

Ministers / Bachelor's Degree Course Study Modules

VOLUME 4

Modules: 37 - 48



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A Lesson in METAPHYSICAL SCIENCE (R)

New Dimensions in Spiritual Understanding and Practice

Moderation vs. Extremes

MODERATION – The person who chooses to live within the principles of moderation will seldom be faced with extreme situations of his own making.

- ▶ *How badly do you want peace of mind?*
- ▶ *Do you want it badly enough to really change the way you are living your life?*
- ▶ *This of course must be genuinely true for you to actually make the change.*
- ▶ *If so, nothing – beyond God – will help you as much, on a practical level, as an understanding that MODERATION is the philosophy of those who possess greater peace of mind.*

For example, do you crave excitement? Have you ever considered that what comes up must also go down – including your emotional zeal? A person who craves excitement will find it very difficult to experience peace of mind. This type of person must always have something exciting going on in his life, or he will feel depressed.

On the other hand, do you close yourself off from the world, having created a little environment of your own in which, at least for the time being, you feel a sense of security? This too, is an extreme, and it is just as much an escape as is the world of the person seeking excitement. Both examples presented reflect those who choose extremes – because they find it difficult to look to themselves.

- As I have taught extensively – and it always comes back to the same truth – **if you want to look up to yourself, REALIZE THAT YOUR IDENTITY IS A ONENESS WITH GOD.**
 - ▶ This does not imply that you become an egotist, which would plunge you into yet another extreme – one related to spiritual concepts.
 - ▶ And it does not suggest that you withdraw from the world, as this in itself is also an extreme.

- **What is being said here is that – without making an issue of it to anyone but yourself – YOU HAVE A ONENESS OF IDENTITY WITH GOD.**
 - ▶ Then continue with your life, neither craving and chasing after any whim or fancy of enjoyment that may come along, nor withdrawing.

Live in Moderation – in ONENESS WITH GOD

As you live in oneness with God, choose to live your life in moderation, always being aware to avoid extremes.

- ▶ By being moderate, you will avoid the wrenching emotional extremes that fill life with constant turmoil, leaving little time for the peace of mind in which both love and God can be enjoyed to the fullest.

- ▶ Below are listed some examples and recommendations one can practice to live within the Law of Moderation, and thus find deeper happiness through greater peace of mind.

GUIDELINE

For Living the Law of Moderation

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- Don't spend too much money or too little.
 - Don't work too hard, but do work enough.
 - Don't overeat, and don't under-eat.
 - Don't sleep too much and don't get too little sleep.
 - Don't judge anyone or anything as either totally good or totally bad.

Neither look totally down on yourself nor totally up to yourself. INSTEAD, LOOK TO GOD.

- Neither look totally down on yourself nor totally up to yourself. Instead, *look to God*.
- Neither seek *total dependence* on another person, nor someone else to be *totally dependent upon you*.
- Avoid taking an extreme view on most of the questions and issues you face.
- Don't continually cry out to someone for help – do so only when there is *no other alternative*.
- Accept that nothing and no one is totally black or white in regard to what they appear to be.
- Don't accept that you are a failure. Merely accept that you have not yet accomplished what you wish, but that you are constantly moving toward your desired goals.
- Live life at a steady, even pace, avoiding being emotionally very “high” one day and very “down” the next.

Learn that people are neither above you nor below you, regardless of position or situation.

- Learn that people are neither above you nor below you, regardless of position or situation.
- Choose neither to withdraw from life, nor to plunge into its activities too hastily.
- Listen to the opinions of others, but make up your own mind, at the same time praying that you are guided by God.
- Accept that human life is neither totally good nor totally bad – and emotionally, live accordingly.
- Don't have the feeling that you should be punished for something, and at the same time, don't seek to punish or seek revenge on others.
- Don't live for love, but live to love.
- Eliminate the need to prove yourself to anyone – including yourself.
- Continually reevaluate yourself, but neither expect too much nor too little from yourself at the conclusion of your evaluation.
- Attune your voice to moderation. Neither speak too high nor too low, neither too fast nor too slow.
- Adjust your physical movements to a moderate pace and stance. Neither rush nor drag your physical movements or carriage as you walk.

Give yourself to nothing and no one completely except to God, and know that God expects nothing from you.

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- ◇ Frequently refer to the above short list on how to adapt yourself to the peace-giving Law of Moderation.

 - ◇ Numerous items could be added, but I leave that to your own common sense, knowing that if you will follow that intuition, moderation can more readily become your natural way of life.

 - ◇ Consider your own peace of mind as the reward for your moderation, and live more happily – in God, within and about you.
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