

# VIEW FROM UNITY VILLAGE

## ...with the editor

Sometime in the early 1970s a relative of Frances W. Foulks discovered a set of some twenty previously unpublished lessons. Miss Foulks, long associated with Unity as a teacher, writer, and spiritual leader, and who was a close friend of Myrtle Fillmore, had used the lessons in personal correspondence and in teaching classes.

Miss Foulks passed on many years ago, but thanks to her friend Elizabeth Sand Turner, the work that she left behind in an attic trunk will finally see the light of day in print.

We are pleased to begin in this issue a twelve-part series entitled, "Building the Christ Consciousness." In our opinion, it is one of the finest series UNITY Magazine has ever published.

The wonderful consciousness of Frances W. Foulks radiates throughout the series, and those who read the material will certainly find guidance on their path toward Christhood.

"Building the Christ Consciousness" is beautifully simplistic, yet inspirational beyond words. We at the magazine have found it to be as close to sacred writing as it is possible to be. This is a series that will be savored by all Truth seekers.

Miss Foulks contributed many articles to Unity publications in the 1920-30 era and she wrote at least three books, *All Things Made New*, *Myrtle Fillmore's Healing Letters*, and *Effectual Prayer*. Only the second of these books is still in print, but steps are being taken to bring *Effectual Prayer* back into print later this year.

Elizabeth Sand Turner, a frequent contributor to Unity publications and author of three Unity books, *Let There Be Light*, *Be Ye Transformed*, and *Your Hope of Glory*, has done us, and you, a great service by putting the Foulks material into series form.

Our lead article this month is profoundly interesting, by Walter A. Mattheiss, entitled, "The Pitfall of Knowledge." It will challenge your mind, while articles by Diane Marcou and Peter L. Bradley, "Opportunity of a Lifetime" and "The Blessing Habit" respectively, will touch your heart.

We recommend "The Everlasting Arms of Good," too. It is the first of several meditations by Barby McClure that we will be publishing from time to time.

As always, the magazine has too many other fine articles and poems to mention, so we invite you inside to find them for yourself.

Happy New Year!

*Thomas E. Witherspoon*

**Watchword:**  
**PURITY**

# Building the Christ Consciousness

BY  
FRANCES W. FOULKS

**First in a Series**



Frances W. Fouiks

*Beloved of God:*

*This message comes to you as the first of a series, and the prayer in my heart includes two desires: That I may be an open channel between the Living Word and the printed word sent forth to you, and that each of you may read with such a receptive mind that there may be revealed to you the glorious Truth of your birthright as sons and daughters of God with power and dominion to express the Christ here and now.*

*We will make greater strides in*

**"One's consciousness is built by thoughts and feelings, which express as words and acts."**

**'We have within us a great capacity to know. It is our likeness to Omniscience bestowed by our Creator.'**"

*raining our mind to become like the Christ mind if we constantly use the watchword given with these messages to turn aside error and lift our vision. Whisper the watchword to yourself to become more steady; call it positively, even aloud, to give yourself courage; speak it right into the face of error and watch the appearance dissolve into nothingness. Let these messages mean something more to you than just pleasant reading. The promise is: "For where two or three are gathered in my name, there am I in the midst of them." We are undertaking this study in our desire to become more Christlike. We are a special group in the midst of which is One whose example we seek to emulate. As we study this month's message, as we hold words of Truth, He is with us leading us into all Truth, making us free, lifting us above error, sickness, poverty, and death.*

### **Consciousness**

**Meditation:** *"I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture."*

We talk much of consciousness in our study of Truth, yet if we stop to define it, we find we are uncertain as to its real meaning, its

possibilities, and its limitations. One's consciousness is built by thoughts and feelings, which express as words and acts. Consciousness holds all our working knowledge, all that we have accomplished through experience. Its possibilities are past the present comprehension of the human mind; its only limitation is that which we place on it. Notice how with study, a child's knowledge of arithmetic expands day after day. The child's consciousness of mathematics at any time consists of all that is usable—no more. The student may have turned over other pages in the quest for knowledge, learned some rules, even as we have glimpsed higher Truths, repeated affirmation after affirmation, which did not become a part of consciousness until they were proved—worked out. So it is with any science, any art. So it is with the Christ consciousness that we so desire our own to become. But it cannot become so until we have incorporated the Christ characteristics in our mind and in our life. Oh yes, we have an intellectual knowledge of many of them, but a working knowledge is needed to establish them in our consciousness. This only comes through truly living them.

A clearer understanding of the meaning of consciousness may come from this illustration: A

**"When we start on the work of building a Christ consciousness, all of the undesirable states of consciousness that lie in the soul are to be redeemed."**

Unity student was explaining some of the things in her consciousness to a university student. To one of her statements he replied: "I do not believe that." She said, "You are a Greek scholar. Repeat a sentence of Greek to me." He did so. She said: "What does that mean?" When he told her, she replied: "I do not believe it." He quickly caught the point. The two, through study and use, had built a consciousness of that which they spoke that was not included in the consciousness of the other.

Another illustration: A student of Thomas Troward's was reading one of his lectures to her husband, a learned man but not a student of Truth. After listening for a time, he remarked: "I know the meaning of every word that man uses, but there is not a bit of sense in what he is saying." This was true of him for the subject had neither been studied nor proved by him and so was not in his consciousness.

We have within us a great capacity to know. It is our likeness to Omniscience bestowed by our Creator. There is no limit to consciousness when we ask, seek, and know, at Omniscience's door. But one Man has truly entered here. Jesus of Nazareth built a consciousness from which He could say: "I and the Father are one,"

and "All that the Father hath is mine." Through this realization of Omnipresence, He could say to the waves and winds, "Peace! Be still!" and they obeyed His will. He could say to the sick: "Take up your pallet and walk," to the blind, "Receive your sight," to the mute tongue and deaf ears "Be opened," to the dead, "Come out," and it was so. This is the consciousness we are seeking when we say: "I will arise and go to my Father." As we journey homeward we travel the same path we trod coming out, but the Way-Shower is with us, lightening the load, showing us how to redeem and reclaim, how to build the Christ consciousness. He ever holds up the perfect pattern and we need only to look away from error to this, and we will become like it.

Our consciousness, as it is today, contains much of good and not good, of health and sickness of peace and strife, of richness and poverty. We have used our likeness to God Omnipotence, our power and dominion to establish these errors in our consciousness. We can use this same gift to erase the dual consciousness of good and evil, and establish the good only. We have experienced many states of consciousness since we came out from the Father, seeking knowledge through experience



The soul is the storehouse of these various states that have been ours on the long journey. There are many things in the soul that seem to have passed out of our present knowledge, but the deduction derived from the experience remains and is a part of our present consciousness to influence our manner of living. Sometime, somewhere, we have learned that stealing, killing, lying, immorality, and other vices are not good, and this knowledge keeps us from reenacting them. Some are just learning other lessons: tolerance, patience, love, faith; others are learning to live the impersonal selfless life. All of these make the consciousness of this earth plane today. Beyond this is the cosmic consciousness ever seeking to wipe out error and lead into higher ways. Without this universal love we would long ago have destroyed ourselves and our world.

When we start on the work of building a Christ consciousness, all of the undesirable states of consciousness that lie in the soul are to be redeemed. This may seem appalling but it need not be. It is only a matter of building enough good to dissolve the error, as the sunshine dissolves the dampness and the shadow. "There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death," is the promise to all who accept the vicarious atonement of the

Master. Let us think of the soul as a great room, with tier after tier of shelves around its walls and row after row of books on these shelves, some good, some bad, some indifferent, each recording an experience that has been ours, a thought or word or deed. If we look among them long enough we will find one little volume that has been there from the beginning and is alike in every soul library. Perhaps we will find it on a high shelf, in a dark corner, dust covered, with leaves uncut. In it we will find remembrance of the glory that was ours with the Father, our sonship, our power and dominion, our birthright to all good. We will find in it that we are heirs of the Most High. The more we use this little book the easier it is for us to clear our shelves of the undesirable books and replace them with lovelier ones, until we have a room filled with holy experiences, a room that we delight to walk through, where the higher Self dwells. We are living in a cleansed consciousness and the former things come not into mind any more, neither do they express on the outer plane. "Then shall your light break forth like the dawn, and your healing shall spring up speedily; and your righteousness shall go before you, the glory of the Lord shall be your rear guard. Then shall you call, and the Lord will answer; you shall cry, and he will say, Here I am."

God bless and keep each of you ever in the consciousness of His love.

**Watchword:**  
**FAITH**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART II

*Beloved of God:*

Some of you to whom this second message comes may be passing through experiences that try the soul. All of us undergo periods of testing, of refining, before we become as pure gold. The psalmist says: "We went through fire and through water; yet thou hast brought us both to a spacious place." Notice that he says "we went through"; we did not fall by the wayside or enter into that which was taking place. The three youths of Israel who kept their eyes on God though their experience was extremely difficult, had the companionship of the angel of His Presence. They came forth unscathed with com-

mendation and promotion. So it is with us. Experiences met with our eyes on God add to our growth. Through them the soul is richer and we enter a higher place in this school of life.

Recently I went out to gather some blueberries for breakfast. I saw some bushes in the woods and thought that I would find there some fine ones; that in those sheltered places, away from the hot sun and storms and in woodsy soil, they would be big and sweet and plentiful. I found the bushes almost empty and the berries on them tasteless and small. I searched further and found, right out in the hot sun where the storms swayed them, the weed-

The first step toward establishing within us the mind of Christ, a mind such as showed forth in the words and works of Jesus of Nazareth as He proved His Christhood, is to increase our faith."

*pressed them, and in seemingly poor soil, bushes laden with big, sweet berries.*

*I could not help thinking of the experiences that most of us have passed through. We have not lived in sheltered places away from the heat and strife of life, but in the midst of it have met those things our soul needed for growth. Whenever we have kept the faith, not letting the happenings scar the soul, we have become sweeter and stronger and bigger through this refining process. We have become more fitted to help others who pass the same way, even as some have helped us because they too learned in the school of experience.*

## II. Faith

*Meditation: Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides for ever (Psalms 125:1).*

The first step toward establishing within us the mind of Christ, a mind such as showed forth in the words and works of Jesus of Nazareth as He proved His Christhood, is to increase our faith. There is within each human being this spark of divinity—faith. It is our God-likeness that has been potentially ours through all the ages since we came out from God, has

been ours even when we were furthest from expressing our likeness to the Creator. It is "the true light that enlightens every man," and has in reality been that which has led us out of every dark experience into a new and happier place.

Faith, in the form of hope, has been to everyone "a lamp shining in a dark place until the day dawns," but there comes a time when this spark must be rekindled from hope into belief, and from belief into knowledge. There is only one way this can be done, and that is through lifting our vision from the "has beens," the "is nows," and the "might be's" of the human mind, and centering it on the glory of God, the power of God to save to the uttermost from all low conditions. This spark within must be fanned into a flame by recognition of our divinity and our potential likeness to the Creator, by identifying ourselves with the One to whom all things are possible, by a realization of our right to use the God-power. Faith must be fed and kept burning within us by denials of all less than good, a clearing away of the cinders and ashes; by affirmation of things not as they seem but as they are in Spirit: "Do not judge by appearances, but judge with right judgment." Each time we hold to the Omnipresent

"We can follow Jesus into the Christ conception, birth, baptism, temptation, crucifixion, resurrection, and ascend into a spiritual union with the Father."

Good, we are adding fuel to our kindling faith, and as we become more steadfast in this vision faith becomes a mighty flame sweeping before it all inharmony of mind, body, and affairs. Then will come the recognition and acknowledgment, "You are the Christ (within me)," and our faith becomes such a power that even "the powers of death shall not prevail against it."

There is a mystical meaning to all the events recorded in the Bible from the creation of man and his material world to the ascension of Christ into the spiritual world. We can read the Bible from cover to cover as a history of individuals and nations, which may add to our intellectual growth, or we may read it as the spiritual development of a soul and find an example and remedy for every need, a way out of every difficulty which comes to us on the path of overcoming. When we come to a time of testing, we can follow Abraham's example in trusting God only to provide for the need. When we come to a time of overcoming we can hold on to the angel presence, like Jacob, until our good prevails. We can realize that "he who is in you is greater than he who is in the world"; like Moses who, trusting Him, saw every error appearance wiped out. We can meet the giant despair like

David and conquer in the name of the Lord; we can seek righteous judgment first and be given the wisdom of Solomon. Like Job we can let the higher Self in us prevail and come out more than victor over all outer and inner enemies. We can be like Daniel and can come forth unscathed into a higher place. We can follow Jesus into the Christ conception, birth, baptism, temptation, crucifixion, resurrection, and ascend into a spiritual union with the Father.

In establishing faith, a firm place in consciousness, there come to us many experiences that should be used as opportunities to rise higher. There are three steps in building a faith strong enough to bring order and perfection out of these appearances of inharmony. These steps are shown to us in the story of the creation.

Many times we come to a place where everything in our world seems as if it is "without form and void" and darkness is "upon the face of the deep." When this time comes let us put aside personal and material seeing and be moved by the Spirit of the Lord to take the three steps of Creation that brought forth the firmament—a firm place in consciousness, or faith in the power of God to bring good into our life. First, let us *affirm*, not according to the error apparent, but to its opposite; let



... faith makes a path over which our desires come to us from the Father. To keep open this path means that our desires can come to us without loss."

here be light, health, harmony, or bundance. Then let us loose the misery and visualize the good so steadily that the error becomes separated from us; "and God saw that the light was good; and God separated the light from the darkness." Now, let us call our good by its true name and keep calling it until our faith is strong enough to bring it into manifestation; "and God called the light day." As we are made in God's image we can follow Him in this process. It is not a question of "can I?" but will I?"


Our faith at first is similar to Peter's, that is unformed or immature. Our soul may be shaken by error appearance when we look away from the Christ to the happening, and then we begin to sink. But if we look back to the perfect pattern, crying as did Peter, "Lord, save me," He immediately stretches forth His hand and holds us. Then we say to ourself, "O man of little faith, why did you doubt?" We wonder at Peter, after so long an association with the Master, denying Him, but many times we do the same. Every time we give power to error manifestations, fear them, or are anxious concerning the outcome, we are imitating Peter's denial, "I do not know the man," for to know Him is to trust Him. Steadfastness is very necessary in developing the

faith faculty.

Did you ever plant a garden and, becoming anxious over it, go out and dig up some of the seeds? We may think this is childish but we are very much this way in regard to faith. We trust awhile but because the desire does not manifest at once, we begin to doubt. This renders null and void, or makes weak all the trust thoughts we started in action, for we are sometimes much more positive in our downward seeing than in our lifted vision. "In due season we shall reap, if we do not lose heart," for faith makes a path over which our desires come to us from the Father. To keep open this path means that our desires can come to us without loss.

"Lord, increase our faith." Increase it until there is born within us the Christ Mind, the consciousness of the One who said to the winds and the waves, "Peace! Be still!" and they obeyed; the One who broke the bread by Galilee and fed the needs of the hungry multitudes; who sent His word and healed the centurion's servant; who walked on the water; who took the ruler's dead daughter by the hand and rendered her alive to her loved ones; who said to one with palsy: "Take up your pallet and walk"; who cast out the unclean spirit from the epileptic; who called to Lazarus: "Come

out," and he who had been in the tomb four days came forth. This is the consciousness we seek, and it shall be ours when our part is fulfilled, for the promise of the One is: "He who believes in me will

also do the works that I do; and greater works than these will he do." Your works are measured by your faith, for, "According to your faith be it done to you." And so be it! 



## Word for Word

*By Debra Woolard Bender*

A word—  
A word to save  
To use another time  
If I remember,  
But when every word  
Has been used and used again  
And has tired  
Of every description—  
Words to explain those Truths  
Which are too large and too small  
For such translation into mortal tongue—  
As each word falls away,  
Those Truths remain standing,  
Profound, unalterable, unmoved—  
The Word, as it was.

**Watchword:**  
**WISDOM**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART III

*Beloved of God:*

*As I send out this third message, I am wondering how many of you have read the words of the wise man, Solomon, as recorded in Proverbs 8:22-31, and have applied them personally. Each time I read these verses I have a deeper consciousness of my divine birthright, a greater realization that I always have been and always will be, and that though I, too, have at some time been a prodigal far from the Father's house, I am again becoming God-possessed, daily His delight, a master worker with Him to bring forth a habitable earth. We do not have to die to find the Father and heaven. We find both within when we become still and listen. Many times we do not stop the outer search to be and to do and take*

*long enough to enter that inner place of joy, peace, and plenty, to again become God-possessed.*

*To illustrate: Some years ago I spent several weeks in New York City. I stopped at a large hotel in the midst of the noise and rush. Each day was filled with sight-seeing, shopping, and entertainment, lasting far into the night. Before the day of departure arrived my mind was weary, my eyes heavy, and my body very tired from the constant activity. My return ticket was via a circuitous route so there were many days between me and longed-for rest. I was still in crowds, and I rushed here and there to see new things, to get this view and that, to experience all the thrills of the last part of the journey. It seemed I could not stop, weary as I was.*

*Finally, I realized that I must stop and rest. Sinking into a chair*

*and closing my eyes to sights and my ears to sounds, I began to commune with the Father, using the twenty-third Psalm: "He makes me lie down in green pastures, he leads me beside still waters." How long I remained in the "silent place" I do not know, but when I opened my eyes again it seemed a changed world. A great peace filled my soul. I was poised and refreshed, my mind and body were renewed, and I went to my journey's end without stress or strain, enjoying every moment.*

*Most of the outer impressions of that trip are dim in my memory now, but the mystery of that renewal of mind and body, the wonder of that peace, the beauty of the still waters kissing the green pastures will ever remain with me. Remember, beloved, that whether you travel or stay at home, your greatest and most lasting joy will come in those times when you drop all outer seeking and let your soul be restored through finding rest and peace in its home with God. In these times mind and body will be refreshed, and the environment and affairs will reflect the peace that comes from being, if only for a few moments, God-possessed.*

### III. Wisdom

*Meditation: You will seek me and find me; when you seek me with all your heart (Jer. 29:13).*

"Happy is the man who finds

wisdom, and the man who gets understanding" (Prov. 3:13). Instead of praying for things, most of us need to pray for wisdom. We should pray that our mind be made receptive to know, our eyes opened to see, our ears unstopped to hear, our tongue touched to speak the wisdom of the higher Self; then to be obedient to the heavenly vision. When this consciousness becomes ours, we will have no need to strive for things; they will have been added in their glorified and purified form.

The Bible tells us that the wisdom of Solomon exceeded that of all men. If we carefully study the consciousness of Solomon when he prayed for wisdom, it will give us much insight into obtaining for ourself the gifts of God. In the Apocryphal book, "The Wisdom of Solomon," he states that he desired wisdom above all things, he sought her from a child, he preferred her before scepters and thrones, he esteemed her above health and beauty, and he chose her instead of light. He believed, "She can do all things, maketh all things new; and in all ages entering into holy souls, maketh them friends of God, and prophets."

Such was the mind of Solomon when God in a vision asked him what he desired above all else. Solomon had just become king of Israel, yet he was meek, for he said: "I am but a little child." As the son of a king he had the best education available, yet he knew that his father, David, possessed



greater wisdom than that of the intellect, and even as the Master said, "I can of myself do nothing," Solomon said: "I know not how to come out or go in." The personal man with his thoughts and desires was utterly abandoned as he prayed for an understanding heart to judge rightly, to discern between good and evil. This is a prayer for divine wisdom. Such an unselfish prayer by its very nature was bound to call forth from the Universal the heart's desire, and the fulfillment of the promise, "... none like you has been before you and none like you shall arise after you." This promise included riches and fame as well as wisdom, and was fulfilled so fully that the Queen of Sheba, coming to question reports, left saying the half had not been told.

In his time and before, there was no greater wisdom than Solomon expressed, but One came after him, who, from His spiritual Self could say, "something greater than Solomon is here." The greatness of the Master over Solomon was that He had obtained absolute oneness with His Father, and worked and spoke always from this consciousness. His wisdom was not a gift of God, He was desireless, and God could use Him to express Himself in visible form. Because of His consciousness of oneness all the mysteries of the kingdom of heaven were His. Through this knowledge He cast out error, sickness, and death, controlled the elements, and though untram-

meled by things, as He spoke, substance instantly rushed into visibility, formed according to His word. Jesus of Nazareth knew from whence came His wisdom. He had faith because He knew, and through faith in the goodness of all things, His love was infinite. This is what made it possible and safe for all power in heaven and on earth to be given to Him.

Until we are established in faith that is steadfast, love that is infinite and inclusive, and wisdom that knows, we will not be given great power, for it would not be safe with us or we with it. When the Master had mighty works to do He was accompanied by the three apostles, Peter, James, and John, representing faith, wisdom, and love. If we would do the greater works that Jesus promised us, we must strengthen and purify these faculties within ourself.

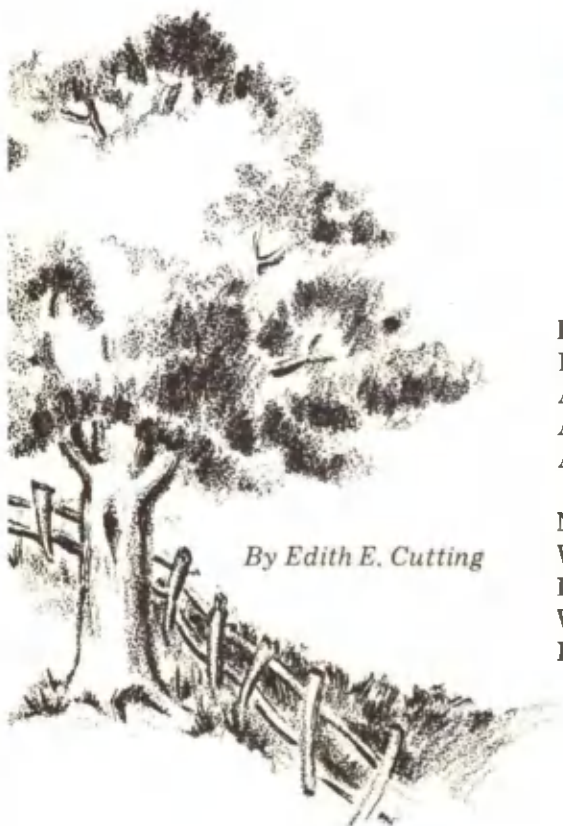
Many prayers for wisdom, guidance, and direction are not answered, because they do not abandon self-opinions long enough and fully enough for Omniscience to be heard. As with the radio, all interference must be eliminated before we can get its message, so all of the personal "I want," "this way," or "that way," must be cleared from the consciousness so we may receive direction from the higher Self. We must be still and listen. When the message comes, absolute obedience is necessary. No direction of the higher Self is too trivial to follow, for if it leads to nothing else we have learned to be obe-

dient, and are worthy to be trusted with a spiritual message. The higher Self cannot express its wisdom and beauty through us as long as we refuse to face the shortcomings of the sense consciousness, until we let go of personal pride and will and say: "I will arise and go to my Father." One will continue to feed on the husks until such time as he becomes meek enough to admit, "Father, I have sinned against heaven and in Thy sight." Only then does he "come to himself," abandon the sense idea, and seek first the kingdom.

O, my friends, you are slumbering gods! Wake up and claim that

divinity that has always been yours. No matter what is happening, lift up your eyes and give attention to the Christ within. Make this the greatest desire and aim of your life. Not only will wisdom and understanding come to you, but all your desires, glorified and purified, will be added. Pray this prayer with me:

*O Thou Christ of God, omnipresent in us as our higher Self, give to each of us Thy children such an insight into Thy beauty, wisdom, and power that, becoming enamored of Thee, we will leave all else to walk the path to everlasting life with Thee.*



*By Edith E. Cutting*

## *Against Gravity*

How things grow upright  
From the earth!  
A mullein stalk,  
A maple tree,  
A man.

No matter what the incline  
Where it grows,  
Each one  
With earth foundation  
Reaches up.

**Watchword:**

**VISION**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART IV

*Beloved of God:*

*As I write to you all nature is bursting forth into the beauty of spring freshness. For weeks, the jonquils, undaunted by the coldness of the weather, have heralded this coming. If our ears were attuned we could hear the song of life as it pushes up the blades of grass, the bulbs, the seeds; we could hear it in the bursting of the peach blossoms, in the swelling of the apple buds, in the flowering of the shrubs, the leafing of the trees. If we attune our heart to*

*this mighty chorus going up all over this land, we, too, will receive the inflow of this infinite life that is seeking expression wherever there is a place to enter.*

*Whatever of tree or shrub, of bulb or seed that does not express life at this time, we call dead. Such are closed to the stream of life, even as we are closed to the stream of life, even as we are closed to the inflow of God's good when we are not envisioning His perfection in our body and affairs. O,*

the opportunity that comes to us at this season for renewal, for resurrection from old conditions! Let us sit down quietly each day and commune with the Creator. Let us partake of the sacrament of His life, flowing upward as new vision and clearer intuition, as vitalizing bodily renewal, as His substance seeking to express in abundance. Let this season be a rising above limitations of mind, body, and affairs through vision, into realization of the glorious kingdom of God here and now.

If we are not aware of the beauties within and without, we have never earnestly sought them. The Christ dwells in each soul and is of such beauty that if we look toward this Self long enough and often enough, all the drabness of our life will be transformed into glory. It holds such sweetness that all the bitterness of mind and ills of body will be healed; such melody that all the errors of environment will be corrected; such wealth of substance that all needs will be filled; such wisdom that the path before us will ever be illumined. This is our true Self, the image and likeness of the Father, to which we scarcely give attention. It is the Self that is omnipresent, all-knowing, all-powerful, but with which we have little acquaintance. Two are always

in our field of vision, the higher Self with its wealth of wisdom, and the lower self, judging according to appearances. We are momentarily choosing the one and leaving the other.

#### IV. Vision

Meditation: *Let us also lay aside every weight, and sin which clings so closely, . . . looking to Jesus, the perfecter of our faith (Heb. 12:1, 2).*

There is within each of us a swift and subtle visional faculty, an inner incorporeal eye. This faculty is sustained by the power of choice given to us in the beginning. Through it we mentally look in any direction; through it we choose to see the good or the error. In building the Christ consciousness, it is most important to recognize this inner faculty and to guide its actions aright. Through it thoughts are born, words are formed, deeds are enacted, and faith can rise as high as its level. Our whole outward expression of body and affairs conforms to its standard, and one who understands the mysteries of inner seeing can read as a book the trend of one's mind—upward or downward—by the condition of the body or affairs. Whatever we plant in



mind, even as in the soil, will bring forth a like crop if our sowing is allowed to come to harvest. The products of any sowing can be stopped at any stage of growth. The results of an upward vision may be wiped out through letting the vision sweep downward and dwell upon errors. A harvest of error may be nullified by causing the vision to sweep upward to the countenance of the Beloved, who is always saying: "Behold me, behold me." There is no error on the mental plane, no error on the material plane that will not melt into nothingness through this union with God-vision. Miracles are the result of two—God and one other—seeing as He sees, the "good" of His creation.

The Israelites, through downward seeing, criticizing the Lord, murmuring against Moses, and condemning their blessings, brought into manifestation fiery serpents that bit them. Poison entered where poison had been created, but all those who stopped complaining long enough to obey the command to look up were healed of the results of their downward looking. The Ninevites went far enough in downward visioning to invite destruction, but through repentance—turning away from their error ways and turning toward the God whom they had

ignored—they were saved. Through eons and eons of time humankind has been pointed back toward the heights.

Prophets and seers have given forth a message of high visioning. "Turn to me and be saved, all the ends of the earth," said the Lord through Isaiah (Isa. 45:22). "Hitch your wagon to a star," said Emerson of more modern times and language. There is a living message, a call to high vision in every book of the Bible, through all the high teaching of yesterday and today. We have only to turn our attention to such teaching to find ourself lifted up.

A downward vision is accepting error conditions as real, such as poverty, limitation, disease, contagion, and death. Dwelling on these, fearing them, speaking of them, gives them power to create such in one's life and in the race. The high or upward vision comes by keeping watch with God, seeing the omnipresent good only, letting the mind dwell on thoughts of love, health, life, abundance, peace; speaking constructive words only; turning quickly from error to abide in Omnipresence. If the pocket-book is flat from seeing limitation, if the bank account is depleted from seeing lack, if the body is diseased through seeing weakness, if the environment is

inharmonious through seeing the human instead of the Divine, turn, all you who are weary of these errors, and see God's substance filling your pocketbooks, increasing your bank accounts, His life filling your bodies, His peace harmonizing your surroundings. See it being so until it comes into visibility.

Through the high watch, only the good is given power to create in our life and in that part of the race consciousness that we represent. As the needle of a compass always points north in order to guide the traveler aright, so should our vision always be toward the light of His countenance, that we may be shown the way on the greatest of all journeys, the journey toward perfection. The high watch takes constant practice, constant remitting, constant removing and forgiving of errors in ourself and in others. This is more easily accomplished by the realization that everything is already forgiven through the vicarious atonement of Jesus Christ, that in crossing out His human side He gave His life to show us the way. The sins of all people for all time were forgiven when He saw from the Cross the redeemed world; when He said: "Father, forgive them," and "It is finished." Through our own crossing out of the lower self

and lifting the higher Self, we, too, come to see and enter into the redeemed world He prepared for us.

Too long has the world seen the crucified son of man instead of the lifted up Son of God. Too long have we dwelt on the horror of the Crucifixion instead of the glory of the Resurrection. Too long have we remembered the words: "My God, my God, why hast thou forsaken me?" instead of "Father, into Thy hands I commit my spirit." Let us gaze in faith past the wooden Cross that held the mortal, past the crucified Figure on Calvary, past the nailed hands and feet, past the crown of thorns, to the glorified Christ coming forth triumphant from the tomb, casting behind Him the shadow of the Cross, with His arms outstretched toward the whole world.

Let us see His feet firmly planted on the rock of our salvation, a halo of glory replacing the crown of thorns; let us see the Christ He has become as the Christ in us that overcomes. Let us hear Him say: "Be of good cheer, I have overcome the world," "I am the resurrection and the life; he who believes in me, though he die, yet shall he live."

There is no unbelief in your soul memory that such a vision will not wipe out, nothing so

dark that it will not illumine.  
There is no error in your life  
that it will not eliminate, no  
high desire that it will not bring  
forth. Every sin of omission or  
commission is already forgiven

through entering fully into  
at-one-ment with Christ. You  
are lifted up into new life; you,  
His dearly beloved, are resur-  
rected from the dead. So let it  
be!



## *End of the Drought*

*By Louis E. Campbell*

Today the long procession of rainless days was ended,  
And the arid pain of the earth  
And the faltering of the spent grass.

With steady tumult the rain descended and the blessing came  
Until each furrow in the garden  
Was a surging yellow rivulet,  
And the leaves of the trees were bent with the weight  
of the water.

Viewing with joy the gift of the clouds, and the  
thankful earth,  
I turned in thought, like a homing bird, to the showers  
that water the soul.



**Watchword:**  
**RIGHT THINKING**

# Building the Christ Consciousness

BY FRANCES W. FOULKES

## PART V

*Beloved of God:*

Spring is here, bringing with it a life-giving stream of newness for you and me, as well as for plant and tree. For some weeks we have been conscious of nature's trumpeter calling "Awake! Awake!" to all the sleeping earth things. As I watch this awakening, I see how perfectly the eternal law of "each after its kind" set in action in the day of creation is observed. In a long row of jonquils the form and color and perfume of each is like the pattern of the perfect jonquil wrapped up in the bulb. The violets are just as purple and fragrant, duplicating in form the first violets I ever saw.

Where I planted my tulip bulbs, leaves that I would recognize anywhere as tulip leaves are pushing out of the ground. Our neighbor's peach orchards are covered with pink blossoms; they expect a crop of peaches. Our orchard is showing a touch of green, a herald of blossoms yet to come. We expect to harvest apples. Nothing would surprise our neighbors or ourselves more than for their orchards to produce apples or ours to produce peaches. Such things are not done by nature and we know it.

Yet some persons seek to reap in life that which they have not sown, that which they do not hold in their thoughts.



*Strange, isn't it? But pathetic, too, when we see the human, God's highest creation, patterning thoughts after everything except the divine image within, yet begging for health and success and prosperity. I ask you, can a tulip bulb blossom into a jonquil? Can prosperity come forth from poverty thoughts? Do we harvest peaches from apple trees? Should we expect a perfect body with a mind filled with hates and fears and criticisms? I leave this with you for consideration.*

#### **V. Right Thinking**

**Meditation:** *Thou dost keep him in perfect peace, whose mind is stayed on thee, because he trusts in thee (Is. 26:3).*

Few of us realize the power we hold within ourself in that product of the mind called thought. We alone in all God's universe are endowed with creative thought power, an evidence of our likeness to the Father. With creative power is given freedom of choice, also a likeness of Son to Father. Freedom of choice and power of creation carry the power of



Frances W. Foulks

reproduction—like producing like. This law was established when “God saw (visioned) . . . and there was,” when God said (called) . . . “and it was so.” To us is imparted this same likeness of Son to Father. Even God Almighty cannot destroy the errors in our life and build in happier conditions, no matter how much we beg and pray, unless we cooperate by changing our habit of thought, by lifting our mind to visioning and calling forth those happier things we wish to see manifested. If God gave us our dearest desire—health, happiness, and success—and we did not eliminate from our mind all sick, unhappy, failure thoughts, these would destroy that which God had given us. Thoughts held within form mind pictures that continually become stronger until they have the power to project themselves in our world. They

will complete a perfect likeness of themselves unless some more powerful thoughts of a different kind destroy them. All that is beautiful and lovely in one's life is the outpicturing of beautiful and lovely thoughts. All that is ugly and inharmonious is the outpicturing of such thoughts held in mind. There is no way to get around this sowing and reaping process. In it lies our salvation, for in the harvest we learn to discriminate between good and evil, and we seek to know good only.

In the beginning, God created a universe so perfect that He pronounced it good. He forever rests in this seeing. To the Son, set up from everlasting as master worker, He gave power to reproduce visibly that which the God-Mind had called good. In the Garden, to man walking and talking with the Lord God, were brought all the animals to name, and whatever he chose to call them, that they were called. So it is with us today. Through the tree in the midst of the Garden, humankind was given the power to choose good or evil, even as we today are free to choose absolute or adulterated good.

In the choice in the Garden, man, having never before known less than good, stood naked before this new ex-

perience, even as we sometimes stand naked before creations brought into our life through choosing less than good. We are afraid? Yes. We seek to hide from the experience? Yes. We would shift the blame on another? Yes. As long as we thus shrink from looking our own creations in the face and, with the same power we used to create them (thought), tear them down and in their place erect more stately mansions, just that long are we deep in the mortal consciousness. Until we again enter the consciousness of the only-begotten Son in the bosom of the Father, we will be barred from Eden by the flaming sword of the cherubim who guards the tree of life. Only those whose thoughts are pure, holy, and purged of all dross can pass unscorched the cherubim which turns the flaming sword in every direction to destroy hate and fear, criticism, deceit, jealousy, doubt, greed, cruelty, and selfishness. This password is purity of thought, and the one who abides consciously in the secret place of the Most High is gathered under the pinions of this angel of the Lord's appointing, and guarded as one with the tree of life. We are delivered from contagion and pestilence, from terror and destruction, from accident and evil. The shadow of the

Almighty, which the cherubim is, protects, guides, satisfies, and is quick to answer every call of one who has again come into the edenic consciousness of good only.

The work of attaining purity of thought and perfection of outer expression is within ourself and by ourself. Remembering our likeness to the God perfection, ours before the world was and potentially ours every moment of every day, remembering that we are heirs to all that the Father has, remembering that the power and dominion given us in the beginning is ours even now, remembering that we have the power to choose according to the God-pattern, and to create like it, there is nothing in our world that we cannot change from error to good.

Thought is the tool we use, and it is the most powerful instrument we possess. With it we hew out beautiful creations or grotesque, unseemly shadows. Through the power of thought, weak bodies and strong bodies, ugly bodies and beautiful bodies are constantly being created. We see them on every side, one is my very own, one your very own. Through thought, we have weakened and poisoned, or strengthened and nourished them. Through the power of thought, a peaceful and happy environment is

created, or inharmony and misery surround us. Your environment and mine are fashioned after that which dwells within the mind, not to be run from but to be changed, by changing our habit of thought. Through the power of thought, friends are attracted or enemies are drawn to us. As we count our friends and enemies, so may we count friendliness and enmity in our mind toward others. Through the power of thought, all the good and ill of humanity are drawn into manifestation. Can you imagine a perfect creation coming forth from some of the mental states in which we indulge? That One who proved His Sonship in teaching and act, His likeness, His power and dominion, said: "The good man out of his good treasure brings forth good, and the evil man out of his evil treasure brings forth evil." If we are treasuring anything in our heart that we do not wish to see expressed in our life, let us, through the great love of Jesus Christ, wipe it out.

From the beginning, the Father has entrusted to us the work of bringing forth on the earth plane His creation of good. Each of us is fulfilling our part of this trust by acknowledging our Sonship. Just to the extent that our mental realm contains the good, for

just as much of the kingdom of heaven as we establish within, that much is established on the visible or earth plane. The Master gave us this hint as to how to bring forth the good: "The Son can do nothing of his own accord, but only what he sees the Father doing; for whatever he does, that the Son does likewise" (John 5:19). Although we do many things not in the consciousness of the One called "good," "perfect," "too pure to behold iniquity," each of us will sometime come to the place in consciousness when we know that we are the Beloved, in whom the Father is well pleased.

Each day we are drawing nigh to the reunion of Father and Son. When worries or fears, hates or criticisms present themselves at our mind's door, let us quickly put in their place a loving thought, one

such as we will find in the Christ Mind within. Let us hold fast this thought, repeat it over and over, until faith is strengthened and the error thought is weakened. Let us speak it aloud, sing it, shout it. It does not matter if others hear us, perhaps it will rout some devil (evil thought) from them also. More and more as we practice right thinking we will come to walk through a redeemed world, enveloped by the halo of a pure consciousness. We shall pass the cherubim unchallenged, entering again the Garden, a living soul, finished with the knowledge of good and evil, fitted to put forth our hand and take of the tree of life and live forever in the glory we had with the Father before the world was.

May God bless you and keep you ever in this consciousness of Sonship.

*From time to time, friends ask us to assist them in remembering this work in their wills. In response, we have now prepared a simple instruction booklet which contains much of the needed information and many suggestions. If you wish to have one of these booklets, direct your request for it to*

**LEGACIES**

*Unity School of Christianity*

*Unity Village, Missouri 64065*



**Watchword:**  
**LOVE**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## Part VI

### *Beloved of God:*

As I begin this message to you I think of the millions of big lavender violets that dot this part of the country. They look more like pansies than violets, so velvety, large, and round-petaled are they. While I was out walking recently I gathered great bunches of them. I noticed how many of the very largest ones had grown in spite of difficulties. A bunch of immense and beautifully colored ones grew right through a clod of grass roots that had been thrown over the plant by the plow. Another bunch of beautiful blossoms pushed through a mat of brush,

seemingly lifting their heads in pride of achievement. An unusually beautiful one pushed its way right through a tough, dry oak leaf that fitted around its stem like a collar. What persistence and courage, what faith in their perfection these little buds had! I looked at other plants, apparently free from all difficulties of growth, and they had neither so many nor so large and beautiful blossoms.

I thought of trying experiences that come to all of us at some time as only opportunities to prove the power of Omnipresent God. Yet how often we question and fear, even rebel, thus losing strength and power to overcome. I realized more fully than ever before

that those who surmount difficulties through the power of the indwelling Christ, will build beauty and strength of soul, while those who go through life seeking to shirk and shun the hard places, questioning the experiences, will never build until they come into a consciousness of joyous service and have passed through an incarnation of overcoming in the name of the Lord. It is not the things that come to us that matter, for these pass away; it is how we meet the experience, the Christ patience and faith and love we use in overcoming. It is when we learn the lesson well that never again will we have its kind to meet and overcome.

As I looked into the face of the beautiful and courageous blossoms, I seemed to sense a beautiful and courageous soul. If you and I could see our soul, would it picture beauty and purity; would it be sweet and lovely; would it be free from mars and blemishes of hate and fear, doubt and injustice, jealousy and criticism? Would it in any way resemble the soul of the One who came to show us we could be all this and more, "Perfect even as your heavenly Father is perfect"? There is only one thing that will build for us a beautiful and harmonious soul, a soul that will outpicture a perfect body and a

peaceful and successful life, and that is divine love—a love all-inclusive, all-forgiving, all-absorbing.

Our watchword for this month is love. Speak this powerful word into every need—mental, physical, material; speak it when discouraged; speak it to counteract thoughts of criticism toward another or from another; whisper it in the lonely night watches of fear or pain; shoot it like a boom into the midst of inharmonies; shout it with praise and thanksgiving over yet unseen victories. Establish love consciousness by reading I Corinthians 13 every day and you will conquer, for "love never faileth."

## VI. Love

Meditation: *Neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God (Rom. 8:38, 39).*

# My Love

*By Steve Russell*

God is my love  
for love is my God,  
and you, my love,  
are the captor of this divine light,  
the beautiful mirror  
through which it passes back to me.

There is no characteristic of the Master that the world needs more today than love. As long as hate dwells in the heart of one person, just so long will there be some form of inharmony. Even where there is no hate in the heart, the lack of love, even indifference, has its forms of outer manifestation that are not pleasing.

The absence of love in individual consciousness takes form as murder, theft, cruelty, poverty, suicide. The race consciousness, built by the combined thoughts of those in whom there is yet a preponderance of error, expresses this lack of divine love as floods, famines, droughts, wars, catastrophes, and pestilence. The race is indissolubly bound together, and each member

shares to some extent the sufferings of the whole. The more divine love there is in the individual heart—your heart and mine—the more love there is in the race consciousness, and the fewer inharmonies there are to meet on the earth plane. How great is our responsibility, for we are each a “Good Samaritan” to the race, or a Levite who passes by on the other side.

When we look about us and see the tragedies in so many lives, when we read of great catastrophes, how our hearts yearn to help! Yet the greatest thing we can do for the world is to keep our heart filled with love, sending this love forth to redeem, overshadow, heal, comfort, and to uphold all the children of God. We are thus

working with the Master who is ever in our midst and whose work will never end until divine love is established in the heart of everyone. "Thy kingdom come on earth as it is in heaven." Oh, for a heart filled to overflowing with a love like that of the greatest lover who ever trod the earth! May it be yours and mine, filling us, possessing us, until our lives overflow with His compassion and justice, His patience and kindness, His wisdom, His selflessness. May we, wherever we go, shed love's healing rays on humanity, blotting out hate and selfishness, redeeming and lifting, creating in our heart a great hunger for divine love, a hunger that will prompt us to leave all else to follow after the Christ.

Divine love is a spiritual quality and is not comprehended by the senses. Yet deep within the soul where dwells the Christ, there, too, is love, for we are one. The veil between the human self and the spiritual self must be raised before we can realize the true meaning of love. This does not come in a moment. Human love must be lifted up to become pure and holy. We must desire more than anything else to feel that love which loves the Lord our God, with all our heart, soul, and mind, and our neighbor as ourself. The more

purity, holiness, compassion, and forgiveness expressed in thought, word, and deed, the nearer one approaches the love of the Master.

We say we would be like Him, yet we do not take into consideration that the love which possessed Him was given impartially to high and low, to rich and poor; that He took no account of error, and forgave all things; that there was no "me and mine" in His life, no consideration of hardships where service was needed, no seeking of place or position, no desire for self-praise. When we seek with our whole heart the consciousness of such a love, giving up everything that stands between us and its attainment, we will find it.

Besides, all things that we desire will be added—friends, position, health, success, joy, abundance—in their purified form, for love is a mighty magnet to attract the good. When we have found love we have touched the kingdom where lies all the uncreated good of the Great Giver, and the gifts are drawn into manifestation for us by the power of attraction, which is love.

Love sees the good in every experience; it sees and calls forth the best in every person. Love never harms another or



# Eternal Love

*By Janna Russell*

Spheres of light  
in unbroken rhythm  
wrap me around with new heaven.  
My sense is translucent,  
and it is now  
a softened, lulling eternity.

Inside  
I am as sudden and whole  
as a moment of lingering joy.  
To radiate a word of this pearl  
is to honor  
the manner of loving.

takes from another mentally or materially. Love considers not what it receives, but what it gives, yet in this very selflessness is the law of love which gives freely and fully to the one whose servant it is. Love is patient and kind, courteous to all, regardless of station. Love is generous and unselfish, yet wise in the giving. Love is sincere, yet joyous and full of praise. Love is a lubricating oil to soul and body, a compass on an unknown path, the cord that draws us out of many waters, the rock on which we build our house of glory, for "love never

faileth."

Beloved, now, today, are you conscious of the love of God for you, the love of God in you, and in that love do you live and move and have your being? This consciousness of your divinity grows in you as the acorn grows into the mighty oak. It becomes a powerful light, radiating from you into every part of your world. It illumines the dark places, lifts the fallen, casts out demons of hate and cruelty and demonical tempers. It lights the way for discouraged souls, dispels the darkness of ignorance and op-

pression, breaks the chains of error habits, and lifts higher the consciousness of the whole race. Divine love in you becomes a mighty magnet attracting success to you, establishing you in health and harmony, drawing to you, in overflowing measure from the universal substance, all that you need to share and to spare.

The Christ love in you is your protection from all harm. Night and day it overshadows

you with its wings, stands between you and dangers, and serves as a shield to turn aside all hate and criticism. No longer shall you be lonely, dissatisfied, fearful, for whatever you need, that love is to you. In the secret of your heart, where love abides in its kingdom, you find peace and joy and satisfaction, for you have awakened in His likeness. So, beloved of the Father, let it be done unto you.

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**UNITY BRAILLE**

Unity Village, Missouri 64065

BY FRANCES W. FOULKES

Part VII

**Watchword:**  
**FORGIVENESS**

# Building the Christ Consciousness

*Beloved of God:*

*Once I stood at the top of my garden hill and watched the sun as it dropped behind the distant mountains. My soul was washed in the glory of it, for the colors that filled the sky were those we experience in the deep stillness of the spiritual realm. Sometimes I lose myself entirely as I watch these wonderful sunsets; the changing colors of the sky, the deep purple of the mountains outlined with a halo of gold from the last lurking rays of the sun behind them, and the reflection of these colors in the valley below me. I always think of you, beloved of God, and send some of this radiance of eventide to wash your soul of the day's accumulation of sadness, disappointment, and weariness. It is my gift to you, carried by the beauty of Omnipresence, to refresh your soul by reminding you of the glory of the Lord, and giving thanks that you are*

*being transformed into this same image, from glory to glory. May you be constantly conscious of this transforming process and rejoice in it.*

## **VII. Forgiveness**

**Meditation:** *By this all men will know that you are my disciples, if you have love for one another (John 13:35).*

The intellect defines forgiveness: "to cease to have displeasure toward." Some of the synonyms for forgiveness are: compassion, pardon, clemency, acquittal, remission, mercy, and oblivion. It is the privilege of a governor to pardon or to extend clemency. Acquittal and recommendation for mercy belong to a jury. Oblivion is of the personal mind, utter forgetfulness, but compassion and remission are of the Spirit. Jesus was often moved with compassion saying, "Thy sins be forgiven thee," which always

resulted in the burden rolling away from the one forgiven. It was the shedding of His blood on Calvary, the mission of the Crucifixion, that brought remission to the human race. Through this act every error—present, past, and future—is already forgiven, and becomes effective to each one personally as we accept Jesus' atonement and become unselfish in the same love that made His forgiveness possible. Compassion and remission are a part of every righteous forgiveness. They are born of love, and when love fills the heart all else is as surely wiped out as is darkness when the sun passes the horizon.

Many things must be cleansed from the heart before we no longer give and take offense. We need to erase self-pity, sensitiveness, personality, and to develop the single eye that sees no evil but recognizes the Christ in another and accepts all motives as good. Sometimes we put others "on trial" in our heart, appointing ourself the judge, the jury, and the witnesses. We do not consider the defense but convict in our own mind on circumstantial evidence, someone who has had no intent to hurt. Listen within when offense is taken, and you will hear the chief priests and scribes vehemently accusing, Herod mocking, and

Pilate scourging the multitudes shouting "Crucify him. Crucify him!" We cannot ever be justified by shifting the blame to another. At some time each must enter that consciousness that says, "Father forgive them." This lifts the race consciousness, makes stronger every forgiving thought, weakens every thought of hatred, and keeps a downward vision from possessing us.

Holding on to unforgiving thoughts makes its impression on the body. Search out the heart with the lamp of love. Who is unforgiven? Love that one. What is unforgiven? Some old grudge, some hatred of a condition, some unforgiveness of the self, a condemnation of circumstances? Emotions all, which if held, will tie up, tear down, bind, or weaken some part of the organism. Immerse them in love. It is only through forgiving love that we face God, and it is only through facing God that the shadows of poverty, sickness, and inharmony are left behind. It may take a seventy-times-seven seeking to forgive before the hurt ceases entirely, but the seeking counts to us for righteousness. For a long time we may say with lips only, "God bless you. I love you and forgive you," but sooner or later the heart will be washed clean.



When we become big enough to love hurts and hates out of our heart and life, we are entering the Christ consciousness. We have gone very far on the path when we can speak calmly to all seeming or intended offense, "You are already forgiven." Who are we that we will not forgive, when back through the ages, perhaps even yesterday, we have committed the same error that we hold against another with such a relentless grip? Just the recognition of it as an offense shows that we are not very far from its commitment. Has it been forgiven us? Not until we forgive this other, forgive wholeheartedly, freely, even as fully as the unreckoned number of times that seventy-times-seven represents.

We seek spiritual illumination! It will come when the mind is lifted out of all bitterness and we see God everywhere. We seek bodily healing! It will come when the heart thrills with love and compassion that wash clean the whole organism. We seek freedom from debt! It will come when we have forgiven all debts, great or small, toward us . . . when we have given our debtor the freedom for the success that we seek. We seek prosperity! It will come when confusion and hatred and unforgiveness give way to the

wisdom and judgment of a calm and righteous mind. We pray and pray! Yet so long as the door toward God is barred by thoughts and words unlike the Christ, we cannot hope for our desires to be pure enough to reach the great white throne. "Why do you call me 'Lord, Lord,' and not do what I tell you?" (Luke 6:46).

Just as far as we are from forgiving ourself or another, just that far are we separated from God. He who holds no recognition of the errors of circumstances, conditions, or people, can only be approached by those who bear this likeness. When we truly forgive, something lets go, something rolls away, and something is *given* for that hurt which binds us. The heart lilts in a song such as hasn't thrilled us in many a day; a freedom is felt as if a great burden had rolled away; a lightness is experienced that makes us know what it means to run and not be weary, to walk and faint not. Our whole being shouts with freedom, for we have forgiven, and in releasing another from bondage the release has been even greater for us. Our mind is filled with thanksgiving, our heart with joy, and all of our affairs reach out into the freedom of successful expression. We feel as must the thief at Jesus' side when He whose

eyes were turned toward heavenly places said: "Today you will be with me in Paradise."

*O Thou Son of God, become Son of man that Thou might take unto Thyself the sins of the world. Cleanse Thou me now, mind, heart, and body. Let Thy redeeming love wipe out every unforgiving thought, every un-Christ-like act from me toward another and from another toward me. Let*

*Thy spirit of love so fill me that in all time to come I shall see only Thee expressing through my brother, and he the Christ in me. Let all sins of omission and commission, in days past and ages past, be remembered against me no longer. As I am forgiven, so do I forgive. I give freedom to all that touches my world, and I too am free, Praise God! God bless and keep you.*

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**Watchword:**  
**THE PEACE OF GOD**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART VIII

*Beloved of God:*

*Along one side of my garden lies a stretch of woods. It has the same soil, the same amount of sunshine and rainfall as the garden. Yet never do these trees wither during the heat of the day as does the garden. They have sent their roots deep into a living stream and outside conditions do not affect them. You and I have seen persons who have come to a place in consciousness when neither people, conditions, circumstances, nor weather influence them. They have a calmness, a poise and strength, a sweetness that comes through abiding in the secret place of the Most High and through knowing the peace of God.*

*We can all come to this place if we are willing to pay the price, that is, use our power of choice to see the good only. The great oak did not grow in a day. First it was an acorn, with the germ of the tree it was to be locked fast in a hard shell. Then it was a sapling, shaken by every wind that blew, yet each day it was busy sending its roots deeper into the ground in search of a hidden stream.*

*We will feel ourself becoming stronger and more steady as we continue to deny error appearances, as we keep our eyes on the good only, as we recognize and claim the power of the indwelling Christ. Soon we will feel the Presence that walks beside us keeping us strong,*

sweet, and calm, no matter what the condition or circumstance. With Paul we can say: "None of these things moves me." This leads us into the promised land where flesh bondage ceases, and we find that the prophet's vision of a "peaceful habitation . . . secure dwelling . . . and quiet resting places" comes to mind (Isa. 32:18). As the human race conquers hates, fears, and other destructive emotions, the extremes of heat and cold, droughts, floods, and storms will cease. Each of us has a part in reestablishing the Garden of Eden, for it begins in the mind, and daily our mental state determines the time of the coming of Christ's kingdom.

Let us take for our watchword peace. Enter this consciousness, then speak it to all outer inharmonies and keep speaking it until they become as harmonious as did the turbulent waters when the Master spoke to them: "Peace! Be still!"

### VIII. The Peace of God

Meditation: *My peace I give to you; not as the world gives, do I give to you. Let not your hearts be troubled, neither let them be afraid (John 14:27).*

Meditation on this promise of the Master carries us far beyond mere words into a peace that perhaps we have never before felt. Never has there lived a person who was so at peace with God and Creation as was Jesus of Nazareth. This was because He knew the Father and trusted Him utterly, and because He let Himself become a channel through which the Father could express; and He says: "My peace I give to you!"

What it would mean to each of us if we would accept this gift of the Christ of God in its completeness. Peace! Never again would we have a troubled heart or worried and anxious thoughts. Never again would we seek worldly things and places at the expense of our communion with the Father. Never again would we put our dependence on persons, position, things, or self-endeavor in seeking our good, thus shutting out the "greater than I" who will bring us mighty success, powerful healing, joy, and abundance whenever we open the way. No, not as the world gives does the Christ give, not in ignorance, failure, refusal, or betrayal. He Who is the same yesterday, today, and forever, is a wise, peaceful, powerful, and dependable giver and lover on Whom we can depend each moment of the day and night.

In the very thickest of the fray, when temptation is greatest, the odds most overwhelming, the way darkest, the personal self weary and weak from striving, "Lo, I am with you always." Utterly and eternally we can depend on Him! Do you not feel a great peace steal into your heart as you listen to His words: "My peace I give to you. . . . Let not your hearts be troubled, neither let them be afraid" (John 14:27)?

If we would be more like the Master, have His fuller and greater consciousness of Christhood, we must seek to find the peace that is born of trust in the Father, and abandon ourself fully to His will, never doubting that the best of earth and heaven was created for us and is ours in His will now.

Your soul, my soul, and the soul of every other person in this world long for the peace that comes from such a realization. Our souls are hungry and will not be satisfied until this consciousness is restored. Until then peace is as a will-o-the-wisp. We think we have found it in some quiet place far from the noise, confusion, and crowds, yet perhaps a letter, or a telegram, or the word of another, even a thought will throw our mind into such confusion that we become entirely unconscious of the stillness

and tranquillity about us. As long as we allow our mind to become a turmoil, our body will be filled with destructive emotions and our affairs with confusion and inharmony. Peace lies in self-control and self-mastery, in refusing to let conditions, circumstances, or personalities upset or influence us. It lies in being able to turn quickly from the outer and its disturbing factors to the inner power and dominion of our Christhood, and to stay until we are sure of mastery. Then we can come forth and deal with the outer in wisdom and love. Only when we have learned to do this and have come to the place where "none of these things moves me," does peace like a river continually flow into our mind and out into body and affairs, creating for us happy and harmonious conditions and circumstances.

There is only one way to enter the peace of God which Paul says "passeth all understanding" and which "shall keep your hearts and minds through Christ Jesus," and that is by living constantly in right relation with the Father. This comes through silent communion, through keeping the high watch, which is refusing to recognize error and continually seeking to see as Christ sees. Through accepting and



using His promises we are given grace, strength, peace, and power beyond the mortal.

Everywhere in the Bible we are taught this. We are told that peace comes to us through righteousness, that is, living in right relation to the Lord and the law. In the beautiful words of the Psalmist: "Righteousness and peace will kiss each other" (Psalms 85:10). Listen!

Are you unhappy or needy in mind, body, or affairs? "Agree with God, and be at peace; thereby good will come to you" (Job 22:21). Do you have friction or strife in your life? "When a man's ways please the Lord, he makes even his enemies to be at peace with him" (Prov. 16:7). Do you have restless and sleepless nights? "In peace I will both lie down



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and sleep; for thou alone, O Lord, makest me dwell in safety" (Psalms 4:8). Are you easily offended or quick to offend? "Great peace have those who love thy law; nothing can make them stumble" (Psalms 119:165). Do you seek justice or protection? "The Lord will fight for you, and you have only to be still" (Exod. 14:14). Would you have a happy and successful life? "Let us then pursue what makes for peace and for mutual upbuilding" (Rom. 14:19).

These texts may be used as prayers for the self or another when there seem to be manifestations contrary to their belief. If we do our part we will always find the results as promised. Many times have I proved the power of them. One time stands out as I write you: I had occasion, according to the human mind, to be greatly offended. I refused to consider this and turned my attention to God and was reminded of

His promise: "Great peace have those who love thy law; nothing can make them stumble." Over and over I repeated this until my mind was so filled with it that thoughts of offense could not find entrance. I spoke it for the other also, knowing that through this I could not give offense. In less than half an hour the telephone rang and that one through whom human offense seemed to come spoke to me in love, and the matter was adjusted wonderfully. If I had recognized the error and kept seeing its injustice and condemning the other, there would have been unhappiness and regrets. But the power that brings us good when we claim it made peace between us.

So shall peace come to each of us in all trying circumstances and conditions, if we turn quickly to the changeless Christ and seek to know His way of action. Thus into our heart will come the peace and goodwill of which the angel sang at the coming of the Prince of Peace, and through this peace in the hearts of all shall come universal peace on earth.

*The Lord bless you and keep you: The Lord make His face to shine upon you, and be gracious to you: The Lord lift up His countenance upon you, and give you peace (Num. 6:24-26).*

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**Watchword:**  
**IMAGINATION**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## Part IX

*Beloved of God:*

*My mind has been filled recently with the wonderful achievements that have been made in aviation. These are no mere human accomplishment but a stirring in our consciousness of our innate power and dominion over all that was created before us—the heavens and the earth. This is but another step in the union of the human mind with the divine, another milestone in the journey back to the Father's house where there are no more obstacles, barriers, or difficulties to be overcome. The water, the earth, and the air are all being made subservient to our needs.*

*Through the fuller use of the air by radio, television, and airplane, the race consciousness is being lifted, and it is glimpsing, even though yet in a small degree, the possibility of Omnipresence, that state in which time and distance cease to be elements for consideration. We Truth students are few in comparison to the whole, who conceive of the fourth-dimensional or spiritual realm as an omnipresent state in which the Christ mind rules supreme. But through the few holding to this vision it shall come to pass. Finally the whole race will enter into its glorious living.*

Only a few of our ancestors caught glimpses of the things that now constitute life's primary comforts, conveniences, and pleasures. One of them though, working by the light of a wood fire, conceived of a better method of conquering the night and making it useful. As a result torches, vessels with wicks, and candles came into use. Someone by candlelight formed in mind the picture of a more convenient and better mode of lighting, and lamps were the result. Someone by lamplight looked beyond the narrow range of the lamp's rays and visioned the darkness filled with radiant light, and Omniscience waiting to express used the channel thus opened to give to the race the manifold uses of electricity. As with lighting, so has it also been that from slow and tedious communication of person with person, we have come to instantaneous communication. Through the invention of faster and faster vehicles of conveyance, slow and tedious methods of travel have given way, thus lessening time and seemingly distance in arriving at desired destinations.

Christ is truly omnipresent. All of the wonderful inventions, all of the marvelous achievements are gifts from the One who lives with us and knows our needs. This is His

planet and we are His people, and through Him all the riches, all the wisdom, all the good of the Father's creation are accessible to us. But we must grow to the consciousness that is capable of receiving better things. It has always been someone who has seen beyond the present limitations who has been chosen as a pioneer in the coming good for the race.

You and I can be channels for the Master to use in bringing His kingdom into visibility. We can do this by giving thanks for every achievement as our fuller awakening to our divinity, by keeping our vision on the destined goal of unity with the Father, by maintaining steadfast faith in Omniscience, Omnipotence, Omnipresence, and by letting the world see in word and deed that we are companioning with Jesus Christ.

Our watchword for the month is imagination. Let us take this for our standard and make the mortal mind come back to it every time it would image otherwise.

## IX. Imagination

Meditation: *Have this mind among yourselves, which is yours in Christ Jesus (Phil. 2:5).*

We are ever exploring the

realm of the seeming impossible, seeking to penetrate the mysterious, conjuring up have-beens and may-bes, through our mind. The faculty we use for this purpose is called the imagination, and by the use of it we continually run ahead of our manifestation. We do not use it always for our highest good. Our experiences of today, happy or sorrowful, were brought into being by the imagings of yesterday, and today's imagings are laying the foundation for the experiences of tomorrow. This is the power that the imagination holds in regard to the experiences of life. It is a picture-maker—sometimes a mischief-maker—an artist of the mental realm, and through it we paint the canvases that are hung in the gallery of the subconscious. These pictures are the patterns or models the law uses to produce conditions and circumstances in body and affairs. But, you say, you never in all your life held in mind such a picture as this thing that has come upon you. Perhaps not at one time, but one image and then another has formed a composite picture from which this experience took its likeness. Neither a tree, nor a cloud, nor a hill, nor a stream alone constitutes a complete picture, but all of these painted in one at a time make the picture that

covers the canvas.

God is not mocked, and He tells us that what we sow, we also reap. This law rightly used is the greatest blessing given to us, for by its righteous use we can repaint all the canvases of the subconscious after the patterns of the superconscious, thus making of our world a heavenly place, a place of peace and joy and glorious living.

The imagination is God-given and should be God-directed. It should be used in seeing only according to the "pattern shown in the Mount," the "good" of the original creation. Instead, we have used it to lead us out of Eden into the deserts and waste places, into dark valleys and deep waters, into laboring hard for our daily bread and nightly bed, into poverty, pain, and sorrow, even through the valley of death. We have, in imagination, put ourself and our loved ones in such places as one whose mind was stayed on God could never go. Worries and anxieties—fears of poverty, robberies, and accidents, loss of position and loved ones—fill the thoughts of one whose mortal mind is in control. If the forgiving love of Jesus Christ did not continually soften all these pictures the race long ago would have extinguished itself through its error imaginings. Even before the earthly manifestation of



the Christ, God spoke through the prophets to a rebellious people: "I have loved you with an everlasting love; therefore I have continued my faithfulness to you" (Jer. 31:3). "I led them with cords of compassion, with the bands of love, and I became to them as one who eases the yoke on their jaws, and I bent down to them and fed them" (Hos. 11:4). "But they did not know that I healed them" (Hos. 11:3).

Only with the imagination, the imaging power, can one bridge the gulf between the human and the spiritual. But over this bridge Spirit brings back into the natural all that we perceive as our own. Spirit knows only the good; our senses are full of error. We can only express in our life the good of Spirit by turning from the vain imagings of the mortal to that which is true and good and holy, and holding to these pictures until the old ones are erased and the law brings the higher ones into manifestation. Even as an artist with infinite patience rubs out and repaints that which is not according to the picture in the mind, so must we erase error imagings and put in their place those which accord with the Christ pattern. We have only to be still and look deep within and we will find the perfect pictures our soul holds as models.

The promise is: "Seek and ye shall find." Seeking we shall be led from ignorance into a knowledge of the purity, wisdom, and goodness of God, into constant companionship with Jesus Christ, and into doing those works which He did. We will be led into a consciousness of our divinity, into an expression of our birthright which the soul has ever held as the ultimate aim and end of all accomplishment. Some work to do, you say? Yes. Hard? Perhaps. But the end justifies every effort, every sacrifice, every crossing out that it may take to train this faculty into right seeing. It is only when the mind becomes stayed on God that we find that place in experience of which Paul wrote: "And we all, with unveiled face, beholding the glory of the Lord, are being changed into his likeness from one degree of glory to another" (II Cor. 3:18).

Think deeply of the picture you are placing into the subconscious to become a living thing to be met with at some future time. Is it a picture of love and patience and tolerance you are painting, even as the one of the Master Painter when He said: "Neither do I condemn thee"; or is it one of hatred and intolerance, of criticism and condemnation that is taking form to return a

like experience? Is it a picture that expresses faith and courage and powerful living, such as the Way-Shower expressed before you, or is it one that holds doubt and fears, weakness of desire and emotion? Are you painting pictures according to the pattern in the Mount, of health and success and abundance, or do your pictures hold so much disease and poverty and failure that nothing beautiful or glorious can come forth from them? Is the gallery of your subconscious hung with occasions of kind acts, loving words, just decisions, righteous judgment, of crossing out of selfish desires and unholy ambitions, of temptations met and conquered?

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Have you any pictures in your consciousness of the Christ birth, the baptism of the Holy Spirit, the transfiguration, the resurrection and ascension of the human into the divine?

You and I have the power within us to change any condition of body or environment if we earnestly and steadfastly hold to the good and give thanks that it is already accomplished. We do not have to seek the way or means, we have only to seek God, and Omniscience will lead us where we of ourselves could not go; will give us that which we of ourselves could not have; will accomplish that which we of ourselves could not do. There is a perfect body, even the Christ body; there is a heavenly place, even the habitation of peace and beauty; there are perfect conditions, even harmony and love; there is an overflowing treasury, even the rich substance of Spirit; there is a plain path, even companionship with Jesus Christ. When a need or desire arises, think on these things, and the pictures formed from them in your mind will be so pure and so powerful that they will take form in all the activities of your life.

God bless you and keep you, beloved. May you now get the clear vision of your Christ likeness, and express it in all of your living.

**Watchword:**

**JUSTICE**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## Part X

*Beloved of God:*

*This is a season of wonderful opportunity for each of us, if we realize and take advantage of what is going on all about us on the invisible plane. There is a great surge upward of creative life, which although omnipresent, now moves in a greater tide of livingness to satisfy the demands by Mother Nature at this time of the year. We, too, as well as tree and shrub and plant, can contact this surge and have every part of our bodies filled to rejuvenation with it, if we will put aside old thoughts of lack of life and lassitude with which we usually deal at this season, and consciously open ourself God-*

*ward to receive. We will feel in our body a thrill that will increase daily as we view the phenomenon that nature presents in leaf and blossom and blade of grass as she receives on the invisible and lets it become manifest on the visible. We know not how nature partakes of this livingness, but we who understand the power of mind know that with us it is a mental process.*

*Paul said: "I die every day," and so must we die daily to the little selfish limited I, if we would put on the Christ which knows the All-Good, which expresses power and dominion and the joy of wholeness and plenty. All those things our*

hearts with a great longing have desired to express and manifest in our life. We know that we do not find these in the senses for we have companioned long with them. Like the disciples who had fished all night and caught nothing, we have long struggled and sought through the darkness of materiality and found nothing in it that satisfied. It is the self with its selfishness, criticisms, intolerance, fears, anxieties, limited views, and bowing down to appearances that we are to crucify, cross out, so that the Christ may indeed be risen in us. Let the lesser go, O child of God, that you may be resurrected from all the deadness that is in you, into new and glorified living.

Most of us do not like to acknowledge even to ourself that the things that come to us are our own. When I go for a walk my dog Jack goes with me. At certain places an echo of his own bark comes back to him. When he hears this echo he becomes furious and barks harder than ever at "the other dog" that is trespassing on his ground. Yet nothing is coming back to him except what he started in action and which he can stop. A small child visiting my neighbor, called to someone and heard his words repeated. He declared that there was another little boy at our house

talking to him. The more he said, the more "that little boy up there" would say. He became angry and called the other boy names and the other boy called him names. He stopped and the other boy stopped, yet we could not convince him that it was only his own voice coming back to him.

Many people, even students of the Jesus Christ teaching, blame God, or people, or circumstances, or environment, for the unhappy things that come to them. It is quite a step in growth when we come to the place in consciousness where we realize there are no happenings, no accidents, no luck, no favorites in the operation of the law of life. Then we begin to work intelligently with the law to bring our good to us. When we can acknowledge God as the source of all good and we ourself as the source of all else, we can say to seeming disturbances: "What are you to me? I follow Christ." It will be easy to say to people who would hurt us: "God bless you, I love you, and forgive you," and to circumstances: "None of these things moves me." When we do reach this place we may be sure our good will find us and express itself in our body and affairs.

Let us take for our watchword justice. Let us meditate much on this during the time

*between this and the next message, and much will be revealed to us, much will be forgiven us, and much will come to us.*

#### **X. Justice**

**Meditation:** *But the path of the righteous is like the light of dawn, which shines brighter and brighter until full day (Prov. 4:18).*

In the Sermon on the Mount, the greatest of all teachers, Jesus Christ, brought out very clearly and in great detail the working of that phase of the law that we call justice. From the first Beatitude until the Sermon closes with the comparison of the two foundations, the rock or the sand on which man builds his house, it is plainly taught that man is always the chooser and that in his choice lie the results. We would do well to study this sermon in Matthew chapters five, six, and seven as we seek to enter into the consciousness of justice.

The law of justice by which man is rendered what is according to his seeing, was set in action by Adam when he recognized good and evil. It will remain in use until the last of the race shall have entered into that perfection which the

Creator pronounced "very good." The law is good until that time comes when we recognize the use for which the Father gave us power and dominion, for in reaping, we learn to distinguish between the results of sowing good and evil and seek the way that brings only good into our life. The first step to this consciousness is a recognition that this is a true and just law; that the purpose of it is not to punish but to bring us back to creating nothing less than good. The next step is to bring the whole self into obedience to it, to come under the law. Later when we learn the way of the second Adam, the Christ, we will become disentangled altogether from the law. We will come into the realization that "We are God's children now," and that "There is therefore now no condemnation for those who are in Christ Jesus." This consciousness is the Truth, the knowing of which makes us free.

There is a path that leads back to Eden, the foursquare righteous kingdom of God that is our home. Its way is living after the Spirit instead of after the flesh. Our senses suggest many paths which, if heeded, will lead off and away from the path to the kingdom. If we would keep to this path we must turn quickly from these



suggestions and lift our vision to the highest—that thought, word, and deed may conform to the Christ standard. When we truly walk the path of the high watch, our thought-world will not contain injustice in any form. We will not hold unjust thoughts toward another, and any thought of another except as a child of God, perfect now, is unjust. It is a hindrance to the other and has a harvest for the self. Words spoken into the ethers are no longer ours for they have started an activity of their own. The law says: “for by your words you will be justified, and by your words you will be condemned” (Matt. 12:37). When we receive as our own the Word that became flesh and still dwells among us, no word will pass our lips which does not carry with it, in form and tone, the love and life and wisdom that He is. Our acts also must come under the law of righteousness (rightness) if we would reap righteousness (good). Until we find joy in doing unto others as we would have them do unto us, our deeds are not pure enough to carry us forward toward the kingdom of God. The recognition that “the Lord is God; there is no other besides him” (Deut. 4:35), is the only thing that will keep our vision so clear to the perfect in all people, that thought, word, and

deed will spontaneously be as if He thought and spoke and acted through us.

The human mind is prone to create a God in its own image. It is not willing to admit that unhappy experiences are of its own creation. It blames people, environment, circumstances, even God. It creates for all who heed it an unjust God. It becomes of the same mind as the servant who received one talent: “Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow” (Matt. 25:24). We know from the answer given in this parable that such belief creates darkness and inharmony. When there comes to us even a suggestion that anything less than good comes from the Creator, let us seek earnestly to be delivered from it, even as we would from that sin which is spoken of as against the Holy Spirit. May we pray: *O Father-Mother God, let each of Thy children see Thee as Thou art, too pure to behold iniquity. Let each of us behold Thee always in all Thy beauty and glory, always loving, always giving, always being perfect, and seeing us as Thou art. Make us to know that beside Thee there is none else, to know that we know that Thou art Infinite goodness. Let us ever keep before us the knowledge that*

*we are in Thine image, and use the power of creation which Thou hast given us, for the purpose for which Thou didst give us this likeness to Thee, to create a perfect world. Let Thine be the only power in our life, forever and ever.*

In Old Testament history, the Mosaic law provided the right of asylum in any sacred place. One could enter there and the very holiness of the place saved him from the wrath of another. David used this protection symbolically many times: "For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent, he will set me high upon a rock" (Psalms 27:5). The promise, "I will appoint for you a place to which he may flee" (Exod. 21:13), given to Moses concerning the securing of justice, was carried out in providing "Cities of Refuge." It was significant that the safety of those claiming these refuges was in their remaining in them.

These provisions from the exemption of the law are sym-

bolic of the Christ atonement made for each of us, and to which we can find access any moment we will. During the process from the human to the divine, the sense consciousness many times suggests injustice from another or toward another. Over and over, as an Israelite rushing to a City of Refuge, must we put ourself in divine love. Over and over must we claim the spirit of justice in worldly dealings, and submit to it all of our affairs in faith and confidence, knowing that His strong right arm will defend all that are of His kingdom. Over and over must we enter the inner chamber and close the door on human suggestions, hiding ourself "for a little while until the wrath is past" (Isa. 26:20).

This is the path. To walk it takes high vision, great wisdom, infinite love, and ever-increasing faith in the goodness of God. But we can, Beloved, and each day if we follow the light that is given us, we will come to that place in consciousness when we can claim the promise: "Christ is the end of the law" (Rom. 10:4). His love will so possess us, and we will so possess it that it will shine forth as a mighty glory that will make perfect our whole world.

Even now this is yours. Go up and possess it.

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Friendship is the only cement that will hold the world together.—Woodrow Wilson.

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**Watchword:**

**PRAISE**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## Part XI

### *Beloved of God:*

*It is a great privilege to be a citizen of any nation that proclaims for its people a national holiday on which to give thanks for blessings received. It is infinitely greater though to be conscious of citizenship in the invisible kingdom, the glories and blessings of which, as they are revealed to us, draw from our hearts a never-ceasing thanksgiving to the Giver of gifts. We are coming to know that the more thankful the attitude of mind, the more abundant the gifts. Praise does not change God, for He is always all that God can be, but it does change us. Giving thanks increases the inflow of good be-*

*cause it increases our capacity to receive. A recognition of the Source draws us nearer to the One from whom all good gifts come.*

*When there was a need in your life, have you ever tried just singing praises to God, forgetting the need in the joy that comes from thus speaking to Him? There is a thrill unlike any joy that comes from material achieving. It fills the whole being until we know we are lifted in consciousness out of the lack in which we have been dwelling. Faith is strengthened, expectancy is established, and in this joy of soul the lack in the outer loses its importance and becomes the nothingness to us which in reality it is. Then we are open to re-*

ceive the good that has always been ours, and it is given the opportunity to come forth in the God-seeing form in which the whole of us will delight, even as the soul has found delight in this union with its Maker.

If even a portion of our Thanksgiving Day were used by each citizen to thus truly give thanks to the Giver, a mighty thrill would pass through this nation that would wipe out sadness and sickness, crime and poverty. Let us, you and I, remember each day our citizenship in the heavenly kingdom, a kingdom not made with hands, eternal in the heavens, and that this heaven is as close to us as is the within.

As I write, the glories of the invisible world seem to be shining through in the beauty of color all about us. A riot of reds and greens, browns and yellows in shades that blend in rich harmony makes us almost gasp as we view it. When we realize that within every beautiful and perfect manifestation is the Creator, the wonders of nature reveal to us more and more the magnitude of His mind. To know that our mind is one with this Mind, and has access to all it holds, is a wonderful revelation that draws forth from us a never-ending song of praise and thanksgiving.

## XI. Praise

Meditation: *"Bless the Lord, O my soul; and all that is within me, bless his holy name" (Ps. 103:1).*

It is easy to be glad within, to be filled with joy and thanksgiving when life moves pleasantly and peacefully, when all around us there are manifestations that tend to increase our happiness. Even then not all of us remember to praise and give thanks to God "the Giver of every good and perfect gift." Few of us continue our song of praise when sorrows come. It seems hard for the human mind to lose sight of error appearances long enough to enter into the reality of good and to hold a mental attitude of giving thanks for this good until it comes into manifestation. Standing in the presence of five thousand hungry men, women, and children, Jesus Christ gave thanks to the Father as He broke the five loaves and two fishes. Immediately they began to multiply into an overflowing abundance. At the tomb of Lazarus, now four days dead, the Master said: "Father, I thank thee that thou hast heard me. I knew that thou hearest me always." At His spoken command the now living Lazarus came forth.

When we truly learn that

highest form of praise, the "Father, I thank Thee," of Jesus Christ, we too will have instant recognition and instant answer to our prayers. Something always falls away from us as we give thanks to God for His omnipresent good—some sorrow, some burden, some sickness. We will be resurrected, and all the grave clothes that are binding us will drop away as we grow into a consciousness of continual praise and thanksgiving.

Few people realize the value of praising the good and giving thanks for it even while it is yet unmanifest. Few people realize the power that is set in action through this form of prayer. It is the habit or tendency of the human mind to grumble over the seeming, to criticize, condemn, and blame, to recite over and over its losses and failures, its pains and miseries. We hear this attitude of mind expressing itself on all sides. Sometimes we even agree with it or join in with it. Then we wonder why unhappy experiences increase in our life, not realizing that we have recognized them, described them, and so given them a power of reproduction they of themselves do not possess. "By your words you will be justified, and by your words you will be condemned," is an absolute law. Not only do we bind ourself, but we bind

others about us who are not as strong as we are.

There is good in everything and everybody, and it breaks through into visibility by words of praise. Prove it! Silently praise that quality in yourself or another that you wish to see manifest. Members of the family, neighbors, helpers in the home or business, animals and even plants respond to a recognition of their innate perfection. Giving thanks to our Father for the good that lies potentially in every living thing releases it to express more fully outwardly. The "I" is the real self of you, of me, of another, the "I" that the Master said was hungry, thirsty, sick, in prison, and great is our responsibility to that "I." The more we have studied Truth the greater is our responsibility, for all who have started back toward the Father's house have been anointed of Him to preach good tidings, to bind up the brokenhearted, to open prison doors to those that are bound, to comfort those that mourn and give them "garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of faint spirit" (Isa. 61:3). Those to whom we thus minister may not know from whence comes the oil of joy or who gave them comfort or inspired within



# Gratitude

*By Mildred N. Hoyer*

"Thank you"  
Opens the doors  
And windows of the heart  
To the light, to the boundless love  
Of God.

them the spirit of praise. This is our service on the homeward path and shows the degree of our earnestness and our progress. As the Master gave of the living water to the Samaritan woman at Jacob's well and Himself hungered no longer, so are we blessed as we praise and bless others. "As you did it to one of the least of these my brethren, ye did it to me" (Matt. 25:40), said the One who knew that the lifting of the Christ "I" of one, lifted the whole. Such is the extent of our praise.

Let us lift up our heart in a song of praise and thanksgiving right where we are, no matter what the appearance, no matter what the senses tell us. At the midnight hour, in an inner prison with their feet fast in stocks, Paul and Silas sang

praises to God until there was set in action a force like an earthquake which shook apart the stocks, and opened not only the door to the inner prison but the outer door also, and set them free. This action was far-reaching, for it completely changed the mental attitude of those who had imprisoned the disciples, so that their greatest desire was for the freedom of these God-loving men.

It takes the "single-eye" that the Master taught to fill our world with good; it takes one-pointedness of purpose, steadfastness of vision, and faith in God's plan to see the good where no good seems to exist. But when we do recognize it and hold on to it with a Jacob-like grip, and keep on giving thanks for it, it will be literally thrust upon us, as was

the freedom of Paul and Silas. Read the story of Judah under the good King Jehoshaphat (II Chron. 20:5-30) and remember that the same God who spoke to His children then, speaks to each of us now in every time of need, "Fear not, and be not dismayed at this great multitude; for the battle is not yours but God's." Our work is to pay no attention to the appearance, but with our whole being to sing the song of the Judean army: "Give thanks to the Lord, for his steadfast love endures for ever." We, too, will find our valley of Beracah being filled with victory and blessings. Praise is so con-

tagious that if the little group that reads the message would start praising the good in everything and everybody, and if we would continue to give thanks to our Father for His good gifts both visible and invisible, we would be the little leaven that would leaven the whole lump, and the earth would begin to blossom as the rose.

Beloved, erect now in your heart an altar to God. Count your blessings and give thanks for them. Let your praises rise like sweet incense until your whole world feels the sweetness of the Christ presence expressing through you.

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## THE TIME OF OUR LIVES

(Continued from page 32)

### The Joys of Learning

Our hobbies may be balanced in the field of the development of learning. It is a fine way of using our leisure time. Many are the motives for learning; great is the value for vocational purpose. Learning may rightly be for its own sake or to satisfy our natural curiosity. Learning for vocational purposes, even though it be in the form of a hobby, has an ulterior

motive which we do not condemn, for the improving of our abilities is always commendable. Let us beware that these forms of hobby do not become the be all and end all of our leisure time. It is quite amazing to observe some of the unusual studies that are developed into hobbies.

A friend of mine spends most of his leisure time reading military history. He is not an aggressive character and it is doubtful whether he would have wanted to partake physically in the battles of which he reads. Perhaps his flights into

**Watchword:**  
**GLORY**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART XII

*Beloved of God:*

To you I send Christmas greetings that carry with them the prayer that on this anniversary of the Master's birth there may come to you such a realization of His coming into your heart that your whole being will join in a hallelujah chorus of the Redeemed, "Glory to God in the highest, and on earth peace among men with whom he is pleased!" Happy are you if your heart truly sings this song, for the angel of His presence has announced to you, "To you is born this day in the city of David a Savior, who is Christ the Lord." I can wish no greater gift for you in this happy Christmastime than that the One called Wonderful, Counselor, Mighty

God, Prince of Peace may take up His abode in your heart, there to abide throughout eternity.

Our watchword for the month is glory. As we keep this word in our conscious mind, it will sink into the subconscious and prepare us for the new year.

## XII. Giving and Receiving

Meditation: *"The glory which thou hast given me I have given to them, that they may be one even as we are one"* (John 17:22).

We are taught the lessons of

life in many ways. If we are alert to learn and willing to obey, the great Teacher yet speaks to us in symbol and parable. From tree and plant, from stone and running brook, from bird and bee and living things come to me messages from the Creator. Recently I went into a deep woods searching for Christmas evergreens. In the silence about me, I suddenly seemed to be in a new world, the world of the trees. As I stood regarding these denizens of the forest they seemed very human in their characteristics. I had never noticed before how much some of them were like you and me and our neighbors. The very first thing that attracted my attention in the brownness and deep shadows of the wood was the holly bush with its leaves so green and shining, its berries so bright and cheery. It was indeed alive and sharing its livingness with all around it. I was reminded of some people I have known whose radiance I shall never forget. My soul is ever blessed by the memory of these, who through a recognition of the Christ within were able to shine it forth in whatever environment they dwelt. Light-bearers they were, radiating so much faith and courage and joy, no matter what those about them thought or felt or said, that it

was contagious. Others let their light shine also.

High above me towered the pine, stately and grand in its livingness, each bough scintillating with life. I realized that its stability came because it had patterned its outer growth after the inner—root and branch corresponded—making it perfectly balanced in any storm of the forest. Its evergreen top pressed upward toward the blue of the sky because its taproot had sought the same depth in the earth and had found there a living stream. Remembrance of some persons I have known came to me. They were calm in the midst of life's storms, ready to help in any emergency, doing all in such confidence that I, too, became brave and strong and unafraid. I wondered then from whence came their strength and stability, but now I know. Those who seek to live after the Spirit, who companion with the living Christ, know in Whom they believe and that there is never a time when He is not present, working mightily to save.

At first I was not much inspired by the rugged beauty of the oak. Its nakedness beside the livingness of the evergreens seemed cold and unfriendly. Then I realized that it, too, was ever-giving, although in a different way. Its leaves, in

the summer, sheltered all that was beneath it, and these same leaves shed in the fall, protected plant and insect life wherever they fell. In this giving it received again, for the shade preserved the moisture and gave it to drink, and its leaves fertilized the soil, giving it to eat. It gave of its fruit to the squirrels, its branches to the birds, itself for the comfort of humans. It was proving the Master's promise: "Give, and it will be given to you" (Luke 6:38). Here lay the secret of its strength. I remembered: "Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit" (John 12:24). I sent out a blessing to those selfless ones who are seeking service for the Master. Through the free giving of themselves they shall become a blessed channel for the inflow and outflow of God's life and joy and substance.

In contrast to these I thought of the many who are yet withholding, taking all and giving nothing, stretching out hands pleading for God's gifts but unwilling to share or to serve. Yes, I found this characteristic in my woods also. In the topmost branches of a big oak I spied a flourishing bunch of mistletoe, that plant parasite that draws its life from the tree that supports it. Parasites

there are in our world also, selfish ones, seeking the loaves and fishes, striving to gain even at the expense of another. Nearby stood another example of selfishness also, the miserly black-jack, holding tight to its leaves although they were dead and useless. I was reminded of the rich young man who sought of the Master the way of eternal life but would not walk in it because he must give up his possessions to bless humanity. This tree reminded me also of those who hold on to past glories and past grudges, keeping their minds so full of old memories that they stagnate in mind and body. The black-jack never grows tall and sturdy like its sister oak, and is of little use for shade or fuel. In giving little, it receives little back from Mother Nature in beauty or usefulness.

I found a little tree that made me laugh because it was so like some people I have known. It was full of small branches that were covered with so many sharp thorns that it literally bristled. It was like a person continually on the defensive, self-centered, sensitive, expecting trouble—and getting it. I could not imagine the redbird or robin, the wren or thrush, or even the sparrow lighting on one of its branches. It heard no love songs in its midst and sheltered no nest on



its bosom, had watched no eggs hatch; no baby birds had learned to fly from its branches. It was the friendless tree, because it gave not of itself to bless others, and so was not sought out to be blessed of others.

In my woods there were poplars, straight and glowing of trunk and stem, always pointing heavenward reminding me of those who are keeping the high watch with the One who neither slumbers nor sleeps. The elms speak very loudly of the law of giving and

receiving. When the time comes for shedding their leaves, down they go quickly, every one of them for mother earth's use. In turn this tree receives early the touch of new life, bringing swelling buds and touches of green while all else is yet asleep. If you and I could as thoroughly relax and let go, resting in the love of God, we, too, would come forth with renewed minds and bodies.

There were saplings swaying in every wind that blows, like emotional people, young souls that may take many incarna-



## *Reach*

*By John D. Engle, Jr.*

Deep  
in the silence  
of belief  
where words  
dissolve  
to feeling,  
where flesh  
reverts  
to spirit,  
where all objects  
dematerialize,  
I reach  
the velvet comfort  
of God's presence.

tions to build the strength and stability of the selfless ones. There were clinging vines, like those people who depend on others for all of life's needs and joys, having not yet learned to lean on the indwelling Christ. I found a few tiny Christmas trees, symbols of the birthday of the King of Kings. These represented to me that day in the silence of God's outdoor temple, souls new-born into the kingdom, having just become conscious of the Christ presence within, and in the joy of this realization offering themselves to bring greater joy to other little ones on His birthday. The woods will ever be a more sacred place to me because of this communion in its midst. I shall ever seek to express more fully the Christ characteristics shown me there in its silence.

We each have a debt to pay—"You received without paying, give without pay." It is a great soul that seeks not its own but gives freely, in wisdom and love. This one has become an open channel for God's abundance, to spare and to share. The Lord of the harvest needs distributors who can be trusted, for the need is great and the givers few. God so loved us that He gave His Son, and this Son of God became Son of man that He might show us how to receive more

fully from the Father. He made the way very plain: "Give, and it will be given to you; good measure, pressed down, shaken together, running over. . . . For the measure you give will be the measure you get back" (Luke 6:38). Whatever we most need, most desire, that we should seek to give or be to another who has a like need or desire. This opens the channel. Our prayers are answered many times when we have forgotten the self in seeking to answer the prayers of another. The capacity of our receiving can be no larger than the capacity of our giving. The world needs so many things that we can give: it needs joy and love, kindness and encouragement. God's workers need the symbol of His substance to bring His kingdom on earth more quickly. Every man is responsible to God for a tithe of that which is given him. Most wonderful is the promise to tithers: "Put me to the test . . . if I will not open the windows of heaven for you and pour down for you an overflowing blessing" (Mal. 3:10).

May the Christ presence bless you and keep you, and may His star of hope guide you, His song of joy make you glad, His peace fill you and heal you, His rich substance abundantly supply you with all good.

**Watchword:**  
**SELF-MASTERY**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART XIII

*Beloved of God:*

*As I listened to the chimes of old Trinity Church in New York City ring out the passing of the old year and the coming of the new, through Omnipresent Mind I broadcast to you my vision of you dropping with the old year all sorrows, mistakes, all burdens and limitations. I saw you rising into newness of life, even into your birthright as children of God, unlimited, unburdened, gloriously expressing the Christ of God omnipresent in your soul.*

*Since we have been studying to build the Christ consciousness, we have had many opportunities in the intervals be-*

*tween messages to let go of human traits and to build in the divine. As the messages have been given me I have sought to build more securely within myself that which they have taught. I hope it has been so with each of you. No one has yet become so Christlike that we do not need to seek deeper understanding of the Master's teaching and incorporate it more fully into our living.*

*I write to you, the many of you as one, for wherever you may be on the path, whatever you may be manifesting, the quest of the soul of each of you always has been and always will be for reunion with the*

Christ whom you are. This is the sole object of these messages, to help you to become so at one with the living God that you, His visible manifestation, may truly express Him in living the joyous, vital, and rich life. Please always remember that I speak of the messages impersonally. They are not my messages, they are God's messages. The Father gives them to me, many times as reminders of what I know and should prove, sometimes to open up richer and closer communion with the Jesus Christ presence, sometimes to encourage me—and you—to go forward over some specially difficult place, sometimes to help us stand in the midst of a temptation, sometimes to answer the soul call of another.

We know that the message lifts the vision, touches the soul, opens the conscious door to guide, to heal, to prosper. There are healings taking place, there are burdens of poverty being lifted, there are unharmonious environments in home and business being changed through these messages. Our invisible partner, even Jesus Christ, is still doing His mighty work wherever and whenever one is still enough and open enough to receive Him. "Behold, I stand at the door and knock; if any one hears my voice and opens the

door, I will come in to him and eat with him, and he with me."

We have passed over into another year, another milestone in the journey Godward. May this be the most wonderful year in developing the Christ likeness that has been ours since we came out from the Father's house! Each of us seeking to live these messages has in our hands the swiftness of the ongoing toward the Christ attainment. We are no longer children to play and loiter on the way. We have come to the time of putting on the whole armor of God that we may use our divine inheritance of power and dominion. It is your privilege and mine to do the "greater works than these" of which the Master spoke, but we must become pure enough, wise enough, steady enough, loving enough to be used.

### XIII. Self-Mastery

Meditation: *He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city (Prov. 16:32).*

Each of us has the power within to become a master, a Christ of God in expression. It was not a special privilege bestowed on one man, for such a man, without knowledge of



the way and experience in it, would not be a perfect example for us to follow. It was the Master's privilege to show forth the Christ because He—sometime, somewhere—had chosen and willed to pattern absolutely after the Christ within, that perfect pattern which is "the only Son, who is in the bosom of the Father." It was through self-mastery that Jesus came to the point where He could be tempted in all things as we are, "yet without sin"; that He could say and prove, "All power hath been given to me in heaven and earth." What Jesus did all can and eventually will do, but not until we choose and will through Christ to do it. We are two natures: the human which we have chosen to be, and the divine which God has chosen for us and which we potentially

are now. That which the Creator created in the beginning and pronounced "very good," the image and likeness of Himself, the Son, is implanted within each of us.

In our likeness to Him we have the power of choice. When we make a choice there is set in action a force that seeks to bring to pass that which we have chosen. We add to this force through agreement with it in vision, thoughts, words, and acts. We slow it down or annul it, by contrary or opposite vision, thoughts, words, and acts. This is equally true of a good choice or a wrong choice. We use our likeness to the Creator through our will according to the flesh or the Christ. Every day we are building one or the other, building today that which, through suffering, must be

## *Faith for Flight*

*By Doris Hanks Enabnit*

As birdlings rise and leave their outgrown shells,  
Returning not, but upward wing their flight,  
So would my soul from ancient outworn creeds  
Wing onward, up to scale a newer height  
Of boundless love and faith, that through the mists  
One star will shine to light a wing-borne way,  
Where my earthbound eyes with vision now made new  
Shall see Thy Truth unfold to glorious day.



destroyed tomorrow, or we are building for joy in eternity; building on the washing sands of self-indulgence, doubt, self-pity, criticism, fears, jealousies, or on the solid rock of godliness through mastery of the little self and the putting on of the Christ.

There are many little things in our thoughts, words, and acts which we have never even sought to control, things that we know are not according to the Christ standard of living. This is the place to begin self-control, leading to mastery in higher things in our world. Watch for habits and traits that are not Christlike. Perhaps it is a habit of criticism that runs through all your thoughts and enters into many conversations! Stop short; begin to bless. Perhaps it is a habit of wanting your own way, regardless of the desires of the other fellow concerned! Deny this self that seeks to be first. Perhaps it is scolding, nagging, complaining! Watch your words and make them constructive. Perhaps it is apprehension, fear, worry, being a pessimist! Look up and trust the goodness of God. Perhaps it is temper, procrastination, self-indulgence whether it be for liquor, food, work, or pleasure. Learn to stop short of intemperance. Perhaps it is intolerance, impatience! Seek to

find the Christ in another.

All of these are traits that grow on us from lack of self-control, letting the senses, emotions, and desires rule in our life. As long as we listen to the little self and are controlled by its "I want," "I can't," its "I will" and "I won't," we will never hear the Voice within which is seeking to guide us into the all-good. Our world is about as safe with the little self in control as is the public with an uncontrolled automobile in its midst. We must gather up the loose ends, control the senses in little things before we can even start on the road to mastery in its true sense.

Mastery of self leads to power and dominion in our world, but one is never trusted with the mastery of things outside himself until one has mastered the self. The conscious mind needs to listen deep within for the Voice, needs to listen earnestly and to be obedient. To control the senses does not mean that we are to forgo the pleasures of life; that we are to enjoy friends and family, home and entertainment less. As we learn discrimination and entertain higher thoughts we will find our desires changing, but the enjoyment of that into which we enter will give greater satisfaction, and the results will be creative of greater

growth to ourself and to others. If we do not desire this in the things we do, then are we yet self-satisfied, still wasting our substance in "riotous living" and existing on the very husks of life. The prodigal "came to himself" and not only said, "I will arise and go to my father," but carried this into action. Jesus taught us that the Father is within as the doer of the works.

Too long have we worshiped at the altar of self, suffering disappointment and sorrow from this worship, when all the time there is accessible to us the higher Self, wise, rich, glorious, at whose altar we can bow down in worship and rise up strong and powerful. No matter where we are in experience, in poverty, on a sick bed, sorrowing, living in an environment of inharmony, a failure in life's ways, when we cross out the little self and seek to live under the will of the Highest, we find that the lesser manifestations will begin to drop away, limitation and bondage cease, stagnation passes, and we rise up in newness of life.

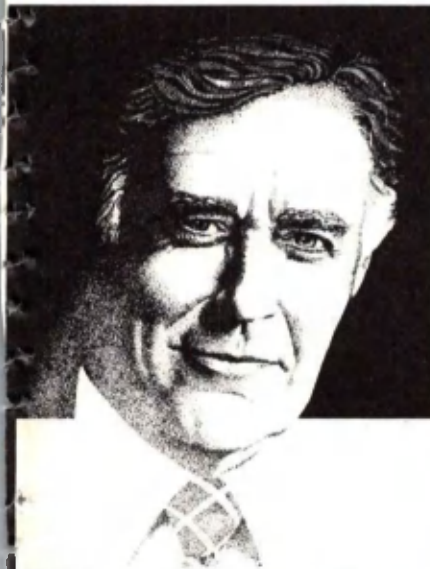
On the way we will find that we need to be very positive, conquer procrastination, lassitude, turn our back on many old ways, on people's opinions, wipe out petty little acts and ideas, prejudices, let go of fetters that bind, restrain old

emotions that clog and tear down. First it is "All of self and none of Thee," then, "Some of self and some of Thee," and as we grow, "Less of self and more of Thee," and when we arrive it is, "None of self and all of Thee." This is the path to attainment, the way back to the Father's house where abides the all-good for which we long with a homesickness and heartsickness that even the little self of us feels. With Paul, "... let us lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith. . . ."

The higher Self of each of us waits patiently until we are ready and willing to put off our Adam nature, waiting for us to put down the one with downward visioning and sorrowful life expressions, that the Christ with the glorious expression of itself may enter all the activities of our lives. In the higher Self is the strength, the gladness, the wisdom, the health and wealth for which your soul and mine have longed since we came out into experience, ours to have and to hold when we become one with It and It one with us. It is through self-mastery that we are crowned with Christhood, given all power in heaven and earth.

power to speak to deaf ears, to sick bodies, to demons of insanity and temper, to the winds and the waves, and receive instant recognition and obedience. We shall be Master when we have mastered. *Let each one who reads, O Christ, become conscious of the pres-*

*ence and power within him. Let each turn from temptations of the little self to find Thee all-sufficient. Let him rise up in mastery over all within him that is less than Thee, until he meets Thee face to face to be crowned with victory, mastery, power, and dominion.*



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**Watchword:**  
**ABUNDANCE**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART XIV

*Beloved of God:*

*Each time I write these words to you there comes a deeper realization that we are indeed the beloved of God. To me, just to repeat these words is a benediction. In our daily living we do not always realize that we are beloved of God, even necessary to Him as He is necessary to us, for we are the manifestation of His desire to express His own perfection. For His desire concerning us to truly express takes our recognition of this and our will to be it. His will is constantly to give. Ours is constantly to receive and use life, beauty, and a wealth of good, so that it may*

*manifest on the visible plane for our joy and the glory of God. In right living there is constant reciprocity between God and us, extending into the same expression between persons for mutual benefit and universal good. No one can live to himself alone if he would be healthy and happy and successful. Each must learn to use the law of giving and receiving in human as well as in spiritual relationship.*

*Messages come to me from all directions, telling of higher vision and truer living as the result of words given me by the omniscient mind, and sent forth in this publication. In*



*your times of silence will you further cooperate with me by asking the Father to make you more fitted for His work, to give you deeper inspiration and greater opportunity to reach others of His children hungry for Truth, to make you constantly realize the strength of the Lord in you, and the treasury of God Himself open to you, that you may "carry on" more fully for His glory?*

*The Watchword for the month is abundance.*

#### XIV. True Prosperity

**Meditation:** *"... endowing with wealth those who love me, and filling their treasures" (Prov. 8:21).*

We are constantly being shown higher ways of thinking which unite us more fully with our Father-God and draw forth in us the likeness of the Creator and the power and dominion which are ours when we put on the God-likeness. We are mind, and whatever is ours in body, environment, and affairs is ours because of what we hold in consciousness. The higher we reach toward God in visioning and thinking, the more of God—good—do we manifest in our living. In seeking to know God in His fullness, we have found a new understanding of

prosperity, a prosperity that is dependable and always present and usable. In our old way of thinking of prosperity we thought in terms of houses and lands, stocks and bonds, bank accounts and jewels, that is, an accumulation of this world's goods to which to turn for daily bread and in times of greater needs. Thus we put our dependence on things. We strained and strived to accumulate, building a consciousness in which materiality was the god. Our soul knows from many experiences that when it returns to the spirit realm it can take nothing with it except that which has been built in consciousness. It knows also that in the Father's house is plenty, provided for each of us in the beginning, and it seeks constantly to turn the mortal of us toward the Giver, the Lover, the Knower. Some listen to the soul's plea: "Seek first his kingdom and his righteousness, and all these things shall be yours as well." O what joy and peace come when we cease straining and trust God utterly and absolutely for our daily bread and all the dearest desires of our heart!

Some have reversed the order of seeking success and prosperity. They have sought to acquire things instead of attaining a consciousness of oneness with the Source from



which all things come. They have been laying up treasures on earth instead of laying up treasures in heaven, and therefore they have not filled their consciousness with rich thoughts toward and of God and toward and of the self. If Jesus Christ should appear before you today and say: "Ask what I shall give you," would your answer be: "Give thy servant an understanding heart . . . that I may discern between good and evil?" This test comes to each of us, even as it did to Solomon, and some day each of us will desire a knowledge of God and His righteousness more than anything else. When this time comes, with it will come the "all things added," making for us a happy, useful, even glorious life. They will come naturally, bountifully, in the way in which we have chosen to walk the natural life. Success and prosperity will follow whatever we do, and without the old Adam way of hard earning when our search for God is made the first consideration in our life.

There is a higher consciousness and a fuller, more powerful life for us when we have established full faith and trust utterly the great Giver. It is yet for us to know the Father as did Jesus Christ. He who changed water into wine, who fed vast multitudes by blessing a few loaves and fishes into overflowing abundance, who could direct one to take money from the mouth of a fish for His own and the other's need, who could have nets let down and take abundantly where before there was nothing, who wore the seamless robe as an everyday garb, knew as we seek to know, "All that the Father hath is mine." A consciousness of oneness with the Father until there is no separation between us and our good, to see and know as He sees and knows, to be worthy of entering His storehouse and handling His substance and bring it forth into visibility by our spoken word of praise and thanksgiving, is yet to be ours. Better to have such a consciousness than to hold possessions equal to all the wealth of

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### Think the Right Thought!

Everything begins with thought. Each person has freedom to think as he pleases. Thinking controls all action, and all physical activity. Responsibility for thinking is something that each individual must assume, sooner or later.—*George LeRoy Dale.*

the ages. Material possessions have a way of departing, but a rich consciousness is an eternal soul quality which nothing nor nobody can take from its owner, and which produces according to the need and in overflowing measure. One can only build such a consciousness through faith in God as the Giver and in the self as the Son, through testing and proving and living according to the teachings of the Way-Shower. When one truly knows, "If you abide in me, and my words abide in you, ask whatever you will, and it shall be done for you," he never again will seek in the outer in times of need but will seek to abide with the Father, that the promise be made manifest. The one who trusts God fully in his daily life shall not want for any good thing, for the Father, who knoweth that the human of us has need of things to live and express fully and freely here, supplies these according to His riches in glory. Success in our daily undertakings? Yes. Plenty to meet the needs and the joyous desires of our life? Yes. To spare and to share? Yes. All this and more than we have yet conceived is in the plan and purpose of our Father, for you and for me as we enter the Christ consciousness of oneness with Him. "He who abides in me, and I in him, he it

is that bears much fruit, for apart from me you can do nothing."

When there comes a time of need that your visible resources do not cover, how do you meet it? Do you begin to seek outer ways and means; do you look to people or your own endeavor; do you become worried and anxious, fearful that it will not be met? If so, you are taking yourself away from your true Helper. If you will turn to God when a need seems apparent, and excluding all downward thoughts commune with Him, listen for the answer, wait in faith and expectancy, and act as if you were expecting it, a way will open to meet the need, perhaps through some old channel, perhaps through a new one. God never fails us, and always if we trust Him fully in our time of need, our path will be made plain and our supply bountiful. Hear Him say: "Is anything too hard for me?" What is even a million dollar need to one whose invisible storehouse covers the universe and holds good beyond our comprehension, all for the use of His children! Our needs are so paltry compared to His love and ability and readiness to give! To establish a consciousness that knows this at all times as did Jesus Christ, is the end and aim of our exis-

tence. It is our birthright, and held potentially within each of us in all its glorious possibilities, even to the "greater works than these shall ye do," of the Master's promise. Each of us must do the work of bringing forth our Christ-likeness, but as long as we fear and hold to lack and limitation, think in terms of not enough, envision poverty and failure and accept them as ours, we are far from claiming our inheritance and manifest little of it. Momently we are to lift our vision, to keep the Christ omnipresent in our thought realm, to bring our words and acts to conform to the Jesus Christ teaching; yes, in spite of appearances and until the appearance of lack and limitation entirely disappears. The following meditation is to help you do this, that you may build a rich mentality and come to a dependence on your true Source. Memorize it so that you consciously and subconsciously meet every need of your life in its incipency with this realization:

*My Father-God, I place all my dependence in Thee, Thou Giver of every good and perfect gift. Thou who art the Source of my being art also the Source of my supply. All that I shall ever need is in Thy Mind for me, prepared for me from the be-*

*ginning. Omnipresent substance, the garment with which Thou clothes Thy universe, with which Thou nourisheth all Thy creation, is also mine to have and to use for my every desire and to bless other of Thy children. I open myself fully through my faith in Thee, through my vision of Thy abundance, through my expectancy of its manifestation for me. I open my hands, my pocketbook, my wardrobe, my business, my bank account, and from Thy rich storehouse Thou dost fill every vessel which I hold out to Thee to overflowing with Thine own omnipresent good, and in Thine own good measure, pressed down, shaken together, running over. I thank Thee my Father-God that through the Christ in me I can touch Thine omnipresent substance, and all my world is clothed with Thy opulence. I praise and give thanks that now and throughout eternity I am one with Thee, and that in this union all Thine is mine and mine is Thine forever and ever.*

May this union come quickly and fully to you, beloved.

**Watchwords:**  
**TOLERANCE AND**  
**PATIENCE**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## Part XV

*Beloved of God:*

*This morning I awoke early, even before the break of day. Instead of seeking sleep again, I sat by an eastern window to watch the coming of the dawn. There have been some heavy rains recently, and a thick fog hung over everything. It even crept into my windows, touching me with its chilly breath. All the landscape was an unrecognized blur. As the first light of the dawn came, I saw a long black cloud hanging near the horizon, and higher, a mass of dark clouds. As I watched these ominous-looking clouds, the sky between them began to lose its dullness and take on some of the daytime blue. Then the upper mass at its edges be-*

*came flecked with crimson, its other side began to glow and shine through, the whole mass changing into a thing of glory against the pale greenish blue of the sky. The lower black cloud completely faded out before my eyes. The fog lifted. The trees, heretofore indistinct against the dull sky, became sharp silhouettes against this brilliancy. Then came a tip of gold on the horizon, the cause of all this change from dreariness to glory. The king of the day was rising! The fog, darkness, and dampness, all vanished with his coming. Now I could see everything in its right relation, the different greens of the trees and grass, the red clay of the roadway,*



even the red apples hanging thick on some trees across the way. Where before I saw nothing but gloom, now beauty was all about me because the sun was shedding its rays of light over the world.

As I meditated on this everyday spectacle, so uncommon to the sight of the greater part of the world yet abed, I thought how like this is our world before and after we let the King of Glory into our hearts. Paul describes it so truly in the latter part of the 13th chapter of First Corinthians. He likens our spiritual growth to the change from childhood to manhood, from "seeing in a mirror," to beholding "face to face," from "knowing in part," to a full knowledge. Again he says, if we keep beholding the glory of the Lord, we are "transformed into the same image from glory to glory."

It is ever thus with the soul as we merge from the darkness of ignorance to the knowledge of Truth, as we drop off human tendencies and put on the Christ. The dawn of today taught me this more fully. It made plainer to me that in our spiritual growth all things not now understood will be revealed, that all the drabness of our life will be changed to the glory we had with the Creator before we came out into experience, that when we have fully

entered again the at-one-ment with the Father, we see all things in their right relation, even as He now sees them. Day by day this is all that is taking place in God's universe. How quickly it comes to you and to me depends upon our faith and love, our steadfastness of purpose and vision.

## XV. Tolerance and Patience

Meditation: *"And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing" (James 1:4).*

Tolerance and patience go hand in hand, for it takes great patience to be tolerant of others' opinions, and great tolerance to be patient with those whose actions do not conform to our standard. Tolerance toward all is a lesson that must be learned before we progress very far toward building the Christ consciousness. With its entrance comes a patience which grows even as love develops. Patience and tolerance are born of love, and as God is love, the measure of our love is the measure of our Godlikeness. As long as we seek to shape the lives of others to our standard, so long are we binding them according to our limited capacity of knowing. We are also bound in like



degree. To be free, we must in mind and act let others be free to express according to their own desire and understanding, and we must be gentle about it also, in thought, word, and act.

The only thing that will bring this to pass is a comprehension of what the Master meant when He told the Pharisees that the first and great commandment was to love God with all the heart, soul, and mind, and that the second was like unto it, "Thou shalt love thy neighbor as thyself." When we thus connect God, our neighbor, and ourself in our love, there will be no need for the "thou shalt not" of the other commandments, for the Mosaic law will be wiped out by the Christ love which fills us. Many of us obey the letter of the "thou shall nots," but we have not yet contained that love which spoke through the Master to the woman about to be stoned by the sinners, "Neither do I condemn thee." None of us has yet learned the lesson of not doing that thing which we are condemning in another.

Perhaps, if we could look back along the path we came, we would find that the lesson was learned through greater transgression than this which we condemn. Perhaps we would find we had not left it so far behind, for the continual recog-

nition of a fault in others shows that it yet has some place in our consciousness. Sometimes the recognition of it (our impatience and intolerance) in others brings it back, and we have to wrestle with it again in overcoming. We may even find ourself doing that very thing which we have been so impatient with another for doing.

The more we realize that the relationship of the race is that of brothers and sisters, and as in families, some are older and wiser, some yet babes and youths, undeveloped, inexperienced, lacking in understanding, the more ready we will be to take the mental attitude toward them that we take toward a little child who has stumbled and fallen. It is some degree of the Christ compassion that makes one hasten to put the child on its feet and to speak an encouraging word. Yet many times we have only intolerance and impatience toward our brother or sister whose actions show that they have not yet learned to walk wisely and well. We do not always hasten to put them on their feet or encourage them to do better, which may be done quite as effectively through loving thoughts toward them or a high vision for them, as through personal advice of many words. In Nazareth, the Master's home, the people saw

only the carpenter's son, instead of the Son of God, and Jesus did not do mighty miracles there because "they took offense at him" (Mark 6:3). If we are impatient and intolerant with those closest to us, we are holding them back from expressing the highest of which they are capable. Remember the Master's idea of the love of faith (Peter), "Feed my sheep." Let us not withhold!

Man until redeemed is dual, having two selves, the human or Adam self, and the spiritual or Christ self. If we closely watch our everyday actions toward circumstances and people, we will see which self we are allowing to express. It is only through momentarily choosing and willing that we express the characteristics of the higher Self, and are finally released from the bondage of the senses. It is the human side of us that is selfish, intolerant, and impatient. The divine is the Christ, which Jesus of Nazareth presented to humanity through His tolerance and compassion, His patience and love. What He added to the beauty and richness of the race, we may add to our world by expressing toward others that which He lived and taught when He, too, was expressing in human form.

The secret quest of the higher Self is that we may ex-

press the image and likeness with which we were endowed in the beginning. Its objective for us is always perfection, for it knows that which we expressed in the Father before the soul of us came out seeking to know through experience. In this desire to have us return to the Father's house in consciousness, it seeks in many ways to turn the personal of us to the path it is traveling, that through this oneness of purpose the way may be shortened, the burdens lightened. Sometimes the physical is touched to remind us that we are not cooperating with the higher Self. Sometimes success is withheld, injustice finds us, lack comes into our affairs; all are signs that we are not letting the higher Self have its perfect way in our life. These may come from a lack of love, from intolerance or impatience. We know whether we are expressing according to the Golden Rule. To right about-face and follow in the footsteps of the Master is the remedy, one that will always heal, prosper, bring joy and peace.

Beloved, may you keep seeing the Christ in your brother, and may your brother keep seeing the Christ in you, and may this seeing express so fully in your life and the life of your brother that His Kingdom may come quickly.

**Watchwords:**  
**SPIRITUAL JOY**

# Building the Christ Consciousness

BY FRANCES W. FOULKES

## PART XVI

*Beloved of God:*

Easter comes again, and with it remembrance of the Resurrection on which to build a greater faith. Not only of the Resurrection of Jesus of Nazareth to the living Christ should we be reminded at this time, but of the purpose of this most wonderful event of all time which is that you and I are to rise daily out of all the yesterdays of sorrow and despair, out of the tombs of gloom and seeming failure, out of the grave clothes of bondage to error, into new joy, living success, freedom from limitations. It has been given us to

become children of the resurrection and to come up out of great tribulations into a consciousness of the indwelling Christ, omnipresent, triumphant. Following in faith the path blazened for us with His life blood, we enter the "Holy Way." "The unclean shall not pass over it... but the redeemed shall walk there... everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away" (Isa. 35:8-10).

Now, today, let us look to our sense perception that it is clear enough and high enough to

*glimpse the glory of the resurrection of nature all about us. During this period we have the opportunity to enter a deeper spiritual realization, even an inner resurrection which will mean for us, too, a filling with new life, a clothing with new beauty, a richness of new experience beyond anything we have ever before felt. Up the tree trunks and out to the very tips of the branches the stream of life is touching until every twig is alive and expressing it, even as the Christ life, when admitted, will touch us from the innermost to the outermost cell of our body. The bursting of the buds speaks to us of some old condition that can be sloughed off and renewed in spiritual perfection. Contact with the life stream within the newborn leaves reminds us of some freshness and newness that may be ours in mind, body, and affairs. The countless blades of grass speak to us of the multitudinous blessings of the Father that are ours for the seeking. The richness of color and the fragrance of bloom carry us back to the richness and sweetness of the Christ Spirit and touch us with a greater sense of love and kindness. The ecstasy of song bursting from the throats of birds awakens in us the joy of the song of life, and with all of God's creation we enter into a*

*resurrection, a re-creation in soul and body.*

*Let us join in the swelling anthem that fills the heavens and Earth: He is risen and because He is risen, I too, in every thought of my mind, in every fiber of my being, in every concern of my life, am raised from the dead into powerful, vital living. Say these dynamic words over and over and over, and then over and over again, and rest in them until you feel them true. Then let it be so!*

*Some years ago when I was passing through a very deep valley of the shadow, I asked to be shown the way. The message that came was I AM joy. I did not feel any joy of my own I am, neither the joy of the great I AM, but long ago I learned to use whatever was given to me in the silence. I began to repeat this message over and over as I went to and fro. Soon I felt a stir of joy in my heart, then in my body, and its vibrations began to extend out from me so that others crossing my path or walking by my side felt them also. All my world responded to the joy of the I AM, and I became so engrossed in this joyful expression that I was no longer concerned about the shadow. Thus I passed up and out of the valley before I had touched its depths. Use this affirmation and see its lifting and creative power in your life.*



## XVI. Spiritual Joy

Meditation: *In thy presence  
there is fulness of  
joy, in thy right  
hand are pleasures for ever-  
more (Psalms  
16:11).*

We who are seeking to build the Christ consciousness take Jesus Christ for our example because He, the Son of God expressing as son of man, gave the highest teachings of Godliness the world has ever known. Moreover He proved the truth of it by living according to His teachings. There were depths to the Master's consciousness which you and I have not yet fathomed, but as we seek to follow His teachings He is constantly revealing to us just as much of himself as we are capable of understanding and using. To comprehend more of the Christ and to have it incorporated in our consciousness, we must faithfully use that which has been revealed to us. There is a belief in the race thought, given us by some long-faced religious leaders of the past, that our Lord and Savior was a sorrowful man. If this idea is tucked away anywhere in your consciousness, you would do well to erase it, for such an idea will take form in your life as sorrowful ex-

periences. It is true that Jesus the man was acquainted with grief and sorrow because in His calling He was so closely associated with humanity's song of "Woe is me! Woe is me!" but in His Christhood there was no recognition of woe. He saw only our perfection in the Father, and the appearance of sin, sickness, poverty, and death disappeared all along His pathway. His mission was to bring the glad news of the love of God to His children, a love so strong, so great, so full that wherever it is accepted it wipes out sorrow and sighing, and in their places puts joyous living and glorious expression.

Was our Way-Shower, Jesus Christ, a sorrowful man? Listen! Before He even came into bodily expression His soul sang the Magnificat in the heart of Mary. His mission to the earth plane was announced at the time of His coming by the heavenly hosts, in the gladdest song the race has ever heard, "Peace on earth, good will to men." Through childhood He grew in wisdom and knowledge and in favor with God and humanity, none of which is possible for a sad and sorrowful child. In His manhood He gave great joy and gladness to the multitudes, and not even a Christ can give that which he does not himself



possess. His life of service itself was a wellspring of joy, as all know who enter any form of loving service for another, and He who lived more fully for others than any other soul often spoke of His joy being made full. In the days just preceding the crossing out of the son of man, He taught His disciples much concerning the oneness of God and us through the Christ love. With the knowledge of the shadow of the Cross touching Him, He said to them: "These things I have spoken to you, that my joy may be in you, and that your joy may be full." His joy knew not the bondage of grave clothes and great stones, a sealed tomb and soldier guards. These could not keep the Christ from proving the joy of life triumphant over death. Our joy is to ascend with Him even above a physically risen Jesus, to One omnipresent in the eternal here and now, and in this realization there is nothing too hard to accomplish. We can, with great gladness of our heart, claim the promise of even "greater works," for Jesus, in the omnipresent ethers of the Spirit world, works with us in overcoming all the frailties and shortcomings and limitations of the flesh.

What great cause for joy we have, yet how little of it we use

in our daily living! Our lives show the lack of it, our bodies feel the need of it, our friends and our families crave its expression. Let us get very still and listen for the song of life within. If you get still enough and listen deeply enough you will feel His joyous presence right by your side. You will hear Him say: "Be of good cheer, I have overcome the world," and there will come to you a strength and stability that will make it possible for you to rest in expectancy and cheerfulness, even in the midst of seeming tribulations. He will say to you: "Rejoice and be exceeding glad," and somehow you will enter into a joy of new livingness. You will let go of fear and worry, of jealousy and criticism, of me and mine, of running to and fro for satisfaction. You will let go of the "woe is me" that presents itself, when you listen deeply within and hear the loving voice say: "Lo, I am with you always." Then there will come to you such joyousness that nothing matters but that you hold it as your very own. It will be during such a time that some grief or sorrow will be wiped out, some healing take place, some desire of your heart consummated. Wholeness, yes! Success, yes! Peace, yes! They are all included in the joyous song of life given us by Jesus Christ,

who through His once-and-for-all overcoming, gives the victory over sadness and sorrow to all who abide in His consciousness.

How the whole world needs the joy of the Lord Jesus Christ! We see this need in the expression on the faces all about us, in the sighings and complainings, in the poverty

and failure of people, in the hospitals and prisons. The headlines of the newspapers herald not so much the sorrows of the world as the lack of joy of the Lord in the hearts of the people, resulting in crimes and accidents and catastrophes. A sick world needs not the flippancy and emotion that some call joy, but that deep and

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abiding gladness that comes when we meet the Creator face to face and learn firsthand the purpose of life. Its purpose is that we are to become like the Creator, a truth which the whole world is to learn, and you and I, knowing the truth, are responsible for spreading this gospel so that through the uplifting of the individual, the race consciousness may be redeemed from its burden of sorrow. If we are letting our soul touch glad Spirit, we are centers through which the Lord of the Harvest can express His love and beauty and wealth of good to humanity. All the Christ attributes are contagious, like one candle touching another candle, and it another and another, or as some happy soul has expressed it: "Smile awhile, and while you smile another smiles, and

soon there's miles and miles of smiles and life's worthwhile, because you smiled."

Even as you read, the joy of my soul touches your soul and you have become a shining center for the Christ to express through, the joy of the Lord touches your whole world, awakening it to a gladness that redeems it from sickness and inharmony, from lack and limitation.

*O Thou Christ of God, let the joy of glad spirit fill the heart of each of these Thy children. Let them momentarily feel the stream of creative joy welling up in them as an ever-increasing livingness. Let their joy be made full in a union with Thee that it may become their protection and health and success, and a source of blessing to their whole world.*

## From the Writings of Charles Fillmore

### *Healing Through Faith*

JESUS PRAYED with confident assurance that what He wanted would be granted, and He established a mode of prayer for His followers that never fails when the same conditions and relations are attained and maintained with ref-

erence to the Father-Mind.

Through His spiritual attainments Jesus formed a zone in the Earth's mental atmosphere. His followers make connection with that zone when they pray in His name or pray in His consciousness of

**Watchword:**  
**A NEW SONG**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART XVII

*Beloved of God:*

*As I sat by my window this morning waiting for the message to come, I opened my soul to be filled with the melody of the bird chorus being sung outside. The woods almost surround us and many birds make their homes in these woods. Any time I stop to listen I hear some of them singing, and in the morning and evening there is a grand chorus. From far and near comes the clear call of bobwhite, always seeming to challenge, "Are you happy?" During the twilight hour as we sit on the porch listening to the good-night twitter of the birds,*

*from across the valley comes, "Whip-poor-will, whip-poor-will." If much has been accomplished during the day, he seems to say to me: "Work-well-done, work-well-done." If the day's work has not been finished to my liking, he tells me, "An-other-day, an-other-day," and realizing that this is true and that the Creator pronounced each day's work very good, I relax and rest. This is not the last song of our feathered family, for nearby in a big apple tree, a mockingbird spends the night. He sings in the day chorus, but his special delight seems to be when the*

air is clear and he has the broadcasting to himself. He sings the chorus parts of all the other birds and does it well. He cries so like my sister's little chicks that, until she learned the difference, she thought something was disturbing them. He whistles so like my call to my dog, that Jack, until he "caught on," would start hunting me, ready for a walk. He sings some songs of his own improvising, and many times in the night watches his sweet melodies put me to sleep. I find it very restful repose.

It came to me forcibly this morning, as I listened, that our souls most of the time are starved for music, and that the whole attitude of mind is lifted up by the inflow of its rhythm, melody, and harmony. The Father has provided so many beauties of form, sound, and color in the plan for His children. Usually we are too engrossed in the material to be conscious of them. We miss so much joy through lack of attention, through ears not attuned, through unseeing eyes, through too many words. The birds sing around me all the time, yet I never really hear them until I get still and listen. Learning to listen for these melodies leads to sensing the soundless ones of God's inner kingdom. This training is invaluable to the one who is seek-

ing unity with omniscient Mind, to find the beauties of His kingdom. Someone has said: "Beneath the mud and scum of things, something always sings." There are beauty and harmony within you, all about you. Give attention, listen, and find them.

## XVII. Words

Meditation: *Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O Lord, my rock and my redeemer (Psalms 19:14)*

Few of us realize the mighty power for good or ill that is released with every word we speak. We who are made in the image and likeness of the One who by His word spoke universes into manifestation, have been delegated the same power in the use of our words. Every word we speak is a "let there be" and creates a form that becomes fixed in the ethers, a seed sown. This form, taken hold of by the law which ordains that like produces like, returns to us with its increase. When we think of the number of grains of corn that may come from one planted grain, we, in a measure, conceive of the increase from our words.



"some a hundredfold, some sixty, some thirty," to our joy or sorrow.

Every word we speak starts a vibration which goes to the uttermost bounds that the power of which it is spoken will carry it, and returns with its accumulation of like, a rich harvest or a destructive force. In an old school reader, there was a poem that made a deep impression on my childish mind. It told of two women, one who spoke kindly and in love, and from whose lips dropped pearls and precious things; the other, cruel in speech, hateful, from whose lips dropped reptiles and poisonous things. In this symbolism lies a truth we have each experienced, for we have heard words which were as poison to our minds—diseased, poverty-stricken words which hurt and seared and left their impression on our life. We have heard other words, even the tone of which lifted us into higher thought and endeavor, and left in our hearts a glow which has ever been a light on our path. It is well sometimes to consider: Have we wounded today with our words, or have we healed; have we lifted or dragged down; have we enriched or impoverished? What have been our descriptions? Have they created thought forms that will bring us a rich

harvest and bless the race? How would we like every word we have spoken today to echo and reecho from the invisible ether in the ears of humanity, even as do the words from a broadcasting station.

Each of us needs to look well within to the plane on which words are formed. "Keep your heart with all vigilance: for from it flow the springs of life." If our inner vision is fixed on past failures and future fears, if we are listening to the reasoning of the intellect and the conclusions of the human mind, then our words, whether thought, written, or spoken are adding to our burden and to the burden of the race. The prophet Jeremiah understood and said: "... the burden is every man's own word" (Jer. 23:36).

The only remedy for this unholy state of mind which is burdening its owner, weighing down the race consciousness, adding to the destruction of the elements, increasing droughts, floods, and pestilence, is to turn to the One who says: "Take my yoke upon you, and learn of me." Further this One says: "If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him." A consciousness of this love, so infinitely tender yet so powerful and

strong, a consciousness of Sonship and the right to all "that the Father hath," will speak this out in the needed form of words when the occasion arises to calm the troubled waters, to be a healer of disease and discord, to set in activity riches and success, to lift up and set free. These words will be from the Father within and signs will follow, for our words even as the Master's, are vital living things: "the words I have spoken to you are spirit and life." We have a record of the power of His words to cast out demons and disease, to open

ears to hear and eyes to see, to make the lame leap and walk, to feed great multitudes to the satisfaction of soul and body. He said: "Arise," "Come forth," and the dead obeyed.

Today we have witness to the power of the spoken and written word from those seeking in His name and living in His consciousness, to lift the mind, lighten the burdens, heal the body, harmonize the environment, and bring success, prosperity, and joy where before there were only sorrow and failure. We have the vision and keep our eyes toward it

## *Walking Toward Tomorrow*

*By Oma Carlyle Anderson*

A wish entangled in the blinking stars  
Alerts the soul for some appointed reason.  
A hope affirmed in bright vernaculars  
Can tell its way through any fated season.  
An upward longing flashed across the mind  
Can smolder into brilliant destiny,  
And dreams attended by such light can find  
The faith to spark their own identity.

Such neon signals walk in quiet sandals,  
Their sequin flame ethereal and brief.  
And yet the burning of their little candles  
Gives every prayer the aura of belief.  
I pin the lighting moments, and borrow  
Their guiding torch, walking toward tomorrow.

and our speech of it, that even the greater works than these, prophesied by the Master, shall be done, when we shall have become fully conscious of the Word of God, the only begotten of the Father, as our own indwelling Christ, doing the works.

Do some of you say it is hard to leave off downward-tending speech and always speak words that are joyous and life giving? What if it is? Who wants to do only the easy things? It is only through conquest that the soul grows, and Spirit finds use for us. We who realize this have stopped asking to go to heaven "on flowery beds of ease." Those who have chosen to take up the cross are given the promise: "He who conquers, I will grant him to sit with me on my throne, as I myself conquered and sat down with my Father on his throne" (Rev. 3:21). Is this not worth every effort we can make?

The soul of you that remembers its glory with the Father before it chose to come out into this life experience is athirst for the living Christ. It has wandered long and far in the way of the human mind and has learned there is One only. It would make a complete surrender and lead you into higher things. He who said to Martha in the presence of doubt, says to you in the midst of any

seeming failure: "I am the resurrection and the life; he who believes in me, though he die, yet shall he live. . . . Do you believe this?" If you do, and the human mind of you holds fears and worries and remembrance of failures, His coming will wipe them out and fill you with peace. If your heart holds hurts and unforgiveness, His presence will fill it with love and joy. If your body is heavy and weary and diseased, the touch of the healing Christ will cleanse and make whole. If your environment is charged with inharmony and failure, He, in the midst, will harmonize and bring success. With the coming of the One, the thoughts of your mind and the words of your mouth will be life giving; your voice will be soft and in tune with His; your body will shine with the radiance of the inner light. So let it be!

*O Thou omnipresent One, charge these words with Thy presence, that all who read may become conscious of Thee only. Day by day become more vital to us. Be our wisdom, our health, our success, our supply. Speak to us and through us Thy living Words. Let Thy light so shine in us that all who touch our lives may become so conscious of Thee only that they, too, seek to follow after Thee.*

**Watchword:**  
**STEADFAST**

# Building the Christ Consciousness

BY FRANCES W. FOULKS  
PART XVIII

*Beloved of God:*

*More and more I am finding that through greater understanding and proving, the demonstration of any desired good is only a matter of steadfastness to principle. We become like that with which we associate, that to which we give our attention, and if we associate with the Christ indwelling and steadfastly follow His guidance, we shall become Christ-like. This can have only one result—that which was His—power and dominion over all error.*

*What we are, where we are, what is happening to us, are all of our own building and shall remain ours until we clear out the cause of these and build other structures. It is not enough that we have a silence*

*once or twice a day, not enough to take an affirmation morning, noon, and night, then in between to go along in the old error way of thinking and speaking and acting. This is like alternate erecting and tearing down and gets one nowhere. The prayer must be sustained from period to period of silence by measuring up in thought, words, and acts to the standard of the prayer, by living the life. The promise is: "In due season ye shall reap if ye faint not." The "due season" is when we have faithfully held to the Christ until the old errors have been wiped from consciousness and the new and higher ones firmly enough established to begin to bear fruit.*

*I have been watching a garden grow. I have not expected*



*what I planted to immediately begin to give me the harvest. I have joyed in the life evident in the seed peeping through, in the growth and blossoming, in the harvest as it came due. Some varieties in the garden take longer than others to reach the harvest; they are slower to mature. That is their nature, but I like to see each variety keep growing all the time. This takes fertilization, cultivation, water, and sunshine. Our soul craves too, a constant growth toward our birthright of power and dominion. This requires attention, study, silence, and practice of Truth. The harvest is sure if we do our part.*

*There is but one way, the God way, and it always leads to good when we hold steadfast long enough for the good to find a shining pathway from it to us. The I AM within is always seeking to help us. In this path is the path over which our good comes, and to cling steadfastly to I AM life, I AM wisdom, I AM substance, letting no human thought enter to disturb this clear Truth, will prove our birthright—all good and in overflowing abundance.*

### **XVIII. Steadfastness**

**Meditation:** *I can do all things in him who strengthens me (Phil. 4:13).*

Back of all steadfastness lies a purpose to be or to do according to some idea or ideal. It takes faith in the idea as conceived and understood to be steadfast to it. It takes an unwavering vision of the idea, uncontaminated by others' opinions or by outward appearances. To unwavering purpose, faith, and vision is added the expectancy of that idea which we hold coming into actual livingness for us or in us or through us. This is the state of consciousness of one holding fast to any idea until it comes into manifestation for him. It is thus that the idea becomes impregnated with a livingness which we give it; everything in us moving to bring to birth all the potentialities the idea contains. This is true whether the idea is a high one or a low one, worthy or unworthy. When an idea is founded on Truth there is added to it a mighty power which neither we nor the idea contain, making the expression or birth of it into our lives a true and abiding and glorious livingness.

Before we become set or steadfast to any idea we should seek to find out if it is founded on Truth. All ideas of ourself as being whole, successful, prosperous, happy, beloved, (if based on these as being of the Father's will for each child of His) are true ideas, which if



held to steadily, expectantly, with a vision unmoved, a faith unwavering, shall come to pass. No power in heaven or earth can gainsay this Truth of our being when we liberate it in us and through us. This is more than what is usually called visualization—the holding of a picture in mind until it out-pictures. Ordinary visualization is only a mental process and no stronger than the mind that holds it. Steadfastness to an idea to be powerfully and permanently productive must be of the immaculate conception of the Higher Self which knows of its oneness with the omnipresent, omnipotent, omniscient God. This is so closely associated and well-acquainted with God that it knows Him as a loving, living, willing Father, always seeking to manifest for the child a greater and more glorious good.

Take the idea of yourself as you potentially are, the child of God, created in His image and likeness, given power and dominion, heir to all that the Father has and is. Then read over and over the foregoing until you form a consciousness of steadfastness to this idea of yourself. Watch your vision, your thoughts and acts, use your will to keep them steady and to bring the conscious mind back to the true idea of yourself, and see if your life, in

every avenue, does not express more of that which the idea holds. Harmony, health, success, happiness are the natural results of knowing and steadfastly holding to our true relationship with God.

We have wobbled long in our faith and vision and expectancy like little children just learning to walk. We have prayed for things, not expectantly but doubting God's willingness to give; we have longed for things with a heart filled with anxiety; we have let thoughts of limitation cloud the perfect conception of our power and dominion. We have vacillated over many things until we have not, perhaps, gone very far on the path. We have let happenings, which should only be counted as tests of our faith or stability, conditions which should only be counted as proving ground and opportunity for exercising that which we have studied, make us falter, perhaps give up. We have let even little things so disturb us that the clear expression of that which we desire to be is hindered. Then we wonder why our prayers are not answered, why the things we so desire are withheld or only partly come into manifestation. James tells us very plainly: "He who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not

suppose that a double-minded man, unstable in all his ways will receive anything of the Lord." Think this over in regard to unanswered prayers or withheld desires. Discover the barrier between you and their fulfillment, and remove it.

We will find almost always when we analyze it that it is some form of fear that makes us shaky and unsteady in our faith. A great many of our fears have no foundation. They are of the imagination only, but they derive enough life and power from us to reproduce the likeness we hold if we entertain them. When we are seeking to be steadfast, we should put every doubt and fear that enters our mind far from us, and quickly too. If we do this, the way to God is only a turn. But if we hold to the fears

others troupe in and we go further and further away, we find the way to God and His perfect manifestation hard and long. Listen to Job, covered with sores, bereft, speaking from the ashes of his former splendors: "For the thing that I fear comes upon me, and what I dread befalls me." Many of us have companioned with Job in this realization and more often than we would care to relate. There are many fears which come to us that have some foundation, according to the appearance, but why are we gazing toward the appearance? We only add to the power of production which we have already given to this thing that has come upon us. All the time we are gazing toward it, fearing it, trembling before it, there is waiting an all-knowing

## *Winged Faith*

*By Bill Copeland*

A gull's trusting flight  
Must be spiritually based,  
Each thrust of wing  
Another doubt erased.

And the current that allows  
That floating lift  
Has the grace and truth  
Of a heavenly gift.

One who is ready to fill our lives with His glorious expression, and thus wipe out the thing we are fearing.

Our salvation lies in turning our back on the appearance and joining our vision with the redeemed who companion only with that One whose eyes are too pure to behold evil. Thus shall that which we feared perish and return to the nothingness from which it came. It is the steadfastness with which we face God in any time of need that gives us the victory. Happy is the one, peaceful in heart, productive in life, who has come to this by way of knowing, and knowing that he knows: "God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth should change, though the mountains shake in the heart of the sea."

Everyone who has found success in any line of world activity has come to that success because he has been steadfast to the purpose of its accomplishment. He has had faith in that which he was undertaking, he has kept his vision high concerning it and has expected to arrive. He has not let failures discourage him but has used them to build more firmly. He has not let others influence him and turn him aside but has held to his ideal regardless of what people thought of

it or him. He has skidded many times, perhaps come perilously near losing his grip, but righting himself has taken a firmer hold on the ideal, worked harder toward its accomplishment. This too is the path to the kingdom where all things are added, a one-pointedness that nothing—appearances, opinions, discouragement, even the seeming loss of all that life holds dear—can move one from faith in God and God's will of good for him. We need to seek each day to build in our consciousness the faith of Abraham, the courage of David, the fearlessness of Daniel, the persistence of Jacob, the vision of Joseph. When this on our part is done, the Christ shall come. "To him who conquers I will grant to eat of the tree of life, which is in the paradise of God."

*I seek to know more fully and feel more deeply, O Christ, Thy presence ever with me strengthening me and sustaining me, giving me courage and lighting me through every valley. I would feel Thy hand in mine steadying me and giving me balance and poise even on the mountaintops. I would steadfastly face Thee, O Christ, until everything I have set in action in days past or ages past, is redeemed by Thy love and I am free to manifest Thy beauty of wholeness forever.*

Watchword:  
**WHOLENESS**

# Building the Christ Consciousness

BY FRANCES W. FOULKS

## PART XXIV

*Beloved of God:*

*Everything everywhere speaks to us of the love and care of God for that which He has created. We sometimes rebel over changes which touch our lives; how hard we make the adjustments, what suffering we bring through resistance, when we should know that all growth requires change. Nature's steady growth comes through nonresistance to storm, heat, cold, through falling in with the rest and growing periods of the seasons. Once in the autumn, on a drive up in the mountains of North Carolina, I saw a maple tree that I knew had passed*

*through many seasons of change, and which was then concurring, in harmony and order, with the purpose of the coming loss of foliage and season of inactivity. It stood out from everything about it, symmetrical, stately, a picture that delighted me and thrilled me. This tree made me feel as I always do when I come into the presence of one whose soul, through mastery of self, has come to possess peace, poise, and the beauty of the Lord, a soul unruffled by peoples' opinions or by circumstances, a soul sufficient unto itself through its consciousness of the Christ indwelling. The*



same brilliance and beauty shine out to me from such a soul as I saw in this maple tree and it lingers long, blessing me as I go on my way.

How many beautiful things we see in this world of ours after we have trained our eye to see God everywhere! They far exceed the things we find to criticize and condemn in our low visioning! I often say to my thought world: "Lift up your heads, O gates! and be lifted up, O ancient doors! that the King of glory may come in" (Psalms 24:7).

God has given each of us a soul in which dwells the Christ, and nothing is impossible, nothing too hard for our unconquerable, invincible soul. But the soul must have direction from us. God has given us too a mind which has the power of choice; and whatsoever we choose and give into the soul as a pattern, that will the soul work out for us, if we are steadfast in thought and vision. God has also given us access to His own omniscient Mind through the Superconscious, and in this Mind we can find the perfect pattern which the soul needs to bring forth into the outer manifestations of health and abundance and harmonious and successful living. So you see it is ours to renounce, cross out old states of consciousness,

refusing to accept thoughts of sickness, poverty, failure, death, for none other can do this for us, even as none other can lay hold of the divine ideas in God-Mind and give them to the soul as patterns to work out into livingness. Through the Christ power or the I AM within, which is omnipotent, omniscient, and omnipresent, and which has lain so long dormant waiting for the resurrection of itself in our consciousness, all things are possible to us. Jesus, pronounced dead and in the darkness of the tomb with a great stone rolled against the door and the stone sealed with Pilate's seal and Pilate's soldiers on guard, could yet, through the realization of the Christ power within, overcome every limitation imposed by the mortal and material and come forth into a new and vital manifestation of the glory of God. Cannot you then (even though it may seem that you are hedged round about with lack and limitation, with sickness and failure), remember that the Power which raised Jesus Christ from the dead lies within you, and that by laying hold of this Power, you can conquer the seeming and rise up victorious into newness of life, into health, success, joyous and abundant livingness?

Say, "You are healed," to everything in your life that



*does not measure up to God's good, and give thanks to God that it is so—and see what will happen.*

#### XVIV. Wholeness

Meditation: *"Behold, I am the Lord, the God of all flesh; is anything too hard for me?" (Jer. 32:27).*

The more we study the teachings of Jesus Christ the more are we convinced that sin, which is any falling short of the mark of our high calling in Christ Jesus, is the cause of in-harmonies, and that healing or harmonizing is accomplished by a changing of the mind from error thoughts to holy thoughts. The Master spent the years of His ministry teaching people the way of righteous living and healing bodily conditions that had come from living otherwise. His presence was so holy (whole) that even the hem of His garment healed the one who touched it in faith. Jesus Christ is omnipresent today, and He says to each one who seeks to follow His teachings, "Thy sins are forgiven thee," "Arise and walk," but we must remember when we feel this great power of the omnipresent Christ filling us and resurrecting us from the dead condi-

tions in mind, body, and affairs, that He also said: "Go and sin no more lest a worse thing befall thee."

As we meditate on the teachings of the Master, and review the deeds of His ministry, we are more and more impressed by the holy (whole) consciousness that lay within Him. We seek to establish within us the same consciousness! How far short we fall in the comparison of our thoughts and works with His thoughts and works! What love and tolerance and patience He had with the motley crowd that pressed Him, most of them probably seeking only the loaves and fishes! What wisdom and justice He used, giving to rich and poor, high and low, that which He had, as they had faith to receive! With what fearlessness He expressed the Truth, even to those in authority who had the giving or taking of His physical life in their hands! With what strength and stability He maintained the Christ living and teaching, even in the face of the unbelieving, criticizing, crucifying multitudes! With what joy He went about His Father's business, walking among the crowds and eating with sinners, and fulfilling His mission of love, saying: "Neither do I condemn thee!" What gentleness He expressed toward little children—all little

children—and the helpless! With what authority He used the power at His God-center, speaking to the elements, to disease, to demons, to death, and being obeyed according to His command! The immensity of His faith and the results of it! Yet He left with us the promise: "He that believeth on me, the works that I do shall he do also, and greater works than these shall he do."

Do our body or our affairs need healing? Let us begin in our mind. The thoughts we hold cause emotions, which in turn affect the body and our actions and produce happy or unhappy conditions. Once, a man sat near me whom I recognized as a professional man but I could not place him. In looks and manner he expressed such calmness, quietness, and gentleness that I concluded he must be a minister of Christ's gospel and live very close to God. Later in conversation, I learned that in his profession he gave anesthetics in a hospital; that he watched constantly the results of disease (dis-ease), standing again and again in the presence of the Grim Reaper, and yet he said that it was not disease that was mankind's worst enemy, but fear.

How many of us are there who have enough faith in God's goodness to turn quickly to

Him in our time of need, avoiding the emotions which fear and anxiety bring? A few years ago extensive experiments were made of human emotions, for scientific purposes. It was found—in experiment by analysis, remember—that the secretions of the body varied with the person's emotions, the emotions being controlled by thoughts. The secretions of a person experiencing violent anger were found to contain a very dark substance which held enough poison to cause the death of animal and man alike. It was found that fear, worry, jealousy, and kindred emotions all hold poison in various degrees, which are absorbed by the body, causing various diseases and even death. It was also found that peace, joy, and love form a white substance in the secretions which contains nourishment used as body food.

A storm passes over the country and a limb is torn from a tree. Immediately a healing process starts, and soon the place from which the limb was torn is healed. An animal is hurt or sick and there is something which heals and restores it without any help from humans. Many are the times that we have cut a finger and thought nothing of the process that caused the white cells of the blood to rush to the open-

ing, coagulating the blood and the fibers to reach back and forth toward each other until they were knit together again and the wound healed. This comes from the universal healing current, with which the Creator seeks to bring again His creation to its original perfection. If, when you feel the need of more life, more strength, more health, you will go apart and lie down quietly in the stream of life which is constantly pressing; if you will let go of sense things and desires, relaxing every part of the body, and invite God's life and strength and wholeness to come in and possess you, they will enter in just to the degree that you are open to receive.

Only one man, Jesus Christ, kept His mind so at one with the Mind of God that He was sinless, therefore perfect and all-powerful. Paul tells us: "Have this mind in you which was in Christ Jesus," and when this consciousness becomes ours we will be through with suffering because we will have become holy (whole). "Beloved, now are we sons of God, and it doth not yet appear what we shall be; but we know that when He shall appear (become supreme in our consciousness) we shall be like Him"—sinless, perfect, all-powerful. To become like Him, there is much within each of us to be healed,

no matter how far on the path we may be. There are habits of thought and action; there are tendencies and beliefs that do not belong to a son of God, to be healed. There are emotions to control, the vision to be healed of downward gazing, words to be made constructive, the environment and affairs to be harmonized, hurts from us and toward us to be forgiven.

We are to increase our faith until it will move mountains, and to trust our Father so completely that we never entertain a thought of worry or doubt or fear. We are to cease judging according to appearances, or as things look to the eye of sense, but judge righteous judgment, according to the judgment of the One whose eye is too pure to behold iniquity. In God-Mind there is no sickness, no poverty, no death; there is no condemnation, no judgment, no unforgiveness. Therefore, as sons of such a Father, we should hold none of these in our mind. There is a place within us where dwells the Christlikeness and where we can walk and talk with our higher Self and be made whole.

Miracles are performed when we become so lost to the senses and our desires and emotions, and so at one with God that nothing remains in consciousness but God. It is stopping at the throne place long enough to

be able to come forth and practice the Presence, that keeps us ever moving toward the Jesus Christ perfection in both mind and body. To become so conscious of the higher Self, the

transcendent Self, that the little self is all wiped out, is to express wealth and beauty and harmony, and to show forth a glorious expression of the Christ.

The background of the page is a dramatic painting of a stormy sea. A large, white-capped wave is crashing over a dark, rocky shore in the foreground. The sky is filled with dark, swirling clouds, and the water is turbulent with white foam from the breaking waves. The overall mood is one of intense power and drama.

## *Peter's Recollection*

*By Dennis Neagle*

It was midnight, about, on Galilee—  
I remember how the storm  
Came from the west upon us  
(Strange how the wind was warm)  
Touching to wrath the sea.

With nothing but foam to see,  
And nothing but wind to hear,  
With midnight darkness for comfort  
We tried to pray through our fear—  
On the sea of Galilee.

And He came to us on the sea,  
He came in the midst of the storm,  
He came from the west upon us,  
He came and raised His arm  
And He calmed the Galilee.



BY FRANCES W. FOULKS

**Watchword:**  
**MEEKNESS**

# Building the Christ Consciousness

## PART XX

*Beloved of God:*

*From this beautiful place of sunshine, fruit, flowers, and service, I send you greetings.*

*To each of us who is earnestly seeking to unfold in our consciousness and express in our living the Christ image and likeness, every day becomes ever more sacred as an occasion to go deep within and there to recognize Christ as an ever-abiding, eternal gift of God. There is no other joy such as that which comes from the celebration of this Truth within the sacred silence of the soul. When, letting all materiality fade into nothingness, all personality become lost in the worship of the Holy One of Israel, there rises up in us the confirmation of His livingness. When we have truly accepted the prophecies of this Savior of the world as symbolical of prophecies to be fulfilled and expressed in our own individual*

*life, then the Messiah comes to us individually.*

*This is a blessed time, a time when our thoughts should dwell much on the Christ within our own soul. Do not let Him knock at the door of your heart to find you preoccupied with trivial things and having no room there for Him. Now, if never before, and if so in greater degree, find the Christ within your own soul, that you may feel Him omnipresent, omnipotent, omniscient in your life. Let the joy of His companionship be ever with you as you go about your living, and do all in His name. I can wish for you no greater gift than that the Christ come to you with His gifts of infinite love, eternal peace, and great beauty of expression.*

*Let us seek to become so meek before this Presence that the glory of it may fill our whole world to bless everybody*



and everything in it.

## XX. Meekness

Meditation: *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law (Gal. 5:22, 23).*

There is no one of the Christ characteristics more to be desired, none more to be sought and cultivated than meekness. Meekness includes love, patience, and tolerance, for in order to be meek one must forget self. It is founded on faith, for without something greater on which to rely one could not let go the self. It is capable of receiving wisdom, because it is empty of sense opinions. Power is inherent within it, always ready to spring into action. True meekness is an overwhelming realization of the smallness and limitation of the human self, giving place to an overwhelming realization of the greatness of the Christ self. It is a putting aside of the personal ego that the divine ego may have its perfect way, a letting go of the lesser for the greater. When we disassociate ourself from

the senses in humility of self and enter into association continually and altogether with the Christ self, then shall we begin to do the greater works of the Master's promise.

If we truly realize this Truth, and cease trying to do and be and have in our own limited human consciousness, then can we rise up to be and do and have mightily, through the miracle working power of God, potentially always in us, but now recognized and made first in our consciousness and given power to work in our life, through meekness. It is to such as have overcome self that Jesus the Christ, and David, beloved of God, promise: "They shall inherit the earth."

Moses, afterward called "meek above all the men that were upon the face of the earth," puffed up in personality acquired at Pharaoh's court as adopted son of the king's daughter, took to himself the office of avenger of his race, committing murder, and then fleeing in fear to the land of Midian. There, keeping watch over the flocks of his father-in-law, he learned meekness. There is no more wonderful place to lose the personal ego and find the divine than in God's great out-of-doors, where all nature rises up in majesty and beauty because of its dependence on the Creator,

and here Moses became humble of his own personal knowledge and ability and the Lord was able to reach him and teach him. Then it was that the meek Moses was able to rise up in the God-power within him and lead his own people, a great, helpless, conquered race, into freedom and the Promised Land. Of this meek man the Lord said: "With him I speak mouth to mouth, clearly, and not in dark speech; and he beholds the form of the Lord." In faith, Daniel continued to put God above and before man and self, even in the face of great personal danger for so doing. The angel of His presence before whom Daniel became meek three times a day, protected Daniel in his great time of need, not only destroying the danger, but the cause of the danger also, and caused meekness to spread over the kingdom to the glory of God—and Daniel.

There is no time when we are more conscious of the smallness of self than in some crisis when human help is of no avail. Then it is that we truly turn in meekness of self to the great Deliverer. It was not the frail shepherd lad David, nor the stones of his sling that slew Goliath, the mighty man of war, but that before which David had become meek. In time of other dangers it was

the Lord, his Shepherd of green pastures and still waters, who consciously walked with him through his every valley of the shadow. It was not his heritage of riches and a great kingdom, neither intellect nor learning, that have brought Solomon's name down through the ages as possessor of all of these, but the humility of mind which, though a great ruler, could say: "I am but a little child; I do not know how to go out or come in . . . give thy servant therefore an understanding mind. . . ." Solomon's experience is an example and proof of the Master's teaching: "Seek ye first his kingdom and his righteousness, and all these things shall be added unto you." It was not the birth or education of Paul, or anything that Silas could do or be in his own might that opened prison doors and set them free in the midst of persecution, but their own Lord and Christ before whom they became meek, forgetting self and unhappy conditions in praise and thanksgiving to Him. Against meekness "there is no law."

The One who was most fitted for self-exultation was meekest of all. He took on the human in the humility of the flesh to again be tempted and tried in all things as we are, passing through all without sin, to prove that we too could func-

tion on Earth as in heaven, "perfect as the Father is perfect"; yet He always gave glory where glory belonged, to the Father. This was the meekness of self through which Jesus was open to receive and use the divine power to perform mighty miracles. It was through knowing, "Not I, but the Father that dwelleth in me," that He could claim and prove, "All power is given unto me, in heaven and earth." No person has yet performed such mighty miracles as did Jesus, because no person has yet

become so meek to be used fully and freely by the God-power. Not the Jesus man healing the sick, making the lame to leap, the dumb to speak, the deaf to hear, the blind to see, but the Father who dwelleth within Him; not the Jesus man turning water into wine, feeding the multitudes, raising the dead, even His own body, but the Christ self.

That same Christ of God, which did mighty miracles through Jesus of Nazareth, is potentially within you and me, our own Lordship. Not while

## *The Empty Nest*

*By Lynne Dana*

"For you are all sons of light and sons of the day . . ." (I Thess. 5:5).


Am I lonely with all the children gone?  
As the circles of our intrinsic light  
Intersect,  
The miles and meters vanish  
Like wrath before a soft answer,  
And the power  
Generated by the union of our strength  
Dissolves the distance  
Into peace and fulfillment,  
Radiating the energy of God's perfect  
And my human  
Love!

we are selfish, critical, self-opinionated, intolerant, jealous, unjust, not while there is anything in us that would hurt another, take from another, will the Lord Christ come in and take possession of us and use us to His glory and own good, but in meekness of self we too can rise up with power to command.

You and I are what we are through our own choice of living in the self or with the Christ. Momentarily we are building the tomorrows, either in humility of self to become all-powerful in the Christ likeness, or in the exultation of the self to become a nonentity in the kingdom of righteousness. Blood of ancestry counts as nothing; pride of position and personage is vain as we stand a naked soul before the Creator who gave us His likeness. The cloven foot of ancestors, the saintliness of progenitors, traits, and tendencies are inherited only as we claim them and make them our own through our thoughts, words, and deeds. If there is any self-glory in us, if we entertain a bragging spirit, let us say to it over and over: "Not I, but Christ." If we have many responsibilities, business duties, home duties that press on us with the thought that we ourselves have much to do to accomplish the needed, we

should say over and over, "Not I, but Christ."

How much we need to go apart some time during each day and become so meek before our own indwelling Christ that we are open to hear the teaching and able to rise up victorious over all the trials and temptations of our life. This is the invitation, and the initiate in meekness obeys: "Come to me, all who labor and are heavy laden (through seeking to do and be in your own strength and might), and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls."

*Meek and lowly would I be,  
O Father God, that I may be an  
open channel for the expression  
of Thy greatness. Let me lose  
for all time the little self, with  
its selfishness and criticisms,  
its doubts and fears, its "me  
and mine," that there may be-  
come established in me the  
Christ likeness, with its love  
and meekness, its wisdom and  
power. Let all vain glory of  
ancestry, of position, of  
achievement that has found  
place in my consciousness  
through the ages be wiped from  
my soul that my birthright to  
all that the Father is, in meek-  
ness of self, be established in  
me for eternity.* 

(End of Series.)