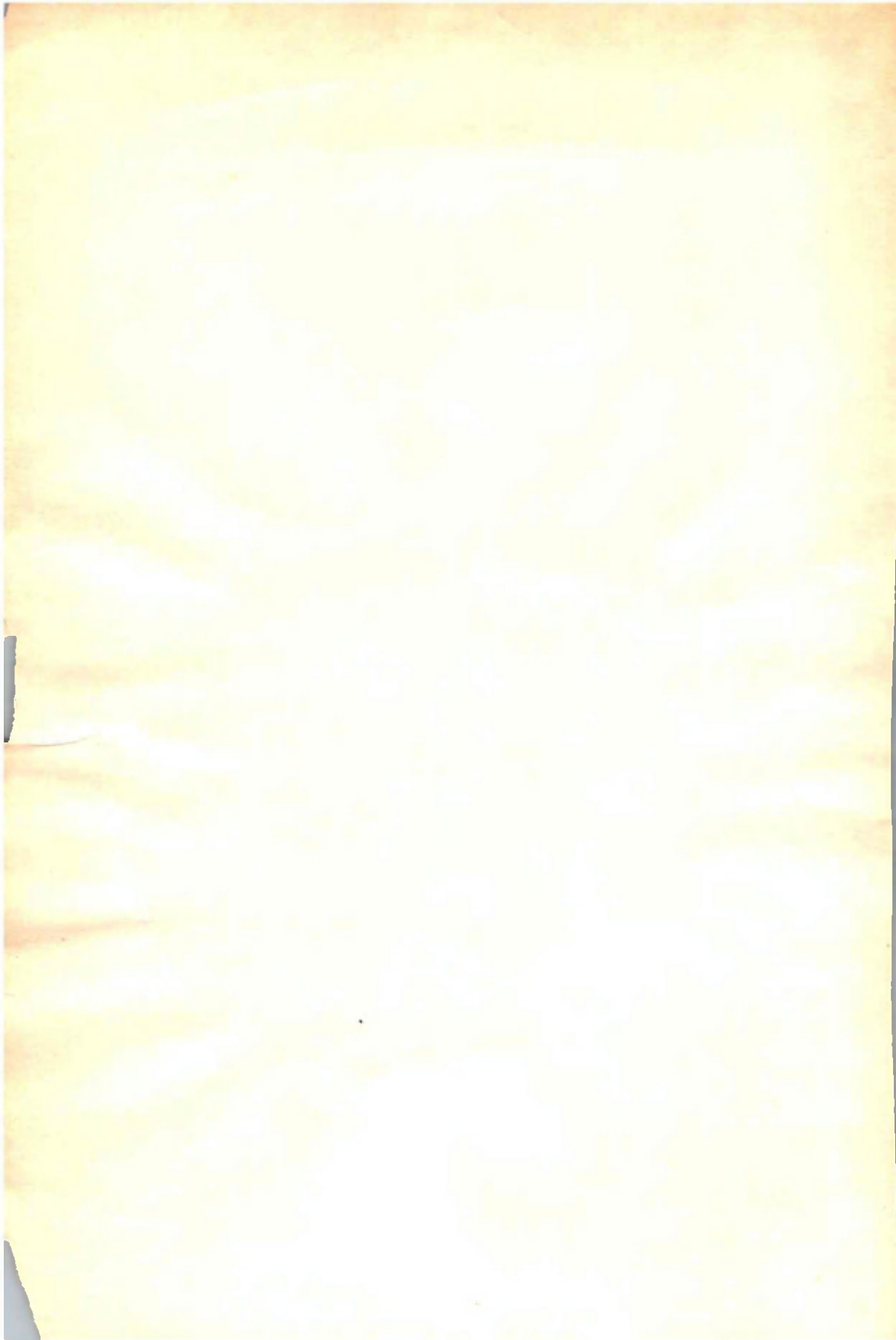


# *Guidelines to Prayer*



*Bridge of Faith*



# **Guidelines to Prayer**

by Mary L. Kupferle



# Introduction

There are certain spiritual laws that insure the orderly, harmonious ongoing of the universe, and when we discover and get in tune with these laws, all right results become apparent in our life. These laws were created by God for the use of His beloved offspring, men and women everywhere, and we need only acquaint ourself with them and prayerfully apply them in order to demonstrate every good quality in our life.

“Guidelines to Prayer” has been created with the hope that it will help the student better understand and get in touch with these laws and with his own higher nature. It is through prayer and right understanding that we can develop our inner potential and express more life, more harmony, more abundance, more joy in each event of our daily living.

Each section of “Guidelines to Prayer” investigates one of these laws and the ways in which it can be successfully applied to the student’s particular situation. Each section is followed by a “Circle of Life” diagram that relates to the preceding material. It is hoped that these diagrams will aid the student in his comprehension of his relationship with God and with the world. A certain amount of space has been provided after each section for the student to make notes of any thoughts he might have about the section. Each person approaches God in a unique, individual way. May these guidelines be beneficial to you in your continuing search for the wonder that is God!



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## The Law of Stewardship

No matter who we are or what our circumstances in life, at times we all have desperate needs that can be met only by falling back upon an inner resource. Whether our need is for healing or peace or wisdom or supply, in order to meet it successfully we require a law that is strong, reliable, sound, and unchanging—a law we can use to transcend all man-imagined and man-reasoned aspects of life, the universe, and our own being.

We can turn to the teachings of Jesus Christ because He gives us this kind of law—He used it in His own life and proved its existence and availability to everyone. He says in effect: “You and I are the creations of spiritual law. Therefore, we can meet every challenge of life victoriously through the law of our own being. The only requirement is that we realize our oneness with the law, understand that we are its stewards, and then

put it into use.”

The more I see of heartbreaking difficulties in people's lives, the more certain I become that all of us are at times negligent in recognizing the beauty, glory, and power of the law of our own being. It is here! It is with us! It is for us! It is ours! It is all-powerful, all-sufficient, all-inclusive, and all-encompassing; it can sweep us up out of every negative influence and heal, bless, prosper, and enlighten us if we will but open our mind and heart to it.

Jesus has told us so many times: “You are a child of God. . . . You are His image. . . . You are His beloved. . . . You have inherited the kingdom. . . . You can do what I have done, for we are all children of the same Father and His law of Spirit is ours to use.” Over and over He has told us, shown us, proved to us that we are offspring of Spirit and Spirit's

law, children of the Father and inhabitants of His kingdom, stewards of spiritual law and its use.

Each person who comes to a Unity teacher for help is guided toward recognition of the truth that he is a child of God, living in a spiritual universe governed by spiritual laws. This is the purpose of every prayer the teacher prays, every encouragement he gives, every word he speaks, every meditation he holds. What the teacher hopes to do is to help each student find this solid basis for living and begin to use the laws of Spirit as his very own.

In my own counseling and teaching experience, I see evidence of the law of Spirit at work in the lives of those who are discovering and working with it. In one instance a friend wrote: "Last year at this time we had sold our house and were building another, and we had leased a rental home for three months. The lot upon which we were building was near a lake and the ground was so wet that the excavator could not work in the area, so all construction was held up. Time was running out on our three-month lease, and we did not wish to rent again, as we had rented three times already. I turned to the book *God Never Fails* and found the words, 'Only good can come.' I repeated these words as the book instructed . . . and good did come, for our beautiful home was finished and we moved into it on the day the rental lease expired!"

Time and again I have seen miracles of good appear in the life of someone who put the power of spiritual stewardship to use. Recently a businesswoman saw the need for change in her life but was unsure of the specific direction to take. She decided to put the spiritual law of her being into practice in all areas of her life. She worked diligently with her thoughts, words, and emotions; she used hundreds of affirmations, applying them to all

sorts of situations; she spent hours each day in prayer and meditation. The results came in beautifully ordered fashion. She moved her business to a new location that offered a nicer working environment; she was able to increase her services, and this led to new opportunities for success. She even moved into a lovely new home. This orderly flow of events, with new opportunities appearing at the perfect time, could never have been engineered by human reasoning. Only the working of spiritual law instigated by a faithful steward could have called it into action.

If you are confronted with a situation that you feel is beyond your ability to solve or beyond your capacity to understand, it is imperative that you remember this specific truth about yourself: *I am a spiritual steward of God's law and its use, richly endowed with the divine capability of overcoming every challenge in life.*

It is important that you take this statement deep into your mind and heart by repeating the words to yourself until you feel the light, assurance, peace, and power they will bring. Say them over and over until they become the guideline of your daily thought and automatically come to mind in the face of any negative appearance. Say the words aloud to yourself right now: *I am a spiritual steward of God's law and its use, richly endowed with the divine capability of overcoming every challenge in life.* Repeat them until they have truly become law to you, a law firmly written in your innermost part, the subconscious mind.

In Luke, Jesus tells the story of the steward who had not collected the debts owed his employer as he had been commissioned to do. He faced the loss of his job as a result of this and searched desperately within himself for a way to meet the problem. He decided to confront the debtors and ask them to settle

immediately according to their ability to do so. Even though he could not obtain the entire amount in this way, he did get enough so that his employer was pleased with his wise action. Jesus adds the comment, "For the sons of this world are in their own generation wiser than the sons of light."

Jesus wished to impress upon us that we as stewards of light (spiritual understanding) often do not do enough to help ourselves out of our problems. The fact that we have begun to come to the light of Spirit and know its laws should give us abundant overcoming power, wisdom, and ability. And this is why it is so important for us to remember daily the truth of our being: *We are spiritual stewards of God's law and its use, richly endowed with the divine capability of overcoming every challenge in life.*

Following the story of the steward, Jesus adds the words, "Make friends for yourselves by means of unrighteous mammon, so that when it fails they may receive you into the eternal habitations." The key that helps us to use the law of stewardship is to "make friends" deliberately with situations that arise to challenge us. When we approach the negative condition and see it as "friend," the law of Spirit goes into operation and uses the so-called "unrighteous mammon" to

bless us, and the event becomes an "eternal habitation" of good!

Even as I write this, I see this transformation happening to a number of people around me. Confronted by seemingly insurmountable challenges in their lives, they are proving their faithful stewardship by working with spiritual law. They are decreeing and affirming their divine capabilities of overcoming and are using the key of calling the condition "friend." Daily they find within themselves greater strength, greater joy, greater peace, greater power than they had believed possible. They are already moving into "eternal habitations" of good in the very place that their challenge exists.

In my own experience, remembering this law and using the key of making friends with the challenge has brought me light, patience, healing, peace, assurance, and prosperity time and time again. This law is an unfailing basis for anyone who seeks the heritage of good due him as a child of God.

This is your right, your basis for life and the attainment of the desires of your heart. Do not delay or hesitate to use this law for yourself. Affirm the law, use the key, and let the door to unlimited good open to you!

## CIRCLE OF LIFE NO. 1

### THE BASIS

Read: Luke 16

### THE LAW

Know: You are a spiritual steward of God's law and its use, richly endowed with the divine capability of overcoming every challenge in life.

### THE KEY

Act: "Make friends" with the challenge.



## Notes

1. 2. 3.



## The Sustaining Law of Life

There is a sustaining Presence and Power that seeks ever to help and direct you toward fulfillment in every area of your life, if only you will cooperate with it and let it do its work.

Not long ago there was a story on television about a professor who was endeavoring to help a ten-year-old boy express himself. The child was unable to speak though physically capable of doing so. The teacher worked with his young charge by bringing various pets into the household. First the boy learned to love a falcon, and later a horse truly captured his heart.

During the course of the story, the horse and its young rider lost their way in the English moors, and the animal became bogged in quicksand. Several men were called to the scene and after rescuing the boy, they tried to drag the horse by rope to safe ground. Finally the weary pet seemed exhausted and unable to move. The boy, who had been anxiously sitting on the sidelines, suddenly threw himself back into the mire. To everyone's dismay, he struggled through to the treacherous area where the horse's head lay atop the quicksand, put his arms around his pet's neck, and shouted:

"Come on! We're helping you! But you've got to help yourself!" Aroused by the boy's plea, the horse lurched forward, and both made their way to safety.

There is a sustaining Presence and Power that is ready to help us in any situation in life. It will lift us out of a "pit" of any kind. It will help us leap over any wall, surmount any obstacle, conquer any fear, vanquish any enemy of mind, body, or affairs. But there are steps to take, things to be learned, efforts to be made to lead us out of the old ways of thinking into overcoming.

Jesus Christ was well acquainted with the sustaining Presence and Power of God and with the spiritual law of life. His belief was the foundation for His ability to heal the sick and raise the dead. He relied on the law; therefore He was confident and never alone in any endeavor. He knew that the law of God, of Spirit, of life was with Him, in Him, supporting Him. No matter how many laughed at Him and scorned Him, He maintained His poise and calm, because He knew the reliability of the law of life. When He said, "Little girl, I say to you, arise," people who had moments before laughed in disbelief were amazed at the miracle taking place before their eyes. "And immediately the girl got up and walked; for she was twelve years old. And immediately they were overcome with amazement." The girl was the daughter of the ruler of a synagogue, but the ruler with all his knowledge, training, and certificates of accomplishment had been unable to heal his own. He was not well enough acquainted with the sustaining Presence and Power of God or with the spiritual law of life.

Everything Jesus did was based on law, and He tells us clearly that it is a law of cooperation as well as a law of being. Regarding cooperation, He says, "My Father is working still, and I am

working." Of being He says: "Thou, Father, art in me, and I in thee"; "The Father who dwells in me does his works"; "I and the Father are one." In these simple statements, Jesus reveals to us the law of your life and mine, namely:

- 1.) God is in us. We are in God.
- 2.) God does the work. God is the Doer.
- 3.) God and we are one.

Let me share an example with you. It was not a major life experience but a most important one to me personally. As a favor to a friend, I had been entrusted with a valuable piece of jewelry for a short while. It was a dilemma deciding where to put it, but after moving it several times, I released my concern and forgot about it. Several weeks later it was time for me to return the valued object. I looked for it where I remembered last placing it, but it was not there. In a panic, I began looking everywhere, frantically emptying boxes and drawers, all to no avail. Finally I realized that something greater than my own personal reasoning power must be called upon to solve the problem.

Leaving the house for an appointment, I was still upset over the apparent loss of something that could never be replaced by any amount of money. I tried to turn to God's sustaining Presence, and the words of the Psalmist came to mind—"underneath are the everlasting arms." I almost wept with relief to remember the law of my being: that God was within me and I was within God; that He was the Doer in all ways and works; that He and I were one!

Suddenly a great peace flooded my whole being. I felt protected, upheld, guarded. The relief was indescribable. Then the words of help I needed came to mind: "I will know." All through the

remainder of the day, they stayed with me. "I will know." The words were quiet, sure, and comforting. I didn't know how I would know, nor did I have to. God in me knew and would guide me perfectly to do what should be done, and all would be well.

That evening as I entered the house, the words were still uppermost in my mind and all fear had long since departed. Without knowing why I did what I did, without reason or remembrance of placing the jewelry in any particular spot, I went directly to a little satin cosmetic bag and opened it. There was the object of my early-morning search.

The more we call upon this wonderful Presence and Power, letting it work in and through and for us in the little things, the more prolifically it can work through us in all situations of life. The long arms of divine law reach into every condition and every circumstance without fail. Infinite wisdom knows our need before our reasoning mind is aware of it. Divine love is ready to fulfill the heart's yearning even before we call.

The key to working with the spiritual law is to start with God, to remember that there is only *one* Presence and Power in any situation or challenge; then to give all the attention of the heart, soul, mind, and strength to that One only! This is not always easy when our emotions and thoughts are caught up by disturbing events in the world, but it can be done.

At this time, reread Mark 12:28-34, wherein Jesus tells the reasoning minds of the scribes: "Hear, O Israel: The Lord our God, the Lord is one; and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." This is the key to working with the sustaining law of life: to put the one Presence and Power *first* in every bit of our thought and feeling—first in the

morning, first at noon, first at night; first over fear, first over doubt, first over pain, first over resentment, first over rebellion, first over anyone or anything until the great world of God contained within our heart can come through and heal all that needs healing.

Jesus goes on to say, "You shall love your neighbor as yourself." Since God is in us, God is in others, and if we are loving God we are also loving man. We cannot obey the first commandment without honoring the second, nor can we honor the second without obeying the first. Both are tied up together, and as we are spiritual children of God, both are written in our inmost part.

As we begin right where we are, in any challenge in life, to let the law of life work out from within, its newly released power and glory can remake circumstances beyond our present comprehension. As we begin remembering the law of our being and its presence within us and begin letting it work in the little things, we will feel its powerful movement within us and see it happening here and now.

We can help ourselves to demonstrate healing, supply, guidance, and happiness this very moment by affirming silently and aloud:

- 1.) God is in me. God is in you.  
We are in God.
- 2.) God in me does the work. God in you does the work. God is the Doer.
- 3.) God and you and I are one.

This knowing can heal any relationship, any inharmonious situation, any conflict, any unhappiness, any insecurity, any doubt, any insufficiency, any ill of any kind! Use this wonderful sustaining law of life. What it worked through Jesus Christ, it longs to work through you. It is speaking at the center of your being, saying: "Come on! I am helping you! Now help yourself!"



## CIRCLE OF LIFE NO. 2

### THE BASIS

Read: Mark 12:28-34

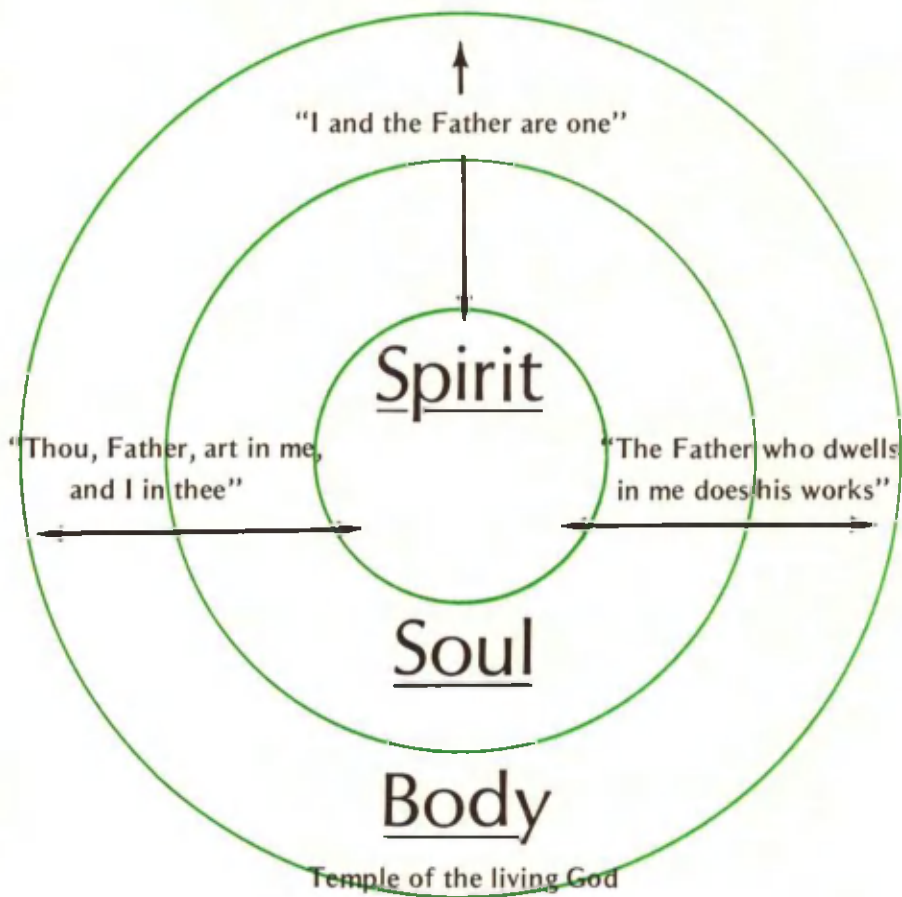
### THE LAW

Know: God and you are one. God is the Doer; you are the cooperator.

### THE KEY

- Act:
- 1.) Start with the idea that there is only *one* Presence and Power, *one* Lord.
  - 2.) Give all your heart, soul, mind, and strength to the One.
  - 3.) Begin where you are. Love, right where you are, every neighboring thing.

The circle of your good is open to you; you have but to open yourself to it through cooperating with the law of your own being. It begins with love—love for the situation, for the person, for the circumstance, for your mind and body and world.



## Notes

# The Law of Communication

Many persons in need of counseling come to my office, and among the most common complaints I hear are: "I can't seem to get close to God"; "God seems so far away"; "How can I be sure that God hears my prayers?" Usually those who express themselves this way are filled with doubts, fearful of the challenges in their lives or the lives of their loved ones. They are nervous, sometimes overflowing with negative words and feelings. Because of this agitated state of mind and emotions, it is almost impossible for them to receive any helpful message, either from within or without.

For this reason, a sensitive minister lets the person in trouble talk out his inner fears and tell about his worldly confusion and problems. Then he can

gently lead the distraught person into a time of quietness and help him to relax, let go, and finally begin listening to the Spirit of God within himself. The change in demeanor, appearance, and attitude of such persons is a source of almost constant blessing to the ones who minister this way! It is daily fortification of our faith in the spiritual laws of God. It reminds us that:

- 1.) Communication with God is based on spiritual law. We are created to communicate with God!
- 2.) God is listening. We must speak to Him and listen for Him.
- 3.) We should be quiet, relaxed,

and expectant, and thank Him for hearing.

God is listening to you at this very moment, and He hears what you are saying not only with your lips but also with your deep inner feelings. The answers you seek will come to you. God's love will never fail to supply you with exactly what you need and what you earnestly desire, and will open doors to even greater good than you can anticipate at this moment.

One day a woman called asking for prayers for her young son, who had had an accident while surfing. Some of the metal of the surfboard had become imbedded in his eye, and he was at that moment in the emergency room of the hospital. His mother was upset because the young doctor on duty did not seem to have the confidence to cope with the delicate situation. I assured her that even before she called, God was answering. We became quiet and shared a short prayer, and she was reassured.

Within fifteen minutes, she returned to the telephone to let me know that the difficulty had been resolved shortly after she had become still, turned within to the Source of her help, and thanked God for that help. An eye surgeon unexpectedly appeared on the scene and was able to remove further tiny splinters of metal that had not been detected by the other physician. As a result, there was no serious injury whatsoever to the eye.

Many times I have turned to the words of Jesus: "Father, I thank thee that thou hast heard me. I knew that thou hearest me always." Often the answer has been instantaneous, dependent upon my own complete release of the challenge into His hands.

Jesus of Nazareth knew that God has ears to hear, for He talked to Him so frequently. He addressed God as "Father" and stood upon no ceremony in His communication. He talked with

the Father anywhere and at any time, in the presence of others or alone in the mountain quietness. We know that He expected God to hear Him, and since He told us often that the Father dwelling within does the work, we know that there must be something working within us to solve any challenge that arises in our life.

The law of communicating with God is based upon the truth that God is not only omnipresent and omnipotent, but also omniscient, all-knowing. The ears of God are the love of God, the all-understanding nature of the heart of the One who created us.

God, our Father, hears our call. God knows our voice. God knows us through and through and hears every movement of our mind and heart. He knows our surface thoughts and those in the depths of us. He hears the desires that stir within us even before we know they exist. He hears our protests and rebellions, our anxieties and fears, and He loves us in and through them all.

Because we and God are one, because our being is one with the Being of God, He hears us whether we whisper or speak or shout or think or just feel! You may ask: "Then why doesn't He answer my prayers? Why are my needs not fulfilled?" Although God is perpetually answering our call, we are not always aware of the answer or receptive to His directions and inner urgings. He is eternally hearing and speaking, eternally listening and answering. But we have to be still enough, quiet enough within to hear it. We have to be empty enough to let His answers fill us and ready enough to let His responses become known to us.

Several years ago I turned to God in desperation for guidance and help in a personal challenge. One morning as I prayed urgently, talking with God, speaking to myself in the effort to be-



come calm, endeavoring to become quiet enough to listen and to receive His answer, I realized that visitors were approaching the house. That was the last thing I needed! I couldn't believe this would happen in the midst of my prayers for God to help me out of this trial. These were people I knew only casually, and I silently prayed that they would leave as quickly as possible.

The amazing thing is that it was these very people who were the channel for my immediate help. Later I laughed about the peculiar way in which God had answered my prayer. I had been too preoccupied to recognize that they were the answer! This happens to many of us. Often we deny the very answer God is trying to help us receive because we have a preconceived notion about how our rescue should take place. We have not yet learned His ways, so we do not recognize them when they come.

Practicing the art of communicating with God is therefore essential to our progress in the gradual unfoldment of our true spiritual nature. Because we are created to communicate with God, it is well for us to spend some time every day in cultivating an awareness of this special form of communication. It is important for us to remember that we are a three-phase being, functioning through Spirit, soul, and body. If we attend only to the outer speaking of prayerful words and phrases and fail to give them time to sink down into the subconscious level of our being, communication is not complete.

It takes time and quietness for us to begin to understand ourself and our relationship to the Father. It requires our coming apart awhile each day to speak with Him, to listen to Him, and to realize consciously the ways in which He communicates with us. The answers may come through various channels—people, circumstances, events, books, words either written or spoken—but however

they come, we can be certain that God will find a way to get the message to us. It is our part to remain open to His presence within.

Jesus took several days apart in solitude and quietness before He went forward to heal His friend Lazarus with the words: "Father, I thank thee that thou hast heard me. I knew that thou hearest me always." He possessed the greatest closeness of communication with God of all times, and if it took Him a few days away from the world to build His faith and power, then surely we should not feel inadequate if we must take days or weeks apart until we too can give thanks to the Father and know His help and power in our life and affairs.

You and I are meant to communicate with God. We were created to be one with our Father. This is the law of our being as spiritual creations of a spiritual Creator. Nothing can change it or destroy it. It is a rock of security for us to stand on, our firm foundation whenever we feel alone and desperate. God is listening to us and for us. He is the hearing ear of our being, the listening heart of our own indwelling soul, and He loves us with an everlasting love.

As you begin more diligently to listen to Him in quiet times and in the midst of crowds, you will begin to hear Him more surely and more frequently. You will hear Him speaking to you through many channels—books, spoken words, events, silent nudgings from within. As you learn to remain quiet within and grow more expectant about receiving answers, you will also feel more relaxed, for you will know that He is watching over your progress through life and your soul unfoldment. You will find yourself saying more and more frequently: "Thank You, Father. Thank You, God." You will find that you *are* in communication with Him, and He with you. You will know that He is hearing you, always.

### CIRCLE OF LIFE NO. 3

#### *THE BASIS*

Read: John 11:41-42

#### *THE LAW*

Know: Father and son, Creator and created, are one.  
Therefore God is aware of your every need, and  
ready to fulfill it.

#### *THE KEY*

- Act:
- 1.) Establish yourself firmly upon the law.
  - 2.) Remember that God is listening; speak to Him.
  - 3.) Be quiet, expectant, thankful.

God hears every movement of your mind and heart and longs to answer with the best of His givingness. Only as we bring our whole being to His light do we see His light. Come with *all* your heart.





## Notes

## The Law of the Hands of God

There is a wonderful law of God that we can rely upon every day of our life: the law of the hands of God. Into this law of action we can trustingly and confidently place ourself, our loved ones, and all our affairs. The hands of God are sure, capable, wise, strong, and able to accomplish much more than our own. They represent the total generosity and love of God for His children, the full, powerful action of God within His universe. The wonderful hands of God are ready to give through us when we release ourself to Him and to His activity.

God can act and accomplish for us only as we let Him work through us and as we release our personal hold on things, people, and difficult situations. As we let go and let Him take over in His way, we are directed, healed, and inspired.

Some time ago an experience helped me gain a new understanding of the ever-present and all-powerful law of God's healing action. I was riding down a busy highway with a dear one, and I felt very ill at ease—I was not only emotionally upset but also physically ill. Hoping not

to disturb the other person, I began silently to place everything in God's hands, affirming, "The quickening power of the Lord Jesus Christ fills me to overflowing, and I am miraculously renewed, healed, and blessed beyond measure."

Watching the swiftly passing landscape, I thought of the hands of God, able to fashion such a beautiful universe, to create the beauty of the starlit night and the moonglow shining upon the ocean waves or a snow-clad mountain-top. I continued to repeat silently the words of the above affirmation and placed myself more fully in God's hands, consciously releasing everything I was concerned about and physically relaxing more completely.

Just then my dear one reached out a hand and took mine. Within seconds I felt the warmth of a gentle healing activity move throughout my whole being. I could follow its movement as it spread until every part of my physical body had received its blessing. Immediately the distress, pain, discomfort, and all ill feeling dissolved as easily as the mist dissolves before the rising sun!

The release and healing were complete and entire, and I felt as though it was the hand of God—through the hand of a loved one—that had touched and healed and blessed me beyond measure. How thankful I am and how thankful we all can be to know that *the hands of God are ready to give through us when we release ourself to Him and to His activity in the way He opens for us.*

After delivering the Sermon on the Mount, Jesus was approached by a leper who sought healing. According to Matthew, Jesus "stretched out his hand and touched him, saying, 'I will; be clean.' And immediately his leprosy was cleansed." When Peter's mother-in-law was ill, Jesus "touched her hand, and the fever left her." When a ruler's daughter died, Jesus came to answer the need

"and took her by the hand, and the girl arose" and was healed. Two blind men called for healing, and Jesus "touched their eyes, saying, 'According to your faith be it done to you.' And their eyes were opened." Later, when the multitude hungered, He again touched the substance at hand. It multiplied, and they all ate and were abundantly filled. When a man with a withered hand came to the synagogue, he also received healing through the touch of Christ's hand. Later a father brought his son to be healed, and Jesus rebuked the condition and "took him by the hand and lifted him up, and he arose"—healed.

These seekers of help and healing came in trust, released themselves to the healing presence of God, and were obedient. *The hand of God gives through us when we are ready to release ourself to Him and to His laws.* His hand is always open. His hand is always outstretched. His hand is always ready. His hand always finds a way, a channel to work through, a door to enter through, if we will but trust, be obedient, and release.

Every time Jesus put forth His hand, He wanted us to remember the helping hand of God, to rely upon it and call upon it. He was the powerful channel and vessel, but He knew that God was the Worker, the Giver, and the Doer. He relied on the hands of God for all He sought to accomplish, and taught us to do the same. We can, right now, trust in and rely upon these same hands of God to help, heal, deliver, guide, and bless us in every circumstance in life. Into His hands we can commend our mind and body and world of affairs. Into His hands we can give our loved ones, every challenging situation, and all confusion and disorder.

Recently a friend told me of the progress he had made in physical and emotional overcoming. "The doctor said I would be on these pills for the rest of

my life," he said, "and that I could not do without them." This man is not taking the medication now, and he is in better physical shape than he has been in many years. The key? He spends time each morning in meditation, releasing himself to the hands of God and following obediently the guidance that comes to him concerning all the details of living.

Another friend told me of the miraculous outworking of a trying situation in her personal affairs. Everyone around her discouraged her from seeking assistance in the circumstance, saying: "A big concern like that will never pay attention to little you"; "You will never get an answer to your letters"; "Why make the effort?"; "Just take the loss and forget it."

In spite of these attitudes, she didn't want to put the outworking into the hands of personal reasoning, but into the hands of infinite law. Therefore she affirmed to herself firmly and with conviction, "I am trusting in God's action, in God's laws of good." Trusting, releasing, putting herself into God's hands, she followed obediently the guidance that came in writing an appropriate letter. Within a week a check for \$2,500 arrived in the mail. Everyone else was surprised. She was not, for this was to her the natural activity of God's good . . . working *because she had trusted, released, and opened herself to become a channel for His ever-present activity of good.*

Surely Jesus must have read the words of the Psalmist many times: "What is man that thou art mindful of him, and the son of man that thou dost care for him? Yet thou hast made him little less

than God, and dost crown him with glory and honor. Thou hast given him dominion over the works of thy hands; thou hast put all things under his feet . . . O Lord, our Lord, how majestic is thy name in all the earth!"

Because you and I know that the universe is one of order as well as law, established for our benefit and blessing, we also know that there is a way that we can bring the action of God to work through us in increasing power and effectiveness. Because God has created us in His image and has told us that it is His good pleasure to give us the kingdom, we can rest assured that no good desire is beyond the capability of His hands. He will prove this to us daily as we trust and release and place all things where they belong—in His hands!

Whatever your situation in life; if you need healing, guidance, supply, harmony, peace, strength—you can be sure that the activity of God is already stirring within you and within all those you are concerned about. He already has your whole world in His hands. You have now but to trust in His complete goodness, rest utterly upon His laws of goodness, and drop yourself and every small detail of your difficulty into His hands. *Drop it. Release it.* Place yourself and all that concerns you *in His hands.*

When you have done this much consciously, deliberately, as fully as you can, then listen quietly for guidance. It will not fail to come and you will not falter, for His hands will work through your hands and through the hands of others around you. Everyone and everything will work together for your good. It is already established. It is spiritual law.

## **CIRCLE OF LIFE NO. 4**

### ***THE BASIS***

**Read:** Psalms 8:4-9

### ***THE LAW***

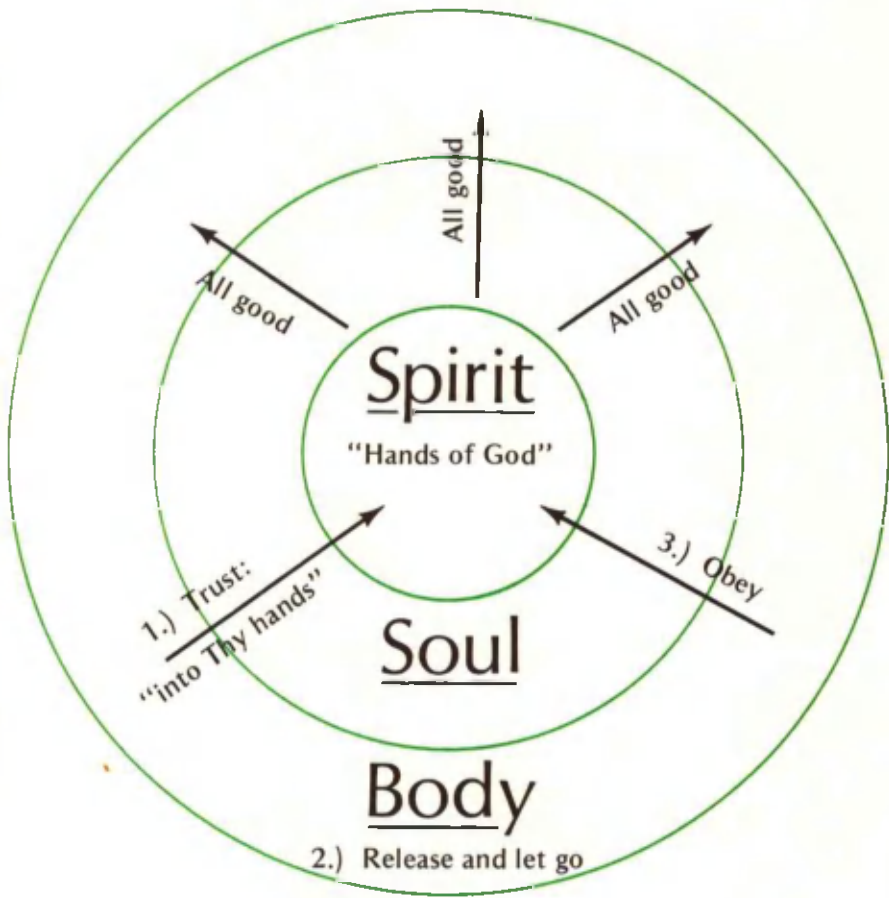
**Know:** The hands of God give through us when we release  
ourselves to Him and to His laws.

### ***THE KEY***

- Act:**
- 1.) Trust in the law.
  - 2.) Release all personal concern about people,  
things, and difficult situations.
  - 3.) Obey the guidance that comes from God.



God can act and accomplish for us only as we let Him work through us. His hand of abundance is eternally and unceasingly extended to us. As we release things, people, situations to His law of love, we in turn open up to receive from the Source. We are fed and healed and inspired.



As we extend our hand to one another in love and service, more of God's "hand" is made visible.

## Notes

## The Law of Oneness

Recently I participated in a healing seminar in Trinidad, and at one point a group of us linked arms to form a circle and sang a simple little song called "The Father and I Are One." This experience touched me deeply, and I can still catch the feeling of this prayerful time when I close my eyes and repeat softly: "The Father and I are one. One, one, one, one, the Father and I are one."

Great healing power lies within the realization of these words, for it is a spiritual law that our visible world manifests the truth of our being to the degree of our mind's oneness with that truth. Jesus put it this way: "Your eye is the lamp of your body; when your eye is sound, your whole body is full of light." He is saying: "You are one with your good now. Be still and know it. Turn to the kingdom of God within and behold your unity and oneness with healing,

peace, joy, love, with all you can ever need or desire. You and the Father are one." *Our visible world manifests the truth of our being to the degree of our mind's actual unity and oneness with that truth.*

Sometimes we are conscious of this oneness and at other times we are not, but when we have dwelt upon this awareness deeply, fully, and consistently, it is built into the deeper levels of our mind and will inevitably produce accordingly. An incident in the life of a friend illustrates this principle. Driving a rented car on the lovely island of Hawaii, she found herself suddenly and unavoidably crowded off a curving mountain road. At the moment of the accident, the only words she could think of were "God . . . God . . . God . . ." and the only thing she could do was trust utterly in His protection, regardless of the



events happening around her. A few minutes later she could hear voices outside the car, saying, "She must be dead." But she had not sustained even the slightest injury although the car was completely demolished. This person has maintained a consistent awareness of her oneness with God throughout her life, and this awareness is built strongly into the deep levels of her mind.

In another instance, a friend had gone through great trials in her personal life and relationships and had become so despondent that it seemed nothing could restore her joy in living. Finally she wrote to me requesting help. I knew that this person had at one time been a student of Truth, so I reminded her of the faith she had within her and of her oneness with the Father. I also assured her of my own love and prayers for her. Within a short while another letter came, this one telling of a miraculous outworking of events that led her back into right associations with people grounded in Truth. She had been emotionally and physically healed and was again aware of the joy of life! All this happened very quickly, because Truth had been established within her and she consciously touched it, *within*.

This person's mind had for a time been divided in its attention and allegiance, and negative results were produced accordingly. Whenever we give our attention to appearances of both good and evil and believe in two opposing powers, our strength and conviction wane and we see the results of a divided mind. A divided mind cannot bring the answers we seek in our prayers, and the Master Teacher, Jesus Christ, gave us many parables to illustrate this.

In the book of Luke, Jesus tells the parable of a strong man: "When a strong man, fully armed, guards his own palace, his goods are in peace; but when one

stronger than he assails him and overcomes him, he takes away his armor in which he trusted, and divides his spoil. He who is not with me is against me. . . ."

To be consciously "with" Him is to be unified with the Christ Mind in thinking, feeling, speaking, and acting. It is to be health-minded, love-minded, joy-minded, peace-minded; it is to be one with the ideas of the Father, one with the One who created us in His own image and likeness. No matter how often we may get away from His presence, we can come back to feel and experience our oneness because it is an innate and integral part of our being.

Jesus knew that we would have moments of strength and determination and also moments of weakness and passive acceptance of negative conditions and appearances. That is why He emphasized repeatedly the necessity for building a consciousness of our oneness with the Father through prayer, inner seeking, speaking words of Truth, and daily arousing of our faith in ourself as a child of God. He wanted us persistently and consistently to place our faith and our attention where they belong—in the realm of the Cause of all creation, not in the realm of outer effect.

This is the key: to invest the great creative energy of our being where it was originally intended to remain—in faith in God the good, in faith in the Father of our being as the one reality, the one Presence, the one Cause of all there can ever really be. Many Unity centers use a particular statement in their services as a reminder of this: "*There is only one Presence and one Power in the universe: God, the good omnipotent.*" We want to become totally and wholly aware of the truth that there is no presence or power other than God, the good!

To know this truly, especially in the face of challenges, necessitates applica-

tion of the energies of our mind and heart, thought and feeling. It means affirming Truth silently and aloud, speaking the words of Truth we already know and those we long to know. It means applying ourself diligently and joyously and courageously to the principles of spiritual law that we know right now.

As an example of how wonderfully this principle works for us and through us when we begin to do our part, I would like to share the story of a challenge that faced me quite unexpectedly some time ago. It reminded me once more that unless I am watchful, strong thoughts and emotions presented by the world can temporarily overpower and sway me. In this instance a strong thought of fear caught me unaware. When I realized what had happened, I quickly went to work on my emotions with strong words of denial and affirmation—denial of negative reactions and affirmation of the one Presence and Power in my world: God, the good omnipotent.

I thought of the words of Jesus: "Let your loins be girded and your lamps burning. . . . Your eye is the lamp of your body; when your eye is sound, your whole body is full of light; but when it is not sound, your body is full of darkness." I felt full of darkness without reason, unable to handle my thoughts or myself or the challenge. I felt as though only the light of God and a feeling of oneness could bring me through the experience.

Knowing that help would come as I began where I was, I spent hours in affirmation, prayer, and determined attention focused on the light and the truth that there is only one Presence and one Power in my life, God the good omnipotent. I spent hours in knowing that I and the Father were one, *one*, ONE! I used every bit of understanding, ability, and

awareness of good that I already knew, girding myself with them, turning and returning my attention to the light, God's presence, His good.

It wasn't easy. It was a struggle and it took time, but finally the light came through. It came quietly and in a different way from what I had expected. It was as though I heard within me a gentle voice singing the song "Just a Closer Walk with Thee"—but the words were new and formed themselves within my mind easily: "His love's a love that frees from fear. Love that makes me know He's here. Love that brings me new-born peace. Love that will never, ever cease."

As I listened to the words, the entire challenge immediately dropped away and I experienced the light of oneness. The problem was gone. The answer was there. The wonderful added blessing is that afterward whenever I used the words for myself or for another, miracles of healing and blessing resulted. They are still happening!

How great it is to know that there is a Source that we can draw upon for help in our every need! How great it is to know that there is a reality of good ever waiting for us to call! How great it is to understand that we are already one with our good, that we can be one with it consciously, physically, mentally, financially! How great it is to realize that no matter what the world presents us, we and the Father are one, and nothing can change it! How great it is to see this principle work in the lives of others as well as in our own, and to know we have the kingdom of oneness—unity with our good—within us awaiting our full attention to it!

How great it is to know that there is a law of Spirit created for our use, ready to spring forth through us and to build the inmost desires of our heart into manifest blessings wherever we are—eternally!

## CIRCLE OF LIFE NO. 5

### THE BASIS

Read: Luke 11:21-23

### THE LAW

Know: Our visible world manifests the truth of our being to the degree of our mind's oneness with that truth.

### THE KEY

- Act:
- 1.) Actively place faith where it belongs, in the inner realm of cause (the kingdom of God within).
  - 2.) Begin using present abilities to produce good.
  - 3.) Take time to linger in the wonder of the realm within.





## Notes

## The Law of Persistence

One of the most valuable of the Jesus Christ teachings is the lesson regarding persistence—persistence in praying, persistence in believing in the goodness of God, persistence in the exercise of faith, persistence in an affirmative approach to every experience in life.

The Master of persistence, Jesus of Nazareth, understood the human weaknesses in the nature of those about Him. He was able to pinpoint the cause of the difficulty in each person who came to

Him and then to bring about the remedy for the ill. This same knowing Presence is still available to each and every one of us today, ready to help us surmount our challenges, leap over the walls of our unbelief, and accept the truth that we are triumphant, glorious children of God!

*Divine Love, God, is unceasingly ready to give and waits upon His beloved, man, for the call that must come in terms of Spirit.* Not everyone who says "Lord, Lord" will receive, because

many minds and hearts have not been conditioned to do so. The Giver is always ready to give, but the channels are not always open for the flow at the particular time it is humanly desired.

To illustrate this, Jesus gave us the parable of the man who at midnight asks his friend for bread. The friend does not respond at first, saying, "I cannot get up and give you anything." The Master Teacher continued, "I tell you, though he will not get up and give him anything because he is his friend, yet because of his importunity he will rise and give him whatever he needs." The next verses emphasize the necessity for activity on our part: "Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened."

This leaves no room for doubt in the mind of any true listener, for it points clearly to the necessity of stretching our known faculties and abilities, of exercising our conscious thoughts and feelings until we are able to receive increasingly from the Giver of every good and perfect gift. By power of contrast, the parable emphasizes that if man in his imperfection of expression will respond to a persistent request, how much more will the Father respond to a call from the heart of His beloved image and likeness! Fulfillment will come when the channel has opened sufficiently through the exercise, strengthening, and persistence of man's faith faculty. This is meeting the terms of Spirit as set forth by spiritual law. This is the key to answered prayer!

As I look over the outer attainments and fulfillments of my own desires over the past few years, it is clear to me that these have come through exercising my faith beyond what I felt it could accomplish, through stretching my imagination

and vision far ahead of what reasoning told me was possible, and through persistence in thinking in the right direction, directing feelings toward the desired goals, and putting all my energies into the concentrated effort to go forward step by step.

There was a period in my life when it was difficult for me to sleep. There were many reasons—concerns about others, pressures from work, excess activity. After much struggling, resisting, protesting, and complaining, I realized that this could be one of the most rewarding experiences of my life if I would consciously turn myself in the right direction of thought and feeling about the challenge.

I decided to ask, seek, and knock until it was opened to me as a blessing. It didn't happen quickly, and the results were not immediately spectacular. But gradually the light dawned upon me and the value of the experience was revealed. I learned more about myself and the needs of my being, finding that inwardly I was longing for new revelations of Spirit. I became aware that I had a lot of praying to do and that I had to attend to my own inner yearnings in order to become able to receive from the Father. These lacks were the basis of much of my unrest.

Over the months and years, the results of this period of turmoil have been amazing, because I can see that the very thing that I resisted in the beginning was the channel for answered prayer not only for myself but also for those around me. This was a time of exercise for my soul, until it opened up to new dimensions of understanding. It was a time for the stretching of my patience, faith, and flexibility in meeting many kinds of needs, others' as well as my own. It was a time when persistence paid some of the biggest dividends ever poured upon my life and being.



I learned once more what Charles and Myrtle Fillmore so effectively taught through Unity—that to spend hours in quiet prayer, blessing the mind, praising the body, feeding the soul with love and patience, brings newness to the entire being and immeasurable blessing in every area of life. Charles Fillmore put it this way: "If we do not receive answers to our prayers it is because we have not fully complied with the law . . . we miss the mark in the method of asking . . . our relation to Divine Mind is not in harmony with the law; the failure is not in God, but in us. We should therefore never be discouraged, but, like Elijah praying for rain, we should persevere until our prayers are answered. . . . Jesus said, 'Whatsoever ye shall ask in my name, that will I do.' "

To ask in the name of Jesus Christ is to ask according to spiritual law, to ask aright and be absolutely assured of answers. Our reason for being right where we are, in this life, in our present circumstances, is that we may grow and expand the innate powers of our total being—spirit, soul, and body—to new dimensions of ability and expression. This life you and I live is an exercise of the soul, if we let it be. We are to exercise our thoughts beyond what we think we can think, to exercise our feelings beyond what we think we can feel, to exercise our words of Truth beyond the usual degree of silent and audible expression.

The young Wright brothers dreamed that they could fly when everyone else thought it an impossibility. Their struggle to transfer the idea of flying from paper into physical form dramatizes the great effort and dedication each of the young men possessed. Their minds went through mental gymnastics; their emotions were tested by discouragement and impatience; their finances were strained and their physical strength tried. In each

instance they met the challenge with faith and persistence, exercising every part of their being in a supreme effort to fulfill their dream.

In the victorious moment that their homemade craft finally lifted off the ground (for a total time of fifty-seven seconds!), the men ran together in jubilation, laughing, leaping for joy, hugging one another in the flush of triumph. Today this makes us smile, as we watch men descend from their journey to the moon or as we travel to the ends of our earth at heights of thousands of feet, at speeds of hundreds of miles an hour. But we should take the story of the Wright brothers seriously, and let it remind us to be patient with the steps we are now taking in our process of spiritual unfoldment as children of eternity. It tells us that we can count on the laws set forth for us from the beginning, for they are spiritual laws that underlie every law of the universe.

This tells you, friend, that you have the entire universe with you as you pursue your goal of light, health, love, peace, joy, supply, and good of every kind. You can meet every challenge and experience of life in utter trust and dependence upon God's law, and nothing can hinder the complete fulfillment of the good desires of your heart, as you

1.) *Exercise* every faculty of your being through prayer, affirmation, and action.

2.) *Stretch* the muscles of your faith a little bit more every day.

3.) *Persist* without hesitation until at least one ray of light dawns and the door begins to open. Then persist some more!

"And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened." *God is unceasingly ready to give and waits upon His beloved, man, for the call to come in terms of spiritual law. Make that call, now!*

## CIRCLE OF LIFE NO. 6

### THE BASIS

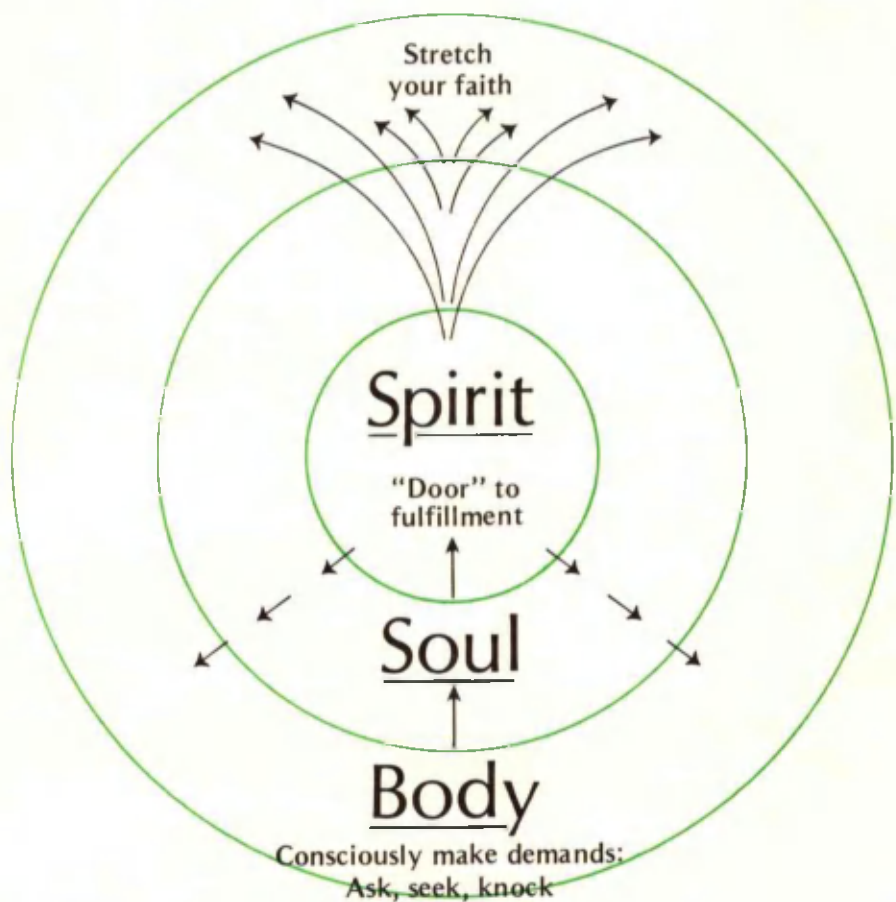
Read: Luke 11:5-10

### THE LAW

Know: Divine Love, God, is unceasingly ready to give and waits upon His beloved, man, for the call that must come in terms of spiritual law.

### THE KEY

- Act:
- 1.) *Exercise* every faculty of your being: pray, decree, do.
  - 2.) *Stretch* the muscles of your faith-thinking.
  - 3.) *Persist* without hesitation until at least one ray of light dawns and the door begins to open. Then persist some more!





## Notes

## The Law of Inner Dependence

"I can't relax!"

"No matter what I do, I can't seem to get ahead financially."

"He's ruining his life, and there's nothing I can do about it!"

"Nothing is secure any more."

"If only I felt better!"

Do these statements sound familiar to you? Most of us have had similar thoughts at one time or another.

When we find ourself in this state of mind, it is time for us to come up higher, to recognize that in spite of negative

appearances in our life, *we are children of God, spiritual beings capable of attunement to the Source of our good by direct inner contact.* The challenge is our personal starting point to progress. The crisis is an opportunity for us to put into action the wonderful law of inner dependence.

When the disciples fished all night on the Sea of Tiberias and "caught nothing," they were sure that that was the end of the story. But when morning came and Jesus stood by the sea, saying, "Cast the net on the right side of the

boat, and you will find some," they were surprised to find a whole new chapter added to the incident. "So they cast it, and now they were not able to haul it in, for the quantity of fish."

In our desperate searching for help, we will go through many nights of lonely despair as long as we depend upon outer circumstances and conditions for our answers and security. When we begin to see the light of our relationship to the Lord of our being and learn to depend totally upon His power within us, the challenge facing us becomes the starting point of a new attitude, a new miracle-producing way of life.

The Christ Mind appearing on the horizon of our consciousness looks beyond the outer appearance of things. The Christ Spirit sees the eternal substance of God rather than the surface lack in our affairs. The Christ love reaching out to us offers greater power, conviction, and fulfillment than we could gain through any amount of reasoning and work attempted by the conscious mind.

The Master of the law of inner dependence is saying: "Cast your faith on the right side, the INside of thinking. Behold the inner realm of plenty. Look at everything with the inner eye that sees all things working together for good. Behold your good, right where you are now. Behold yourself in Truth: a child of the living God, capable of attunement to the Source of your good by direct inner contact."

Calling on inner reality brings about outer blessings in many ways. For example, a friend had been nipped on the finger by a stray dog while she was feeding it some morsels of food left from a picnic lunch. Her companions were concerned about the wound and suggested immediate medical treatment. However, they were traveling in a foreign land and due to the travel schedule, medical assis-

tance was delayed.

By the next day the finger had become infected and painful, but the Truth student turned within for guidance and reminded herself that she was a child of God, capable of direct attunement to the Source of her healing. She did not let the affliction interfere with her plans, but prepared for an early-morning walk in a nearby garden known for the beauty of its birds and plant life. As she walked with her friends and enjoyed the colorful surroundings, a native of the area handed her a small flower and said, "This little flower is known to us as a symbol of purity."

She looked at the lovely flower, breathed its delicate fragrance, and laid it gently on the finger's troubled spot. As she contemplated the fragile blossom, she suddenly became aware that the infection was draining from her finger. The wound was completely healed. Inner contact, outer channel, perfect healing!

Everything that happens to us is an opportunity for us to prove the power of the law of inner dependence. When we begin to turn from the concepts presented by a negative situation to the reality of our being as children of God, we are guided, illumined, helped, healed, and blessed through a variety of outer channels.

Because we are a threefold being—Spirit, soul, body—we need to work as a team from within out, from the Spirit within out, from the Source within out, from our deeper realm outward. This requires practice on our part since we have let ourself become conditioned by outside conditions—others' feelings and words and worldly circumstances. Just as the fishermen on the Sea of Tiberias were quick to accept the appearance of "no fish," so we are prone to accept the appearance of "no help, no supply, no healing, no good."

When we turn ourself around, how-



ever, and begin from within, we hear the true message: "all help, all supply, all healing, all good." We tap the infinite resources of the kingdom of God within us, and our needs are met with an abundance to spare and to share. "So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn." Our Spirit-soul-body is great enough to receive an infinity of good, right now!

The key to receiving this good is in daily, consistent consciousness-training, by encouraging our thoughts and feelings to turn within and letting the Lord of our being give us His perfect direction.

When our conscious thoughts have been aroused by the dozens of motivating activities of the world, we need to tell them, "Be still before the Lord, and know." We need to speak to the subconscious depths within us, saying, "Be still before the Lord, and know." These words need to be said again and again, from lips to heart, from sound to silence, over and over until we are totally still. Then, in quietness, true inner knowing takes place, and we hear the Reality of ourself speak. Our dependence is rightly established.

One occurrence that touched me deeply concerns a young man whom I met shortly after an automobile mishap in which he had lost the use of one eye. The surgeons had scheduled an operation to remove the eye from the socket, and surgery was imminent when we met. Depending upon medical advice and appearances, I would have had to agree with the surgeons about the man's eye. Depending upon inner knowing, I could only believe that "the Great Physician is taking care of this in His way."

Through quiet conversation with the young man, I learned that he agreed with the way of inner dependence. So together we threw our weight of trust in

this direction: "'The Father who dwells in me does his works.' 'With God, all things are possible.' The Great Physician will take care of this in His perfect way."

As we let the inner Lord of our being give directions, a series of simple outer events took place naturally, including a continued communication between us about spiritual healing. (Inner contact, outer channels, perfect healing!)

When the receptive young person was guided to return to the hospital for the scheduled surgery, the verdict to operate was reversed. It was found that healing had miraculously begun and improvement was evident, much to the surprise of the doctors.

Regardless of negative appearances, *we are children of God, capable of attunement to the Source of our good by direct inner contact.* Know this right now for yourself, and affirm the words silently and aloud with authority and thanksgiving until you feel the essence of faith stirring anew throughout your whole being!

You are a child of God now, not just in some time to come. You are capable of tuning in to healing, guidance, peace, joy, love, and supply, now and forever. You are threefold being, Spirit, soul, and body, guided by the marvelous directive power of the Lord; the presence of God at the center of your being is ready to help and lift and free you.

Begin now to seek this secret place of the Most High with new understanding. Seek it in quiet times, resting and listening. Lovingly insist that your thoughts follow the direction set by the Most High. Gently require your feelings to come into line with the beam of the Christ light, letting every experience become a training ground for the progress of your soul. Cast the net on the "right side"—follow His directions—and you will find that nothing is impossible to the Presence of the Lord within you!

## CIRCLE OF LIFE NO. 7

### THE BASIS

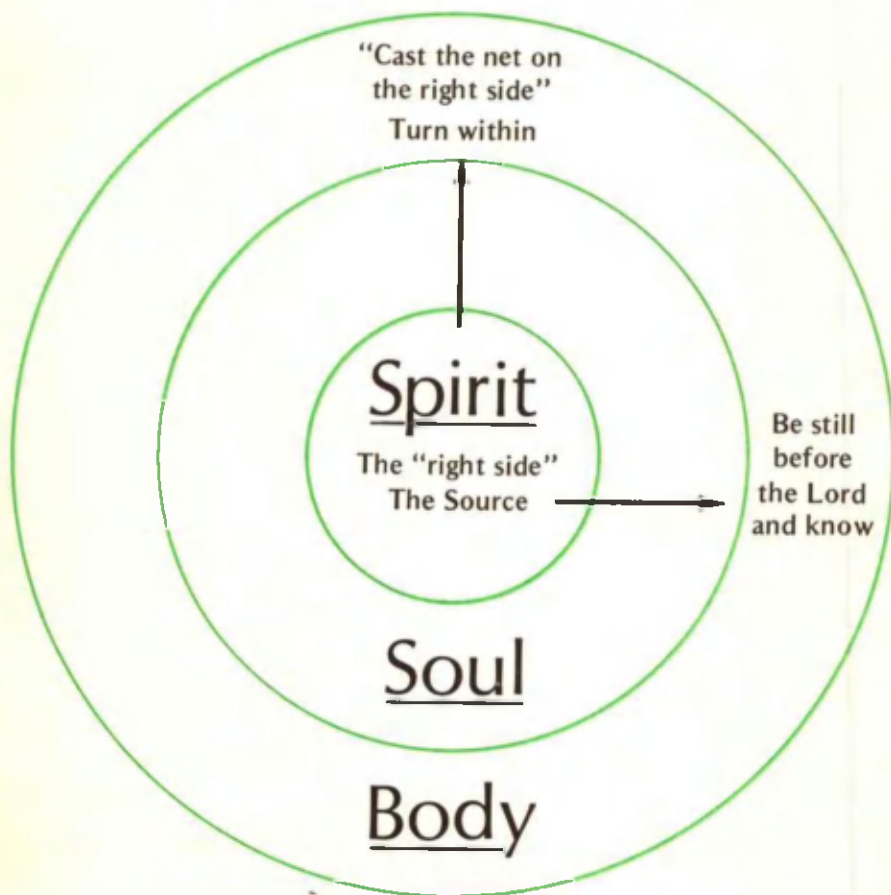
Read: John 21

### THE LAW

Know: We are children of God, spiritual beings capable of attunement to the Source of our good by direct inner contact.

### THE KEY

Act: Consistently train your thoughts and feelings to turn within, letting the Lord of your being give you His perfect direction.





## Notes

## The Law of Cleansing

One of the most vital of all spiritual laws is that which deals with the cleansing of our inner world of thought and feeling. Jesus Christ urged us to remember this law and spoke of it repeatedly in a variety of ways. He said it clearly, simply, and powerfully: cleanse the inside of your mind so that the "outside also may be clean."

Cleansing is an important part of Jesus' message, and it is symbolized in

the very beginning of His ministry by His baptism by John. He spoke of it repeatedly in the Sermon on the Mount, the parables, and chapter after chapter of discussion and illustration. It comes to the foreground again at the close of His work, when He sought to perform a final service for His disciples by bathing their feet.

In this incident, Peter at first remonstrated, then asked for cleansing not

only of his feet but also of his hands and head. We can glean from this that we as disciples of Truth also need cleansing. We need to be washed or purified through and through, time and again, until we are wonderfully cleansed and changed in mind, heart, thoughts, words, and life activities.

When we set our feet upon the path of discipleship to follow the Christ way, our life becomes a series of cleansings until we are transformed by the total renewing of our mind. We can begin to perceive in every challenge and experience a cleansing and washing away of the limited concepts which we have come to accept as a way of life.

The Master of life and the laws of life are telling us that *every thought and feeling not born of Spirit is to be rooted up at the proper time so that we may express the truth of our being as children of God*. Jesus mentions this law of cleansing again and again:

"For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'?"

"The good man out of his good treasure brings forth good."

"Every plant which my heavenly Father has not planted will be rooted up."

"Unless you turn and become like children, you will never enter the kingdom of heaven."

"First cleanse the inside of the cup and of the plate, that the outside also may be clean."

It is not always easy to begin this cleansing process within ourself, even though we may desire to experience the kingdom of heaven, but when that desire is there, the loving Father will make a way for us to receive it.

Some time ago a fine young person came to counsel with me regarding the lack of communication between him and his parents. As a maturing individual

ready to launch into the many experiences of life, he had encountered a number of unforeseen difficulties, serious ones in the eyes of those who cared about him.

In the endeavor to pinpoint the cause of the breakdown in communication, we spent hours together in discussion and prayer. Nothing was happening to give his parents or me any encouragement. As I prayed silently to receive guidance and direction to help this young person, it became clear to me that something remained uncovered beneath the surface of both the conversation and the young man's many denials of wrongdoing.

Finally I knew that it was necessary for me to insist, lovingly but firmly, that the young man voice everything. I told him that I would not relent until he had told me all the details of the situation. This was a difficult position for me to take but one that I knew to be necessary. This resulted in a painful experience of several hours' duration, but in a final burst of resentment, frustration, and anger, the young man poured out everything he had been holding in for many months. With the admission of untruths, fabrications, and unhappiness, the air began to clear. A cleansing was begun, and there followed a time of quiet reasoning, understanding, and the renewal of the loving relationship that had appeared lost.

*Every thought and feeling not born of Spirit is to be rooted up at the proper time so that we may express the truth of our being as children of God*. As we pray for guidance and insist on the release of pent-up feelings, speaking or writing them to someone else or to ourself, the cleansing will occur.

Many times old hurts settle down within us and we are not even aware of them. Sometimes we hold on to resentments and past mistakes and failures without knowing it. We may blame our



body for its aches and unknowingly add to its discomfort. Frequently we have feelings of lack and inadequacy and never make an effort to get rid of them. Again and again we criticize ourself or others for events that occurred years ago, and we do not realize that we are feeding the subconscious mind with impressions of unhappiness. Is it any wonder that Jesus Christ advises us: "Cleanse the plate! Cleanse the inside of the cup!"?

In a recent personal challenge, I found myself in need of more than usual prayer, faith, peace, and healing. I discovered to my surprise and dismay that a lot of cleansing needed to be done. I began to vent the pent-up feelings I had been ignoring; I spoke them to myself, aloud and silently, determined not to hold back one detail. After this outpouring I became quiet, listening to be sure there was not something else that needed airing. When I was sure that all the necessary uncovering had been done, I began an hour of forgiving and praising everything and everyone that came to mind. This was a rewarding and illuminating experience, and it brought forth a sense of peace and love and gratitude such as I had never before known. It was as though my soul had been refreshed, renewed, reborn. The peace, love, and happiness I felt were indescribable in any words. Love for the Truth of being, for the Father, for people, for all creation welled up as a flowing stream from within.

This is not an unusual happening for anyone who will seek to use the law of cleansing, but rather an orderly result of emptying, sweeping, and clearing out the accumulated thoughts and feelings of days and weeks past. It takes time, thought, and honesty with oneself. In turn it brings amazing newness and healing.

Whenever you are faced with some

challenge, turn to the wonderful law of cleansing and let it have its powerful way in your life. Follow these simple steps:

1. Vent pent-up thoughts and feelings. Write them, speak them, express them in some way as often as necessary until they are released from your inner feelings. Listen within.

2. Begin to praise yourself, others, everything, and continue to do so, either silently or aloud, until the contagion of praise is felt within. Listen within.

3. Take the next step at hand in faith, listening within.

The cleansing will happen! The rewards will follow! The plate and the cup of your mind will be wiped clean, and the healing will be allowed to come forth.

*Every thought and feeling not born of Spirit is to be rooted up at the proper time so that we may express the truth of our being as children of God.* There will appear the right time, the right person, the right way and means for this to happen. It need not be forced, nor need it happen all at once. The Christ way is one of guidance, loving-kindness, and gentle leading. His timing for our steady growing and unfolding is all-wise and all-loving.

As you let yourself be led by this Presence through each challenge and growth experience in your continuing progress as a child of God, you will find new realms of understanding revealed within yourself and new areas of capability and power unleashed. With every cleansing of your soul, more of the innate beauty of your being will be opened to you. The Truth about you will stand forth clearly. Out of the good treasure of your selfhood will pour the goodness of renewed light, wholeness, peace, love, joy, and abundance. Out of the cleansing will come the kingdom of God, ever waiting for expression through your life.

## CIRCLE OF LIFE NO. 8

### *THE BASIS*

Read: Matt. 23:26

### *THE LAW*

Know: Every thought and feeling not born of Spirit is to be rooted up at the proper time so that we may express the truth of our being as children of God.

### *THE KEY*

- Act:
- 1.) Vent pent-up thoughts and feelings.  
Listen within.
  - 2.) Praise yourself, others, everything.  
Listen within.
  - 3.) Take the next step at hand in faith.  
Continue to listen.





## Notes

## The Law of Well-Being

Everyone is entitled to well-being by reason of divine inheritance. God is the author of the law of well-being, and He is ready, willing, and waiting to meet every need according to the demand of His offspring. *There is no shortage of well-being, for nothing is scarce in the kingdom of God. Divine substance will meet every demand made upon it in faith.*

When a challenge arises in our life, it presents an opportunity for us to be aroused into a new awareness of the good our Father wishes us to accept. The testing of our faith in healing can be an opening to greater well-being than we have yet experienced. The financial crisis we wish would disappear can mark the emergence of new channels of supply we have heretofore ignored or discredited. The disruption of cherished relationships can cause a quickening of our entire life, both within and without, and draw us into happiness and enjoyment we have

never before experienced.

Several years ago I counseled with a beautiful young woman who was going through a difficult ordeal of divorce, and recently she shared with me the amazing series of events that followed her challenge. Through prayerful inward searching, she had known that the separation from her husband was necessary for the well-being of them and their three children, and she had worked to meet the trials as they arose. She had seemed to be without friends, financial means, or approval from those around her.

Using her spiritual understanding, she had pressed forward in complete trust that God wanted her to live more richly, fully, and expressively. As a result, every obstacle disappeared, and she is now the radiant epitome of well-being. She holds a responsible position that provides a liberal salary and the opportunity to serve people. She has attracted into her life a spiritually-minded partner who is a

companion for both her and her children. Her former husband has happily remarried and enjoys a fine relationship with the children. In her own words: "Those who know me can hardly believe this has all happened as a result of prayer and faith. Perhaps the most wonderful part of the entire experience is the answer to my prayer for the perfect marriage partner to help direct my children into a spiritually-centered life. Not only is this man a beloved father to his new children, but we both find our complete inner spiritual nourishment through agreement with Unity principles as taught in our local church."

*There is no shortage of well-being, for nothing is scarce in the kingdom of God. Divine substance will meet every demand made upon it in faith.*

Jesus Christ knew that for the most part His listeners were average people who tried to do the right thing, who made mistakes but endeavored to correct them, who worked diligently at their daily responsibilities, and who met the trials that came into their lives without too much complaint. He also knew that they needed a new set of standards to help lift their vision above the average expectations of the day.

Therefore He related to them the remarkable story of the prodigal son, which not only emphasizes the richness of our Father's love and forgiveness, but also teaches that love, forgiveness, and general well-being belong to all His children. These things wait only upon our demand, our asking for them.

Throughout her difficult experience of divorce, financial hardship, and rejection, the young woman's attitude remained consistently positive. She did not complain about the criticism of those close to her. She did not compare her life to the more conventional lives of others about her. She did, however, inwardly set her sights on the manifesta-

tion of her own unique self-expression of creativity and of the kind of companionship she needed. This is the same kind of attitude that Jesus described as miracle-producing. This attitude stops complaining, stops comparing, starts commanding its own!

Another friend has shared a similar story with me. She was seeking employment that would not interfere with the time she needed to help with her husband's business and that would allow her to be home when her children returned from school. "I want work that gives me an opportunity to express myself, that places me with people I can serve," she said. "I want to earn a good salary and have a sense of well-being."

She prayed about the situation and completely trusted the Father to provide well-being in all areas of her life. Soon she was led to a position that enabled each of her desires to be easily and perfectly fulfilled. Her hours of work permit her to be home by midafternoon. She comes into contact with an interesting variety of people, and she is liberally recompensed for her good work.

*There is no shortage of well-being, for nothing is scarce in the kingdom of God. Divine substance will meet every demand made upon it in faith.* This working mother found her good by successfully using the key to the spiritual law of well-being: she stopped complaining, stopped comparing, and began commanding her own!

If you have read the story of the prodigal son (Luke 15:11-31), you will remember how upset the prodigal's brother became because he had received no fatted calf and no celebration in spite of his long and faithful service to his father. How easily we may sink into this attitude when we have worked earnestly at our job and yet see someone else benefit more richly, receive more bountifully than we! At this point it is impor-



tant to remember the father's assurance to the discouraged son, "Son, you are always with me, and all that is mine is yours." This tells us that beyond a doubt, the father would have given the son his desire—if he had asked openly instead of complaining, if he had asked instead of comparing his lot with his brother's, if he had asked for what rightfully belonged to him by birth.

We are children of the kingdom of God and are ever one with the Father and with His plentiful supply of good. All that He is and has is ours. The wonderful Father of our being has decreed as spiritual law that well-being is always available to us upon our command as a spiritual child of His kingdom. Often we learn to ask because of challenges that come into our life, because of trials that set us to thinking about the magnitude of the kingdom within and about the infinite good we need only accept.

Sometimes in our involvement in personal problems, we forget our royal birth, our sonship as spiritual offspring of the Father. We forget that all His kingdom is ours, regardless of any obstacles seeming to stand in the way of our good.

About a year ago a young man was reminded of this truth in an unusual way. He had set out on a new sales route in a rural area and was driving into some thickly wooded hills toward his destination when he realized that he had lost his way. At that moment a tire blew out. He sat still in the car, stunned by the unforeseen "bad luck" as he remembered that there was no spare tire in the trunk.

There was nothing he could do. There were no houses in sight, no town nearby, no way to repair the damaged tire. His thoughts turned to some words his grandmother, a Truth student, had recently spoken to him: "Remember, you are a child of God, and nothing can

stand in the way of your good. Your well-being is His delight. Ask, and He will help you, no matter what the circumstance."

Quietly and humbly the young man began talking to God about the situation, asking for the help he needed, knowing that there had to be a solution regardless of the complications. The only answer he received was a feeling of the need to continue to be still, to trust, and to wait. Late afternoon turned to early evening. The young man meditated on the beauty all about him as the stars emerged in the night sky. He watched the moon rise over the hills and the trees, and a sense of peace enveloped him.

Following the brightness of the moonlight falling on the foliage around him, his eye suddenly caught the glint of an object lying in a clump of bushes. He jumped up and ran to the spot, and there to his delight he found a tire! It was in good condition and even had sufficient air. Later he was to report to his family, "Not only was it a good tire, but it was a radial tire!" He still has it on the car to this day.

*There is no shortage of well-being (no matter what the need may be), for nothing is scarce in the kingdom of God. Divine substance will meet every demand made upon it in faith.* There is nothing you need that God cannot provide. There is no lack you could feel that God cannot fulfill in a perfect way. There is nothing of mind, heart, body, life, or affairs that is beyond the love, attention, and concern of the Father. Whatever you need, the Father will better it, increase it, provide it through the infinite resources of His kingdom.

You are a child of His kingdom, heir to His good, and He wants you to ask according to His spiritual laws. He is assuring you right now, "You are always with me, and all that is mine is yours."



## CIRCLE OF LIFE NO. 9

### THE BASIS

Read: Luke 15:11-31

### THE LAW

Know: There is no shortage of well-being, for nothing is scarce in the kingdom of God. Divine substance will meet every demand made upon it in faith.

### THE KEY

- Act:
- 1.) Stop complaining.
  - 2.) Stop comparing.
  - 3.) Start commanding.



## Notes

## The Law of Completion

As we continue to grow in our understanding of spiritual laws, we find that at times we demonstrate the Truth of our being quickly, even instantaneously. We also find that at times we seem to be up against an impenetrable barrier to our good, and the demonstration is delayed, the challenge prolonged until we may doubt that the victory will ever be realized.

Because of our tendency to develop this latter state of mind, the loving Lord of life has given us encouragement through the spiritual law of completion. This law tells us that we are to follow

through to the very "end of the age" or the conclusion of any limited state of consciousness, whereupon a new realization will come and we will enter a new "age" of understanding. This actually happens in every demonstration, whether we are aware of it or not. God, our Father, is orderly and methodical in His creation of a basis for our evolution into perfect expressions of His image and likeness.

Jesus Christ—the beauty, love, and life of God manifest as the Son—tells us about the law of completion in His parables of the seed. First He gives an

example of seed sown in various types of ground and producing in a variety of ways. The second example deals with weeds that are permitted to grow among the wheat until the time of harvest. The third example tells us of the mustard seed and its process of development. In each instance, Jesus places His emphasis upon the process of development as it leads to completion.

The object of each of these stories is to highlight the idea of completion. Jesus reminds us that the good seed is destined to bear good fruit, that the wheat is meant for harvest, and that the mustard seed's potential is to become the "greatest of shrubs." He also reveals to us that as children of God, we follow a similar pattern of expansion. We pass through every worldly testing in order to emerge shining "as the sun in the kingdom" of our Father.

What a heartening message! What blessed encouragement! Out of the depths of each challenge in your life, you are intended to shine forth as the sun. You are to come through the tunnels of despair, the valleys of doubt, the gloom of defeat and discouragement, and to shine as a bright and glorious child of God. The spiritual law that He wants us to understand is that *for every challenging experience of life there is an orderly process of development and fruition. Follow through in patience to completion.*

Not long ago I had a personal experience that helped give me an increased understanding of how this spiritual law works for us. I found myself in the midst of yet another challenge, and I was rebelling against it. Why did this have to come into my life to hinder me when I had so much to do and when I had thought I was well on the path to keeping my thoughts in order?

Knowing better than to continue resisting, I got to work by putting aside

my unhappiness about the condition, affirming that good was in it, and using all the words of Truth necessary to get myself into a positive and receptive attitude. This took quite a bit of time and effort—hours and days of denying and affirming, meditating and waiting on Spirit's guidance. At times I felt that I was trying to force an answer, and I had to let go. At other times I was too passive and I had to arouse myself with strong verbal declarations of Truth.

Day by day I learned little things about myself and about the Father's laws. One day as I watched the spray of the ocean's waves against the sand, my eye was caught by the sight of a gray pelican some distance off shore. The bird sat resting quietly and serenely atop the water's surface, the strong billows serving only to give him greater buoyancy and a more enjoyable ride before he flew off to dive for his midday meal. Just seeing this natural beauty expressive of peace, patience, and trust reminded me of the love and wisdom of Spirit's law behind it all.

I wrote out the words that came to me: "I have faith in God's marvelous laws. I trust the processes of His laws of Spirit. I am in tune with divine law and will be patient to let His law work. I will unfailingly do my part. Each day I will complete what is at hand to be done. God's law, the sum total of all spiritual laws, is dependable. I do my very best each moment. I practice being patient with myself and with others. I practice having faith. I forget the weeds and concentrate upon the harvest."

"First the blade, then the ear, then the full grain in the ear." These words of Jesus gave me encouragement to know that completion would follow the process of development. The parable of the wheat and weeds reminded me strongly that I must forget the weeds and concentrate on seeing the harvest within.



After weeks of persisting in this vein, the revelation came and the realization was complete. Finally I could see why the experience had come into being, what wisdom, goodness, and blessing had come from the entire period of testing. There was a new sureness and conviction within my soul because of the experience; I had gained a new understanding of myself and of the laws of Being, new recognition of my own needs, and new readiness for spiritual development. The blessings were abundant as a new age of illumination opened within.

Since my period of testing, I have seen others move through similar growing stages with similar results. One woman commented, "I see new things happening to me and within me and even extending to bless those around me." She had overcome an emotional and physical condition that had been a serious challenge to her. It took time, work, and application on her part, but the improvement was evident and the results miraculous.

*For every challenging experience of life there is an orderly process of development and fruition. Follow through in patience to completion.*

It is encouraging to read Jesus' parables of the seed in Matthew 13, for they give us insight into His great understanding of us as growing, evolving children of the Father. Through them He tells us that sometimes the trials we go through are of our own making because we will not endure and persist toward our goal.

He also tells us that some trials come into our life without our conscious participation. An unseen "enemy" seems to have perpetrated them. We may call this "enemy" race consciousness, the world, evil, error, Satan, or whatever, but Jesus emphasized that this so-called evil influence and its undermining activity would be defeated and dissolved at the "end of the age," at the conclusion of our limited state of consciousness and the

opening of our new limitless spiritual state.

This will happen only as we are diligent in following through to completion what we have begun. Jesus is saying: "Get into the habit of finishing things; complete what you start, persist in what you believe. Forget the weeds; focus on the harvest." This is the key to the law of completion.

Regardless of any challenge in your personal life, you are right now in the process of unfolding and on the way to harvesting your good. Instead of trying to gather up the "weeds" to get rid of them, begin placing your thoughts and feelings on the wonder of the harvest to come, for it *will* come!

Establish yourself firmly upon the base of spiritual law by repeating affirmative statements. Determine to follow through each hour, each day, each week until you are satisfied that you have done all you should do to comply with the wonderful law of God. Be patient with yourself and with your progress. Realize that you are an eternally unfolding child of God, already on a path of limitless peace, joy, love, life, and wondrous development. You are going to shine "as the sun" with new life and health, peace and joy, love and success and satisfaction!

Tell yourself a hundred times a day: "I will forget the weeds. I will focus upon the harvest." As you do this, you will find the weeds diminishing of their own accord, and the field of your mind will be white and shining with the beauty, freshness, and glory of Spirit. You will find not only a sense of satisfaction within yourself, but also demonstration upon demonstration of the completion of good in your world of affairs. You will find yourself working with unfailing law, the law of your own being that brings all the desires of your heart into perfect completion.



## CIRCLE OF LIFE NO. 10

### THE BASIS

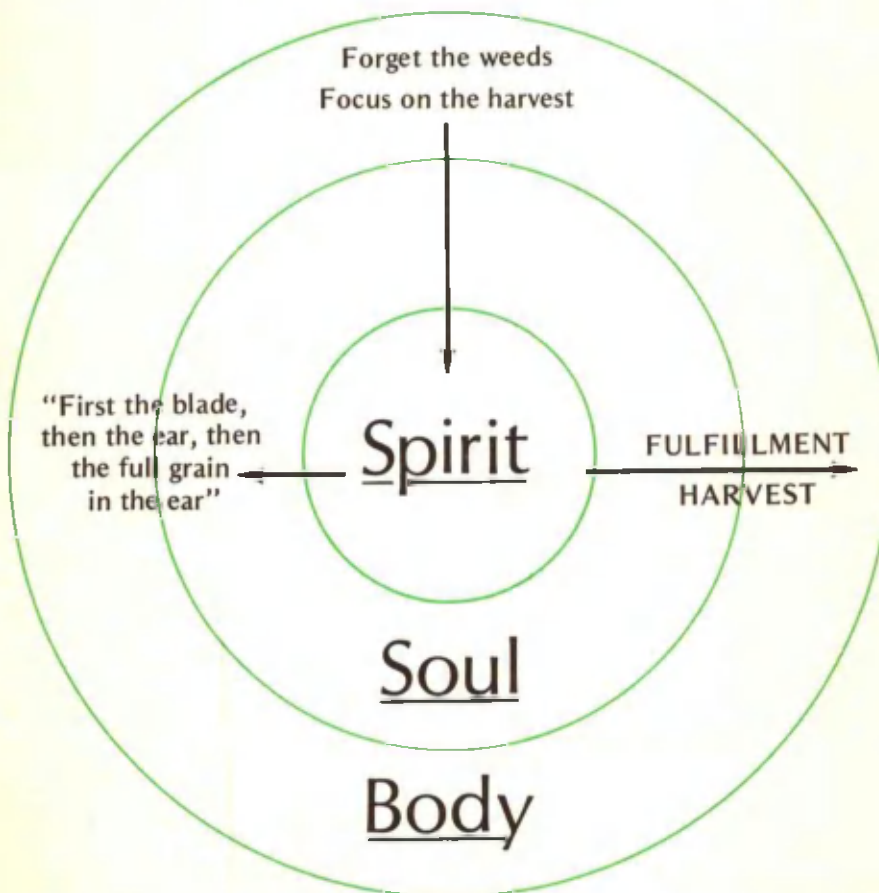
Read: Matt. 13:18-32

### THE LAW

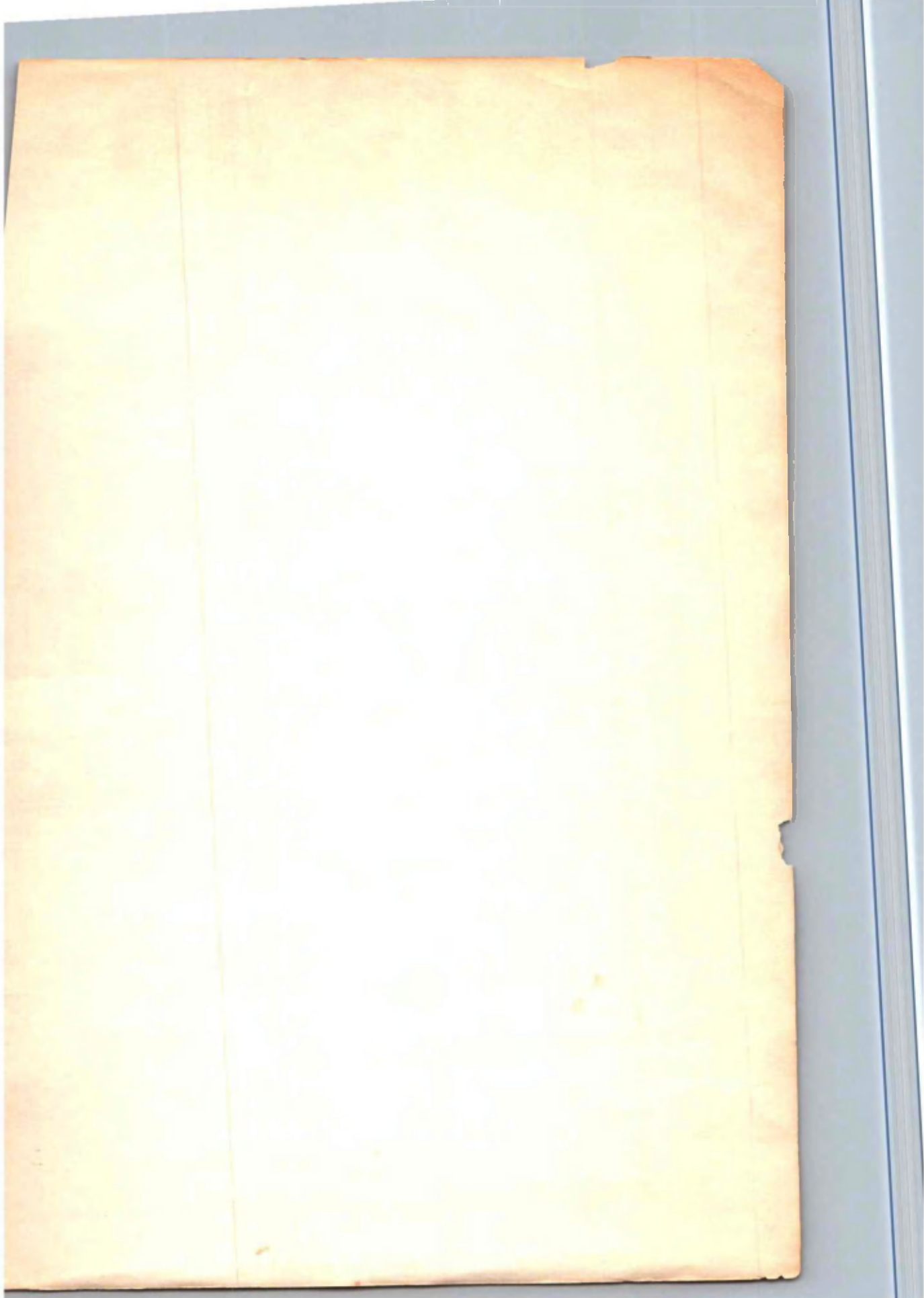
Know: For every challenging experience of life there is an orderly process of development and fruition. Follow through in patience to completion.

### THE KEY

- Act:
- 1.) Forget the weeds.
  - 2.) Focus on the harvest.



## Notes





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