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A pattern is far more than just a physical appearance. It is a *manifestation of a psychic force* that is active in one’s life.

- Psychologically, we may speak about the effects of positive or negative patterns in the subconscious mind, but with psychic and spiritual wisdom, we can gain further insight as to how to handle them.

  - As you have learned in your Metaphysical Science studies, *THOUGHT IS ENERGY*. Therefore, when a pattern is established, there exists a *CRYSTALLIZATION OF PSYCHIC ENERGY*.

You have also learned that you are a *PSYCHO-PHYSICAL UNIT*, i.e., the mind rules the body and the body rules the mind, or the two interacting upon one another as one unit. Physical action and activity, therefore, can be introduced as a way to influence the energy patterns of the mind.

It logically follows that when a person is in a rut, a change of scenery or vacation becomes the prescribed remedy. However, as this lesson points out, one really needn’t take a vacation in the ordinary sense, but rather, a vacation from certain *set ways of doing things* in the course of one’s normal activities.
To break any pattern, it is necessary to “shake it up.” That same principle applies to negative patterns built up in the mind.

- Not all patterns that one wishes to eliminate, however, have to be negative. Some may have been positive at one time, but now, having served their purpose, are more of a “drag” of past vibrations and personal performance.

- On a psychic level, when mental patterns have been active for a long period of time, there is almost a PSYCHIC WALL that surrounds a person, through which, seemingly, no new positive experiences can penetrate.

- The purpose of this lesson is to help you break through any psychic wall that may surround you currently, or at any time in the future.

The purpose of this lesson is to help you break through any psychic wall that may surround you currently, or at any time in the future.

With the intention of establishing positive thought patterns in your life, we will use many of the psychic-spiritual means at our disposal, as follows:

- Suggestions will be made with regard to your physical activities, for if we can change the effect on the physical senses, we can affect the mind, and therefore, shake up old patterns.

- We will use Psychic and Spiritual Energy and Presence, respectively, to influence established mental patterns.

- We will use Positive Thought Programming to plant seeds of new life experience in the mind.

- We will invoke the DIVINE PRESENCE of GOD-POWER in the unconditioned center of the mind, to act in removing unwanted patterns, and for the establishment of positive new patterns.

In short, all of the techniques that follow will be used to provide you with a new pattern of positive living!
### Techniques for Changing Patterns

- **PSYCHIC BREATH ENERGY** – Whenever you feel old patterns closing in on you, go outdoors for a few moments and breathe a few deep breaths. As you do, feel that there is a psychic renewing energy in the air you breathe that is affecting your body, and, in turn, the patterns in your mind – dissolving old ones and creating new ones.

- **INCENSE AND BURNING** – Burn incense heavily in your residence for a few days.
  - The psychic property in incense tends to dissolve psychic thought forms lingering in the psychic atmosphere; these thought forms are associated with past thought patterns and are constantly influencing one’s auric field – and, in turn, one’s mind.

- **WHITE LIGHT AURIC PROTECTION** – Many of the people with whom you come in contact may have an influence on you that is connected with old, negative patterns. While in their presence, always remember to IMAGE MENTALLY and project a white protective aura of light around your body.

- **POSITIVE THOUGHT PROGRAMMING** - Each day, give yourself the following thought suggestions, while in a state of meditation or in an instantaneous meditation:
  - “The SPIRITUAL LIGHT of my TRUE BEING and GOD-SELFHOOD has already dissolved unwanted thought patterns from my mind. For this, I give thanks, AND SO IT IS!”
  - “My DIVINE SELF is constructing new thought patterns of a positive nature in my mind, this moment, and I accept that they are already mine. For this, I give thanks, AND SO IT IS!”
  - “The POWER of GOD within me is mightier than any pattern I wish to be rid of, and so, through the GOD-POWER within me, my mind is made new. For this, I give thanks, AND SO IT IS!”
INVOCATION TO THE GOD-MIND WITHIN - Metaphysical Science teaches that when you call forth to God, you direct your call to within your body. The PRESENCE of GOD is at the CENTER of your mind, like the hub of a wheel. Around the hub are other sections of the mind, or levels, inclusive of one’s personal subconscious mind, which storehouse one’s mental patterns.

♦ “I call forth into the CENTER of my mind to the GOD of the UNIVERSE, that healing energies radiate new, positive thought patterns into my subconscious mind. I give thanks that I am heard, AND SO IT IS!”

♦ “I invoke the TRANSFORMING PRESENCE of GOD at the CENTER of my mind, that my mental patterns be transformed to positive new ones. For this, I give thanks, AND SO IT IS!”

From the New Testament, we read:

“Be ye transformed by the renewing of your mind.”

Changing Activity Patterns

Changing the way we engage in daily tasks has an effect on the senses; through the senses, the nervous system; and through the nervous system, the stale thought patterns in our subconscious mind.

♦ Below are guides to be used to change, or vary, our daily routine. Because every one of us follows particular habit patterns and routines, it is up to each of us to determine how we can do things differently as we go through the day.

♦ Re-read this module every day for the next seven days to condition your mind for changing the patterns in your life.

♦ Give yourself the following Thought Affirmation each morning:

♦ “Today, in everything I do, I will be very conscious of doing it differently than I have before. I am DIVINELY guided to do everything better. For this, I give thanks, AND SO IT IS!”
Guides for Changing Your Daily Routine

► SHOP at a different time or place than you normally do.
► CHANGE OR ADD something new and exciting to your diet.
► EXERCISE PHYSICALLY or try new exercises.
► DO SOMETHING you have been putting off.
► DO SOME HOUSECLEANING; throw away items no longer needed, or give them to someone who can use them.
► MEDITATE at a different time of day than usual.
► GET UP at a different time and retire at a different time.
► If you are going shopping for clothes, BUY AN EXTREME STYLE that you would not ordinarily purchase.
► If you have had negative communications with someone recently, TALK TO THAT PERSON IN A FRIENDLY MANNER.

General Points for Reflection

► Anything – ANYTHING – that has been can be changed.
► You have the POWER of GOD WITHIN YOU to make things new.
► EXPECT – with an attitude of certainty – positive new changes in your life.
► EXERCISE PATIENCE. Patience builds psychic-spiritual energy that makes positive things happen!
Prayer Treatment

“DIVINE PRESENCE of GOD within me, I affirm that you are eliminating that which must be removed from my mind.

Through Your renewing PRESENCE within me, my mind is renewed and reborn to positive new thought patterns of life and living.

YOU, within the midst of me, are the architect of my mind and life. My mind, within the SPIRIT of Your Presence, is patterned anew this day.

For this, I give thanks ... I let it be so ... AND SO IT IS!”

◊ May God WITHIN you, BLESS you, NOW and ALWAYS.
How you see yourself every day reflects the quality of your life, and the way it is either progressing or regressing. In your mind, each moment, your thinking and awareness are making or breaking your life and its potential.

Here, in the activity of your mind, is the image that you have of yourself. That image impresses your subconscious mind psychologically, and either gears it for success and happiness, or failure and frustration.

The mind contains thoughts and awareness that impress its psychic-telepathic nature, radiating out thoughts to others, and attracting back the likeness of those thoughts.

- Your thoughts correspond to emotional energies that discharge themselves every day through your auric shield. They either make your company more attractive to positive people who can help advance your life, or they repulse them, attracting negative people who can only hinder you.

- Hence, within the province of the mind, our thoughts and awareness ripple into the UNIVERSAL MIND of NATURE, or GOD. According to the nature of our thoughts and awareness, they either enhance or detract from our lives.
Your mind and its inner or Higher Nature can be your Aladdin’s Lamp to a better life! However, if not utilized constructively, your mind can be a curse. For all of your thoughts, as they stimulate corresponding emotions, are the building blocks upon which your self-image is constructed.

- The intent of this module is to help you see yourself in a better light, and through this positive view, to extinguish any shadow of despair in every area of your life.

- The primary method suggested here is to ADD POSITIVE ENERGY to all levels of your mind – psychologically, psychically, and spiritually. To accomplish this, we use a concept called ACTIVITY VISUALIZATION.

ACTIVITY VISUALIZATION, though simple in practice, can bring extra dimensions of positive thought energy to your mind and awareness.

- This technique is based upon the metaphysical practice of VISUALIZATION, carried to new heights in what it can accomplish.

- It is achieved by thoroughly applying it throughout each day, in everything you do.

- The impress of “picturing” upon the mind adds this extra positiveness, multiplied many times over through its constant use.

- ACTIVITY VISUALIZATION IS, IN FACT, PRACTICING VISUALIZATION – not just a few minutes a day, as is usual in metaphysical practices, but utilizing every activity of your day as a stimulus for visualization, thereby vastly increasing its effectiveness.
When you visualize, you are individualizing the Universal Process of Creation – that is, the UNIVERSAL MIND sees into its own mind what it wishes to create in the manifesting body of the universe, which is ITS MIND.

- When the Bible states that we are made in God’s image, it implies that the MIND, and we, as individuals, can follow the same creative process as the GOD-MIND. In other words, we create by what we see in our own minds.

Program the following affirmations into your subconscious mind each day, either while in a light state of meditation or self-hypnosis.

- When visualizing, you need not necessarily see yourself in your mind’s eye. It is just as satisfactory to see yourself in your imagination.

- “Throughout each moment of each day of my life, every time I see a healthy person, I will SEE myself in my own mind as having the same kind of health.”

- “Throughout each moment of each day of my life, every time I see a prosperous person, I will SEE myself in my own mind as a prosperous person.”

- “Throughout each moment of each day of my life, every time I see a person who knows love in his/her life, I will SEE myself in my own mind as a person who is experiencing love in my life.”

- “Throughout each moment of each day of my life, I constantly, consciously or subconsciously, visualize myself as a person who thinks, acts, and feels as a person with a wonderful life.”

- “Throughout each moment of each day of my life, every time I see anything I might want to own, I immediately SEE myself in my own mind as having the money to buy it, and buying and enjoying it.”

- “Throughout each moment of each day of my life, in everything I am doing, I visualize it as being done by the INNER LIGHT through me (TRUE BODY of HIGHER GOD-SELFHOOD)”
Just as your subconscious mind works the involuntary organs of your body without your conscious direction, so, in the same manner, you can use it to impress itself through your body chemistry.

Remember, you are a psycho-physical unit – that is, the mind affects the body and the body affects the mind.

To set Subliminal Thought Visualizing into motion, program the following into your mind each day, either while in a light state of meditation or self-hypnosis.

- “With every breath I breathe each day of my life, my subconscious mind accepts a visual picture of me as a healthy, prosperous, fulfilled and happy person.”

- “With my every heartbeat, each day of my life, my subconscious mind accepts a visual picture of myself as a person of radiant health, financial wealth, fulfillment, and happiness.”

- “With every action of my involuntary organs, my subconscious mind accepts a visual picture of myself as a person possessing health, abundance, love, and awareness.”
Meditational Prayer Treatment

“DIVINE PRESENCE of my CREATOR in the midst of my mind, into YOUR PRESENCE I now speak.

Just as the whole of Universal Creation is seen within Your UNIVERSAL MIND as You create it, so I create in Your mental image, and see in my personal mind the life I wish to be.

Thus, through visualization, I duplicate Your Creative Mental Process in my own life. I join with YOUR PRESENCE in a creative principle of mind.

Through the GRACE and POWER of Your Creative Visualization Process, individualized in me, I thank you for all good in my life, now and always ... AND SO IT IS!”
The body, mind, and spirit are functional units that work together within each of us. The components of the body-mind-spirit unit work with one another, just as the nuts, bolts, and gears might work within a machine.

- For this reason, this module refers to the mechanics of achieving success psychically.
  - To have a perfectly operating machine, one must learn how to take care of its interrelated parts.
  - The same principle can be applied to the mind-body-spirit relationship.

Just as the finest car must have periodic tune-ups or fail to function properly, the success mechanism within each of us must be maintained. A car frequently requires gas to give it energy, and similarly, the success mechanism within us needs fuel on a regular basis.

- Without this care, maintenance, and constant refueling of the energy source, no mechanism will function at maximum potential.
When taking a long drive, above-average maintenance of your car is essential, along with superior fuel or energy. Similarly, for the long trip to success, better-than-average care and energy are required, for the success mechanism within to function.

- However, while cars and the other mechanical inventions of man can be replaced, your own inner mechanism must last a lifetime.
- Happily, within the Intelligence of Nature, or the Mind of God, it was designed to do just that, provided that it is properly nurtured and not abused.

Like a mechanical circulating system, thought circulates throughout the many parts or levels of our consciousness. Fuel, or energy, also circulates from the energy source within us, permeating our entire being.

- Our success mechanism relies upon this inner circulation of thought and central or God Energy.

The purpose of this module is to make us aware of the care necessary for this ongoing process within us, and to receive the Higher rewards that are possible through applying these teachings.

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While our car may only require fuel every few days, and a periodic tune-up, our inner success mechanism requires the energy of refueling and tuning up on a daily basis.

- If we nurture our inner success mechanism daily, it will take care of us throughout our lives, by providing us with success in love, income, health and career.
Listed below are points that would be covered if there were such a thing as an Owner's Manual of how to care for and nurture our success mechanism upon entering this life!

- **CLEANSE YOUR MECHANISM DAILY.** Don’t let negative thoughts, which have built up during your day, be taken to bed with you at night. Proceed to eliminate them from your mind.

- **DO NOT CONTAMINATE THE PSYCHIC ATMOSPHERE WITH NEGATIVE THOUGHTS.** Each thought is telepathic. Each is magnetic. Each thought builds an atmosphere of conditions and circumstances in your life.

- **FUEL UP EACH DAY BY TAKING TIME TO ENTER INTO A DEEP MEDITATION,** wherein the NATURAL HEALING AGENT, or GOD, can circulate through your consciousness, regenerating, renewing and healing it.

- **TREAT YOUR BODY FAIRLY, FOR YOU ARE A PSYCHO-PHYSICAL UNIT.** Give it proper rest, exercise, and a sensible diet, thereby positively affecting your mind, and thus, your success mechanism.

- **INCLUDE ADDITIVES IN THE FUEL ENERGY OF THOUGHT CIRCULATING WITHIN YOU,** by taking the time each day to program your subconscious mind with positive, goal-oriented, spiritual self-image-building thoughts.

- **IF YOUR SUCCESS MECHANISM IS IN NEED OF REPAIR, TAKE IT TO THE ORIGINAL BUILDER, THE LIFE-SOURCE, OR GOD, within you.** Do this through meditation, affirmative prayer, and other techniques for contacting your HIGHER GOD-MIND.
If something appears to be wearing out in your success mechanism, **USE AFFIRMATIVE PRAYER AND MEDITATION** to open your conscious mind to intuitive guidance from your HIGHER GOD-MIND.

**IF YOU ARE SICK OR IN ILL HEALTH, GIVE MENTAL TREATMENTS FOR THE WHOLE MECHANISM.** Meditate and give affirmations for the restoration of your entire mind-body-spirit mechanism. Each part affects the whole, and in turn, the whole affects each part.

**IF YOUR MECHANISM OVERHEATS DUE TO AN ACCUMULATION OF TENSION AND FRUSTRATION, GIVE YOURSELF A COOLING-OFF PERIOD** where you do nothing, so that the NATURAL HEALING AGENT, or GOD, can allow you to proceed in peace once again.

**IF YOUR SUCCESS MECHANISM SEEMS TO BE SPUTTERING OR MISSING, CHECK TO SEE THAT YOU HAVE NOT CLOGGED IT UP WITH ANY NEGATIVE THOUGHTS OR SELF-DOUBTS.** Unclog it immediately by working on your mind with treatments and meditation. Establish in your consciousness that Your Inner God-Source is **unlimited** in its ability to make the right things happen for you in your life.

**Establish in your consciousness that YOUR INNER GOD-SOURCE IS UNLIMITED in its ability to make the right things happen for you in your life.**

**IF NECESSARY, ADJUST THE TIMING OF YOUR MECHANISM.** It was geared to work in the future – not to react to the past. Check to be sure that you are not allowing past failure patterns to hinder you from moving into a successful future. Use the techniques you are learning through Metaphysical Science to release any past negativity.

- Follow the above Owner’s Operating Guidelines, and you cannot help but be successful in all areas of your life.

- For daily care and maintenance of your success mechanism, apply the following Metaphysical Science technique. Test its effectiveness by using it every day for the next seven days.
**THIS TECHNIQUE CALLS FOR COORDINATING THOUGHT AND BREATH.**

- While testing this method, picture your breath circulating throughout the inner atmosphere of your body.
- Think of your body as hollow, throughout which your breathing is circulating your thoughts.
- Take deeper than normal breaths as you practice this technique, but not so deep that you are gasping or experiencing discomfort. Take deep breaths at a rate that has a relaxing effect on you.

**STEP ONE:**

- While inhaling, give yourself the following affirmation:
  - “I inhale peace.”

- While exhaling, give yourself the following affirmation:
  - “I exhale negativity.”

- Work with the above affirmations three times before proceeding to Step Two.

**STEP TWO:**

- While inhaling, give yourself the following affirmation:
  - “Positiveness enters my subconscious.”

- While exhaling, give yourself the following affirmation:
  - “I telepathically broadcast positiveness.”

- Work with the above affirmations three times before proceeding to Step Three.
STEP THREE:

- While inhaling, give yourself the following affirmation:
  - “I go into GOD’S PRESENCE.”

- While exhaling, give yourself the following affirmation:
  - “GOD’S energy fills me.”

- Do this step three times.

IF TIME PERMITS:

- Sit or recline quietly and enter into a state of meditation.

- A brief meditation – of just a few minutes – will suffice, to feel the effects of the above technique.

- For experiencing Higher Consciousness, enter and remain in a full-length meditation.
Carried to its ultimate conclusion, meditation is learning to live naturally, as well as to be in contact with, and have control over oneself.

- Living naturally means being sensitive to NATURE’S IN-BORN RESOURCES AND INNATE INTELLIGENCE.
- Being in control of oneself means HAVING CONTROL OF THE INNER LEVELS OF ONE’S MIND.

The practice of meditation is either simple or complex, depending on a person’s knowledge of the methods involved, and the individual’s own needs at any time in his or her life.

- Generally, meditation is accomplished by using one or more techniques to withdraw the five senses and the mind from their attention to the world outside oneself, and to make contact with the inner mental world of one’s own mind.
There are two basic divisions in the practice of meditation today. Most teachers and organizations teach one method, with almost complete exclusion of the other.

**CONTACT MEDITATION**
- A person attempts to get in touch with his or her inner resources or reality.
- Its roots are in Eastern, Transcendent or Mystical Meditation.

**CONTROL MEDITATION**
- A person controls different levels of the mind through Thought Pattern Programming.
- Its roots are in the Western tradition best described as Suggestive Positive-Thought Programming.

In Metaphysical Science, unlike other individual teachers and teaching institutions, **we teach and advocate the use of both systems**, so that a person can reach his or her greatest potential as someone who is both **inwardly knowing and aware**, and at the same time, **outwardly successful and positive**.

Soon or later, through the practice of meditation, the serious student will discover what TRUE SPIRITUAL REALITY is. **IT WILL BE SEEN AS CHRIST SAW IT, AS BUDDHA SAW IT, AS KRISHNA SAW IT, AND AS OTHER GREAT SEERS AND PROPHETS HAVE SEEN IT.**

- The person who practices meditation will experience a meaning and definition of the word “Spiritual” that is quite different from the orthodox Christian view.
- The orthodox Christian view has taught only the outer crust of Christ’s teachings, thereby missing his most fundamental teaching – and that is the contact with one’s innermost self through the practice of meditation.

**The orthodox Christian view has taught only the outer crust of Christ’s teachings, thereby missing his most fundamental teaching – AND THAT IS THE CONTACT WITH ONE’S INNERMOST SELF THROUGH THE PRACTICE OF MEDITATION.**
Unless one has experienced Higher States of Spiritual Consciousness within oneself, and has integrated that Awareness into conscious daily life as positive personality patterns, one has virtually no true frame of reference from which to teach or comment on spiritual truth – as with so many spiritually blind religious fanatics.

- True Spiritual Reality, as revealed by meditation, uncovers the psychic and mystical fact that man is not sinful by nature.
  - The perception of man’s nature as sinful is based on ignorance of what man truly is within himself.
  - This view is fostered by lack of mental evolvement and through the conditioning suggestions of religious fanatics.

- Meditation brings one to one’s true, positive self-image.
  - Through a multitude of meditation experiences of the innate spiritual level of one’s mind, the student of meditation discovers life’s innermost mysteries.
  - The discovery of such mysteries comes from Contact Meditation or Mystical Meditation.

The truths learned from uncovering these mysteries of self and life become the psychological and philosophical basis for the Metaphysical Science techniques and teaching of Control Meditation that deal with success in one’s outer life.

Note that all of these subjects are interrelated. Meditation is the primary vehicle through which they affect one another. As an example, everyone has some level of psychic power. ESP and telepathy work within each of us to one degree or another.
Meditation, however, takes one into direct contact with true Mystical Power, which is the primary energy, consciousness, mind, or what we may describe as nature’s Ultimate Natural Energy Consciousness – or GOD.

IN MEDITATION, CONSCIOUS CONTACT IS MADE WITH MYSTICAL POWER.

- The primal or God-energy flows into those levels of the mind that contain the energies supporting the functioning of ESP and telepathy.
  - The primal energy increases the mental energies supporting ESP and telepathic powers.
  - In this way, the student of meditation increases his/her ESP and telepathic powers.
  - ESP, here, however, goes beyond thought-reading and becomes intuition. Intuition, in turn, becomes like an inner self-directing spiritual guide.

- In the personal subconscious, negative thought pattern energies of the mind are sublimated into positive thought patterns through the INFLOW OF HEALING PRIMAL OR GOD-ENERGY.

- The primal, or God-energy, that is contacted in meditation, also improves or maintains the good health of the body. The body is, in truth, an energy field that is affected in a healing, rejuvenating, renewing way by the contact with primal or God-energy, which is the natural healing energy of the body.

  In the personal subconscious, negative thought pattern energies of the mind are sublimated into positive thought patterns through the INFLOW OF HEALING PRIMAL OR GOD-ENERGY.

- If the student faithfully practices meditation according to the techniques taught in Metaphysical Science, he/she will enter a wondrous new way of life, becoming a happy person, more successful in the outer world of love, career and finances, as well as inwardly successful as a spiritually aware and evolved individual.
This technique originated in classes that utilized suggestive programming. Its use as a method for entering deep meditation can be very effective.

- The main points to remember are described below.

  - It is best to practice this technique while seated at a table or desk.
  - Place a burning candle a few inches away from you. Be sure that the candle flame is at eye level.
  - As the candle is very close to you, you will be able to surround it with your arms, clasping your hands behind the candle.
  - Begin concentrating intently on the candle flame. While doing so, breathe a little heavier and deeper than normal. As you do this, feel yourself relaxing.
  - At this point, you begin the main practice of this technique, and that is, to coordinate specific thoughts (stated below) that are spoken out loud, synchronized with the opening and closing of your eyes.
  - Every time you open your eyes, stare directly at the candle flame.
  - Repeat each of the steps listed below, out loud, individually, seven times each, with the exception of the seventh step. The seventh step should be continued until all you want to do is completely let go into a deep meditation, based on the following indicators that the technique has truly taken hold:

  - **INDICATORS:**
    - Slurring of your spoken words.
    - Difficulty in coordinating the words you are speaking with the opening and closing of your eyes.

  - For best results, pause as briefly as possible between the opening and closing of your eyes and the corresponding spoken words.
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*Continual until indicators and/or a wanting to let go into meditation appear.

- **NOTE:** As soon as the indicators for letting go begin and/or when you feel it is best to let go into deep meditation, close your eyes and place your inner visual attention on your Third Eye or the Eye of the Soul.

- Meditate as long as time allows.
The most positive and spiritually aware people nonetheless experience negative or difficult periods in life. A reflection on the life of Christ decidedly makes this point. Even this symbol of Faith and Awareness for the Western world experienced challenging stages in his life.

In Metaphysical Science, we teach that these demanding phases are actually the outer crusts of change that must take place for the Greater Good in one’s life. Nothing in human life can ever remain exactly the same, with the exception of the unchanging GOD within oneself.

When negative trends occur, HOW WE HANDLE THEM is more important than whether we try to eliminate them totally from our lives.

The non-student of Metaphysics may panic, believing that his or her life is coming unraveled.

However, the student of Metaphysical Science will “handle” the trend and, in the end, this negative situation will have PRODUCED POSITIVE BENEFITS.
It is easy to think positively about one’s life when one is experiencing a positive trend. The true student, however – one who has mastered Metaphysical Science – will continue to think positively even when a negative trend is taking place.

- The student realizes that to yield to negativity will only create further negativity and destructive tendencies, and delay the change for the greater good that is taking place.

➢ Therefore, whenever there seems to be a negative or difficult trend in your life, this is the time to test your spiritual power!

- The first step is not to allow your thinking to become negative about yourself and life – NO MATTER WHAT!!!

- You must keep your thoughts positive by realizing that you are going through a transitional period, which appears on the surface to be negative or destructive.

- The only thing that is actually being destroyed, however, is the “old” in your life – to clear the way for even greater good in your life to manifest.

- Think in this way and your thoughts will remain positive; the transitional stage will pass more quickly, resulting in even greater good.

In the midst of a difficult or negative trend in your life, take more time than ever to program your mind with positive thought patterns.

- Along with keeping your surface thinking positive, you should be programming your subconscious mind daily with thoughts that will allow the difficult trend to pass more quickly, resulting in greater benefits in the future.

- You should also take the time to enter into deep meditation each day to maintain peace, and for inner renewal and regeneration through contact with your innermost Spiritual Nature.
Program these affirmations into your subconscious during a difficult trend.

- Place yourself into a subconscious level of meditation, or light meditation, and give yourself the following affirmations:

  - “I accept that the so-called difficulties in my life are but a transitional stage leading to greater good in my life.”
  - “I am confident about my future, regardless of what is occurring at this moment.”
  - “My conscious mind is open to receive Divine Direction from my GOD-MIND for the establishment of a greater positive trend in my life.”
  - “Every time I enter into deep meditation, I experience peace and spiritual regeneration, which helps me through the present.”
  - “As a result of what I am now going through, I have complete faith that my future will be even better.”
DON’T TELL OTHER PEOPLE WHAT A DIFFICULT TIME YOU ARE HAVING. This only builds up further negativity in your mind, and will also be reflected back to you psychically by the people whom you tell. Discuss your situation only with someone you know is very positive, or with your Metaphysical Science Minister.

NEVER FEEL THAT GOD HAS FAILED YOU, OR THAT YOU HAVE FAILED GOD, during difficult times. Blaming GOD, yourself, or someone else will only prolong the negative trend, and through such negativity, prevent your GOD-MIND from surfacing to your conscious mind with direction for a positive new trend in your life.

BE PARTICULARLY AWARE OF NEW IDEAS ABOUT YOUR LIFE THAT MAY ENTER YOUR MIND AT THIS TIME. These new ideas may be INTUITIVE GUIDANCE from your HIGHER GOD-MIND as to what changes you should make for the betterment of your life. If you are opening your mind daily to HIGHER CONSCIOUSNESS through meditation, the answers will come.

ATTEND METAPHYSICAL SCIENCE MEETINGS. Exposure to the positive atmosphere of meetings can have a profound impact on your life – particularly when you are going through a challenging period.

WE HAVE ALL COME FROM THE WOMB OF MOTHER NATURE, THE FEMININE CREATIVE PART OF GOD. Love life, even during a difficult phase, and life will love you back with new blessings and a new trend of positiveness.

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Metaphysical Science Meditation Breathing Technique

- Sit quietly and become still.
- Mentally give yourself the following affirmations in conjunction with your inhalations and exhalations.
- Give each affirmation to yourself three times.
- Then, retire your mind into a deep state of meditation for inner restoration of peace and spiritual rejuvenation.
While Inhaling, Tell Yourself: While Exhaling, Tell Yourself:

“I take in the new” ........................................................................... I eliminate the old.”

“I take in a new trend” ............................................................... I eliminate an old trend.”

“I take in a positive future” .................................................... I eliminate a negative past.”

Spiritual Self-Analysis

This form of Metaphysical Science analysis can help to stimulate insight and intuition from one’s GOD-MIND, leading to the realization of the causes behind a negative trend, and direction on how to bring about a positive new trend in life as a result.

➢ Ask yourself the following questions:

► What in my thinking has brought about the present trend?

► What in my thinking can be changed to bring about a positive new trend?

► What at this time needs to be eliminated from my life and what needs to be added to it?

► What in my life no longer serves me as it once did? A job, relationship, an avocation, a life style ... what?

► What is my INNER GOD-SELF trying to tell me about making positive new changes in my life?
“I am a child of the Universe, my God, which is an Intelligence both within and about me. I recognize in my mind this moment, the omnipotent PRESENCE of the GOD-SELF of my mind.

I identify my mind and self with the UNIVERSAL MIND and SELF within me.

As the nature of my INNER GOD-INTELLIGENCE constantly eliminates old cells from my body to replace them with newer, healthier cells, so, this same INTELLIGENCE guiding my life is replacing an old way of life and living with a positive new one.

I have complete faith that this is so. For this, I give thanks, and do declare throughout my mind THAT SO IT IS! “good in my life, now and always ... AND SO IT IS!”

As with all Metaphysical Science Modules: Reread this module every day for several days until such time as a positive new trend of living has begun in your life!
Each day affords one the opportunity to begin anew, to supplement what has already been accomplished in one’s mind.

- The purpose of this lesson is to provide a complete mental rebirth treatment that can be given to oneself on a daily basis.
  - The treatment can be a meditation period in itself, or it can be done in addition to any method of meditation.
  - The object is to renew all areas of the mind as they pertain to the most important aspects of one’s life.

The purpose of this lesson is to provide a complete mental rebirth treatment that can be given to oneself on a daily basis.
Go into a light state of meditation or a self-hypnotic meditation.

It is of primary importance that you are in a relaxed and concentrated state.

Once you have accomplished this peaceful state, give yourself each of the affirmations below.

After giving yourself each affirmation, close your eyes for a few moments.

Feel that during this time your mind is being saturated in its acceptance of the suggestion you have given yourself.

Feel that there is a spiritual power, a HIGHER POWER of your mind at work, activating psychic, mental and spiritual laws into motion for the realization of the affirmation you have just given to yourself.

**ATTUNEMENT**

- “My mind and body relax thoroughly as I enter a state of ONENESS with my HIGHER UNIVERSAL MIND.”

- “Every affirmation that now passes through my mind is immediately a part of the MIND of the UNIVERSE.”

- “My every affirmation is given creative power by the MIND of the UNIVERSE for its materialization and realization.”
**RELEASE**

- “In the healing power of the UNIVERSAL MIND within me, I release all sense of tension and anxiety from my body and my mind.”
- “I release all fear and doubt about my life, knowing that it is guided to success and happiness by the HIGHER POWER of my UNIVERSAL MIND.”
- “I release all sense of hostility toward anyone, and enter into the PRESENCE of ETERNAL PEACE within my UNIVERSAL MIND.”
- “I release my mind, body, soul and spirit into the renewing power of the UNIVERSAL MIND of GOD within me.”

**PEACE**

- “I now rest in a state of peace within myself as I rest in a state of UNIVERSAL PEACE in my mind.”
- “Every breath I breathe into my body is a breath of peace, one with the peace of my ETERNAL MIND.”

**ONENESS**

- “My mind, body, soul and spirit are ONE with the mind, body, soul and spirit of the UNIVERSE.”
- “My every thought is now thought in the MIND of the UNIVERSAL MIND of GOD.”
- “I am in a state of inner UNITY with all that is. I am within all as all is within me.”

**HEALTH**

- “All nerves, cells, tissues and organs of my body are now attuned to the PERFECT HARMONY of nature and the UNIVERSAL MIND of GOD within me.”
- “The mental cause behind any physical ailment is removed from all levels of my mind by the MIND of GOD and the UNIVERSE within me.”
- “All cells in my body are reborn to health and perfection, as ordained by the UNIVERSAL MIND of GOD within me.”
PROSPERITY

“In my ONENESS with all that is, through the POWER of the UNIVERSAL MIND, I attract all that I need for my prosperity.”

“In a sense of inner UNITY with the UNIVERSE, I am joined already with the prosperity I need.”

“As I prosper in my soul through my ONENESS with the spiritual richness of my true nature, so this ONENESS is projected out into the world and becomes prosperity in the world of material reality.”

“I am intuitively directed by my UNIVERSAL MIND to be in the right place at the right time with the right person for the receiving of my prosperity.”

HAPPINESS

“My mind is ONE with the ABSOLUTE perfect thinking MIND of the UNIVERSE, and through this perfect thinking oneness, I find happiness within myself.”

“Through my ONENESS with the UNIVERSE, I know that all things are possible, and I let this thought vibrate as happiness throughout my being.”

“Through the UNIVERSAL SPIRIT within me, my soul and its destiny are fulfilled, giving me a complete feeling of happiness throughout my being.”

CREATIVE THINKING

“The universal part of my mind is filled with creative ideas that I can use for constant improvement in my life, and these ideas are flowing into my mind.”

“All it takes is one creative idea to improve my life, and I already possess that idea in the UNIVERSAL PART of my MIND.”

“My mind and personality are continually being reborn, as new creative ideas from the UNIVERSAL MIND of GOD surface into my conscious mind.”
LOVE

♦ “I love myself for the GOD of my self, and because of this, I am filled with love and vibrate love out to others each day.”

♦ “As I vibrate love out to others, I attract love in all its many forms from others.”

♦ “Through the magnetic power of my mind, in an inner state of ONENESS with UNIVERSAL LOVE, I attract love to me.”

♦ “I send forth love into the UNIVERSE – into the MIND of GOD within me, and am loved back by life itself.”

SPIRITUAL AWARENESS

♦ “Every meditation period opens my mind more and more to an awareness of my higher spiritual nature and soul.”

♦ “In every period of meditation, my mind is evermore increasingly sensitive to being impressed by HIGHER SPIRITUAL CONSCIOUSNESS.”

♦ “I am sensitive to the mental and spiritual causes behind all conditions and circumstances in life.”

GOD-REALIZATION

♦ “Every meditation brings me closer to the reality of the PRESENCE of GOD’S UNIVERSAL MIND in the center of my mind.”

♦ “Everything that I do in life is guided by the PRESENCE of GOD within me to perfect fruition, and through this, to a demonstration of the POWER of GOD working through me each and every day of my life.”

♦ “I am that which I am, and that which I am is my ABSOLUTE SELFHOOD or the POWER and PRESENCE of GOD in the midst of me.”
A Lesson in METAPHYSICAL SCIENCE (R)
New Dimensions in Spiritual Understanding and Practice

What Is Metaphysical Law?

A Metaphysical Law is any spiritual truth that, when applied to one’s life, can result in a demonstration of success and happiness. Through the years, students of Metaphysical Science have discovered repeatedly that they have experienced such demonstrations through this application of spiritual truths.

The Truths We Live By Become
The Metaphysical Laws of the Mind

The Law of One Mind – There is but One Mind in this universe that is the creating principle behind each individual mind. Recognition of this One Mind as GOD brings the student demonstrations of success.

The Law of Universal Plenty – The One Mind possesses all good within itself. The student – by declaring this as his/her source of supply – receives, through a process of psychic energy set into motion within the One Mind.

The Law of Cause and Effect – Every thought in the human mind is a “cause,” which sets into motion a psychic energy within the UNIVERSAL MIND of GOD, and results in a physical “effect” in the visibly seen world.

The Law of Karma – As you think and/or correspondingly act, such thoughts or
actions travel from your personal mind into the UNIVERSAL MIND. If the thoughts or acts are good or positive, they set up a psychic chain reaction that will eventually return to you as good in your life. If thoughts are negative, the law operates in the same way, returning negativity to you. Fruition of karma typically occurs in the same lifetime, but in some cases, flows over into another lifetime. This idea is attributable to the belief in reincarnation.

**The Metaphysical Law of Permanence and Non-Permanence** – The only phenomenon of permanency is the ETERNAL UNIVERSAL MIND of GOD, which contains all good within IT. Temporary reversals are considered just that – *temporary!* Students know that any negative condition in their life is *only temporary.* They understand that they must place their mind on ETERNAL GOD, thus raising their consciousness above the level of any negative conditions in the mind, thereby outgrowing the problem.

**The Metaphysical Law of Love** – As you treat another, so, in truth, you treat yourself. There is but ONE MIND and thus, ONE LIFE. If you do good to another, good will return to you; you are, in truth, doing it to yourself, or to an extension of the ONE LIFE of which you are a part. If you harm another, harm will return to you. The student realizes that good or ill may not come back from the original involvement. “Do unto others, as you would have them do unto you,” underlies a psychic reality, with its rewards or its difficulties, as the case may be.

**The Metaphysical Law of Circulation** – “As you give, so shall you receive.” Whatever you give to another, in truth you are giving to an extension of yourself. Each time you give, therefore, you are giving and sharing with an extension of yourself. This sets into motion psychic laws in the UNIVERSAL MIND of GOD. This motion, through a psychic chain reaction, multiplies your original giving and returns to you multiplied as well.

By living the truth of these and other Metaphysical Laws of the Mind, as taught in Metaphysical Science, you will come to realize how these laws, set into motion by your thinking and actions, will cause greater success and happiness to be demonstrated in your life.
MEDITATE EACH DAY to keep the intuitive channels of HIGHER SELF-DIRECTION open and flowing into your mind. The UNIVERSAL PART of your mind will direct you to success.

PROGRAM YOUR MIND EACH DAY WITH SUCCESS IDEAS during either self-hypnosis or a light state of auto-suggestive meditation. What you place into your subconscious mind flows into the UNIVERSAL MIND, which acts upon that which you are thinking.

DON’T ALLOW YOURSELF TO BECOME SIDETRACKED from the goals your own soul has set for you. You first have to learn to think for yourself and then, allow your thinking to be done by your TRUE SELF or GOD SELF.

LIVE EACH DAY AS THOUGH YOU HAVE ALREADY ACHIEVED your goals of success. This sets up positive psychic and spiritual vibrations for attracting success.

DON’T LIMIT YOURSELF REGARDING WHERE – OR FROM WHOM – GOOD CAN COME TO YOU. Constantly affirm that all channels for success are open and flowing to you from the MIND of the UNIVERSE.

EACH AND EVERY TIME YOU THINK A POSITIVE THOUGHT ABOUT SUCCESS, IMMEDIATELY FOLLOW IT UP WITH THE WORDS, “And So It Is!” This enforces the power of the thought as it enters your subconscious mind.

FOLLOW THE BIBLICAL TRUTH, “As we sow, so shall we reap.” Do this by continually allowing only good, prosperous thinking to be entertained in your mind. Such thoughts are as seeds; they take root in the fertile soil of your mind and grow, spreading their roots and effects into the MIND of GOD.

DO NOT FEAR THE FUTURE. You are ONE with the UNIVERSE and its experience of ONENESS, WHOLENESS and COMPLETENESS, individualized in your life as success in your personal destiny.
· **DO NOT FEAR THE FUTURE.** You are ONE with the UNIVERSE and its experience of ONENESS, WHOLENESS and COMPLETENESS, individualized in your life as success in your personal destiny.

· **YOU LIVE IN ETERNITY.** Pace the tempo of your life. By meditating, you become attuned to the GOD-MIND of the UNIVERSE that will cause success to come to you without you feeling that you must “hurry.”

· **THE BIBLE STATES THE MYSTICAL TRUTH,** “*It is your Father’s good pleasure to give you these things.*” Realize this truth by knowing that success is a natural result of one’s attunement to the MIND of GOD within.

· **CHRIST STATED,** “*All of you are equal unto me, and even greater things than these you shall do.*” If your success seems like a miracle in your life, realize and apply Christ’s words of truth to yourself. You are equal to the power behind the miracles of Christ by attuning yourself daily to this power in meditation. Affirm to yourself each day:

  ♦  "**I am equal to the power, which is equal to the task!”**

· **WHEN YOU PRAY,** pray not as a person asking for success, but rather, as an act of opening your mind to success through the *PRESENCE of the Power of GOD within you.*
“My right thinking sets the stage in the MIND of GOD for right results in my life.”

“The success of Universal Creation of good is individualized in my life, immediately and eternally.”

“The good that I do for others sets into motion the good in GOD’S MIND, which returns to me many times over in the good I receive from others.”

“Whatever good I believe in my mind is believed in and brought into manifestation in the MIND of GOD, and thus into physical reality.”

“All so-called good-luck I have in the future is a result of my positive success thinking today.”

“Nothing can stand before me when GOD stands within me.”

Memorize and repeat the following to yourself at least once daily:

“Wherever I may be, it is GOD who is truly PRESENT.”

“Whatsoever I may be doing, it is GOD who is truly doing.”

“Whatsoever power I may possess, it is GOD who is the power.”

“Whatsoever I may give, it is GOD who is truly giving.”

“Whatsoever peace I may know, it is GOD’s eternal silence filling me.”

“Whatsoever love I may have, it is GOD who is truly loving.”

“Whatsoever success I may have, it is GOD who has truly succeeded.”
Below we will answer some of the basic questions about the definition and characteristics of Metaphysical Treatment.

What is a Metaphysical Treatment?

- A Metaphysical Treatment is the practice of “Spiritual Mind Healing” of a condition, either one’s own or that of another person.

How long does it take to give a treatment?

- A treatment can be given in less than a minute, but can also take up to an hour if a practitioner is utilizing meditation.

How does a treatment work?

- A treatment draws upon the supply of Infinite Goodness, Evolutionary Thought Perfection, Laws or Thoughts in the MIND of the UNIVERSE, or GOD. Treatment flows to the person being treated through the medium of UNIVERSAL CONSCIOUSNESS existing in the unconscious energy factors of all things, whether human, animate or inanimate.

- A so-called “dead” piece of matter contains Universal Consciousness within its energy field. Thus, through treatment and the medium of Universal Consciousness, all things can be stimulated to flow into the life of the person being treated.
**What is a Metaphysical Demonstration?**

- A Metaphysical Demonstration is the fulfilling of the condition treated, as a physical manifestation in the life of the individual.

**If treating for others, need they be present?**

- A person need not be present to receive a Metaphysical Treatment. Treatment is given through the medium of Universal Consciousness, which exists as an unbroken and undisturbed field of consciousness flowing through all things. While an individual could be present when treatment is given, it is not necessary, since the universal medium transcends the limitations of time-space factors and location distances between the practitioner and the person being treated.

**What is a Metaphysical Practitioner?**

- A Metaphysical Practitioner is a person who practices spiritual mind healing of various conditions, either on himself or others. A person may treat without being a professional practitioner, as long as funds for the treatment are not received.

**What is a professional Metaphysical Practitioner?**

- A professional Metaphysical Practitioner is a person who receives funds for the services of giving treatments to others.

**What are the qualifications of a Professional Practitioner?**

- A Professional Practitioner is a person who has received the necessary instruction from a metaphysical religious organization to practice Metaphysical Treatment. Professional Practitioners should not only have an intellectual understanding of Metaphysical Treatment, but should also be able to raise their consciousness in meditation. This is essential if intellectual affirming of spiritual truths is not sufficient to stimulate the faith to implement the treatment by the UNIVERSAL MEDIUM, INTELLIGENCE, LAWS, MIND OF GOD, OR GOD, as the INFINITE SPIRIT, which we define as LIFE’S SOURCE.
**Is prayer used in Metaphysical Treatment?**

- Prayer can be used, but not in the ordinary, traditional or orthodox understanding of prayer. When praying metaphysically, instead of asking of God, one essentially declares that God can, will or has. Faith, then, that the prayer IS SO is far more necessary than in traditional prayer. This is the basis of the metaphysical declaration used after prayer, meditation, affirmations, or treatments. It declares, “AND SO IT IS!”

**Can Medical Treatment be used when treating for a physical condition?**

- The use of medical treatment or non-prescription drugs is an individual choice, whether practitioners are treating themselves or others. The best approach is to treat using both methods, for one form of treatment serves to complement or add to the effectiveness of the other.

Medical treatment in itself does not heal. In reality, surgery, drugs, and various other methods of medical treatment attempt to set a stage in the body, wherein the Natural Healing Forces, Laws of Nature, or God can more effectively and readily heal the body. Medical doctors actually set the stage for healing. In other words, they cooperate in the healing process, but do not of themselves heal. The operative laws of nature contained within Universal Consciousness do the actual healing.

To summarize, medical and metaphysical treatments are not in conflict; medical treatment helps to prepare the body for healing, while metaphysical treatment directs Universal Consciousness to do the actual healing.

**Can a practitioner use Metaphysical Treatment for a physical condition, without Medical Treatment?**

- In this situation, one should at least know what the condition is, if it is suspected or known to be serious. This requires a medical examination. If one is ever personally faced with a condition that is diagnosed as incurable, one should immediately seek to give metaphysical treatments to oneself, or obtain the services of a Professional Practitioner.
It has been stated that the Medical Practitioner sets the stage through working directly on the physical body. If the healing work is left almost entirely to the Metaphysical Practitioner, the practitioner will attempt to set the stage for healing by working directly on the mind or conscious mental attitude. The practitioner does this by filling the afflicted person’s conscious mind with metaphysical truth. This can be accomplished by phone, mail or in person. It can be through discussion, meditation, affirmation, prayer, or prescribed reading on metaphysical truth.

Treating the conscious mental attitude sets the stage, but is only half of the treatment. Next, the practitioner treats for the actual healing through the application of Healing Laws of Universal Consciousness, or God.

It should be obvious that an illness that cannot as yet be cured by the medical profession should be treated metaphysically, whether by self-administered treatment, by calling on a professional Metaphysical Practitioner to do the treating, or both. This, of course, is the worst possible scenario – a condition medically diagnosed as incurable. But, what if the doctor tells you that your condition is nothing serious, and just to take an aspirin, eat proper food, and get some sleep? Wouldn’t it be wise to also apply and utilize metaphysical principles and treatment during the time it takes to feel well again? Obviously, the answer is yes, whether you metaphysically treat yourself or call on a practitioner.

What is Realization Treatment?

- A Realization Treatment is given by a Practitioner, either to himself or to another person. The Practitioner applies the treatment through thinking, affirming or meditating on the perfect spiritual reality of himself or another individual. The core of this reflecting is the harmonious working of Universal Laws, which are the same as thoughts in the Mind of the Universal Creator, or God.

Treatment by Realization, then, is, in essence, a declaration of the perfection of Universal Reality underlying the existence of all substance and the conditions perceived as our physical dimension of existence.

By declaration of the perfect reality, instead of this physical dimension which appears so limiting, the treatment aims at drawing out the inner perfection into an outer (physical) demonstration in the life of an individual.
Realization Treatment is a declaration that Inner Perfection is the Absolute Reality, and by so dwelling on this truth, it is stimulated to radiate outward to meet the physical life’s need.

A Realization Treatment can be given by entering into a meditative state for a few moments during one’s ordinary daily activities.

What is Meditation Treatment?

- Meditation Treatment is what its name implies. Treatment is given when one is in a state of meditation, having made contact with HIGHER CONSCIOUSNESS. The treatment can be applied to oneself, or one may act as a practitioner on behalf of another person.

  The treatment is given at the point of contact, through the realization that the Higher Consciousness of God being experienced at that moment is part of an Infinite Source contained within oneself and all others. One feels, and should know and realize during the contact, that the Ultimate Source is a channel of ever-evolving perfection and supply for any need for which one is being treated.

  Meditation Treatment may also be given just after completion of the meditation period in which contact was made, if one’s mind is still under the elevating effect of the contact.

  One must always remember to “seal” any treatment by giving thanks that the condition treated is now being supplied.
Metaphysical Treatment can be applied to any physical condition in our physical dimension of human experience. Some common examples are listed below:

- Healing of a physical condition of the body, or improved health.
- Financial conditions, incoming monies, payment of past due bills, etc.
- Awakening intuitive guidance from Higher Consciousness for direction in life—personal, vocational, creative, etc.
- Physical necessities, new home, car, furniture, wardrobe, etc.
- Success in business, job, position, etc.
- Peace of mind, freedom from nerves, tension, anxiety, etc.
- Love relationships involving marriage, male-female companionship, family, etc.
- Creativeness in the arts, such as painting, music, writing, etc., or industrial creativity and inventiveness.
- In conclusion, anything related to physical life conditions can be treated metaphysically.

In conclusion, anything related to physical life conditions can be treated metaphysically.
The intellect is only a tool in the HANDS OF THE SOUL, or one’s HIGHER MIND or GOD-MIND.

- The intellect is composed of certain facts or information gathered by the mind from life’s experiences, which have entered the mind from the outer world around us.

- These external experiences generally reflect only the outer layer of a person or thing, and do not reveal what is beneath the surface, which is far more important.

- Intuitive ESP is being able to sense or feel with the Inner Psychic and/or Spiritual or Higher part of one’s mind.

- It is, then, far more valuable than the intellect, which in most cases sees only what transpires outwardly.

- Once what is actually going on beneath the surface is established, then one’s intellect can act accordingly in one’s external dealings or actions.
Below is a summary of the differences between the two forms of ESP:

<table>
<thead>
<tr>
<th>Intuitive ESP</th>
<th>General ESP</th>
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<tbody>
<tr>
<td>Based upon using and being sensitive to the Spiritual part of one’s HIGHER or GOD-MIND, which connects with another person’s HIGHER or GOD-MIND.</td>
<td>Connects only on psychic personality levels.</td>
</tr>
<tr>
<td>Gives one the whole picture over a long period of time.</td>
<td>May be no more than the reading of a person’s surface thoughts or feelings, just for the moment.</td>
</tr>
<tr>
<td>Intuitive ESP allows one to see beneath the surface, while at the same time, directing one as to what to do with what is found.</td>
<td>General ESP does not ordinarily give one this deeper self-direction – providing guidance only from the personal mind. It does not direct one from one’s HIGHER or GOD-MIND as with Intuitive ESP.</td>
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Discussed below are the various aspects, techniques and steps to apply for working with Intuitive ESP:

- **Meditation – The First Key to Intuitive ESP**
  - If a person meditates daily, he or she can eventually develop Intuitive ESP without having to use any special techniques or methods. One would automatically find oneself engaging in these practices, which would naturally unfold and manifest in one’s life.
  - The techniques described in this module would become, in reality, not merely practices, but a way of actually living one’s spiritual and mental life on a daily basis.
  - These exercises can only be effective to the degree that one is open to one’s HIGHER MIND, through the use of daily meditation.
  - In such cases, the methods explained here should have some immediate effect on the student.
  - The above are what one would be led to do, eventually, when intuitively guided by the HIGHER MIND through the practice of daily meditation.
Relying on One’s Higher Sensing

When it comes to making up your mind and reaching a conclusion, it is important to learn to rely more on your Intuitive ESP than on your intellect and analytical deduction.

- When it comes to making up your mind and reaching a conclusion, it is important to learn to rely more on your Intuitive ESP than on your intellect and analytical deduction.

- Over a period of years, as you look back, you will see how truly accurate your intuitive ESP was, compared with the contradictions of your intellect.
  
  This is because Intuitive ESP comes to you from your HIGHER MIND, or GOD.

Clearing Your Mind for the Working of Intuitive ESP

- To practice Intuitive ESP, apply these steps:
  
  - Go into a light state of meditation.
  - When in a light state of meditation, affirm the following:
    
    “I turn from my intellect to feel and react to INTUITIVE WISDOM from my HIGHER MIND.”

Being Sensitive to Picking Up Vibrations from Others

- Note your sensitivity to others in the following areas:
  
  - Their underlying motivations, desires and goals.
  - Short-range and long-range results of contact with them.
  - Their spiritual evolvement (goodness, truth, and honesty).
  - Their beneath-the-surface strengths and weaknesses.
Intuitively Tuning In to Another Person

- Be in a meditative state of mind when talking to another individual (relaxed, calm, concentrated).

- With one part of your mind, listen to what the person is saying and communicate with them.

- Hold back another part of your mind and with this, try to feel and sense the energy vibrations coming forth from them.

- Ask your HIGHER MIND to distinguish the vibrations of what is being said outwardly, from what is being felt inwardly. In this way, you can understand the reality of your relationship with the other person, not only for the moment, but also, and more importantly, over a long period of time.

Base your relationship with that person upon what you pick up from your Higher Mind, rather than on the outer influence of your intellect.

Intuitively Tuning In to a Personal (Love) Situation

- Be in a meditative state of mind.

- Affirm that your HIGHER MIND is attuned to the mind of the other person, especially to their motives, goals and karma.

- Sit or stand passively, letting your feeling nature sense your true relationship with the other person. Let the feeling translate itself into thought making it clear to you where you stand with the person and what you should do.
- **Intuitive ESP - Sensing for Self-Direction**
  - Be more in tune inwardly and more sensitive to your inner feelings as you go about your daily activities.
  - Feel that what you are sensing is coming to you from your HIGHER MIND.
  - *Feel that your HIGHER MIND can communicate with you* to direct you as to what to do and how to go about it.

- **Intuitively Tuning In to a Condition (Thought Field of Energy) for Prosperity**
  - Note that there are forces (mental energies) at work in every financial condition that exists.
  - Enter into a light state of meditation.
  - Feel that your mind is the center of an energy field of thought, completely encircled by thought forces that comprise your present financial situation.
  - Feel that these thought-forces are *flowing* to the center (your mind).
  - During this process, ask your Higher Mind to let you sense and feel the negative reasons or causes that can be removed, and the positive thoughts and actions that can be utilized to improve your financial situation.

  *During this process, ask your HIGHER MIND to let you sense and feel the negative reasons or causes that can be removed, and the positive thoughts and actions that can be utilized to improve your financial situation.*

- **Telepathic Projection to Others for Success**
  - Note that others would pick up your vibrations to one degree or another if you did nothing. Here you do something.
For Success and Prosperity

- When in the presence of others, communicate with them with one part of your mind (verbally), while applying the next step with the other part of your mind.

- With the other part of your mind that you are holding back, think of yourself as prosperous and successful already.

- By vibrating out this thinking, vibrational energies will come forth from your auric field into theirs.

For Love

- Hold back one part of your mind as you are consciously communicating with the other person.

- With the part of your mind that you are holding back, think of love, affection, or whatever you may be feeling toward the other person.

- Imagine your thoughts as vibrations of energy, leaving your auric field and entering the other person’s field. As the other person senses it and if they have the capability for responding, they will.
The purpose of life is evolution, both individually and collectively.

- The experience of life is the interaction of energies, which we call forms, shapes, objects and personalities.
  - The interaction of energies of whatever occupies time and space, and on psychic and spiritual levels, is translated into what we call INTELLIGENCE or AWARENESS.
  - Awareness, in turn, affects the evolutionary cycle of man and his environment, physically, psychically, and spiritually.

- To understand anything in our lives, including diet and sex, it is necessary to fully comprehend the preceding statements. Re-read them until they are completely clear to you before proceeding with this module.

- It is important to discuss the role of diet and sex in metaphysics because of the significance that is placed upon them by so many metaphysical and religious texts. The essential concern here is that if the role of diet and sex is misunderstood by students who take statements from such texts at face value, their evolutionary growth toward GOD-PRESENCE and GOD-POWER may be restricted.
The Role of Diet

Let us begin with the subject of diet. First it should be clarified that this module does not come from the point of view of a nutritionist or even a lay authority.

NOTE: The following comments are based upon Dr. Masters’s personal experiences in meditation, and those of innumerable students both in and out of meditation.

- The principal concern with diet is that of allowing the student to remain well-balanced, spiritually whole and evolving.
  - The statements made here are based on real life experiences with great numbers of students, and not on the speculations found in most books.
  - Thus, many of the observations in this module may seem to contradict the great majority of books or writings on this subject.
  - The views on sex that will follow may be particularly shocking or upsetting to some students who equate spirituality with “sexual self-righteousness.”
  - Again, these statements are based on the close observations of a large number of students over many years of teaching and counseling.

One of the great spiritual teachers of the past, Swami Vivekananda, once said to an audience of students: “You believe that you have to live in a certain way, eat certain foods, perform certain rituals to be holy, but if you could only see that if you wish to be spiritually free (spiritually whole), ALL YOU HAVE TO DO IS TO STAND UP AND BE FREE.”

- One of the great spiritual teachers of the past, Swami Vivekananda, once said to an audience of students: “You believe that you have to live in a certain way, eat certain foods, perform certain rituals to be holy, but if you could only see that if you wish to be spiritually free (spiritually whole), ALL YOU HAVE TO DO IS STAND UP AND BE FREE.”

- On another occasion, in regard to vegetarianism, he said, “A cow eats grass all its life, but did you ever see a cow that became a saint?”
Jesus must have run into the same question when he said to his followers, “It is not what goeth into the mouth of a man that defileth the man, but what issues forth.”

So we see that eating only certain kinds of food is not the answer to being spiritually GOD-CENTERED.

So we see that eating only certain kinds of food is not the answer to being spiritually GOD-CENTERED.

Yet, some teachers almost make a religion out of what people eat.

While it is true that diet can have an effect on one’s meditation practice, it is only if carried to negative extremes.

So-called “positive extremes” of eating, which theoretically will make one more spiritual, are just as much of an illusion.

Dr. Masters’s own past experience of not eating meat for three years brought him to the realization that he was pretending to himself that he was purified; he was trying to convince himself that he was in some way more spiritually pure by not eating meat.

While not eating meat can make one more sensitive to meditation experiences, it is not because of the so-called “purity” espoused by most teachers.

Instead, it is because the body becomes so DEPLETED OF ENERGY that we tend to let go mentally when we enter meditation!

Being a psycho-physical unit, what is going on in one’s body is, in turn, affecting one’s mind.

Therefore, if the body becomes so depleted of energy that it cannot hold on, the mind also lets go.

It is not the meatless/vegetarian diet that causes a meditation experience, but rather, as termed here, it is “The Exhaustion Principle.”

The Exhaustion Principle can also be applied to students who go on fasts and eat nothing at all.
- Again, this will make a person more open to meditation experiences, but not because fasting in itself is in some way a spiritual petition to God, but because the body, lacking energy, causes the mind to let go.

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- One who is seeking the GOD-HEAD within oneself, and is not under some form of spiritual self-delusion, will be led intuitively to the right food at the right time.

A case is not being made here, either FOR OR AGAINST vegetable eaters, meat eaters or fasters. Our findings indicate that each is valid, IF NOT CARRIED TO AN EXTREME, or if people do not attach any “holy” significance to the dietary practice of their choice.

The body is an energy field run by “Divine Intuition,” and if we will but listen to its whisperings, it will direct us when we are in a market or in a restaurant to choose certain foods and to refrain from others.

It is important to note that this is not because a particular teacher has given us a “spiritual growth food list,” but because the energies of our mental, physical and spiritual body need the intermingling of the energy of certain types of foods. In an absolute sense, eating food is eating energy – energy to be consumed by the body as an energy field.

INTUITIVE GUIDANCE will come forth, not only in what foods one chooses, but also in the preparation of those foods, which in many cases is equally important. Intuition can also guide one as to when to eat and, again, this can be as important as what is eaten and how it has been prepared.

When one is intuitively tuned in to the GOD-HEAD within, one’s own intuition will stimulate the taste buds in the direction of the food that is most needed by the body. This applies not only to the needs of the body’s physical health, but the mental and spiritual as well.
Sometimes, whether the food we eat is masticated thoroughly before we digest it, is actually more important than the food itself. If chewed completely, the body’s energy field will be more able to digest the energy of the food, both physically and spiritually, into its own energy field.

Even more significant is the blessing of the food, whether it is a full-course meal or merely a snack. The simple act of blessing the food will cause its Spiritual Energy Essence to nourish the mind and soul, as well as the body.

Let us now move on to the subject of sex and its role in the lives of those attempting to utilize GOD-POWER in their lives.

**NOTE:** Again, these findings are the result of consultations with a great number of students over a period of many years, as well as from Dr. Masters’s personal experience of two years of celibacy in his early twenties.

- First, a significant discovery was made that sex, in itself, is not at all contrary to spiritual growth and awareness. However, like food, it can be overindulged in, and can divert the individual from spiritual awareness if it is placed above God.

- In addition, sex that is meaningless, its sole purpose being gratification, has a debilitating effect on one’s outlook and, hence, the goals of the psyche for self-fulfillment.

- Extensive experience and consultation have shown that when a student’s sex life is good, so, also, is their spiritual harmony.
  - It in no way throws a person off the spiritual path, but instead, allows the individual, more than ever, to vibrate to beautiful feelings of love.
  - When someone is meditating, these feelings do not open the door to lower astral planes, as some teachers suggest. Rather, they vibrate the individual to the loving GOD-HEAD itself.
Biblical talk of scattering one’s seed, or occult talk of misdirecting the kundalini, is entirely misleading, when the student’s sexual activity is good.

► **Now, what is meant by “good sexual activity?”** This occurs when an individual is intimate with another person, with whom there exists true understanding, tenderness, deep feelings, mental and spiritual communication, and/or love.

► Sex with someone in which there is an absence of those positive feelings has a negative effect on one’s psyche, and thus, one’s God-centered harmony and balance.

**IF THE POSITIVE FEELINGS DESCRIBED ABOVE ARE PRESENT, IT DOES NOT MATTER WHETHER ONE IS MARRIED OR NOT.** There are many cases of people who use their marriage partners as an object for masturbation, sometimes disliking or even hating them. A piece of paper that symbolizes that sex is now suddenly sacred, bestowed by a society that cannot find peace within itself, is the worst form of delusion.

Finally, the very act of sex, when with a person with whom one has loving, positive feelings, leads one into the beauties of meditation at the highest – not the lowest – levels.

**DO NOT MISUNDERSTAND WHAT HAS BEEN SAID HERE TO BE A PROMPTING TO INDULGE IN FREE SEX,** when the positive feelings described above are not present. If there is a profound feeling between two people, it can lead to greater GOD-PRESENCE, and thus, GOD-POWER. If there is not, the result will be negative.

In light of the preceding comments, there can be no question regarding the complete negativity exemplified by such practices as wife-swapping and group sex. To engage in such activities is to put gratification above all else, including lasting happiness.
The next time you share intimacy with someone with whom you have a true understanding, try the following:

- Right after intercourse, instead of going to sleep – **MEDITATE!** The body, in that moment, has been freed of its physical desire, and the mind is entirely free to expand its awareness.

- Sexual repression, on the other hand, leads to spiritual fantasies in meditation. A person who is not normal and natural on all levels will have experiences in meditation that are based on fantasy and imagination, as they will with any other religious approach. To suggest otherwise, contradicts rational, logical and spiritual intuition.

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**Spiritual Practices Regarding Diet and Sex**

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**Before Having a Meal, Or Even a Snack, Use the Following Affirmative Invocation:**

- "I call upon the GOD-POWER within me to receive this food and its energy for the nourishment of my spiritual essence, as well as my physical body."

- "Let the spiritual value and the physical value of this food I am about to eat nourish both soul and body."

- "By the power of supply of UNIVERSAL MIND and SPIRIT, I have received this food. May it preserve the body which contains the source from which it came."

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**General Affirmation for Daily Use:**

- "The UNIVERSAL PRESENCE of GOD supplies me with nourishment to body, mind, and spirit. I am led by INFINITE INTELLIGENCE to nourish mind, body, and spirit with the proper nourishment. For this, I give thanks ... AND SO IT IS!"
Before Physical Union:

- “The Presence of GOD, which is love fulfilled, encircles and entwines our bodies this moment.”
- “Where ultimate beauty is, GOD is – and in each other’s presence, GOD within us is our Ever-Present Reality and Beauty that we give to each other.”

During Physical Union, Say To Your Partner:

- “I thank God that we know some of the beauty and unity of love through the expression we have shared with each other.”

Afterwards, close your eyes and meditate.

SPECIAL NOTE:

- To any spiritual student or teacher who sees in this lesson some form of astral lust in disguise, the lust is only in your heart.
- To any fundamentalist minister who can only speak aloud about sex in terms of evil, you have replaced heaven with hell in your heart.
- To all who cannot see GOD in ALL things, you are the spiritually blind, leading the spiritually blind in false righteousness – not for GOD’s sake, but for your own.
Successful living is and can be yours to the degree that you are aware of “Reality” and your relationship to it. Most people today live in a mental fog, only at rare times remotely sensing that they are part of a Greater Reality.

The majority of people today have evolved only to the point where they believe philosophical questions should be left to the philosophers and mystics, since they are abstract and have no real place in the daily life of the average person. Nothing, however, could be further from the truth!

If you are to base your life on anything, you should have as high a frame of reference as possible.

Through becoming self-aware, i.e., being more cognizant of your personal relationship to the whole of life, you become more intellectually, and above all, intuitively, aware of how to guide your life toward more successful living.

- To arrive at this end, this module provides a combination of scientific, psychological and mystical truths, which, if applied to one’s individual life, will indeed make life more successful by giving one a NEW CONSCIOUSNESS OF ONESelf.

- After each truth, a metaphysical affirmation is given for programming into one’s mind the application of the truth.
It is a law of physics that the universe came forth from One **Original Source** or **Primal Energy**, and that all physical manifestations are varying degrees of that One Source. The Original Source, in a spiritual sense, we would call God.

- "**I have come from the Original Source and am one with the manifestation of that source.**"

It is a scientific fact that we are born in Infinity and cannot be removed from that Infinity. The **Body of Infinity**, in a spiritual sense, we call God.

- "**Within the Infinite I move, live and have my being. As I move through it each day, it moves through me.**"

It is a scientific fact that not one foot or pound of force can be removed from the universe. Whatever has been will always exist as an energy factor, as one manifestation or another.

- "**The energy of life within me was before my body was, is while my body is, and will be long after my body is no more.**"

It is a scientific fact that to have activity, one must have energy. All varying forms of energy come from one Original Source, and if the mind has movement, it stands that thoughts are energy factors originating from the primal energy.

- "**The energy thoughts that pass through my mind daily originate from the primal energy of the universe.**"

It is a scientific law that all eventually returns to its Source, or the primal energy beginning of the universe, or in a spiritual sense, God. As all so-called **human thought** experienced through eternity, and through **previous cycles** of Universal Manifestation, return to the Source, or God, God-Mind or Infinite Intelligence came into being.

- "**My mind, originating in the primal God-Energy, is one with Infinite Wisdom each and every day of my life.**"
Creative or inspired thought that can bring success and prosperity originates as a deeper level of mind than one’s conscious intellect. Thus, it must come from the Primal Energy or God-Source within.

- “My mind is one with the wisdom of my creative God-Source each day, through which creative thoughts giving me success and prosperity flow forth.”

The Real You came forth from the Source and lives in the Source, as the Source lives in you. The Source, or God, is the real power behind yours and all other manifestations.

- “I am one with, and individually manifest, the power of my Real Self as the God-Source in everything I do each and every day.”

The “Real” you – one always with the Infinite in Reality – is unlimited. Therefore, you are truly unlimited in all you attempt in your daily living. This sense of true selfhood provides you with true self-confidence.

- “I express confidence in all I do each and every day, for my True Self, one always with my Infinite God-Source, is unlimited in its Infinity.”

Infinity is whole and complete unto itself. As you are an individualized expression of Infinity, existing within it, you are in reality, whole and complete, if you are but aware of it. By being aware, you express it in the physical wholeness of your body, or in terms of good health.

- “As the universe is whole, my physical body, which is its expression, is whole – expressing this as health.”

As Infinity IS (there is nothing beyond it with which to have conflict or division), it exists, therefore, as total unity. Unity in its human expression is the manifestation of love.

- “Each and every day I live as an expression of Infinite Unity, which vibrates through me as the energy of love, and through that vibration attracts love back to me.”
The Infinite is self-knowing and directs all activity within its own being. As the Real You is actually an expression of the Infinite within itself, you partake of Infinite Direction to the degree that you are aware of it.

- “I am self-directed each day, for my mind is an individualized expression of the Intelligence of Infinite Direction.”

Scientific observation has revealed that all the kingdoms of nature are undergoing constant refinement; the universe is constantly progressing by releasing the past, so that it may more perfectly manifest in the NOW and in the future.

- “In my oneness with the ever-perfecting laws of the universe, I release the less evolved past so that I live each day more perfectly.”

INFINITE INTELLIGENCE and ETERNAL PRESENCE are two sides of the same coin of Universal Life. The eternal is Always Now. As you are an expression of the Infinite Intelligence of the Eternal Now, your only reality is what you believe about yourself at any one given moment of the Eternal Now.

- “I am only that which I am right now, an expression of perfect Infinite Intelligence being made manifest in my daily life, each and every day.”

As all people are manifestations of the One Source, or God, all people are in truth varying manifestations of the Real You, which is the SOURCE. To have thoughts of hostility, hate, revenge, etc., is in truth going against another manifestation of yourself. By doing this, you go against the truth of life, which then leads to life going against you, not because it wishes to do so, but because you have left it no other choice.

- “I constantly release all negativity toward others, and as I do, I release myself into a greater oneness with life in my daily experiences, producing a state of harmonious living.”
How to Harness the Power of These Self-Aware Truths and Affirmations into Daily Living

- Re-read this module every day for the next seven days or longer, until you find that the truths are constantly coming into your mind as a point of reference, as you react and interact with all that is taking place in your life on a daily basis.

- Read each truth and then half close your eyes, letting your mind be meditative, and reading the affirmation with self-acceptance. The best times to do this are either at the beginning of your day or at the end of the day, just before retiring.
Prayer Treatment

“Into the SOURCE of my being in the PRIMAL ENERGY of my mind, which is my GOD indwelling, I direct these words:

I open my conscious mind and the thoughts flowing through it each day, to an ever-unfolding new consciousness and awareness of my greater Self-Reality with your INFINITE PRESENCE.

Such attunement within my mind vibrates successful action in my daily living, each and every day of my life.

For this realization, I give thanks ... AND SO IT IS!”
Changes in Our Lives

Changes are always taking place in our lives, as with our friends, finances and interests. However, the greatest changes of life are the changes that take place within ourselves.

Below are questions that you, as a serious student of metaphysics, should be asking yourself:

- How much do you really want to change yourself? A little? A great deal?
- How much do you believe seriously needs to be changed?
- Are you willing to attempt it?
- Are you willing to persevere once you start in your attempt?
- Do you have the faith and belief that you really can change?
- Do you have a spirit within you, so moving in its determination, that you can see things through so that you are authentically transformed?

► These questions are intended solely to push you into a corner – to back you up to the point where you have only the choice of answering YES or NO – NOT MAYBE.
Perhaps this is one of the only ways one finally reaches a point in life where the one option left is to progress unceasingly.

This is representative of the LAW OF SELF-PRESERVATION, when one is forced to come face-to-face with oneself and one’s pain, and no longer has a choice.

Therefore, the sole purpose of all of these questions has been to prod you, to push you, so that you might corner yourself, and stop avoiding the changes in your life that you know should have been made long ago. **BE IN A CORNER WITH YOURSELF**, for only then will you understand fully how much change you have always been capable of making, if you would truly make the all-out effort.

The only reason that people fail in the transformation process within themselves is their belief that there is an alternative course to follow, and thus, they avoid taking those positive steps towards change that they intuitively know are necessary.

- It is not until a person’s circumstances and/or inner emotional nature dictate, “You can’t do this anymore – YOU HAVE GOT TO CHANGE, if you are going to survive!” – only then, in most instances, will a person be in earnest about making the necessary changes that will result in a transformation of mind and soul.

This module and the above questions are intended to demonstrate the need to back you into a corner with yourself, spiritually speaking, where you realize that you have no choice but to make the changes in your life that you already know you must make.
You must decide, know, and be completely willing to follow through in the knowledge that if a change is really going to be made in your life, **IT MUST BEGIN WITH YOU.**

You must realize and be determined that where you have been responsible for your own mistakes in the past, **YOU WILL MAKE EVERY EFFORT NOT TO REPEAT THEM.**

It is important to realize that if you are highly sensitive or vulnerable, you must always be on the alert **NOT TO LET THIS SENSITIVITY IN LIFE BE A DETERRENT** to accomplishing the desired self-transformation.

You must be on guard **NOT TO LET THE NEGATIVITY OF OTHERS BE AN INFLUENCE** in your life, which would thereby result in setbacks in your attempt toward inner transformation.

You must realize that the use of rationalization as an excuse for **AVOIDING THINGS THAT WOULD AID IN YOUR INNER TRANSFORMATION IS NO LONGER POSSIBLE.**

**YOU MUST REALIZE THAT THERE WILL BE AN INEVITABLE LOSS OF SOME FRIENDS,** or there may be people who think it somewhat peculiar for you to attempt to transform yourself.

Others may unconsciously resent it because **it serves as a reminder to them that they are avoiding that very action in their own lives. Hence, you may, after awhile, experience a sense of isolation. This should not be a deterrent, as THERE IS FAR MORE TO BE GAINED IN THE PROCESS OF SELF-TRANSFORMATION than in what you might receive from friends.**
As you commence to undergo changes, it is important to **AVOID THE TENDENCY TO LOOK DOWN ON OTHERS FOR THEIR WEAKNESSES** and/or because they are doing nothing for themselves, in the spiritual sense, in their own lives. Most of us do not decide to make these types of changes in ourselves until our mid-years. How, then, can we condemn others for behaving exactly as we have done in our own lives!

You must begin, possibly for the very first time, to **VALUE THE IDEA AND CONCEPT OF FAITH**, even if you have been an atheist, for none of us can succeed unless we have faith that with God’s help, we will be successful!

You must recognize that **PART OF THE CHANGE THAT CAN TAKE PLACE WITHIN DEPENDS ON TRUTH.** This refers to truth within you and truth in your dealings with others. In fact, the more honest we are with ourselves, the more truthful we are with others, and vice-versa.

Neither the inexperience of youth nor the trials of later years can thwart the efforts of the determined individual seeking transformation.

You must come to the realization that while ministers and psychotherapists are capable guides, they are **only guides. THE REAL DECISION TO CHANGE MUST TAKE PLACE WITHIN**, from the very courage of the heart.

If, then, it is a matter of finding the courage of heart and the indomitable spirit of a determined will to make changes, **IS IT UNREALISTIC TO SUGGEST THAT THE GOD WITHIN OUR HEARTS, AND THE SPIRIT OF GOD AS OUR WILL, IS SOMETHING VERY REAL TO WHICH WE CAN TURN?** Here, religion can truly begin anew for any man or woman needing the strength, courage and will required for authentic change to take place within oneself.
Meditational Prayer Treatment

“Divine Heart within me, who art the center of the universe, I call forth into your Presence that the spirit which moves within me be moved by Your Eternal Spirit, also dwelling within me –

- that as I seek to transform my inner life, I realize in so doing that I work ever so close to your Indwelling Presence –

- that as I seek to make the changes within myself which I know are necessary, I feel the closeness of Your Presence within me –

- that as I pray that changes are made within myself, I direct this prayer to within myself –

- that in the end, the alpha and omega of what I am within myself will know not the difference of Your Presence and that of my own –

- that through transformation, in the silence of my heart, before Your Throne, which is the Universe Itself, I may declare, ‘I and my Father are as one!’”
◊ For when a man knows that the words, “God Within,” are not just the romantic words of philosophers, *BUT A REALITY*, only then does change within appear to be within the realm of possibility – through real *FAITH*, which is KNOWING that God indeed *IS WITHIN*. 