, do not be resentful; do not be resistant. Above all, do not blame other persons. Know that in some way or other you have overlooked the rule: "Love one another." To your faith and understanding, add more love. Love God more, love the best that is in you more, love your fellow man more.

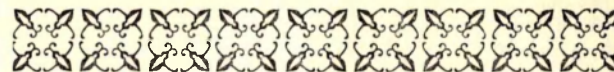
Life will take on a new meaning when you learn to play the game through love.

HARK TO THE CHANT OF THE HIGH HILLS

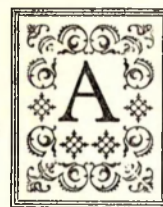
High hills are singing songs to me,
Enticing me to come and play,
To come where sunrise first is seen,
To first behold the break of day;
And, as they sing, "Oh, higher come,"
I feel that I must drop from mind
The many little darkened thoughts
That seem to limit and to bind.

High hills are chanting anthems gay—
The song of peace, the song of joy;
I drop from mind all gloom, despair;
High hills are something to enjoy.
If hills have such persuasive chants,
And can inspire me with their voice,
Then, in my mind of nobler things,
I, too, can make the world rejoice.

For, when I find a soul distressed
I seek the high hills in my mind;
I seek the mountain peaks of prayer
And, on the heights, I'm sure to find
They chant the song, "Oh, higher come."
And, as I dwell on higher things,
I find that those for whom I pray
Find in themselves that something sings.



THE SOUL'S ADVENTURE



LONG TIME ago you came out of heaven to prove to God and to yourself that you could travel earth's highway keeping true to the vision of heaven. When you came into earthly experience you came blessed with certain truths, armed with certain weapons, possessing certain safeguards.

First, you have been taught that you should "have no other gods" before you, that you should believe in the omnipotence of God, the good. Are you true to this principle? When you meet earthly gods—so-called powers of evil, hate, fear, and disease—do you still keep true to the heavenly vision? If you firmly believe in the omnipotence of good, you will not bow down before the altars of fear, the gods of hate, the forces of evil. Your soul will go forth on its great adventure, traveling earth's highway, untouched, unchanged, unaffected by things of earth. Things of the earth at times may amuse you, but will never enslave you.

Secondly, you have been told that you are created in the image and likeness of God. You are to carry this perfect image with you through all your experience in the world. The likeness of God implanted in you at the beginning is to be kept as when it was given to you

—regardless of the likeness of things earthly. Monsters of disease may call to you, “You are becoming like us,” things of the world may issue the challenge, “We have power over you,” but you must cling to the most precious possession that could ever be given you, your Godlikeness, and know that nothing of the world can take it from you.

Thirdly, you carry with you a shield, a powerful slogan, which will help you through many of your earthly experiences: “Greater is he that is in you than he that is in the world.” Oftentimes you may be called upon to realize and affirm this truth: *He, Christ, that is within me is all in all. That of the world which appears is always subject and obedient to Him.* We might call this the golden truth of all ages, the secret of all secret truths.

As your soul goes forth in the world, it is never a part of it, neither does it venture forth with timidity. The world may be about you in fact, but in Spirit it is always at your feet. You go forth wearing the “whole armor of God,” wearing the girdle of Truth, bearing righteousness upon your breast, your feet prepared for peace, faith engraved upon your shield, your helmet crowned with the assurance of salvation from every evil, the sword of Spirit fighting your battles!

Do you not see that the lessons that you are to learn during this great adventure are to be viewed as something entirely apart from you? They belong to the panorama of the passing scene. The fallacy of believing in evil and disease, the futility of trying to use injustice or

hate, the ridiculous nature of the claims of fear, will be revealed to you. You, the spectator, are like one viewing a moving picture. After all, the persons and things on the silver screen are but shadows. They have no depth, no reality.

At times, the cinematographic man may strangely seem to resemble you, the man bound by mortal belief in disease and lack may look like a mirrored reflection, but in truth he is not you. He is not that something implanted within your breast that recalls to you that you are created in God’s image. He is only one of the many sights that you view in earth’s laboratory of experience.

Your soul having gone forth from the heart of God is on the way to return to it, convinced of mighty truths. Without this venture into the world, it would lack conviction, assurance, and strength. Even as it ventures forth on this God-directed journey, God is with it at every step of the way. When you are tempted to believe in evil, God says to you, “Here am I.” When you would view “the pictures” and see yourself as unhealthy or failing, God turns your attention to Him and says, “Not that, My child. Here am I. Behold yourself as you are mirrored in the light of My countenance.” Then you smile at your mistake and see within yourself a clearer realization of your innate perfection in God. You recall the great secret of secrets: *He, Christ, that is within me is all in all. That of the world which appears is always subject and obedient to Him.*

What an adventure! What a romance!

LIFT UP YOUR HEART

Somehow, I never want to pray
With downcast eyes, with head bowed low;
I think that when I'm looking down
My prayers to earth are sure to go.
One time in abject attitude,
I, humbly kneeling, tried to pray,
But, quickened in the Truth, I found
There was a better, surer way.
With outstretched and uplifted arms
I stood erect; with upturned eyes,
I felt that I could better see
Right into heaven's paradise.
Now, when again I turn to God,
I know it matters not what way
I voice my words or kneel or stand,
If just my heart can only pray.

For, when I lift my heart to God,
Behold full heaven's grace,
There's mirrored in my heart His love
And there I see His face.
Lift up your heart to God in prayer,
Lift high your vision, too;
Replenish well your life with Him
For He all things can do.



IMPERSONAL DEMONSTRATIONS



OW DO we make demonstrations over personal situations? By viewing them as impersonal. As long as we see other persons as having a bearing upon our problems, just so long shall we keep the problem in personal consciousness and make it impervious to the freeing work of Spirit.

What is some typical personal situation over which at times we may need to demonstrate? The belief that others have power to make us unhappy, to interfere with our progress, or to mete out injustice to us. Personal situations come to us when we are in personal consciousness, in the thought that other persons can limit our expression in life.

What do we mean by viewing personal situations as impersonal? We mean that we relieve such situations of the belief that certain persons are to blame for our problems. For instance, if you believe that George Brown has power to make you unhappy you have a personal situation to handle. You may make it impersonal by dropping George Brown out of the situation, knowing that your problem is to demonstrate over the wrong belief that some person can interfere with your life, not over the belief that the man, George Brown, can do so.

In your present consciousness, if George Brown did not enter into the situation some other person would. You, not George Brown, have attracted the undesirable situation. When you have handled it correctly you will be free from the belief that any person can interfere with your well-being. Incidentally, you will be free from Brown himself. Do you now see what is meant by making an impersonal demonstration over personal situations?

An employee who is in an adverse state of mind will attract adverse situations to himself, whether he works for Brown & Company or for Smith & Jones. His solution does not lie in his hating Smith, Jones, or Brown. Nothing would be gained by his being revengeful, or by his plunging himself deeper into personal consciousness.

If another has seemed to bring unhappiness or injustice into your life, forget him for the time being. Lift yourself out of personal consciousness and much of your problem will be solved. Deny the belief that any person can harm you. Cease to give this person a name, or to identify your problem with any personality. If you need to demonstrate over envy, you need not demonstrate over what Jones possesses. Your problem is entirely impersonal.

Now, how are demonstrations over personal situations made? First, you can readily see that your difficulty and unhappiness have come through the belief that other persons have power to interfere with your well-being. Second, the solution is an obvious one: reverse the thought. Change your belief by realizing that

no person can harm you, make you unhappy, be unjust with you, or take your own from you. Third, rise to that consciousness in which you know that other persons do not shape your life.

The impersonal life is one in which you recognize God as all in all. You lose sight of persons and human frailties when you grasp the truth of universality and impersonality. From the standpoint of Spirit there are no personal problems, no one to hate, no one to envy, no one of whom to be jealous. There is only God, and in Him your freedom from personal problems is assured.

Does this give you light on that personal problem? Do you grasp the truth of impersonal demonstrations? Remember that the problem may seem to be a personal one, but the solution is entirely impersonal. When you are in spiritual consciousness, you look out of the windows of heaven upon a world freed of personalities. You see men and women only as God sees them, impersonal, loving, true.

Does not this impersonal life offer to you a freedom for which you have long yearned? Remember, in the impersonal consciousness you have no limited thoughts about persons, no thoughts that they can limit you. The true demonstration is made when you stand aside, you with your belief in the power of personality, and let God's work be done.

Your power to demonstrate in this way lies in your power to turn personal thoughts out of mind and to keep your thought centered upon the impersonality of Spirit, now manifesting itself throughout your entire world.

JOURNEY ON!

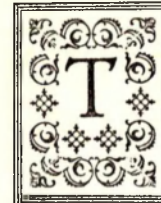
Journey on! Nor stop nor falter—
Look not back the past to view;
Take no backward step, nor stumble;
Mighty works you have to do;
As you journey on the pathway
Now unfolding straight ahead,
Exercise the upward vision!
You are now by Spirit led!

Journey on! The way is opened!
Obstacles are brushed aside,
Not a barrier remaining;
You in peace can now abide,
And can well press forward, knowing
With a trust that meets all test
That the way to you now opened
Is the path to heaven's best.

Journey on! Yes, onward journey;
Head erect and heart made light!
Trouble not, nor stop to worry;
Let the Spirit fight your fight;
Let the Spirit in you, eager,
Now direct your yearning soul,
Push you forward to the vict'ry
And to conquest of your goal.



COMMAND THE SITUATION



THE PROBLEM that you may need to handle today is one that you can handle—one that you can solve—one that you can master! It would not be your problem if you were not capable of solving it. In fact, the solution comes with the problem.

Get rid of the old belief that situations can master you, that you can be confronted with problems too difficult for solution. Cease to think of any circumstance as being too much for you. If you are related to it, then you are its master. You have dominion over every circumstance of your world. You are the master, not it.

There are those who take a sort of negative-positive attitude. They are those who say, "Serene, I fold my hands and wait," waiting for some miracle to happen. Their folded hands but symbolize inactivity, a consciousness not working, faith latent, themselves lazy and indifferent.

We should take the attitude of waiting—waiting upon the Lord—only when our understanding and faith have been so quickened that we know that something is taking place. Serenity is positive in that it neutralizes worry and tension. It is negative in that it may become

decidedly passive, utterly oblivious of spiritual activity.

The true metaphysician commands the situation. He can meet any issue with serenity because he knows the outcome. He knows that something within him is master over all things without him. Truly, his serenity is positive because Christ within him is serene and in command.

How do we take command of a situation? How are we able to arrive at that place in consciousness in which we can be truly serene, truly conscious of the working of Spirit? When are we ready to fold our hands and wait, knowing that our work is done and that God is working still?

We have taken command of a situation when we have reached that high consciousness in which we know that we have power over it through the Christ within us. We fold our hands and wait—in Truth—when we rise out of worry and personal concern and know that the hands of God are engaged in doing their effective work.

Prayers often seem to be unanswered, demonstrations are not made, because the individual fails to reach that point in consciousness wherein he knows that he—the Christ within him—is in command. A patient and persistent study of Truth helps us to arrive at this place. The exercise of faith helps us to develop such a degree of faith that we can know without the shadow of a doubt that we are in control of the situation at hand.

Are you in command of the situation that

you need to handle at this moment? Do you instinctively feel the power of the Christ within you as mightier than the seeming power of the problem at hand? Can you feel that something is taking place, that the clouds are lifting, that an indescribable easiness extends from the center of your being into the problem at hand? If you feel this, then you are beginning to command the situation. The gravity of the issue will not disturb your assurance and serenity. Yes, you can await the outcome with folded hands, since you have an inner assurance of what the outcome will be.

Commanding the situation is truly a positive attitude. Something within us says, "It is finished," and we consent. Something invisible except to our eyes of faith seems to be working with our problem. We know that that something is the Christ within us.

We cease to fret and to argue within ourselves. We say, "*Thy will be done. Thy will is now being done. Thou, O God, art in command.*" We most emphatically know that we are in command, that God within us is solving the problem, commanding the situation.

Do not stand idly by and let a spirit of lassitude make you indifferent to your best interests. Do not think that, when you are doing nothing, you are taking a higher attitude than you would were you mentally and spiritually alert. You must be active, positive to the good, assured of the working of Spirit. You must be in command at all times. Christ in you must be in command of every situation of your life.

ALL IS WELL

The little worries of today,
The fears, the troubles seeming great,
Will pass away like ships at night;
Yes, they will leave you—soon or late.
How unimportant all the cares
We call our own, the world pell-mell,
When deep within us something speaks
With calm assurance: "All is well"!

And so, dear one, that little imp
Of worry, fear, how slight its power!
A moment hence it will be gone,
Its force full spent; within the hour
God's aid will come and you will be
The first of all His love to tell;
So worry not, nor fear at all
For future days, since all is well.

Yes, all is well! Now we can look
Beyond the seeming void and fear
And truly know that all is well,
That good has come, that God is here,
That He rewards our faith and trust;
So let's all doubt and fear expel,
For skies are blue now once again;
We'll sing with joy, for all is well.



HARMONY IN PERSONAL RELATIONSHIPS



INCE, in the lives of many persons, the chief situation that makes for unhappiness is one involving personal relationships, we can see quite readily that if we are to realize our expectation of harmony and happiness we must solve the problem of human relationships. The prison walls of those who feel that they are caged by limited and selfish thought must be broken down. Those who are prisoners of envy, jealousy, hate, and fear must be liberated. They must gain release from all bondage to the nightmare that weighs them down while those about them are dreaming dreams of love, peace, and harmony, and are living in waking dreams of truth and beauty.

Unhappy and unpleasant personal relationships between members of the family or between business associates are responsible for much of the ill will and ill health that the human race experiences. Mental harmony and physical health are not to be found in that person who is constantly fighting mentally against his environment. The resistance that a person offers against the narrow life to which he is subjected shows up in the mind and in the body as tenseness and stagnation of the mental and

physical forces. Just as discontent makes for inharmony in mind and body, so do contentment and happiness produce harmony.

We can see that the mind plays a very important part in the matter of what we think of those about us. We readily recognize the truth of the statement that we relate ourselves to our surroundings first through thought. Thus our adjustment to personal relationships becomes a matter of relieving ourselves of the belief that those relationships are unpleasant or distasteful to us.

Those who enjoy perfect harmony in their relations with other persons, those who get along well with others, are those who observe certain definite rules of thought. When you find a person who gets along well with his fellows, you find one who has reached a consciousness of friendliness, brotherliness, peace, love, and harmony.

If you are one of those persons who often find themselves in trouble with their fellow workers, their acquaintances, and their relatives, one of those who often find themselves in the midst of inharmony, confusion, and injustice, you may find that you have been inclined to think of trouble as emanating from the other fellow. How easy it is for one to think or to say, "No matter what I think or do, no matter how many personal sacrifices I make, I find myself imposed upon and unjustly treated"! Regardless of how things may seem to work, the truth remains that each individual is alone responsible for his own life, whether it be a life of happiness or one of unhappiness.

We are exhorted often to love our fellows and to practice the Golden Rule. We are told to keep the high vision of Truth, regardless of the extent to which mistreatment and injustice are heaped upon us. Love is so powerful in its action that often nothing else seems to be necessary to establish our relationships in divine order, but even love must be tempered by wisdom and understanding. There are those who almost despair in loving. They are, in their loving, examples of humility so abject that we scarcely care to imitate them and to live the downtrodden life that is theirs.

The very obvious truth that love, when misdirected, can be brought to a very sad state of humble abjection shows that the individual must feel within himself a sense of uprightness and freedom that brooks no humility. At no time in life should he be less than the son of God, which he is in Truth. His soul should not be dragged in the dust in any sense, regardless of the task that he is called upon to perform.

If he has within himself the inner conviction that justice and freedom constitute his divine birthright, if he knows that no person, thing, or circumstance can degrade or humble him, then he is in a consciousness that will lift him out of personal equations and out of those problems which arise from them. He has found a way to get along with other persons because he has beheld them in a new light. He has learned the truth that they cannot harm or distress him. He has beheld the magic of love in its power to transform hate, envy, and jealousy into something of itself. All the time there is a

secret tower of strength within him that never falls. Others cannot cause him to be brought to the level of things earthly.

Is your difficulty a personal problem? Have you tried to love the relatives with whom you are living, and failed? Then keep on loving. Continue to deal justly with them. But remember to keep your spiritual self erect, bowing to no mortal beliefs that would degrade your soul. Continue to believe in perfect freedom. Under no condition can your soul thrive if you deny it freedom. Continue to forgive, to forget, and to serve, but at the same time comply with the law of compensation, the law of give and take, by accepting something of forgiveness, of service, of love, of justice, and of freedom.

In your personal relations you are called upon to deal kindly, lovingly, and justly with others. Be sure that you do your part in this respect. You are also to be in a receptive mood, in which you merit and will receive kindness, love, and justice from them. Should these seem to be withheld from you for a time, do not be disturbed.

You must master the problem of personal relationships before you can master your present environment, if the question of personality is involved. If you want to be out of the environment in which others at present are disturbing you, you must cease to let them disturb you; you must cease to consent in thought to let what they do distress you. If a change in your life has divine approval, be ready for the change.

CHILD OF GOD, I BLESS YOU

I bless you with a mind that's pure;

No adverse thought can harm you.

I bless you with a vision clear,

To see the good about you.

I bless you with the light of Truth;

The dark cannot surround you.

I bless you with the peace of God,

And harmony infolds you.

I bless you with a heart of love;

Nor hate nor fear can reach you.

I bless you with high heaven's joy;

No sadness can depress you.

I bless you with long life and health;

Disease can never touch you.

I bless you with all blessings good,

And want can never claim you.



ADJUSTMENT TO ENVIRONMENT



HOSE WHO FEEL that they live in unhappy surroundings must give a thought to the matter of adjusting themselves to environment, since their lives will be narrow and unhappy if their surroundings are not those of love, peace, and contentment. And so the student of Truth may have among his personal problems the matter of adaptation to environment.

We readily see that those who become sensitive and responsive to the thought of living in unhappiness must find some relief, and must escape—not, possibly, from the environment as it is but from the belief that affects them. In all cases, persons of this type will be found to be living in personal consciousness—in the belief that persons and external things can disturb and affect them; hence, relief comes first through a change of consciousness, a change in belief, since this is the way through which the outer change must take place.

In Spirit and in Truth man does not live in an environment of discord, hate, fear, or lack. Man, in Spirit, can never know these things nor be subjected to them. In Truth and in reality his environment is always and only God! According to the absolute science of Spirit, man lives eternally in the omnipresence of God!

If you are burdened by the thought of your environment, this truth will have to be understood by you. You will need to give up the belief that you are at any time in the midst of unsympathetic relatives, unkind associates, or unpleasant surroundings. The truth still remains: your environment is God.

God omnipresent! There is no other presence, reality, or being in Spirit but God—good, peace, harmony, love, and plenty! In Spirit, no presence of chaos, hate, or fear. In the omnipresence of love, no presence of personalities. In the everywhere presence of peace, no disturbing personal element. Our environment, God alone.

You have power to transform your surroundings and life into those of absolute peace and love by transforming your thought. By unthinking inharmony, you will discover that inharmony will disappear. By replacing every adverse thought with a thought of Truth—of peace, understanding, and love, you will find your environment transformed.

You have become affected by persons and things about you because you have related yourself to them in an adverse way. You now need to become adjusted to your spiritual environment—your environment as it is in Truth and in love. You need to know that your environment in Spirit always has been, is now, and always will be God, the good and the true.

If you have been inclined to quarrel with your surroundings, realize the truth of just what your environment is and then see it change.

KEEP YOUR OWN HEART RIGHT

You need not worry, need not fret
About the other fellow, yet;

Just keep your own heart right.
His problem he can better solve,
If you your fears will now dissolve;
So stop this moment and resolve
To keep your own heart right.

Relieve yourself of anxious thought,
For worry always comes to naught;

Just keep your own heart right.
Cease thinking of another's sin—
What he has done, or where he's been;
He'll have a better chance to win;
Just keep your own heart right.

Within your heart there's mighty power
To change all things this very hour;

So keep your own heart right.
If on the Truth your heart you place,
Your friend will win out in the race,
And he his God can better face;
So keep your own heart right.



BALANCE AND POISE



HOW ABOUT the day when everything in your world seems to be going wrong, the kind of a day when you may feel that you are out of right relation with everything and every person? Has the world suddenly changed? Has it turned into a place of chaos and pandemonium? Or has something changed in you that has caused you to be out of tune with your surroundings?

Have you not felt that, if you could make a certain inner adjustment or come into a certain feeling of balance and poise, everything about you would be all right? Possibly you have discovered that when things go wrong you need only to get quiet for a moment to feel an inner sense of quiet, mastery, and poise in order to place yourself in right relation to things of the external world.

Many persons who are not poised in Truth have the experience of having a day spoiled just by some little remark or insignificant happening. They are in the consciousness wherein persons and things of the world are to them of more importance and, seemingly, possess more power than the Spirit of God within themselves. Those who know Truth realize that within themselves is a pillar or tower of in-

vincible might and strength that can never be swayed by adverse belief.

Have you realized that within you is something that is never shaken by external things, never brought low by adverse thought, never defeated by the so-called power of the Adversary? If you have realized this truth, then you have discovered one of the greatest secrets ever revealed to man or understood by him. You have found the Spirit of God within you, your source of might, your security, your strong tower of defense.

One time, when viewing the governor on an engine (an attachment for controlling its speed), the truth dawned upon the writer that we are also provided with something that acts as a governor, a control, or a balance wheel in our own life. That something is the presence of Spirit within us and our understanding of its presence and its work. We can readily see that without some sort of a "governor" we would fly off at a tangent upon the slightest irritation. In fact, those who "fly off at a tangent" are those who have no consciousness of the presence of Spirit and no realization of their own sense of balance and power.

While we may concede that God within us is our life, health, and happiness, this matter of His being our balance and poise, or the power that gives balance and poise to us, may be unknown to us. In a world where there are so many things to distract man's attention if he is not centered in Spirit he would be absolutely at their mercy if he were not master of himself and his environment, master through the power

of the Christ mastery within him. Truly, it would be a "dizzy existence" for man were he to be placed in the world, with all its noise and distraction, and with no spiritual "shock absorber" to prevent his becoming completely responsive and vibrant to conditions about him.

Many men went through the World War, and right through conditions that seemed to be the very likeness of hell, carrying with them the sense of balance and poise, the realization of something within themselves untouched by war or cannon, and came through the experience untouched and undisturbed. Others became victims of conditions about them. There are those who came out of the war with such a memory of evil surroundings that Truth must be most heroically applied to their consciousness in order to bring about a right mental restoration.

A friend once gave the writer his method of solving problems wherein this matter of being affected by things said or done was to be handled. He mentioned his going to his office one morning and feeling as if he were "sitting on top of the world." On the way down town he had occasion to stop in a little store and overheard a conversation that literally cut him like a knife. He walked for several blocks on the way to his office and his mind was quite engrossed with the conversation that he had heard. To all appearances, his day was spoiled!

Suddenly, the truth dawned upon him. He resolved to treat the whole affair as if it were a dream, just as if it had never happened in reality, just as if he had not heard what he did

hear. He went back in thought to the time before he entered the store. Mentally, he connected himself with the same state of mind that he had had before, with the attitude of "sitting on top of the world." Then he saw himself passing the store—still happy! He denied that in Spirit there had been any lapse from absolute joy. He continued on his way in the happy state of mind. When he was ready and fortified he resumed the actual walk that had been delayed for the mental "pick-up." He went into his office a master over moods. He confessed that several times during the day he had a mental lapse, but that he would shift immediately from the unhappy mood and take a joyful one. Thus he recovered his balance and poise.

Should you find that the sense of inner security and peace is lost, seek to regain it at once. Do not give in to your moods, or to the seeming power of external things. Cease to give any power to things that persons say or do. Cease to let your mind conjure up thoughts that would make you feel mistreated, unhappy, or envious. Let all such thoughts alone. Let them be lost in the constant realization of your balance and poise, your feeling that there is something within you that has never been shaken or disturbed by things of the external world.

Christ is mightier than all else in your world. Forget the seeming hurt, the possibly unintended wrong, and lose yourself in Christ within you—Christ, your balance and poise, your strength and power.

LOOK HEAVENWARD

You'll fail to see the shining sun
 Unless you heavenward gaze;
 You need its light to guide your steps
 Right through the earthly maze;
 For if your eyes are downward cast,
 Then earth is all you'll see—
 The earth, the world and all its claims,
 Is all for you there'll be.

You'll fail to see the coming Christ
 If you still look at things—
 The things that are of passing worth,
 Of which the world still sings;
 For from the heavenly glory, from
 The heavens of the mind,
 The light of Christ will herald His
 Approach—majestic, kind.

Look heavenward! Yes, keep your eyes
 Upon the things of worth;
 Direct your thoughts, too, heavenward,
 Away from things of earth;
 Lift up your eyes unto the hills,
 The heights of heavenly might,
 And not a blessing will escape
 You, whether day or night.



A PERSONAL PROBLEM SOLVED



BUSINESS WOMAN relates a very interesting experience that she recently had in handling a difficult personal problem and arriving at its solution. In the office in which she had held a responsible position for several years, a change in the management had caused a new man to be put over her. Right from the start there was mental warfare between them. The conflict became so acute that he was never out of her mind, either during the day or after office hours.

There came a time when she realized that a solution had to come quickly. Then she awoke to a rather startling realization, one so simple and yet so true that it will be of help to all who have problems of such a nature to handle. It came over her like a flash that, while she had to be associated with this man during office hours, there was no power on earth to make her think of him from five o'clock in the evening until nine the next morning! She saw that she had not only established a bad habit of thought but had placed herself in such an adverse state of mind that she could not do her work well.

She left the office the first evening after having promised her mind a vacation from the whole situation. She relates that many times

during the evening she had to work hard to keep the thought of this man out of her mind. She kept herself busy thinking about other things, subjects that would not suggest her work to her. In a few evenings she was sleeping better and beginning to feel a relief from the irritating subconscious reaction that she had had to the situation. Before a week was over, she had learned how to discipline her thought.

At this point she made a second discovery. She was approaching her work in the morning with a strange, new power. She was her old self again. She was forgetting the unhappy experiences of the day before. She began to shoulder some of the blame and the responsibility for the situation that had arisen. She found that much of her trouble had come from handling a situation from the standpoint of events of the previous day. Her mental refreshment during the evening had broken the hold of the unpleasant experiences. In a few weeks she, an executive herself, and the new manager became the best of friends and learned to look to each other for cooperation at all times.

This illustration has within it the very secret of solving personal problems. If you have been inclined to carry in your mind the thought of how another has unjustly treated you, how this one's presence disturbs you, drop the thought for a while. Most assuredly, you do not have to think of this person if to do so is to disturb your peace of mind. You do not have to think of any person or anything unless you desire to do so.

You must learn in handling personal prob-

lems to break with unpleasant situations of the past. According to Truth, you cannot judge a person today by what he said or did yesterday. In the meantime, he may have gone far beyond you in spiritual consciousness. If you think that another is not coöperating with you, improve your own sense of coöperation. Correct your thought. Mental battles engaged in will harm you more than the other fellow. Letting the thought of hate or fear run riot in your mind is a bad practice. Keep your thoughts in order just as you would your affairs of business.

In solving personal problems, first attempt to get out of personal consciousness. By this we mean that adverse state of mind in which you think of other persons as having power to disturb your peace, block your progress, interfere with your well-being. No person in all this world has power over you, power to disturb or injure you. You do not have to think of any one or his unkindness unless you choose to entertain such a thought. One of the most precious gifts of God to you is that of absolute and perfect mental freedom. Through a knowledge of this fact one woman in a high position found the solution to her personal problem.

Eventually we shall see that all problems are purely mental. Through higher understanding we shall be able to drop the offending thought from mind and, doing so, bring about its solution. This will come through our constantly living in that high state of consciousness in which we know that God as love is all.

JUST TRY TO UNDERSTAND

If you would make a better world
 With heaven right at hand,
 Then do your best, coöperate,
 And try to understand.
 First, understand just what God is,
 And find Him in your heart;
 Next, try to understand yourself,
 Of Him you are a part.
 The other fellow you must know—
 Your neighbor and your friend—
 And blame and question not his acts,
 Then love will have no end.
 You cannot judge another one
 By what appears to be;
 For things may be quite different
 From that which you can see.
 You do not share another's thoughts
 And do not have his mind,
 So some excuse for what he does
 Is hard for you to find.
 If you would make a better world,
 Make this a happy land,
 You must not lose your faith in men
 But try to understand.



THE SUPPOSING GAME



ONE TIME Harry Gordon Selfridge, the London merchant prince, was asked how he had built up such a tremendous and successful business. He answered that he did it by playing the supposing game, which he had learned at his mother's knee. If it happened to be a rainy day and he were restless and could not go out to play, his mother would suggest that they play the supposing game. He would get a broomstick for a horse, and she, in her vivid language, would describe the park as they entered it in their mental picture. There would be other children at play, merry-go-rounds, the beach to enjoy in its bright sunshine. Finally they would go home. He would discover that a dull afternoon had been transformed into a magical visit to the park through his mother's magic touch and her playing with him the supposing game.

When he grew a little older she told him that some day he would be a big man, so they would play their supposing game and start a business. They decided what kind of a business they would buy, they saw how the store would look, their having five thousand dollars on hand, the business started. An otherwise dull evening was turned into a picture of success for the little boy who enjoyed the supposing game.

Later, when Mr. Selfridge decided to have a department store, he saw exactly the kind of a building that he wanted, he saw the type of persons that he wanted to work for him, and the kind of stock that he would buy. He saw crowds coming to his store and buying his merchandise. When he went to London he put his energy into bringing his vision into reality. He continued to play the supposing game of his childhood even when he was becoming London's greatest merchant prince.

Possibly, at the time of Mr. Selfridge's childhood, there were other little boys who spent their rainy afternoons within the house unhappy and discontented. No mother's fairy wand carried them into the joys of an afternoon in the park. Their powers of visualization were not quickened and developed. They did not see themselves becoming merchant princes. Possibly, they saw failure and want. If they did daydream, they probably saw a picture quite different from the one that young Selfridge saw.

The unappreciative child in a beautiful park sees no park of beauty. Even the material park does not exist for him. The appreciative child in the seclusion of his home on a rainy day finds in his mind's eye a park of pleasantness, beauty, and enjoyment. The psychologist would ask, "Which is the real park, the material park or the mental one?" Certainly, the real park is the one that presents itself most vividly to the senses. In Mr. Selfridge's case, it was the mental park.

How unconsciously at times we play the sup-

posing game! Some of us may say to ourselves, "Suppose I become ill! Suppose I lose my position! Suppose I fail!" If our supposing thought carries us on and on into the picture of disease and failure, and if then we find ourselves living in these conditions as the seeming realities in life, should we not blame ourselves for having played the supposing game in the wrong fashion?

Let us consider the example of a person who finds himself lacking to some extent in health, not finding a great deal of happiness in life, quite limited in finances and success. What does the lesson of correct visualization offer to him? Should he let his mind continue in the process of supposing that conditions will become worse? Does not the little boy's vision of playing in the park offer any suggestion to this person? Does not Mr. Selfridge's mental picture of his future great business offer to this one any clew to the right method of attaining his own success?

Instead of building air castles of disease and failure, try to build them of health and success. Play the supposing game for a while. Break yourself of the habit of thinking about and meditating upon that which you do not want. Suppose for a while that you are healthy, happy, and prosperous. Some modern philosopher has said that we travel in the direction toward which we gaze. Young Selfridge made an air castle of his department store in London and moved in that direction. Finally he found himself living and moving in the manifestation of his supposition!

LITANY OF THANKSGIVING

For the light of Truth now shining in my consciousness, *God of light, I am thankful.*

For the inspiration of Thy Word and for the illumination of my soul, *God of inspiration, I am thankful.*

For guidance and direction, wise and prompt decisions, *God who guideth well, I am thankful.*

For Truth that frees from ignorance, superstition, and darkness, *God of Truth, I am thankful.*

For peace of heaven now manifesting as harmony on earth, *God of peace, I am thankful.*

For Thy presence, satisfying and comforting me, *God within me, I am thankful.*

For Thy vitalizing, invigorating, sustaining life, *God of eternal life, I am thankful.*

For Thy strengthening power, for Thy enduring might, *God of mighty strength, I am thankful.*

For health that vanquishes disease, *God of health, I am thankful.*

For Thy omnipresence, filling my environment with heavenly benedictions, *God of bounty, I am thankful.*

For an abundance of all things good, *God of overflowing abundance, I am thankful.*

For love, for loving friends, and for infolding love, *God of love, I am thankful.*

For the spirit of thankfulness and appreciation and gratitude, *God of thankful hearts, I thank You!*



GOD'S PRIVATE SECRETARY



THE WOMAN who decided to become God's private secretary had once held a similar position in the office of an important executive. In her former position she kept a little book on her desk that often served as a "go-between" from her desk to that of her employer. In this book were placed all sorts of little secret tips, and notes on appointments, of value to the executive. The book came to be a source of merit besides being of great practical value. Her employer once remarked that he never went to a business conference, or to an appointment, or ever came in to his desk without first taking a look at the "prayer book," for such it had been christened. It not only looked like a little pocket prayer book but also merited its name from the mental relief from worry over appointments and details that it afforded.

Our friend said that, when as a private secretary she had done all in her power in handling some matter and all that was needed was the executive's final touch, she wrote it all down in the prayer book and, after doing so, dismissed it from her mind, regardless of the subject or the issue involved. A few years later, having given up her position and married, she became a student of Unity. She was

of the type that would readily become enthused over Christian psychology and the teachings of a practical religion. After making several attempts at using metaphysical treatments for herself and family with more or less success, she decided to try to form a closer alliance between herself and God. Why not become a private secretary to God? Why not use the "prayer book"? The very idea caused a deep feeling of success within her, and she saw an opportunity to bring the wealth of her experience as a private secretary to bear upon her personal problems.

She bought an attractive little leather-bound notebook for the purpose, and set to work. When a problem appeared she devoted a page to the subject, writing in a metaphysical fashion the arguments of the case, maintaining an absolute and affirmative style. Occasionally Bible verses or passages from Unity literature appeared. As in former days when she kept the office "prayer book," after she had made notes for God's attention she dismissed all worry from her mind. She reached a certain time in all her praying when she was ready to lay it on "God's desk," to turn the matter over to Him. Even in the most personal matters she was able to keep free from a sense of personal responsibility. She was able to keep in mind that she was just God's private secretary and that the affairs were for Him to handle!

She observed that, once things were given over to God, some law had been complied with by which there was no cessation of spiritual forces until God had answered. We are re-

mind of this passage in Isaiah: "Ye that make mention of the LORD, keep not silence, and give him no rest, till he establish." Do you see what she accomplished by using this book? As a beginner in Truth, she needed to formulate her thoughts definitely upon that for which she was treating and praying. Above all, she needed to reach the place in consciousness where she was able and willing to give things over to God. She succeeded in doing this when she came to see that she was but God's private secretary.

She found that this little prayer book was a means by which more and more of her prayers were answered. She discovered a definite law of prayer. She placed it on a more scientific basis. She found that prayer just could not fail if she had the right thought, definitely determined in mind and wholly given over to God.

If prayer has been a hit-and-miss proposition with you, try this woman's plan. Write at the top of a page in your "prayer book" a heading typical of the thing or condition for which you are praying. Under the heading write out affirmations and Bible quotations bearing upon the case. Keep in mind that these are little secrets between you and God. Do not make a public display of your book. Do your part and let God do the rest. There is great compensation for one who is God's private secretary. Try the plan for a while.

FOR THY BENEDICTION

Father, in Thy hands and keeping, now I place all my affairs, every little situation, all my little tasks and cares, all my loved ones, fully knowing they can neither fail nor fall. They are in Thy sure protection while Thy love encircles all. In such utter resignation, I relinquish worry thought. From my shoulders loads are lifted. I accept Thy Truth as taught, just to cast on Thee the burden and no longer be afraid, to behold Thy prompt salvation, to depend upon Thy aid. Take my loved ones in Thy keeping; they Thy blessing will receive. Let Thy holy benediction be outpoured as I believe! As my faith in Thee increases give them back, then, one by one, steadied in their thought and vision, when Thy work in them is done. Amen.

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CREDIT

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