

"PROVE ME NOW"

Ten Lessons in Truth

BY

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REVISED BY

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FOREWORD TO THE 1926 EDITION

This course of "Ten Lessons in Truth" was compiled by Mrs. (T. M.) Isidora Minard in 1903. The book was written with one great objective: to lighten the pathway of those who are in search for "Truth." The book filled a long felt want and several editions were quickly exhausted.

For several years the book has been out of print, but ever and anon requests have come for copies, until the urge for reprinting this course of lessons could no longer be resisted.

The lessons stand as they were written in 1903. The slight changes that were made are simply to bring out some points of these lessons more clearly, according to the further study of Truth. Truth, as every one knows, never changes, but man's conception of Love and Truth has passed through many stages, from the earliest historic times up to the advent of Jesus, the Christ; and mankind through his daily search for Wisdom is receiving a greater and greater light and understanding of the "Principle" the Gentle Nazarene gave to humanity.

To one whom we loved and who has gone on to do her greater work in the Master's vineyard, we dedicate this book.

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The First Divine Science Church of Portland, Oregon. November, 1926.

CONTENTS

FOREWORD
IN HIS IMAGE AND LIKENESS
TRUTH
FAITH
WISDOM AND UNDERSTANDING
THOUGHT
BE FREE
UNITY
CONCENTRATION
HEALING

LESSON I

BASIC PRINCIPLES

In man's investigation of the Silence of Life, he is simply going on with a subject matter which has occupied his attention throughout all ages. He has been unceasing in his efforts to understand this Source of all life.

What and where this power is, is the all-absorbing question. However, Jesus and Paul answered these questions in simple statements which no one can misunderstand. Jesus said, "The kingdom of God cometh not with observation; neither shall they say, Lo here! or lo there, for behold the kingdom of God is within you." This shows plainly that the kingdom of God is a cause, not a place. Paul tells us God is not far from any one of us, for: "In Him we live and move and have our being." From this we learn that God is Substance. That there is an invisible Creative Substance is not doubted, not even by those who profess not to believe in God.

This "Substance" has been given various names: "Life Essence, Great Spirit, Creative Power, Deity, Brahma, Buddha, or God. As all of these names refer to the same Substance or Life, the term used is non-essential. However, as the name God is universally known and recognized, we prefer to use it in these lessons in referring to the Great Creative Substance from which all life emanates.

The ancients conceived of God as a person endowed with passions like unto themselves. Many have been taught that God is a person ruling the universe as might a mortal king - loving, hating, rewarding, punishing, - a God more to be feared than loved. The world today is rapidly awakening to the realization that both the theory evolved by the ancients concerning the nature of the Creator, and that advanced by modern theology, are widely different from the new understanding of the truth. The ancients taught worship of the inanimate creations of man; the theologians taught worship of a God whom none could understand, - a personal, far-off being whose abiding place is heaven, where none can enter until after the spirit's departure from this earth plane; while those who teach like Jesus and Paul say God is not a person, not afar off, but that the words 'God' and 'Good' are synonymous. Then God is Good, God is the Law (Lord) that governs the universe. "God is Spirit," which "giveth life." All things come into being through God.

Truth teaches that God is the principle of Being; the Spirit or Substance we call life. The God of tradition is fast becoming a thing of the past, and God as He is is being accepted by many who hitherto had claimed to have no belief in God. The truth is that all mankind believes in life, all men have some faith in goodness, and the degree of this belief indicates man's belief in God. Therefore, all believe in God (Good). So, however varied man's idea of God has been or is, all culminate in the universal belief of the Supreme Being. All are searching for freedom from the limitations of sectarianism which are stumbling blocks to the quickening of man's spiritual unfoldment.

The words of Paul, so long overlooked, are now being applied: "Where the spirit of the Lord is, there is liberty." Liberty means freedom to serve God as one's inner conscience dictates.

God is Substance, invisible substance, which fills all space, and without which "Was not anything made, that was made." This Substance is expressed in the animal, mineral and vegetable kingdom. It is life, spirit, unchangeable, "From everlasting to everlasting," without limit, Omnipresent (everywhere), Omnipotent (all power), Omniscient (all knowing).

The vegetable kingdom is life expressing itself in myriad forms, - trees, flowers, grass, plants. These are all composed of tiny cells, each separate and distinct, but all working in harmony to complete the perfect whole. In the mineral kingdom the same law holds sway. We have been taught to look upon a rock as solid, but a rock is made up of molecules that are constantly vibrating, though they never touch each other. What fills the space between the molecules and yet holds them in place? One says: "The Law of gravitation," another defines it as "ether." What is this subtle substance, - ether, or the law, that is able to create?

There is but one Creator or one Substance, which is in and through everything. Everything expresses life or spirit either on a low plane, as rock, or on a higher plane, as Man.

Life is Omnipresent - therefore, life is unchangeable, unlimitable, immortal, invisible. However, it is this invisible force which makes it possible to bring forth the visible manifestations.

The basic principle of Jesus' teaching was to bring home to each one his nearness to God and God's nearness to him. Words fail one to express his ideal of God in the highest. Yet it is well to remember this Truth that, "He is not afar off, and all can find Him, if happily they might feel after Him," in spirit and in truth.

To know God as He is, man must disabuse himself of the one great fundamental error that God is a person of changeable temperament, and learn to look upon Him as The All Good, Jehovah, the Self-Existent.

Man is created "In the image and likeness of God." Reasoning from a false standpoint, man declared, "If I am made in the image and likeness of God, God must be like me, prone to error." According to the author of Genesis: "God created man in His own image, (note carefully) in the image of God created he him." Having accepted God as Good - perfect, too Pure to behold evil; and knowing that man is created "in the image of God," we then know that he is created like unto his source for "like begets like." Therefore, all of God's attributes, Love, Life, Wisdom, Power, Health, Peace, Light, and Purity, God gives to man. Jesus said: "There is none good but one, that is God."

In using the word 'good' we refer to the Good which is the heritage of all people for all time, and not to the word as it is commonly understood; or that which is good for one and not for another; good for a shorter or longer period, then to be cast aside as worthless. If God is Good, He must be Goodness. I remember when a tiny child hearing an old man, a veritable reflector of good, telling of God; he likened the voice of God to the fluttering of a tiny bird, and said: "Children, when you feel this fluttering in your heart, listen to it, and always obey what it says; then you will grow into the image and likeness of God. Never fear, it will not lead you to do anything but good." If we obey this "still, small voice" we will become one with God, who is Love, Life, Wisdom, Power, Goodness itself. The mission of man is to manifest the God qualities innate within him.

The Life of God and the life of man is the same in essence, but different in degree. God is all Life, man a portion of that Life, a separate entity, an individual, but not severed from the whole.

"God is Love, and he that dwelleth in Love, dwelleth in God and God in him." He that dwelleth in Love recognizes no foe, but radiates it to all humanity excluding no one, for Love knows only Good. "God is Light, and in Him is no darkness at all." This is that Light which lighteth every man that cometh into the world, which lights the pathway of intelligence, wisdom and knowledge. Christ, the Truth, is the wisdom of God. Man has erroneously believed that wisdom was to be gained through searching in the ex-

ternal, while Truth declares God is Omniscient, - all knowing. Hence, God being within, true wisdom must be evolved from within.

God is health, perfect, changeless, immortal. The "I am," the life, in each one of His children is like unto Himself, perfect, changeless, immortal. Only material substance is subject to change.

God is all Power for God is Omnipotent. The Creator never undertook anything and made a failure of it. Man, in His image and likeness, possessing all the God-qualities, would be a power as God intended he should be, if he did not let these qualities lie dormant.

God is the Prince of Peace, not of inharmony. Dwell in Peace, "The peace of God that passeth all understanding," and which increases only in the proportion as we let it penetrate our whole being. God is Purity, the purity of Love, Life, Light, Wisdom, Health, Understanding and of Truth, which brings to man the full realization of the words "I am satisfied," filling the human heart and only understood by those who have a full realization of their true meaning.

To be satisfied is to have every need of the human heart fulfilled (filled-full). Man may attain to this spiritual height by ever holding before himself the highest, purest ideal of good, and living up to this ideal. Man's mission is not to sit with folded hands idly waiting, not to be content with the false theories of God and heaven in some future realm, but to so live day by day that he feels God's presence here and now.

We would suggest that each of you make some Truth in this lesson your very own by taking the statement that appeals the most forcibly to you as your daily watchword. In thus taking up the work at once you will indeed be greatly blessed. After choosing your word it would be well to write it, not only in your heart, but upon a bit of paper as well, and fasten this upon the wall of the room most frequented by you during the day, so that it may recall your mind to the Truth.

Truths

"God is Good." "God is Love." "God is the only reality, all Life, filling all space, hence all is Good."
"God is Spirit, Omnipresent." "God is Truth."

LESSON II

IN HIS IMAGE AND LIKENESS

In briefly reviewing our first lesson, we find that God is Good, all life, the only reality. That God is not a person, but that God is the "Absolute," nothing being comparable to God. In this second lesson we shall endeavor to know man.

We read: "God created man in His own image." We say: "God is Spirit," "God is Mind." Using Webster as authority, we find these words are synonymous. Spirit: -- an intelligence conceived apart from any physical organism or embodiment; the intelligent, immaterial part of man. Mind: -- the entire spiritual nature; that which thinks, feels, wills and desires; "Spirit." From this we deduce the following: God (Mind) is the Creator; man is that which is created. Man is an expression of thought generated in Mind (God). Therefore man, the true creation, is God-likeness. Grasping this idea, man reasons truly that there can be but one conclusion at which to arrive, that he is the son of the Creator. "Now we are the sons of

God." As a Son of God, man has as his rightful inheritance all the attributes of the God-head. "For if children, then heirs of God, and joint-heirs with Christ." To know man as made in the "image and likeness of God," is to know him as expressing all of God's Divine Qualities, Love, Life, Health, Wisdom. However, unless man accepts the gifts bestowed upon him and uses the privileges given him; unless he manifests his divine mission, thereby living as the heir apparent, the masses will remain in ignorance of the Truth regarding God.

When man lives in at-one-ment with God he understands himself, and understanding himself, he knows God and can say with Jesus: "I and my Father are one." In speaking of man as divine, as perfect, created in the Image and Likeness of God, we do not mean it in the general acceptance of the term. The external man, the fleshly or carnal self, prone to wander through experiences of dis-ease, impurity, sin, death, - this is the man of limitation; the false self which of itself has no reality, and is only the habitation wherein the true man, the Spirit of God, dwells. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth within you?"

The Spirit in man is like unto its source, - perfect, true, illimitable. This consciousness of "Truth" inspires him to a higher and nobler life. This true self can see only good, for this is created in God's Image and Likeness. There are not two realities, one good, the other evil, therefore the false self is a seeming, not a reality. Man's duty is to overcome false-thinking. This he can do by refusing to recognize it. Jesus in his ministration to mankind gave the false self no recognition, thereby banishing to the realm of nothingness this seeming evil, by knowing only the good. He gave out these words for the encouragement of those following after him: "Be of good cheer; I have overcome the world." Having overcome, he knew that others could do likewise and receive the same reward.

Jesus never spoke of himself as apart from the Father; he recognized his divine sonship to the degree that he was not able (even in thought) to have an idea of separateness. The "I am" Spirit of Good or God: -- "I am Life," "I am the Spirit of Truth," that dwelt in Jesus, the Christ, dwells in each and every one of us, and we manifest the truth of our being in God-likeness to the degree that we recognize it as a truth and no more. "To him that overcometh will I grant to sit with me in my throne;" that is, Man will be where God intended him to be, for then he is using his God-given qualities or power. Jesus taught perfection without limitation. He said: "Be ye therefore perfect, even as your Father which is in heaven is perfect." Also, "I am the light of the world," and "Ye are the light of the world." He recognized the source of his intelligent understanding (his light) and therefore recognized the same quality in all mankind. "I ascend unto my Father, and your Father; and to my God, and your God." "I and my Father are one." He was not giving these concrete statements to his twelve disciples only but knew that these principles applied to man before his advent on this plane as well as for the generations yet unborn. "Before Abraham was, I am," or since the beginning Spirit manifested through man. To say "I am not" is to deny a creation of God.

Man, through his false reasoning, and in direct contradiction to the admonitions of Jesus, has been led to believe that no one can possibly attain to the perfection the Christ did; that it is impossible to overcome human nature with its beliefs in dis-ease, temptations, and passions. Man has placed a limitation upon himself, - he might, perhaps, pass beyond a medium point of advancement in spiritual things, but it seemed doubtful. He has ridiculously overreached himself by judging the works of the Creator to be imperfect and by putting a veto upon the words of the Master (whom he dared not follow) but who said: "He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father." The words "believeth on me" simply means the "I am," the "divine spark" in each one. Every one who recognizes this "I am" within himself knows he is a Son of God born in "His image and likeness" and will be able to do the works as Jesus did.

One reason man has withheld from himself his rightful position as heir and son of God, to whom all things are possible, is that while believing the words the Master spoke to be true, he failed in this, that he did not do the works. We are told to "Be doers of the word." Therefore, in accepting the teachings of Jesus we must put them into practice (and they are practicable) which is "doing the works." Man must rid himself of the old threadbare idea that man is of the earth, earthy. The Master, in saying: "I am from above," acknowledged his own divinity. Emphatically he proclaimed the divinity of all mankind when he said: "I am in my Father, and ye in me and I in you." Also: "Ye have been with me from the beginning."

The Jews took great exception to Jesus' laying claim to his oneness with God and said: "Why do you listen to this man? He is mad, he hath a devil, he is only a man as we men, but would make us believe him to be a God." As they pressed him with questions that he had already answered, he said: "The works that I do in my Father's name, they bear witness of me;" that is, they could be done through no other power except Divine power; but the people failed to understand him. Then he said plainly: "I and my Father are one." The Jews would have stoned him because they said he blasphemed. People were willing that "Good works" be done - but not that any mortal should set himself up to be as God. In the present day, let one boldly take the stand, "I and my Father are one," and he will be accused just as was the Christ.

The daughter of an old countryman was healed by a Truth student of a trouble of several years standing. When she told her father he went to the healer and asked by what power the cure had been effected. The healer answered, "There is but one power, God, and your daughter was made perfect through Divine power." Whereon the man became indignant, exclaiming: "Nay, nay! You are a blasphemer; no man can be God, you hypocrite!"

This state of ignorance concerning the reality of being that impelled people to accuse Jesus of having a devil, and of blasphemy because he claimed before men his divinity, causes man to say "hypocrite" to all those, who, knowing themselves to be in God-likeness, would do the works of the Father. Man, as the highest expression of God, Universal Mind, can think, and will, and do, because he is a "Son of the Universal Source and Cause of all entity in being."

Man is the Son of Intelligence, therefore intelligent. He loves, or is capable of loving, because the Essence of his being is Love; the inspirator of his highest idea, of his best impulse, is Universal Love. Jesus spoke of himself many times as the "Son of Man" for man being created in His image and Likeness is Life, Power and Intelligence. He is a part in the great Universal Whole. Fully realizing this great Truth, each one individually can say as did Jesus of Nazareth, "I and my Father are one."

At another time he gave them this to ponder on: "Is it not written in your law, I have said ye are God's, and all of you are children of the Most High?" "Though ye believe not me, believe the works, that ye may know and believe that the Father is in me, and I in Him." Yet man will make a bold stand for everything except this: his divine heirship. Why should it be so? Because, man has not said like the Master when tempted, "Get thee behind me, Satan; Thou art an offense unto me, for thou savorest not the things that be of God, but those that be of men."

We have all heard this expression: "He is a self made man." Let it be known, that no one is self-made, else he would be all of God; would have the power within himself to recreate. Man is not able to do this for he absolutely does not own his body nor anything else. He may and does say: "This piece of property belongs to me, these houses are mine, this money is mine." But he is living under a delusion else he would be able to take with him, when he passes out from this plane, all over which he claimed owner-

ship. Know the Truth. Man is brought forth in the Image and Likeness of his Creator, he is not in possession of any qualifications except the Divine attributes. As he comes, so will he go in God-likeness. This fact may be recognized or not, yet the Truth never changes; it is unalterable. Then why should man be ashamed to own his divinity? He is ready enough to claim: "I am sick," "I am poor," "I am poor, or weak, or nervous". He is not ashamed that "I am not," shall name a disease and tell about the symptoms, thus forging another link in the chain of materialism with which to keep him from expressing perfection. But man is ashamed to claim: "I am God-likeness."

The thing that stands between man and God is the personal self, and only by putting it under control of the Divine self can man hope to stand in God-likeness. As we look on the bodily manifestation of man, he is personal; but in his spiritual being he is an individual. The personal is not the real man; it is the spirit which is in the Image and Likeness of God. To overcome personality does not mean losing individuality. God (Good) radiates life to the individual; again, the individual should radiate Good to those about him, and this he will do when he understands his oneness with the Creative Power. "This is life eternal, that they might know the only true God."

The idea has been instilled into many minds that the teachings of Jesus concerning the divinity of man referred only to the immediate disciples. In the "Christ prayer" he distinctly says: "Neither pray I for these alone, but, for them also which shall believe on me through their word."

In claiming the Truth of our being, we take nothing from the divinity of Jesus, the Christ. We are the children of God; brothers of Jesus. He unfolded spirituality to a much greater degree of understanding than any one has yet manifested. In comparison, the rest of God's children are as the blossom is to the ripened fruit, or as an unknown quantity in a mathematical problem is to the known quantity. However, there is no reason to doubt that man is making rapid progress in spiritual development. To advance along the line of truth we must get a thorough understanding of the Principle of Being; must know that the true Self (the "I am," "Spirit of Christ," "Son of God,") is in the "Image and Likeness of God." The highest good, therefore, is divine.

To unfold spiritually, man must separate himself in thought from the "I am not," the unreal, and know only the good. So long as man allows the material self to deny the Christ, or true Self, just so long will he be kept out of his inheritance. Now is the time to assert yourself and be what God knows you to be. Express in your body the power you have within yourself by claiming for it Purity, Love, Health, Strength, and all good. Man must cease to look upon himself as other than the Son of God, made in His Image and Likeness. Know that man is complete in Him; then will he grow into God-likeness.

Truths

"I and my Father are one." "I am a child of God created in His Image and Likeness." "The Spirit is the same in me as it was in Jesus." "I claim my divinity." "I know only the good."

LESSON III

TRUTH

Man has and has always had, apparently, the belief in some other power besides God - a power opposed to Good which for lack of a better term man called evil . When this erroneous idea originated in man's perception is unknown. The writer of the first chapter of Genesis, in citing God's creation, said: "And

God saw that it was good." John said, "In the beginning was the Word...the word was God...In Him was life; and the life was the light of men. And the light shineth in darkness, and the darkness comprehended it not." God, the Creator, is ever active for there is only God and God in action. God's activity is manifested in the blade of grass, in the animal, in man - all are creations, ideas, or words of God and all were made good. Truth is the Word giving expression through man.

Through theories given by some the Bible was held aloft as being the only Book or Word of God. "The book is not the word of God, but, as it embodies expressions of Truth, it is an utterance of words of God or thoughts of God." Every word of Truth uttered is an expression of God.

Believing God the Absolute, the Creator of all, Omnipresent, - Omnipotent, - Omniscient, - we believe all of God's Ideas, Words and Expressions to be from the only Source and know they are manifestations of Truth. God is incapable of thinking both good and evil, for if He could be divided against Himself, He would cease to be God.

When John said, "The word was made flesh and dwelt among us full of grace and truth," he meant that God manifested in and through man. As God's realm is a realm of perfection, and there is only God, man can with all impunity say: "All is Good."

Epictetus tells us that, "Men are not influenced by things, but by their thoughts about things." Man's belief in sin, sickness, dis-ease and poverty, allows these unrealities, or false thoughts, to dominate or overrule the Truth. He is overpowered by his environment of inharmony, instead of using his God-given power to set his mental realm in at-one-ment with all that is true, pure, and holy or in at-one-ment with Truth. The work or mission of man is to get rid of this belief in two powers, one that lifts up, while the other constantly endeavors to drag down. To cast out or master the seeming evil we must look at good only; the false self must become a servant to the true self, that is, Spirit must govern body, instead of the body's attempting the impossible task of ruling Spirit. The body is the temple of the living soul - of Spirit. Fill the soul so full of Good and Truth that there is no room for un-right-ness.

In overcoming evil we prove its unreality. That which is real cannot be overpowered as it is God and therefore changeless. Jesus, understanding the principle of being, said, "My words that I speak unto you, they are spirit and they are life." And again, "The words which ye hear are not my words, but the Father's, who sent me." "Ye shall know the truth, and the truth shall set you free." The Word, being Truth, is what sets man free; free from the belief of another power besides God. Jesus had met all these would-be oppositions, and proved them false. How did he do this? By giving them no recognition whatever. Satan is a Hebrew word, the verb meaning "to lie in wait, to be an adversary, or to oppose." It has not the meaning as it is generally understood by the masses. Jesus understood that Satan tempting him after his fast was not an individual but thoughts from the carnal mind trying to show him what a power among men he might be. Full-well his higher Self, his true Self, knew that this would not give to him the sweetness of love for all humanity, and he had been surmounting the frailties of life, when the testing time came. He met the tempter with these words: "It is written, Thou shalt worship the Lord thy God, and Him only shalt thou serve." He made two other powerful statements before the tempter left: "It is written...God shall give His angels charge over thee," and "Thou shalt not tempt the Lord thy God."

As Jesus used the word to win the fight so must we if we would conquer the world. Emerson says, "Build therefore your own world; as fast as you conform your life to the pure ideal of your mind, that will unfold to greater proportions." As fast as you build Truth into your world, in that same proportion will these temporary things, evil, error, sin, sickness, disease and inharmony, vanish and be seen no more.

It is written: "A good man out of the good treasures of his heart bringeth forth good things, and an evil man out of the evil treasures of his heart bringeth forth evil things." The treasures here spoken of are man's thoughts. "As a man thinketh in his heart, so is he;" if thoughts of good, then good is what he expresses; if thoughts of evil, then he expresses evil in his life. A thought of good is the Word of God, no matter whether it is spoken or not. "In the beginning was the Word, and the Word was with God, and the Word was God," so declared John. Everything was completed; finished. The kingdom of God has always existed; "in the beginning" is simply a figure of speech.

"Neither shall they say: 'Lo here! or, lo there!' for behold the kingdom of God is within you." From this statement, given by Jesus, we know that Heaven is a state of consciousness. Heaven is not any specific realm, but Heaven is a harmonious state of mind, reached only through acknowledging God in all our ways or living in at-one-ment with Love and Truth, having all our actions as well as our speech in accord with the "Word." Consequently, "Hell" which is supposedly the opposite of Heaven, is a state of unrest or discord. The word "hell" originally meant covered, concealed, or walled in, and does not contain an idea of a place of everlasting torment.

The word Gehenna is the Greek way of spelling Ge Hinnon, the valley of Hinnon, a deep narrow gorge southwest of Jerusalem where human sacrifices, especially babes, were offered to the god Moloch. Years afterward it was used for the deposit of city garbage and the fire was kept constantly burning. Gehenna could mean utter destruction, but not eternal torment. Jesus was quoting from Isaiah who referred to the physical destruction of men. Jesus, in using the quotation, merely intended to illustrate the physical and temporal results following the gratification of the senses.

There is no eternal punishment because there is no personal devil any more than there is a personal God. Jesus said of the devil, he "abides not in the Truth, because there is no Truth in him. When he speaketh a lie, he speaketh of his own, for he is a liar and the father of it." The words 'Devil' and 'evil' are synonymous. Consciousness of inharmony is the effect of false thinking and will continue to be so as long as man allows the carnal self to lead him. Man's inharmony, being self-inflicted, will last as long as he so decrees.

Fire symbolizes purification. This purification will continue until all inharmonious thoughts are banished. The Word is torture to one who is living in opposition to Good. A simple definition is: To be in hell is to be, through ignorance, shut off from a state of harmony and walled in with beliefs in evil as a reality. Therefore, we are in heaven or hell, accordingly, as we identify ourselves with good or evil.

It is by the "Word of Truth" that we have power to make manifest the good and overcome or shut out the evil. By persistent effort in expressing the Word it becomes established in our lives, for "The Spirit itself beareth witness with our spirit," and "Hereby know we the Spirit of Truth and the Spirit of error." Jesus said, "I have given unto them the Words which thou gavest me, and they have received them, and know of a truth that I came forth from thee, and they believed that thou didst send me." He said: "Of myself I can do nothing, the Father in me He doeth the works." He spoke the word that healed the sick, cleansed the lepers, gave sight to blinded eyes, made the deaf hear, and raised the dead.

Jesus spoke the Word whenever opportunity presented itself with a decided positiveness that could not be misunderstood. "Be thou healed," "According to thy faith, be it unto you;" "Thy sins be forgiven thee," also in rebuke to thoughts emanating from material mind. Jesus said to Peter, when he tried to persuade him from going to Jerusalem, "Get thee behind me, satan; thou art an offense to me, for thou savorest not of the things that be of God, but those that be of man."

No one should think it will suffice occasionally to make declarations for good; but should persist in them until the mind is changed from a continuous recognition of evil to a continuous recognition of Good. Thus will the Word be made flesh. Do not let the false thought lead you to say: "I can never realize my ideals."

God gave to man free-will, therefore God can express through man only when he lets His love flow in and through him, thereby revealing to the world His goodness in the spoken word.

An idea of good is the Word of Truth, hence the idea is the real. The most difficult piece of engineering was only an idea in the beginning. But man, by holding this idea uppermost in the thought realm, by concentrating all his energies upon the one thing, accomplished what the world believed impossible. It was an erroneous idea to teach that the Word, as given forth by man, will fail of its mission. No word of Truth is ever lost; it is the privilege of each individual to aid in putting evil out of mind by affirming the good.

The Master said: "Go ye into all the world and preach the gospel," the good Word. "I say unto you, he that believeth on me the works that I do, he shall do also, and greater works shall he do, because I go unto my Father." Therefore, so long as we believe in evil as a reality, these words of the Christ have not the inner meaning they were meant to have. True, we can repeat them, but they have no truth for us unless we live in accord with them. The works were good only; not good and evil mixed. How can any one do the works unless he has the mind of the Christ, which is the Word of Truth? A house divided against itself cannot stand; neither can any do the works, or demonstrate the Word, unless he overcomes the belief in evil and the devil as real entities.

We need not study the problem of evil as a whole but take up the subject from an individual standpoint. Work the belief in evil out of and away from your own life by holding fast to the knowledge that you have gained of the truth of God. If you can accomplish so much through the Word, cannot each person help to do the same for another? In this way will error be overcome. When evil puts upon you a claim (possibly through one of the senses) put a stop to it immediately by declaring the truth of the "I am." This is simply to claim your right as a son of God.

In everything we do there are two distinct voices, the accuser and the comforter, or the false witness and the Word of Truth. We must overcome this accuser by the power of the Word. Supposing you are beset by fear, you know there is but one power, Good; therefore this fear is not real. At once affirm: "I am filled with courage given of good." Not only declare this or a similar statement once, but many times over and over until it becomes a part of your being. You may not be able to accomplish the desire at once, but the persistent use of the Word will bring the true result, for, "If ye abide in me and my words abide in you, ye shall ask what ye will, and it shall be done unto you."

It has been said that 'self-denial' implies denying the body, making a sacrifice of the good things of this world, doing without the necessary needs for comfortable living, denying our body proper food and care. This is a misinterpretation of the meaning of the word. We are to have dominion over all things. This includes the false self, hence to claim our good is to deny the false consciousness, malice, hatred, anger, grief, anxiety, care, and all else that makes us believe the false to be true. Recognizing only the good is denying evil. Be not half-hearted in the use of the Word; laziness is an idle fellow and he who would reap the reward must not have fellowship with idleness. Remember, every Word, silent or spoken, is as necessary for the bringing forth of desired results as the dropping of seed into the earth is to the bringing forth of a harvest. Therefore "be not weary in well-doing." No affirmation of good is ever lost.

In following this method of affirming the good, you may at first find it difficult to concentrate your mind. It may, instead of holding to the word or statement, fly hither and thither, but when you discover this inconstancy, bring it back and place it again upon the good word. Our thoughts have been allowed to wander at will until, for the majority of people, concentrating upon a single word one moment is next to impossible; but practice and persistent positive effort will eventually overcome this.

When you undertake the fulfilling of your mission, which is demonstrating the power of the Word, do not forget that the words that are true are Life and Spirit and can never die. By the spoken Word Jesus brought peace out of inharmony, health where there was disease, food in plenty where the supply was meager. According to his promises we can do the same. In order to have people love you, you must love them, and if you are in earnest you will broadcast loving thoughts; not a long meaningless statement but condense your words into simple truths, as "I am a child of love," "There is nothing but love between us," "I love you." This last statement, if used persistently, will be found effective. If you work faithfully your reward will be in seeing all turning in love to you.

Do not endeavor to put evil from you through harshness; ignore it by affirming good. In working in any direction for good, should you not see immediate results, "Let not your hearts be troubled," but wait patiently, knowing Truth, the Word, must prevail. Avoid counting time as this savors of doubt. Spirit's ways are not our ways. If God's Word is Life then it is also all that goes to make Life beautiful; health, peace, harmony, purity, love and happiness. To gain these we must put out of our lives their opposites: sickness, turmoil, inharmony, impurity, hate, and selfishness. "He that will love life and see good days, let him restrain his tongue from evil, and his lips that they speak no guile." We must get control of that little member, the tongue. In speaking of others speak well of them or keep silent. If you cease talking of evil and allow only good words in your thought realm you will soon find yourself speaking no evil at all, for you cannot speak that which you do not think.

Do not deny your individuality, for one who constantly depreciates himself will soon be held by his associates according to the value he places upon himself; "I cannot do this, or, not so well as another," is to depreciate our self; rather say, "I can," "I will," "I am."

"Thou shalt decree a thing, and it shall be established unto thee." We all understand how words of error will create inharmony. A word of scandal blackens a white reputation. A detailed account of an illness brings fear of the same. Yet we go on, if not actually participating in the conversation, lending our sanction by our presence and listening attitude. The world wonders how this state of affairs can be stopped. In the degree that you set your face toward the good, and away from seeming evil, in that same degree will you do your part toward overcoming the false in your own life, and aid in putting evil out of the world, thereby establishing the Word of Truth.

Truths

"The Word of God is a thought of Good." "I will think only good." "God being all the reality there is, there can be no evil." "Truth is the summit of being."

LESSON IV

FAITH

Faith and religion to many seems synonymous. Those not religiously inclined usually do not understand the true meaning of Faith. Christ places great stress in one's faith on God.

"In Faith alone is the seed of our highest perfection found." Love raises us from a state of selfishness, leading us gradually from one state of consciousness into another, and at last will unfold to our intelligence the truth of perfection or our divine relationship to God.

Paul said, "Faith is the substance of things hoped for, the evidence of things not seen." In another's words: "Faith is the feeling or faculty within us by which the future becomes to our minds greater than the present; and what we do not see more powerful to influence us than what we do see." Children have faith in their parents. The parents in turn exert themselves to teach their children to have confidence in their ability to walk, to talk, to think systematically and to use all their God-given qualities rightly. If children work in conjunction with their parents - have faith in their judgment - these feats of walking and so on will be mastered more easily than if they do not allow their parents to influence their growth day by day.

Divine Wisdom, through various means and ways leads us gradually on to strength our faith in God, and through our understanding of faith and of God's goodness, we may attain to greater and greater faith or to the substance of things hoped for. For if we accept Paul's statement that faith is the substance of things hoped for it must be good, for God is the only reality, the only substance there is. Faith is the motive power of humanity. It is inherent in every man and it is a part of his very being. When the world sneers at faith it only displays its ignorance of divine wisdom.

What has faith? The true self, the "I am" consciousness, the divine man. This faith will always raise man from a low degree of understanding to a higher degree of wisdom.

Miss Whiting said, in the *World Beautiful*: "Faith is a force, a force as positive as electricity; it is a spiritual motor, and as such is much more potent than any physical motor, as spirit is more potent than matter." This being a truth, then it is faith that wins. Confidence in one's own forces will carry him forward to success when failure seemed inevitable. A man who can neither read nor write may win fame among men through deeds of valor. He may prove a most successful business man, possessing untold wealth, while his neighbor, who was educated in the foremost college of the land, drags through life barely earning a pittance for himself. The one has self-confidence in his own ability to accomplish whatever he undertakes and this very faith brings success. The other, having no established faith in the power within himself, leans on the knowledge of what others have said and done; therefore he fears and depreciates himself. Because he has no confidence in himself no one trusts in him.

Faith plays an important part in the business world. Men invest money and exchange merchandise having faith in the transaction to bring gain to themselves. It is the "Substance of things hoped for." An artist paints an ideal picture in mind and he knows that if he produces this ideal upon canvas his right to be known among men as a successful artist will be won. His faith in the power within himself wins. None can truly say, "I have no faith." There is no one who does not have faith in life being the motive power within himself. When he says, "I am ill," he claims disease as a reality. He calls a doctor of medicine

expressing faith in material aid. When man says, "I have no faith in God (good)," he only admits his own unenlightenment of the truth concerning Omnipresent Good.

To have faith in God is to have the same feeling identically toward Him that we had when tiny children toward our parents. As children of Good, each possesses the attribute of faith. Through man's lack of understanding himself he has not recognized his source of supply. He has looked to outward manifestation for reward whereas Jesus said: "Seek ye first the kingdom of God and His righteousness and all these things (peace, power and plenty) shall be added unto you." At another time Jesus said: "According to your faith be it unto you." Knowing the Truth - God is changeless, enduring, the same yesterday, today, and forever - all else will come to an end. Let us then pin our faith wholly upon God and His goodness at any and all times, whether we need healing of the body, mind or purse. This is not "A science of guessing" for God's laws are immutable and "Like a seed under a mountain, waiting its hour, the glorious truth has lived."

Man has suppressed his God given qualities, his faith in God, and trusted in man-made edicts. He has allowed doubt to creep in. Faith is light; doubt is shadow. Not understandingly the perfect law of love and truth gives rise to doubt and fear. To doubt is to hesitate, for it is a negative condition. Fear is its big child; it is unbelief in the Omnipresence of God. It is the worm that gnaws at the root of faith. Job in his great distress said: "The thing which I greatly feared is come upon me." We are like a magnet which it draws unto itself steel filings whereas we draw unto ourselves that which we think on - harmony or inharmony. Let us put into practice the truth we know or our knowledge comes to naught. Let's keep our minds stayed on God. God knows there is only God and God in action.

Jesus, the Christ, was able to walk on the water for he was so in at-one-ment with the Omnipresence of God that he was above the material or where it had any power over him. Peter also could walk on the water so long as he looked to God for support; so long as his thoughts were centered faithfully on Truth. The moment he allowed himself to see the rough waters he commenced to sink; he could not fear evil and trust good at the same time. With us, so long as we keep our eyes (thoughts) fixed on the "All Good" we rise above our surroundings and can walk without stumbling over every obstacle. But as soon as we look at the stones in the road, giving them recognition, fear enters in and we fall, going deeper and deeper into the yawning gulf of nothingness where thoughts of fear and inharmony dwell.

Fear of a condition will bring that condition to us. Instinctively animals know when a person is afraid of them and will attack them. A lady who from childhood had entertained fearful thoughts towards dogs and had been on several occasions attacked by them, on coming into an understanding of Truth, overcame fear; as a result instead of the dogs growling when she passed, as they formerly did, they tried to show her they were her friends. She used such statements as "I do not believe you want to harm me," "I like you," "I have no fear," - endeavoring to realize the truth of her words in their fullest, with the result that as fear left and faith took its place, all inharmony ceased.

Jesus tells us: "All things whatsoever ye pray and ask for, believe that ye have received them, and ye shall have them." There is no limit. If we ask with fear and trembling, with doubt and hesitation, we receive according to our faith. If we have unfeigned faith in Omnipotent Good we shall be able to draw from the infinite source of supply which is sufficient for all needs. No matter what the condition or environment may be, through the One Source we will be enabled to overcome all things. When we learn to hold ourselves ever in touch with the Divine Self we will cease to struggle for health of body; then we will know the natural condition of man. We will never be satisfied except we come to the Father (Good) and eat of the bread of life (Spiritual food). "Blessed is he that shall eat bread in the kingdom of God."

Everything we truly desire comes to us though not always in the way we look for it. "God works in mysterious ways His wonders to perform."

In asking for anything you should first ask for Divine guidance so as to be sure it is what you need - then know that your own will come to you.

When a storm of doubt, error or sorrow seems to break over you, speak the word, "I will fear no evil, for thou art with me." Hold steadfast to the word and you will find the troubled waters growing calm and your fears leaving you. Jesus, the Christ, the greatest Metaphysician the world has ever known, used these simple prescriptions: "Have faith in God;" "Go thy way, thy faith hath made thee whole." To the lepers he said "fear not, only believe;" "All things are possible to him that believeth."

Jesus often questioned those who sought to be healed, in order to prove their faith, and not from mere idle motives; for instance, certain blind men who were desirous of receiving their sight, he asked if they really believed in the power of the spoken word. To them faith was indeed "the substance of things hoped for," and they answered, "Yes, Lord." Immediately their sight was restored.

Should there come a time in our lives when through our false thinking we have come up against a seeming barrier, when all hope seems useless, we must then more than ever declare the Word of Truth and remember that "God hath not given us the spirit of fear, but of power," that "With God all things are possible," that God never forsakes those who worship Him in spirit and in truth, that "God is more willing to give than we are to receive." Throw off the bonds of fear and have faith that justice will prevail. Hold fast until you receive the blessing; the substance of that which you desire.

Coming into the higher faith is a gradual growth and is won through persistent, positive effort, through patience and by understanding that the righteousness of God is revealed from faith to faith. Have faith in your own God-given powers. "This is the victory that overcometh the world, even our faith."

Truths

"God is ever present with me." "I am now centered in Good." "In faith I listen only to the words of God." "I am satisfied and know that God is my health, strength and life."

LESSON V

WISDOM AND UNDERSTANDING

In all states of consciousness there is no spiritual growth without understanding and wisdom. "Wisdom is Divine Principle." Through Wisdom comes true understanding. It is the higher plane of understanding. Every faculty of mind has its own work. One faculty cannot develop for another any more than the hand can perform the work given the foot to do. Without Understanding, man cannot build to the highest. Understanding is an attribute of the mind, not merely that intellectual state arrived at through the study of books or from giving lodgement to the sayings of others. In Truth it is a conscious recognition that the Spirit of Wisdom within man is the same in essence, though not in degree, as Infinite Wisdom. The Father and Son are one. "It is the spiritual awakening of the saving power of Truth." Because of ignorance concerning the reality of God, man taught that sin, sickness, poverty, and all seeming evils are realities. Paul teaches that through ignorance, having the understanding darkened, we are alienated from the life of God.

Men have built great centers of learning, have sought education on the material plane, and have defined a little learning as wisdom. With the acquisition of learning based on materiality comes pride of life, "Which is not of the Father," and which works destruction to the individual. So long as man remains ignorant of his true self the circle will repeat itself. "There is a Spirit in man, and the Almighty giveth him understanding." By giving recognition to this Spirit of Wisdom in man, your true self, you will become conscious of your oneness with Infinite Wisdom.

Education on the material basis is from without; it is the acquaintance with facts on the evidence of a third party. You enter the school-room, take a book and read a page; to you it has not much meaning, yet when another person explains his idea of the subject matter, you accept his version because you believe he has analyzed it.

True education is from within; it is to lead forth the facts of which you are possessor. "Jesus spoke always from within, and in a degree that transcends all others." He was made perfect in that higher Wisdom which knows the Omnipotence of God. He declared the "Kingdom of God is within you," then there must be the dwelling place of the attributes of God, the Spirit of Wisdom. If we would know God we should make it the purpose of our lives to identify ourselves with the good only and should seek for and obtain Spiritual Understanding. "Seek and ye shall find, knock and it shall be opened unto you." It is only by experience that we come to understand the difference between intellectual and spiritual knowledge. "There is no purifier in this world to be compared with spiritual knowledge, and he who is purified in devotion findeth spiritual knowledge springing up spontaneously in himself in the progress of time." We gain spiritual knowledge in just the degree that we are able to accept and assimilate Truth. Intellect accepts Truth; Wisdom applies Truth.

You hear a Truth statement but it does not interest you from an intellectual standpoint; you believe it true, but you drop it for something else in which you are interested. At another time a difficult problem may present itself and you worry over it; finally, you go to God in the silence, wisdom brings forth from within the very Truth you were interested in. Immediately you see the application to your problem. That truth is yours from the moment you make use of it and as long as you use it. Spiritual knowledge comes in the stillness, in the silence; where peace has been brought about by love, there wisdom builds to the highest.

Infinite Love overcomes all thoughts of malice, unforgiveness, and selfishness. Jesus prayed, "Father, forgive them, for they know not what they do." The spirit dominant in Jesus is the same today in you as it was in him, the Christ Spirit, perfect in understanding. When Love has wrought a consciousness of peace, it is succeeded by a higher consciousness, that of Divine Wisdom, which gives out knowledge and understanding. Love, by overcoming, has made it possible for Wisdom to build upon a solid foundation. The greatest upbuilding is accomplished in the stillness or silence, for "Without sound of ax or hammer or other tools," the wise man builds the "Temple of the Living God." The reason we do not trust Divine Wisdom in the fullest sense of the word is because we have devoted too much time to the sordid things of life. Our degree of realization has been so small that we have had more fear than faith in the Word. It is only in the degree that we trust the God within, the Love, Power, Wisdom, as the All Good, that we get the realization of Love, Power, Wisdom, of the All Good. To us, God will no longer be mere principle or theory but a living reality to whom we may turn in every affair of life, even as a child turns to its loving earthly parent. Our concern should be to "Prepare the heart clean like paper whereon Divine Wisdom may imprint characters to His own liking."

Man, in his ignorance of God, pictures God as both loving and wrathful, treating His children as an earthly king might do his subjects, rewarding and punishing, healing and afflicting, according to man-made laws. The light pierced the darkness when Jesus said, "God is Love." "Doth a fountain send forth at the same place sweet water and bitter?" God is Omnipresent, Unchangeable Substance, out of which all the needs of man are fulfilled, whether they are of spirit, body or environment.

One who portrays God as a Creator who withholds the least part of good from one of His creations; the one who declares hate and Love, evil and Good, death and Life, health and disease, sin, poverty, sickness, sorrow, as all emanating from the same source, a God of Infinite Love, this one has "Wisdom that descendeth not from above, but is earthly." It is the world's wisdom on the world's plane and you will never be able to trust God to heal your body, keep you from evil, or give to you your own Good so long as you believe it. "But the Wisdom that is from above is first pure, then peaceable, gentle, easy to be entreated, full of mercy and good fruits, without partiality and without hypocrisy."

The wonder is that having heard the word pictures painted by those who had the wrong concept of God (yet whom we have considered intelligent) as a monster of cruelty who wills awful suffering upon defenseless man, that all man-kind has not rejected Him.

Misunderstanding has brought untrue conclusions. God is not a person, ruling with a rod of iron, but the one unchanging Law of the Good which works ever and always for the Good of all. God does not punish man, - his is one with Divine will, he is not wise enough to work in harmony with Divine Law. Jesus, the greatest demonstrator of the law of universal good the world has ever had, said: "I come to do the will of my Father." He healed those who came to him. He was loving and kind to the sinner. He gave freedom to those in bondage to disease, fed the hungry, raised the dead, and taught the doctrine of comfort, peace, joy, and understanding. He gave out the saving words of Truth, "I and my Father are one," and "Ye are one with the Father even as I am one" (in substance).

If these things were true when Jesus was manifest on this plane then they are true today. When one's understanding has realized the divine Truth that God's will is unchangeable and immutably good then old conceptions will pass away, freedom will be manifested, and the past with its false teachings will dissolve into nothingness.

Jesus taught "Ask and ye shall receive." In the stillness (silence) where nothing but the voice of wisdom is heard, where Spirit meets Spirit, seek understanding. "Pray in secret and your Heavenly Father will

reward thee openly." It is written "Eye hath not seen, nor ear heard, neither hath it entered into the heart of man, the things that God hath prepared for them that love Him."

The Divine Will is the will of the higher self. It cannot make an error or lead into inharmony. How can you realize the Divine Will? By entertaining thoughts only of the good. Through living the higher self you will awaken to the Truth that God's will is your will. The farther the thought is removed from the material plane, the more you realize your nearness to Infinite Wisdom. The more the thought is spiritualized, the more powerful it becomes. Let go of all beliefs that acknowledge any other power than God. This in itself will be a treatment for any disease or illness you are harboring. "To depart from evil (in thought) is to get understanding." This, man does in the degree that he consecrates the personal will to the will of God and determines that no will shall be done in and through his life except it be born of Infinite Wisdom. A young lady whose eyes were afflicted was told by physicians that she would be blind after a few months. She could not see why God should strike her with blindness but tried to feel resigned. A friend told her she need not suffer loss of her sight and took her to a healer. During a short talk an understanding of the truth concerning God's will came to her and she was healed.

God would have us healthy, happy, satisfied, free, here and now; but we must in every detail of our life be guided by Divine Wisdom, being careful not to allow the personal will to take precedence. This has reference to the habit of wishing and longing for things we do not in the least need. We may get what we have longed for, only to find it is not what we needed at all, and in the possession of it we will be limited instead of helped in our progress. Remember, we draw to ourselves that which we desire.

Whatever inharmony comes into our lives is the result of a misunderstanding of the Creator's plan. Jesus said to his disciples, "The Holy Ghost, whom the Father will send, he shall teach you all things," but this "Spirit of Truth" the world will not receive because of its ignorance, yet it dwelleth in you. It is the Spirit of Wisdom; a real presence. We know it as the "still, small voice," and it can be depended upon to guide and direct us aright in everything from the smallest to the greatest affairs of life. This statement is being proved true by hundreds of people every day.

The burdens we bear are of our own making and are heavy or light in accordance as we obey or disobey the law. Jesus said, "My burdens are light." Instead of wondering how our neighbors can do this thing or that, or letting our mind be bound by the incidents of our every-day life, or allowing our circumstances to determine our thinking; we should learn to follow the guidance of Omniscience. You question, "How shall I distinguish the voice of Wisdom from the voice of worldly wisdom?" While Elijah's thoughts were in a tumult, whirling here and there so that his very being was shaken by their presence, he did not hear the voice; but in the stillness, after Divine Love had burned out (overcome) this inharmonious condition, he heard Divine Wisdom speak, directing him, and giving assurance of protection. When you come to a place in your journey and know not which way to turn, go into the stillness, ask the Spirit of Wisdom to give you understanding on the problem that vexes you, and peace will come to your troubled soul. Ask earnestly and in faith, then expect your desire to be fulfilled. It may not come in the way you are expecting it but rest assured, though it may not come immediately, it will come with such an inner conviction of its truth that you will know what to do and what to say. This is Wisdom and Understanding.

All things are worthy of Divine guidance, not alone the great propositions of life, but everything, and in Truth the time is always present tense, the now. There is always a best way and that is keeping the law of All Good. Then whatever you undertake to do you should do it right and well. "Whatsoever thy hand findeth to do, do it with thy might," remembering, "Of myself I do nothing, the Father in me He doeth the works." When you accept the highest, best word that comes to you in the silence, you are obeying

the right impression. Man must hear, accept and obey the voice, if he would be divinely led and realize God's Omnipresence. Man is too apt to want to have his own way, but if he obeys Spirit, he will find that all things work together for good. After you have learned obedience, learned to be satisfied, even when the way is not so clear as may be desired, be contented. Once you have submerged your will in the Divine Will you will have no regrets. "God's will is my will," "I am satisfied," are truths which if held persistently will bring peace and harmony.

The lesson of obedience to God's love must be learned, and the sooner you overcome the habit of disobeying the voice the sooner you will find yourself on the high-road to health, happiness, and prosperity. Perfection consists in doing. "He is neither the greatest saint nor the wisest man, that knows the Truth most, but he that practices it." In the silence, quietly, gently, positively affirm, "I hear only words of Wisdom;" "I will obey."

"Divine Wisdom makes known to me only the highest Good."

Having once put yourself into the care of the Almighty, do not turn back lest you will fail to reach that place of perfect security where Love and Wisdom reign supreme. "Nothing can bring you peace but the triumph of principle." In a man's self is his might. The great need of humanity is to understand God as He is; to realize the Omnipresence and Omnipotence of the All Good. It is written, "If any one lack Wisdom; let him ask of God." "Before they call I will answer and while they are yet speaking I will hear." Every high desire of your heart will be filled full by Divine Wisdom; even as you think, the building is going on. All one need do is simply ask and he shall receive.

Worldly wisdom says there is both good and evil - and wise in its own conclusions endeavors to get rid of the evil by condemning it instead of overcoming it. You can never win the evil-doer to a higher life by any other means than love; the seed-thought you would send another has its root within yourself. "Happy is the man that findeth wisdom and getteth understanding," then will he remove his mental hands from his brother, thus helping him to break the chains of ignorance that are holding him down. Get Wisdom, get understanding, look for the good in every thing and every-body. The spirit of Divine Wisdom rests in the heart of each one of the Father's sons; it fills men with sweetness, governs them with courage, and enlightens with excellence those who are subject to its direction.

Truths

"I am understanding." "I hear only words of Wisdom." "Divine Wisdom guides me and makes known to me only the highest good." "I am one with the will of the Father." "God's will works only the good." "Judge not that ye be not judged." "Live the life of Truth and be a light to the world."

LESSON VI

THOUGHT

Through all the ages man has looked upon the external appearances as the real. Within man is the urge to free himself from the bondage of sin, dis-ease, poverty and kindred ills, and attain a state of harmony, both mental and physical. But as his belief in external conditions is real he looks to material aid to remove his burdens. Freedom can be attained only through recognizing the cause and then removing it. In the words of Jesus, "But these things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts."

According to the teachings of the Master our belief in inharmony of whatsoever sort it may be is its only support. Acknowledging this truth we admit that whatever we are manifesting, mentally, physically, or spiritually, as well as the environment in which we are, all had its origin in the thought realm. Therefore, if either good or ill is the result of thinking, then in order to be in a harmonious condition of mind and body at all times the thoughts we think must be only of Love, Peace, Joy; these are the fruits of the spirit of Truth. The great essential in life is to learn to think with God - or in other words, to think according to the law of love.

Someone has said, "No exposition would be half so interesting as an exposition of the thoughts the world is thinking at any given instant;...of thoughts thus made manifest, those merely trivial and inconsequential would outnumber all others." If we stop a moment to consider, we are struck by the truthfulness of this statement. We pay much attention to petty details, - what we shall eat or wear, what our neighbor is doing, and especially to our daily employment, which should, when perfected, be purely mechanical, occupying our attention but very little. We sit for hours idly wondering about things that concern us not in the least, then complain of the narrowness of our lives. If we devote our thoughts to small things we get small things. If we let our thoughts wander hither and thither in an undetermined manner we will live in an unsettled condition. If we learn to control our thoughts through Truth's promptings, allowing nothing but true, beautiful, good, loving thoughts to come out from the inner consciousness, concentrating all others on the Good, then shall we become a positive power for good, for we shall then be able to direct our thoughts in any line we wish. Whatever proceeds out of the heart of man either defiles him or spiritualizes him for "As a man thinketh in his heart so is he." The world's idea of how a man should live is based upon a moral standard. How often we hear the remark, "He is a good moral man." The scribes and Pharisees lived according to this code. But Jesus said, "For I say unto you, that except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven."

It is not sufficient to control false characteristics hidden within yourself, - they must be overcome, entirely cast out. Though a man may bury these false characteristics so deeply that they do not appear on the surface; yet so long as he keeps them in his heart, they will be as the internal fire of a volcano, burning on, day and night, until there comes a time when he will awaken to the fact that the crust of morality with which he has surrounded himself is no longer sufficient to keep the seething mass covered. These false thoughts must cease to be, for it is not what a man does, but what he thinks, that is most important; the thinking causes the doing. In all the universe there is but one law, the law of All Good. "Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy strength, and with all thy mind." To live in accord with this commandment is to recognize good in all things. To overcome all evil is righteousness, which simply means right thinking.

False thinking is a disease of the mind, and no matter what the thought, it must be put away as erroneous mental pictures will show forth as corruption in the body. The cause of all inharmony is false thinking; the effect is disease of body and environment. If thought is the cause, then thought must also be the remedy. "Sin comes through transgressing the law of God" and all the suffering we endure is so caused. The word "sin" means, literally, "missing the mark."

Where the thought dwells, no matter on what plane, there the body is built. Being unconscious that there is a higher plane they do not suffer for "conscience sake" as do those who have been awakened spiritually. It may be likened unto two mirrors - the surface of one which is covered with dust, and one that is free from dust - these do not reflect the same picture. In one, whatever passes before is blurred and a bit more dust seems to make little difference in the appearance of what the mirror reflects. The other shows in its clear depth everything before it as perfectly as the object itself and the tiniest mark is noticeable. So it is with the soul when dwelling on the material plane, among thoughts of error, one more error does not seem to change the appearance of things. But when the soul has once been awakened, or quickened, when the light has made the darkness as bright as day, then error will seem to be reflected very quickly.

"The greatest discovery of the age...is the discovery that we can command, control and regulate our thoughts, so as consciously to discern their relation to the body, and their power to mold the body according to their degree of intelligence." With a knowledge of this truth, parents and guardians will be able to train a child from birth, not only to think good, pure thoughts, but how to direct all the thoughts into the channels that will prove to be the most beneficial.

Thus will mankind be disabused of the belief that children are made to suffer to appease the wrath of a personal God. The reason many people gave for this feeling of resentment toward God is that they have believed this erroneous idea concerning the cause of innocent children's suffering. A child is negative, is sensitive, a little receiver of the thoughts of fear, worry, anxiety, dread, that are generated in the minds of those with whom they come in contact. In healing a child, such thoughts must be obliterated from the mind of the parents, through words of truth, before the child is treated. Jesus' teaching was, "A good man out of the good treasures of his heart bringeth forth good things; and an evil man out of the evil treasures of his heart bringeth forth evil things."

It is through ignorance of the law of Good that we suffer. The theory of suffering is built upon a foundation of ignorance; yet the knowledge we have gained of the Law has shattered this theory. For if suffering is the effect of wrong thinking, remove the cause and the suffering will cease. False thinking (not of God) is the cause of evil showing forth in our bodies and environment. To be free indeed one must live in the Truth, the Christ consciousness, then will he be able to overcome false conditions. By a conscious recognition of Divine principle we radiate happiness and health in every avenue of life. "Thought becomes the rose of joy."

A prominent physician asked one of his students to make a professional call on an old lady, adding: "She cannot recover, I have done everything that can be done for her and my time is too precious to waste in another visit; just tell them I sent you and it will be all right." The young man proceeded to carry out the directions, and upon returning, asked if he could go again the next morning. "Yes," was the answer, "but you will not find her alive." The following day the elder M.D. asked the student if he had seen the old lady.

"Oh, yes, and she is a great deal better." "How is that? What did you give her?"

"Nothing but pickles; you said she would die, and she begged so hard for pickles saying she would get well if she could only have them, that I thought she might as well die easy." The old lady recovered and had many a laugh over the young doctor's first prescription.

Man is awaking to the fact that Jesus taught salvation for all humanity. "Where two or three are gathered together in my name there am I, in the midst of them...and, lo, I am with you always even unto the end of the world." Jesus gave to mankind the nucleus to build upon, - that all growth is from within outward. He was so full of love he could not suppress it but expressed love for all humanity, even to those who persecuted him.

Paul tells us, "The body is not one member, but many...and God has set the members, every one of them, in the body as hath pleased Him." No member can say to another, "I have no need of thee;" each one has need of the other. As God is one, complete, whole, yet has many attributes, so the body being one, symbolizes completeness, yet it has many members. Man represents God's idea, is His image and likeness, complete, and each member of the body is a symbol of a divine attribute. From Paul we hear this: "If one member suffers, all the members suffer with it; or if one rejoice, all the members rejoice with it."

The lungs, the receptacle of breath, stand for the active life principle; breath is the life of God activity. A healing thought for disease of the lungs would be, "Now the breath of the living God fills every cell in my lungs, freeing me from inharmony, and healing me." The heart symbolizes Divine Love; if the thought dwells upon sorrow or disappointment, if there is a craving for human love and sympathy, a sense of loneliness or undue anxiety, the heart will be the first member affected. Positive affirmations should be made by the sufferer: "Divine Love frees me," "My heart is filled with God's love," "I am healed through love," or any other peaceful statement, that will lift the thought to a higher plane. The spinal column stands for strength; for seeming lack of will or courage, hold, "I am strong and courageous," "Divine will is my strength."

The feet are the servants of understanding; they are the carriers to bring good tidings; they lift us from things earthly toward things spiritual. "Thou has put all things under my feet." "Divine Wisdom uplifts me." "Now I am one with the Christ." Deafness signifies misunderstanding, "Having ears they hear not," spake Jesus. A healing thought which has proved successful is, "My hearing is spiritual, not material." "Now my ears are attuned and catch the healing vibrations from the voice within."

The eyes have been called the windows of the soul. If thought of evil is soiling the windows (external eyes) then the soul sees as "Through a glass darkly," or sees both good and evil as real entities. If thine eye be single, if the thought realm recognizes only one power, good, then the soul sees face to face and the whole body is full of light. Some effective truths are: "God is my light, God is my sight," "My whole being is filled with the light of Good," "I see only the good and true." The tongue is given that we may give out the word for the uplifting of those who are hungering and thirsting after knowledge of right living. "A word that is spoken in due season, how good it is. Like apples of gold in pictures of silver." Healing words for the tongue: "My tongue gives expression to thoughts that are pure, good and true." "I speak only loving, kind words."

In healing disease of body or environment there must be a complete change of the thought that is causing undesirable conditions; one must think truthfully from principle. To be positive in thought that there is no disease in the Creator, hence cannot be in His creations, will free you from disease. Like Jesus, a healer knows that inharmony of body will give way to harmony very quickly by directing healing thoughts to the afflicted part. After making truth declarations for the body as a whole, speak the word

directly to the intelligence of the diseased member. "You desire to work in harmony with divine law."
"You radiate love, purity and peace."

Paul tells us, "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; think on these things." Man's thought is, "true" and "pure" when he realizes his oneness with Omnipresent Good. The thought is "honest" and "just" when it stands out free from the bondage of "moral law," and is controlled by the law of love and harmony. Thoughts are "lovely" and of "good report" when every man speaks truth with his neighbor. We cannot speak the Word with the sound of truth without first having the right thought. It is like "sounding brass." Jesus stated plainly, "Give and it shall be given unto you: good measure, pressed down, running over." Therefore, if we would receive we must give; we receive from God in the same measure that we give out. By withholding good from others we shut the good out of our own lives. By selfish thoughts we bring about unlovely conditions. Giving out fear thoughts of poverty, attracts poverty to our door; holding on to a penny, fearing to spend it, lest, when that is gone there will be no more, keeps the purse empty.

There is but one way into the kingdom and that is by overcoming every thought of ill- will as soon as it begins to manifest. Be assured that when evil comes knocking there is something you need to cast out; by not recognizing it, it will soon cease troubling you. Instill a positive thought in place of the negative one you have cast out. Remember, we are only instruments through which God expresses Himself, and by conscious recognition of the Divine principle we open every avenue of life, allowing the good to flow through. Truth radiates happiness, it heals the sick, it is the hope of the despondent, it rescues the fallen. It is the true life of man in manifestation. It is love, the redeeming power of the world. It is the link between the soul and God.

Truths

"Through God's Love and power I will think no evil." "I will control my thought realm." "I entertain only true, pure, lovely thoughts, no other can have a place in me." "God is my supply, there is no lack."

LESSON VII

BE FREE

John said, "In the beginning was the Word...the Word was God... In Him was life; and the life was the light of men. And the light shineth in darkness, and the darkness comprehended it not...and the Word was made flesh." According to John's philosophy man has reversed the Divine order of creation in looking upon the material creations as of more importance than the "Spirit," the "Life," the "Light," or the "I am" in each one, that has no beginning nor ending. "God is too pure to behold evil," but man has believed in a god who could dispense both good and evil. Through this misunderstanding of the true nature of God, inharmony, of whatever sort, became as it were, a reality, for what we recognize as real governs us in proportion to the degree it is given recognition.

There is but one law, the "Law of Truth." It is written, "Let us...let them have dominion over" all things. These words man seemingly has interpreted to mean all things except his material body; but what should man have dominion over, if not over himself? He must first free himself from these man-made laws that are a hindrance to his advancement. Man must use his God-given powers in order to express them, that he may have dominion over all the beasts of the field, and so on, without being cruel, or inhuman, which is being un-God-like.

Like the hedge of thorns, these laws made by man are so interwoven that he cannot break through their confines without bringing suffering upon himself. To be free of these limitations man needs not to break through these hedges, but knowing the truth that against a higher life "There is no law, neither indeed can be;" he can cease to be hedged in by inharmony and live in the thought realm of Love and Peace. Acknowledge the truth of your being and material limitations will fade away.

When you begin to awaken to the truth that God alone is the Creator, and your earthly parents the avenues through which Divine Life expresses itself, you will understand that you are born of the Spirit, not of the flesh. Flesh is not a creator. Reasoning from this standpoint, you will begin to affirm that the false thoughts, actions, characteristics, temper, appetites, passions, are no more a part of yourself than the clothes you wear upon your body. "God is the only Creative Power." "Call no man on earth your father, for one is your Father which is in heaven," said the Master. We are not to renounce our earthly parents, for God commanded, saying, "Honor thy father and mother." The more congenial parents and children are, the more true love there is expressed between them. The true love of an earthly parent does not signify that he will try by force to bind his child to himself in subservience. On the contrary, true love means freedom from the fetters that bind one to man-made laws, freedom of thought. He wants to see his child gain in strength, mentally as well as physically, to be a credit to himself, to his God and to society.

As God is all Good, or, the good of all, you have inherited only the good. When we have grown into a full knowledge of this truth, the false belief in heredity that has made slaves of millions of people will disappear, will vanish like a soap bubble. If you are laboring under a belief of heredity or prenatal influence, you need not bear the burden any longer than you wish. Know yourself free-born, assert your freedom from the law of heredity, affirm, "I am a being of pure Spirit and have inherited only good."

A philosopher once said, "Man himself sets the limit to his stay on earth, also to his powers of activity." In the Wisdom Literature we read, "Hear...and receive my sayings; and the years of thy life shall be many... Take hold of the instruction: let her not go; keep her; for she is thy life." And John, the Revelator, intimated that God does not count time by years, but by one's good deeds.

Fear and worry bind one more tightly to the wheels of misfortune than iron chains. Read the Twenty-seventh Psalm when trials assail you, these promises are meant for man today as well as for those of past ages. For "He hath said, I will never leave thee, nor forsake thee." So that we may boldly say, "The Lord is my helper, I will not fear what man shall do unto me." Jesus said, "Fear not... it is your Father's good pleasure to give you the kingdom."

We must realize more and more the reality of the good. To be spiritual is to banish the law of unrighteousness from our minds and it will show forth outwardly in our countenance. From the limitations placed upon children they must gain their freedom by coming into an understanding of the truth.

How often the expression is heard, "I have so much to bear" (material burdens). Throw them off, be free, stop carrying imaginary troubles. Half of the burdens in the world are imaginary. Look at God's sunshine; declare "I am free to live in at-one-ment with all that is true." "I will not let thee go except thou bless me." Jesus said, "The kingdom of heaven is within you." The gateway into the kingdom is through the Christ consciousness, and the key is Truth, the Life." God, is, there is no death. Life is from everlasting to everlasting, but there are many manifestations of life, just as ice, water, and steam are all one and the same substance in different states of manifestation. Therefore, there is no death, all is life, and the separation of what God has joined together (Spirit and body) is only a step upward.

Heaven is a condition of harmony and, as each one must work out his own salvation, heaven or harmony is attained only by persistent application of the Law of Love and Truth. Jesus said, "Ye can discern the face of the sky and of the earth,... and why even of yourselves judge ye not what is right?" God gave to man free-will, therefore, man must judge for himself what is right.

If God is Omnipresence then there is no other power for freedom from inharmonies. In your decision, no one outside of yourself can interfere with you; in your own thought realm you must decide whether you will be free from the laws of materiality. All that God made He made good; then the law of limitation must be broken by man's knowing himself a spiritual being in the image and likeness of the Creator and possessed of all the attributes of the God-head.

It is the attitude we hold toward the inanimate that makes us ill at ease or free from fears. A woman had been troubled with a stomach disorder for fifteen years, living principally on liquid foods. Through the treatments by a Divine Science Practitioner she was made whole and free. Her daughters, thinking they would test the healing as well as the mother's faith in Divine healing, served her with rich desserts which she ate thanking and blessing "the powers that be" for all the good things of life. Her faith had set her free from the limitations she had placed upon herself - God did not limit her. Many other interesting incidents could be cited of freedom from climatic conditions and so on.

A Divine Science Practitioner instills love in the mind of the patient whereas materia medica advocates the taking of one poison, so to speak, to offset another poison lodged in the system. To the Corinthians Paul said, "Untrue thoughts...are sinful; righteousness is wholesome. Let not sin therefore reign in your body." To the Romans, "Awake to righteousness and sin not."

The laws which now hold you in bondage to material things will perish (have no power over you) when you have come to an understanding of Spirit. "Ye shall know the truth, and the truth shall make you free," said Jesus. As in the case of stomach trouble so in every case of inharmony whatsoever, you must work to overcome fear; "I will fear no evil; fevers, colds, contagion, heredity, signs, superstitions, have no power to harm me." If you would be free, declare your freedom positively, with understanding. By

mastering the principle of being, you will be enabled to apply the principle, thus freeing yourself. The "I am" is the true self, the God within. As long as you say "I am discouraged," and name over different kinds of diseases that affect your body in different parts, you are making laws against yourself; "Out of the heart of man proceed evil thoughts;" and by affirming on the negative side you put off the day of your freedom. Your word goes out and returns to you in the form you gave it. You sent out the words, "I am sick," and your word vibrates through your system, carrying your decree to every atom of your being.

As you realize there is but one Law governing the universe you will also realize there is but one law governing your whole life. Do not fall by the wayside. Remember, the Word spoken in faith will wear through the rivets, and the chains will fall off, and you will step out into the glory of God's freedom. Think what it means to be a free man, to come out from under man-made laws and claim your birthright. Through knowledge of the law you may free yourself from petty daily annoyances, you can bring order out of a seemingly chaotic state of affairs. Hold to the truth, "All things work together for good," and good will come out of it. Go to work; there is no time but the now. The principle that spiritual development will overcome physical laws has been demonstrated again and again; you and I can prove it for ourselves if we will. Jesus proved the principle in its fullness; he overcame every obstacle in the way, and left these words, "The things that I have done ye also can do." By recognizing the true Self you lose sight of the false self and you have dominion over it. Be an individual, be free.

Truths

"There is but one mind, the God mind." "I live and have my being in Mind." "Divine Love works for my good." "Divine Love holds me in its keeping."

LESSON VIII

UNITY

With the advent of Jesus, the Christ, came to humanity an understanding of the religion that was prophesied many years before. A religion that is practical, not merely theoretical, thereby banishing disease, sorrow, want, and all inharmony. A religion the understanding of which uncovers the spiritual discernment and lets in light on the doctrine of joy, peace, comfort, and freedom. It gives to man a knowledge of his true relation to the source of his being, showing him his oneness with God. Man in his search for God, for something higher than himself, grew spiritually, degree by degree, from the simple worshipping by primitive man, who believed in many gods, some good and some evil, up to the realization of Jesus, the Christ, "I and my Father are one," that God is "The principle of life, the element of religion; and that the link uniting the soul and God, is Love."

Divine Love, God, created man in His own image and likeness and man is bound to Him by the golden cord of Love. Selfishness has loosed the cord, although it can never break it. Love always has been, and always will be, the same. Therefore, man can never be separated from God except to the material sense.

The meaning of the word religion is "to bind together, to reunite," and the purpose then of religion is to show man his unity with God. This consciousness of separateness from God has caused man's suffering. This barrier which we have in our ignorance placed between ourselves and God, and between ourselves and our fellow-men, must be broken through the love consciousness, throughself-purification, that we may become united to the Fathers and to our fellow beings. The more we become in at-one-ment with

the Creator, the closer we grow toward all humanity. When Jesus said, "I and my Father are one," he meant he was one in substance, not only with Love, but with Life, Truth, Wisdom, Power, Purity, Light and Health. He taught this to his followers also, that the Divine characteristics manifest in him might become manifest in them. "Ye are one with the Father, even as I am one." This is the lesson we also must learn.

Jesus made no idle boast when he said, "All power is given to me in heaven and in earth," for he proved that this assertion was true. Jesus spoke with powerful Words of Love and Faith to free those who came to him in distress of mind or body. Through the spoken Word he awakened in them the God within, coming into an understanding of the unity with all life, harmony, and so on. The lame walked, sight was restored to the blind, the sick were healed, all because they were freed from the knowledge of inharmony and realized their unity with the whole. There is "One God the Father of all, who is above all, and through all, and in you all." Through unity with God it is possible to come into harmony with every soul that touches our lives. It will reconcile the higher and lower natures of man and join together those who have been at enmity. The true self recognizes only the true self in another, giving the false self, the selfish, disagreeable, inharmonious one, no recognition whatever.

Through Divine Power we may call forth the good in another. If another speak or act in an unfriendly manner toward you, do not resent it, but silently affirm, "You are one of God's little ones and are bound about by His Love." You cannot be lifted up except you recognize the light within, and your unity with that light; once this is accomplished you will be able to let your light so shine that others may desire to come within its radiance. If you would help to establish a universal brotherhood, hold fast to the truth, "Love never faileth," it is kind, long-suffering. Practice sending out thoughts of love to all humanity.

The great commandment that Jesus gave to mankind is "Love one another." Therefore, in trying to lead others to realize their unity with the All Good, be patient, as was the Master, never condemn another, nor judge another by your own standard but by the rule of Love and Truth. At times, "Silence is golden." "Lift up your heads (in your thought consciousness)...and the king of glory shall come in." "It is not the word you speak under the impulse of persuasion, and which you then neglect, while the old way of thinking is resumed," that lift you up, but it is the true thought you carry in your daily life until it becomes a part of your very self, that unites you to the Father, that will change enemies into friends, and establish the kingdom of heaven on the earth.

The Church catechism says, "God is everywhere, God knows all things, sees all things, can do all things, is without beginning and without end." Let man once come into a conscious understanding of this Omnipresence, Omnipotence, and Omniscience of God, and the true relation of man to God is established.

A wise man will face every proposition in life with the consciousness that he has the power within himself to solve it. "God will not have His work made manifest by cowards, it needs a divine man to exhibit anything divine." One cannot rid himself of a false condition by trying to run away from it. Go where you may, in whatsoever direction, and you will meet that same condition at every turn, because you have taken the cause (false thought) with you. You will stay out of unity with the whole, until you face the truth, knowing that evil has no real power, no substance, is simply an appearance. Thus will your freedom be established. Omnipresent Good is All Good. True Life is perfect, whole, without limitation of death or disease; remembering this, our inharmonious environment need not hold in limitation our spiritual on-going, no matter how external conditions seem to bind us. God gave us freewill; we may choose our own mental guests (thoughts). Affirm "I am in at-one-ment and centered in the Good alone," and "The Spirit of Power dwells in Universal Mind."

Every affirmation of unity is the word that brings us nearer and nearer to a realization of our true relationship with the Creator. Spiritual mind ever seeks to unite through Love, that "synonym of God," it finds good in everybody and everything; making itself one with all "Till we all come in the unity of faith,...so that we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine...but speaking the truth in love." It is the false self, the human intellect, that tends to separation. It is a misunderstanding of life that causes man to say there are two kinds of love, one of a material nature, one Divine, that healing and health are for some, but not all; that hate and love, mercy and wrath, emanate from the same source, thus holding themselves away from their own good. "Whom therefore, ye are in ignorance of, him declare I unto you." The declaration of God is one of wholeness.

"God dwells in temples of life, in living things; He breathes the breath of life into all." The one God of us all is the one Good of us all; it doesn't make any difference by what name man calls it; Creative Force, Supreme Law, Cause, Brahma, Great Spirit, all refer to the one, inseparable, the Source of our being.

As Truth broadens and deepens the mind it will see a place where all religious denominations of the world may meet in unity. It is time wasted to endeavor to explain the difference between religious beliefs, it is sufficient to know that there is good and truth in them all; if there were not, they could not stand. "Universal tolerance allows each individual the privilege of having individual ideas." We may state our own ideas but should not condemn another because he differs in his opinions. Infinite Love, Wisdom, Power, is no respecter of persons, but seeks the higher avenues on every plane of existence in which to express itself.

Jesus the Christ was "all things to all men." He was the way, the truth, the life, to all humanity. It is this Christ Spirit that forms the universal brotherhood. As Jesus did, so can man-kind. He claimed his oneness with God and conceded the same privilege to all men. He recognized that, to life, there is no limit, neither is it bound by failure. He taught a practical religion, a universal religion. To him all humanity, without respect as to nation, color, or creed, were of his same origin, all children of God. He said, "Whosoever doeth the will of my Father, the same is my brother, my sister and my mother;" and again, "Not these alone who hear me, but those who shall believe through the Word of another; that they all may be one."

"With God all things are possible." Divine Love overcomes, removes all barriers between God and man. Divine Wisdom is the uniting power. Through Love and Wisdom we come into at-one-ment with God; this is the true atonement, in that we sacrifice or cross out the old selfish nature, henceforth giving recognition to only the true Self. It is difficult for the world to understand that all is Mind or Spirit.

Jesus did not endure the cross that the sins of humanity might be forgiven; nor to pacify an angry God; this act alone did not expiate any sin. The lesson of the crucifixion is that it symbolized that which, through mental activity, had already been accomplished; the crossing out of the old man, the false-self. Jesus passed through the crucifixion that he might prove the unreality of death and the reality of life eternal. He had said to his disciples, "Greater love hath no man than this, that he lay down his life for a friend;" and proved to them through the resurrection that what they had believed (laying one's life down) was in reality not laying it down as the world sees it, but was living on the spiritual plane. Vicarious atonement, as it is generally understood, leaves the impression that God not only becomes angry, but it revengeful, vicious, unreasonable. Jesus made no such atonement; he understood his Divine relationship in the highest; he became at one with love, joy, peace, purity, by not recognizing hate, sorrow, discord and impurity; thus he came into at-one-ment with the All Good.

Whosoever lives the Christ-life must follow the teachings of the Master. Between God and man there is no mediator, except the Christ, the Truth, which is within each one. Jesus taught unity with God by use of the symbols, bread and wine. Bread represents body, a divine idea of wholeness. Wine symbolizes the blood. Eating and drinking the body and blood of the Christ signifies that we are to live the Christ-life, making the Truth our own, by realizing and accepting the Christ Spirit as our true selves. Then will we be one with the Christ Spirit manifest in Jesus. "He that eateth my flesh and drinketh my blood dwelleth in me and I in him." Then because his disciples failed to understand, he said: "It is the Spirit that quickeneth, the flesh profiteth nothing; the words I speak unto you, they are Spirit, they are life."

True fasting is to abstain from false thinking; fasting symbolizes denial of the false self. True baptism is of the Spirit, water symbolizes its cleansing power; communion is the unity of man's true ideas with the Divine Mind (All Good). Having these words of the Master before them, the religious world is still halting at the symbols; they have accepted the letter as of greater importance than the Spirit. It is the letter that killeth, the Spirit that quickeneth. The majority of people do not understand the broad, deep meaning symbolized by the observance of fasting, communion and baptism. To them it is a law of the church. We have been taught that the Master commanded these things to be observed literally (in the letter). His followers had not grown to the spiritual height, depth and breadth that Jesus had; they were babes in Truth. He put these symbols before them as illustrations of his ideas; he pictured in the material that which he held in the ideal.

Jesus admonished his followers, not only his immediate disciples but all who should come after, "to take up the cross daily and follow me." Daily take up the cross simply means to daily overcome some part of the lower self, some thought of error. "Follow me," signifies, follow the guidance of the Divine Christ-self in each one, obeying the voice of Wisdom. As the geometrical principle underlies the symbol (whatever form we may take), or as the unknown quantity in algebra is symbolized by the letter X, so the principle Jesus wished to plant in the hearts of his followers was represented by bread, wine, baptism, washing of feet. In leaving the kindergarten, we leave the symbols with which we were taught the ideas of form and color; so, as we leave the realm of the material for that of the spiritual, we leave behind us the symbols through which we were shown the way. As we cease to look at the material as something which separates us from God, we learn to look within and see our true selves, as in a looking-glass. As children, we saw, spoke, thought and acted as children; now we have put away childish things and see face to face; see the true self in the image and likeness of God, - as love, wisdom, power. "The true self of man is God, for, since God is all in all, and there is none else, man has no being but God." The awakened consciousness will recognize God and His idea (the son) as one. We will realize in the Christ-consciousness, the Holy Ghost, or Spirit of Truth which leads into all Truth, that God the Father, the Son (God's idea), and the Comforter (or Holy Ghost) are one, united by Divine Love.

Truths

"I am one with the Father." "I am filled with the Spirit of Divine Love." "There is only one God who is all in all." "Through Love and Wisdom I am at one with all life."

LESSON IX - CONCENTRATION

"There is but one Lord, and his name is One." How to find this One which is in all, through all, and is All Good, is the knowledge we are each seeking. Jesus said, the "Kingdom of God is within you." Then we must search for God, the Good, within, in the very center of our being. God does not manifest while the thoughts are in commotion. Elijah did not find God in the whirlwind, earthquake or fire (these things symbolize states of mind), but only in the stillness did he realize the Divine presence, the "still small voice." God speaks to us in the stillness. When the mind is quiet, when all sense of evil or inharmony is shut out and the mind is fixed and centered on the good and true, - then God's will is being done. In order to hear the voice we center our thoughts upon that which is holy and true, and listen for the voice of Him who is to speak. When you have learned to be unmoved by the noises and friction of the external world, so that you cannot be moved from your Divine center, then you have found the stillness; then you are alone with the Divine presence.

This centering of our thought upon what we please so long as we please, is called concentration. We need to commune more with our true self. In our spiritual growth it is necessary that we concentrate upon love and truth, for by so doing we will come into at-one-ment with the All Good.

Humanity is ever seeking happiness or contentment; these can be attained, in their true sense, only by centering our minds upon the Power, Love, Purity, Wisdom and Truth within; for this, every one should set apart some time each day (the same time each day is best) for entering the silence. After determining to devote a part of our time to spiritual unfoldment we should let nothing interfere with our promise to our self. Practice makes perfect and brings results of joy, peace, happiness.

To form a correct habit of thinking is not so difficult a task as it may seem. There is no mystery about going into the silence, for when you understand that the "I am" is no respecter of persons, but is in all alike and is only the good and true; you know that whatever else appears is the false and is not to be recognized. You will attain best results by going alone to some quiet room or place where you will not be disturbed; close the eyes to shut out external objects, and relax mentally and physically, thus putting every member of your body in a receptive condition. Practice relaxation until you have perfect control of every part of your body. When you have overcome the tensivity of muscles so that the inclination to close the hands, shut the teeth tightly, or hold the body in a rigid position has disappeared, then the body is a passive agent, and you will be able to enter the silence at any time and in any place. For beginners, it is not advisable to attempt to stay in the silence too long. As you grow in wisdom, lengthen the time of meditation as you will. Select some statement of Truth (perhaps some word signifying a Divine attribute, as Love, Purity, Peace, Plenty, Joy, Strength) and mentally repeat it slowly several times until the true deep meaning dawns upon you; then, as you are in touch with Divine Substance, let your thought go. Concentrate upon that which you need; meditate upon Good, upon that which goes to make up the Divine self.

Thoughts are seeds and through the habit of concentration they take root deep in the mind and you become like that upon which you concentrate. The question arises, cannot concentration of thought be exercised along other lines with satisfactory results? Any fixed habit of thinking upon a plane less than the Most High is only an appearance of concentration, not true concentration. The human mind in which every thought is pure and true reflects with perfect exactness whatever is held in meditation. The human mind in which worldly thoughts predominate centers upon one thing, or one line of business, depending upon his personal exertions to bring success.

When a problem comes into your life, and you desire light, go into the stillness and ask for Wisdom; declare "I am one with Divine Wisdom," realizing that God is all Substance from which you draw your supply for every need. If your environment is inharmonious, instead of attempting to adjust things yourself, get silent. Knowing there is but one Law, put your trust in that Law; and if you let your trust rest there, the law will work perfectly. Affirm "All things work together for my good." "I am filled with peace, therefore I express peace in my daily life." "Every atom of my being works in perfect harmony with Divine Law." "When you have rest, peace, harmony within yourself, these qualities will present themselves in your surroundings. According to your word it will be unto you; new avenues will open for you through which Infinite Good flows to you. Sometimes your prayers are answered in unexpected manners and from unexpected sources.

When the false assails you, concentrate upon God (Good). You are a power when one with Omnipotence. Remember, God and God alone can straighten crooked paths. Affirm "God is for me; no one nor no thing can be against me."

Thoughts are like seeds dropped into the earth. They busy themselves attracting that which will be of the most use to them for their particular growth. The work is done in the silence. The seed in the earth attracts to itself only forces that bring into manifestation the life hidden within; it is fulfilling its mission of good.

Knowing that whatever thought you send out attracts that to which it is sent, you should never make the mistake of using the silence for business purposes only, lest your thought savors not of the things that be of God but of those that be of man; neither simply to adjust your personal affairs, but it should be your highest aim in the silence to unfold spiritually. In the stillness we may overcome all inharmonious conditions, for so long as anything false remains, it will present itself and should be redeemed. All the little thoughts that have gone astray must be brought back and renamed (redeemed). If carelessly, a message went forth named 'weak', in the silence, recall it and start it forth again, as 'strong'; if one of hate, send love instead; if you do not, they will not cease troubling you.

True thoughts might be likened to ants building their house. These little fellows work in harmony, each doing his own part perfectly. They are so united in their interests that when one is disturbed, the whole colony exhibits more or less uneasiness. Set your thoughts to work upon the good only, each intent upon the part assigned it, all united as one, and construct the body into a fit temple of the living God. When a disturbance is caused throughout the whole temple by even one untrue thought claiming a false condition, as, "I am sick," - the disturbance must be restored to harmony before the builders should resume their work.

When you have entered the deep stillness you have entered the Holy of Holies, or the closet within yourself; then you should uphold all the attributes of your divine self. The more you practice, the more you will express of the God consciousness and you will become more gentle, pure, kind, patient, and unselfish. "Silence is a solvent that destroys personality and gives us leave to become great and universal," says Emerson. Affirm, "Now I rest in infinite peace." "God pours out upon me the spirit of deep peace," or similar statements. Generally, when one drops into slumber while repeating some sweet, peaceful thought, upon waking, that thought will be the first one to greet him. Should you be troubled with sleeplessness, then by meditating upon some truth you will be rested, though you do not sleep. "God is my rest," has a quieting influence. It may be difficult at first to get the material mind quiet enough to concentrate for a single minute upon a chosen word, but do not be discouraged; work faithfully until this difficulty is overcome. The fact that you have this uneasy, nervous condition, shows a pressing need for work that you may gain self-control.

Not only should we hold silent meditation at stated intervals, and for certain things desired, but at all times and on all subjects endeavor to think only good. We should put good thoughts into every incident of our everyday life. The housewife in her sweeping and dusting might let these acts symbolize the brushing of error out of the thought realm and the dusting it off the shelves of memory; in making bread, a good thought would be the leavening power of God's love. By this practice of centering your good word when and where you will, you learn the art of true thinking, you learn to think and to stop thinking, which is true control of the thought realm. Having once gotten control you should allow only thoughts of good to generate and go forth. Whatever you undertake to do, let the foundation be laid in truth; center yourself in words of Truth all the day long and "Every word that belongs to thee for aid or comfort shall surely come home to thee." It is not alone that great things disturb the quiet of a perfect life, but every tiny vibration of discord as well.

Looking into the quiet waters of Mirror Lake, you see reflected in its surface the exact likeness of its surroundings; but if you drop a pebble into the water, the tiny ripples disturb and destroy the picture as easily and quickly as would a mighty tempest. So, little things, like an angry word or thought, feeling of irritation, disappointment, blues, any petty annoyance, jealousy, a feeling of being slighted or neglected, will disturb the harmony of a peaceful soul, as surely as the highest pitch of passion, and prevent the true self from expressing in the material a perfect reflection of itself. A statement for the petty annoyances of hourly occurrence would be, "Peace, be still," or the one word "Peace," held understandingly, will silence the noisy thought. Paul bade us, "Pray without ceasing." To commune with God, daily, hourly, for every need of our life and for true spiritual unfoldment, is to pray without ceasing. Every thought for good, every right desire of the heart, is prayer. We need not beg, plead, nor make long prayers. We will not be heard nor answered sooner for our much speaking; Jesus bids us not to use vain repetitions, but he said, "When thou prayest, enter into thy closet, and when thou hast shut the door, pray to thy Father which is in secret, and thy Father which seeth in secret shall reward thee openly."

God is all Good forever, is changeless; therefore, when you desire anything whatsoever of God, enter the silence (thy closet), shut the door of sight, sound, and false thinking; ask of God what you will, and it shall be done unto you. It is written, "Before they call I will answer, and while they are yet speaking I will hear." When your prayer has been made, acknowledge with thanks what you already have. Jesus was so sure of his prayers being answered that his words were: "Father, I thank thee that thou hast heard me, and I know that thou hearest me always," before he said to Lazarus, "Come forth." Again, Paul admonishes, "In everything give thanks." Jesus' prayers were all answered; so will yours be, if you are possessed of the Christ Spirit. The need for honest, earnest, true thought, is surely apparent to all who would know their own nature and power; thought is power, and when we lift up our thinking, we lift up our life and our surroundings. We should not be troubled nor discouraged, for that which disturbs us is an appearance; act upon the truth as the Master did and there will be nothing to discourage us. We should never undertake anything until we have meditated upon the proposition in the silence; then, being certain of the rightness of our undertaking, nothing can keep us from success; every thought of failure must be uprooted and cast out. "Every plant which my Heavenly Father did not plant shall be rooted up." The result of true concentration gives happiness and blessedness beyond comparison.

By applying this lesson to our daily living we develop joy, peace, and strength of character never before thought of. It opens up a new heaven and a new earth; for it is true healing of the body when the mind is free from misunderstanding of God's law. A man may seek relief for the suffering of his body, he may be healed; but unless he recognizes the "I am" within himself as the true healer, he has not recognized his Divine power. What we need is to be quickened, both in Spirit and in mind, by keeping watch over our thought continuously. "We should keep ever before us the perfect, and see only the Good." By prac-

tice in silent meditation we will become so well rounded that no matter what seeming tangle comes into our lives we can truly affirm, "None of these things move me." The object of the silence (true prayer) is spiritual unfoldment. Every moment of silent communion with the Divine Self brings us nearer the goal of perfection.

Truths

"The Spirit of peace now fills my whole being." "I rest secure in the everlasting arms." "I am one with the Infinite." "I consecrate my life to the good." "I am in harmony with my environments."

LESSON X - HEALING

Jesus said, "Thy faith hath made thee whole."

Today, as well as at that time, faith in God's power is the great essential element necessary in healing. The phrase "Divine healing" does not refer literally to only bodily healing but in reality to the restoration of the mind to its normal state. First consider, "Your Savior is your own divine self," then all true healing is from within emanating from the soul center. Take this thought and analyze it. At first it may seem too immense for you to grasp, but if you are faithful you will soon perceive the glory of this Truth of Truths. Admit the fact that, within this earthly body, is the divine and perfect Self and it is this Self that can save you, heal you. The object of this true Self is to bring about an understanding of what "In His image and likeness" means and to establish the oneness of the created with the Creator. In Lesson Two we reasoned that, as we were God-likeness, we were endowed with the same attributes as our Father. To grow continuously you must "Clothe yourself with the attributes of your Divine self." You must make Love, Truth, Purity, Wisdom, Power, Light, a part of your very being if you would unfold spiritually and see the results following unfoldment.

When you understand Principle your only desire will be to live the Life. Hand in hand with the healing goes the teaching. The teaching of Truth is the most important part of the work, hence every healer must be a teacher. If you have proved the Principle true for yourself you can tell others the way you have proved it. This is not a difficult task. Teach 'right thinking', which raises one above materiality. As all really live in their thought realm, right thinking will bring about right living.

In teaching be careful not to give too long a lesson, not more than can be assimilated; and let the patient evolve the problem within himself. "Come, now, let us reason together." Everyone is capable of reasoning and, if he is willing and open minded, he will receive the benefits. Know that every word spoken in truth will bear fruit. Speak the Word and know that it is so.

God alone is the giver of every good and perfect gift. You are the instrument through whom Divine Power, Love, Light, Purity, Wisdom and Health expresses Itself. The words of Jesus should be the words of every student of Truth: "Of myself I can do nothing, the Father, He doeth the works." God will give the increase. God is Omnipotent, and Divine supply is always the same, unchangeable. Rest in the assurance that, when you have entered the silence, have made yourself, as it were, an empty vessel for Love and Wisdom to fill the words you give out, these are not your words, but the Father's, who worketh through you. In teaching, you simply prepare the ground, drop the seed (word), and God gives the harvest.

As the cause of any inharmony is in the thought realm, the thought must be righted before the effect of false thinking can be changed. Should the patient wish to unburden himself, let him tell his story briefly.

Thereafter it is best he should not repeat it. Silently affirm that the error which seems to him so real, is not a reality, that only the good is true, the truth of his divinity. As the mind is set right, the body will be brought in to a harmonious state. "Every one who gets the true doctrine of the law of being clearly in his understanding cannot remain sick, for this knowledge will free him from pain and remove fear from his mentality." It will lead him gently on the pathway in Truth; impress upon him that it is the realization within himself of the Principle that brings spiritual unfoldment - this is true healing. You would not feed a babe with a portion of food sufficient for a man, therefore you should not give the babes in Truth food they cannot thoroughly digest. When entering the silence always ask for Divine guidance before you speak the healing word, either for yourself or another.

As you grow in Truth, your Divine intuition will be developed. Always use it; it is your guide. Always see the patient perfect and whole mentally, physically, and spiritually.

James gives this suggestion, "Confess your faults one to another, and pray one for another, that ye may be healed." Practice getting control of your thought and your tongue will obey the thought. "Let the dead bury the dead," let it be a thing of the past is the teaching of the Master. Therefore, endeavor to awaken the mind of the patient by making absolute statements of Truth concerning the law of his being and hold him one with God, the Creator. When the spirit is quickened, the physical responds, and healing takes place. These healing statements have been used with good results: "You, the true Self, are Spirit made in the image and likeness of the Creator. You are, like Him, perfect." "Now, your own divine self sets you free from all limitations." "Love heals you." "Your life is one with the life of God; manifest this perfect life." Jesus said, "My words they are Spirit, they are Life." And again, "If ye abide in me and my words abide in you, ye may ask what ye will and it shall be done unto you."

Therefore, Divine healing is Divine communion, or soul communion. There is no limit to the power of the "I am." It is everywhere as the creative force in and through all alike. It goeth whither it is sent and accomplishes its mission.

Another great lesson Jesus gave to the world was that two people (healer and patient) may be many miles apart, yet when the powerful word for healing, or harmony, is spoken it is just as efficacious as though they were in the same room. In Matthew 8:5- 14 you will read the facts of what scientists term "Absent Treatment." The Centurion was eager to have his servant healed; he understood the law of 'obedience' on the material plane and he therefore reasoned within himself that the same principle could be applied in the mental realm. Jesus, marveling at the centurion's understanding and faith, said: "Go thy way; and as thou hast believed, so be it unto thee. And the servant was healed in the self same hour."

There are some living the higher life who radiate a quieting, healing influence wherever they go. I know one whose presence in a room radiates peace to everyone present. This is acting out the real truth of one's being and is the highest expression of a realization of oneness with the Father.

In the Lord's Prayer we find every need of the human heart. If you will take the words of this prayer into the silence, repeating them slowly with a desire for enlightenment and be persistent in your efforts, you will have revealed to you the deep, broad, spiritual interpretation, and will have poured out upon you such a blessing that there shall not be room enough to hold it. Your cup will run over to bless, uplift and heal others. In living the higher life one is always about the Father's business sending out blessings and speaking the word immediately. Do not wait until some more convenient time. There is for you no time except the present. You cannot live in the future, neither can you live in the past. A woman in coming to a healer said she had been troubled with a headache for several days. Knowing the woman was a Truth student, the healer asked her if she had spoken the Word for herself. Her answer was: "I had no time the

first day, then it got so bad I could not." She was freed from suffering, also she had learned her lesson that what we have thought was our time is not our time, but God's time. We should ever be watchful and realize our nearness to God and God's nearness to us.

If you have presented the Truth and it is not accepted then let the subject rest. Do not urge anyone but speak the Word for light, and above all do not argue. Remove your mental hands from them. "Loose him and let him go." This is the teaching of Jesus. Go on living your life of higher ideals, holding fast to Principle, and you shall have your reward.

When people come to you with tales of troubles, annoyances, or petty affairs of the day, mentally affirm you are bigger than their problems. "None of these things move us." Here is where you must show wisdom when brought into contact with one who does not understand the Principle of Truth. Therefore, silently affirm the real concerning the true self, the Spirit within. Speak the Word, and it shall be accomplished. In Truth, we cannot, nor should we ever make the mistake of believing we can be indifferent to the sufferings of others. Note the divine sympathy Jesus showed to the widow of Nain when he raised her child in perfect wholeness. True sympathy expresses itself in a desire to help others to help themselves, therefore uplifting humanity. We should never forget to do God's work as God's work, and not from personal motives. Avoid being puffed up in the flesh but give God the glory. Many make the mistake of endeavoring to grasp the whole Truth in a day or a month. Suppose you were to enter college, would you expect to learn everything taught in a four year course in one day or month or year? The reasonable person will say, "Certainly not." You would be content to gain a little crumb of knowledge every day. You cannot grasp the "Principle of Truth" in one lesson any more than you could begin and complete a college education in one lesson.

It is doing that counts. It is very essential for you to understand Principle and apply it. True growth is true living and we come into a knowledge of Truth as we live the Christ- life. When reading an article do not reject it as untrue because you fail to understand it. Always look for the good and accept as your own that which appeals to your understanding. In the study of Principle you are not compelled to accept or reject anything; you are a free individual, but the more you study, the more of Truth will be revealed to you. "All that is for thee will gravitate to thee," therefore, be contented if growth is slow. Hold fast that which you have and more will be given.

As more understanding comes to us we will be more centered in Truth and in our on- going we will be patient, kind and loving to those about us who are struggling for their freedom. We should always be ready with a helping hand and the right word in the right place, bearing in mind that we also were once limited by man-made laws and that it is only through Omnipotent Power that we are able to overcome evil.

Let your Light shine. It is written, "Go ye into all the world and preach the gospel of the kingdom." Preach the Word, first to yourself, then to your neighbor. Freely ye have received, freely give. To him that overcometh, all promises are fulfilled (filled full). Having put your hand to the plow, turn not back, but with a single eye fixed and centered on Truth, press on. Be, as Paul says, "All things to all men." Amen.

Truths

"I will live to my highest ideal, day by day, hour by hour. I will be an instrument through which God's Love works." "According to my word and trust be it unto me." "Now I am led by Divine Spirit."

END